

Feel Good Stories

by Bernice Becker

An ENCHANTED SELF Book

Feel Good Stories An Enchanted Self

Bojana Petrić, Montserrat Castelló



Feel Good Stories An Enchanted Self:

Feel Good Stories Bernice Becker, 2004-12-14 Feel Good Stories is a marvelous collection of just what the title implies stories that make you feel good Author Bernice Becker age eighty four takes you through her life from before she was born to her retirement days at Reed s Landing As you accompany her through the foibles and adventures of growing up marriage teaching and retirement you find yourself laughing crying and delighting in the adventures of being alive Who could not laugh aloud when you read her adventures in a ritzy department store how she handled her underwear falling down And who could not applaud her courage and stamina when as she turns eighty she competes in a talent pageant Enjoy Cozy Fantasy Books for Adults: Gentle Escapes into Whimsical Worlds SR Gama, Cozy Fantasy Books for Adults Gentle Escapes into Whimsical Worlds A Guide to Enchanting Stories That Warm the Heart and Soothe the Soul From the grind it is one wholesome escape where you can feel like in the arms of a warm blanket and tea This guide will be especially useful for stressed adults book clubs and anyone who enjoys The House in the Cerulean Sea or Legends Lattes Here the author talks about gentle uplifting stories with low stakes in which kindness and magic prevail Inside More than 20 recommendations of lesser known or bestselling books about enchanted bakeries found families and sentient cottages Therapy Cozy fantasy is good for your anxiety improves empathy and is a mindful distraction from burnout Other experiences Cozy games Stardew Valley shows Over the Garden Wall and aesthetics cottagecore for ultimate coziness Perfect For Gentle readers craving uplifting stories devoid of dark themes A book club in search of uplifting easy to discuss selections Fantasy enthusiasts fed up with grimdark plots Cozy fantasy books for adults stress relief reading low stakes fantasy novels mindful escapism cottagecore stories Download now and create a sanctuary through reading **Magical Beginnings, Enchanted Lives** Deepak Chopra, M.D., David Simon, M.D., Vicki Abrams, 2005-03-22 A much needed antidote to our modern assembly line approach to childbirth this new book is designed as a guide for all who wish to participate in the wondrous process of bringing new life into the world Its ideas derive from two sources the ancient wisdom of Ayurveda with its emphasis on body mind and spirit and the latest Western scientific prenatal research By integrating the best information from these two very different perspectives this remarkable book gives readers the tools to ensure that our children are nourished by thoughts words and actions from the very moment of conception Magical Beginnings Enchanted Lives is rich in practical information including strategies to help enliven the body intelligence of unborn babies by nourishing each of their five senses as well as through Ayurvedically balanced nutrition and eating with awareness Specific yoga poses and meditation techniques reduce the mother s stress and improve the infant s emotional environment as do tips for conscious communication with a partner Exercises prepare parents for the experience of childbirth itself followed by natural approaches to dealing with the first weeks of parenting from healing herbs to enhancing your milk supply to coping with postpartum depression Inspiring expansive and remarkably informative this unique book from acclaimed experts in mind body medicine will profoundly

enhance the experience of pregnancy and birth for both parents and baby

Recipes for Enchantment: the Secret Ingredient Is You! Barbara Becker Holstein, 2001-05-01 Come meet a street child from Brazil who profoundly influenced for the good a sophisticated American woman Read about Sal a soldier almost fatally wounded but miraculously saved by love letters Meet Joey the little boy who was so sick with cancer that his family was giving up who suddenly took a turn for the better because a teacher simply did her job Yes be inspired by all these people you will meet in these inspirational stories that prove that positive actions really make a difference Following each story take the opportunity to journal dream and think through how you can make positive changes in your life guaranteed to result in your personal RECIPE FOR ENCHANTMENT RECIPES FOR ENCHANTMENT The Secret Ingredient is You is a culmination of over ten years of work and research in the field of personal enchantment by Dr Holstein She teaches us how to recall positive memories regardless of our history recognize our potential and bring into our lives more of what gives us pleasure and joy This is all combined with daily positive actions Now we are cooking delicious days for ourselves living a RECIPE FOR ENCHANTMENT RECIPES FOR ENCHANTMENT The Secret Ingredient is You is a breakthrough book combining psychology self help with inspiration Psychology self help activities are beautifully interwoven with inspirational stories Dr Barara Becker Holstein is well known as a positive psychologist She is busy in the media and on the internet always teaching us to look for what s right about ourselves rather than what s wrong Dr Holstein is passionate about teaching us how to live lives of joy and meaning We need only learn the most basic recipe incorporate within our daily live positive actions combined with our unique positive thoughts and feelings The rest will take care of itself as if by magic

Critique of Western Philosophy and Social Theory D. Sprintzen, 2009-12-07 The existential drama at the heart of the modern world is the result of a truly cataclysmic transformation in our institutions and modes of belief It rivals in scope and significance if it does not surpass the transformation occasioned by the Scientific Revolution of the sixteenth and seventeenth century Few can still doubt even if they do not yet appreciate the comprehensive and global scope of this Second Scientific Revolution Our fundamental modes of thought and action institutional structure personal identity economic development and relation to nature all require radical revision if human life on this planet and beyond is to survive and prosper We are thus confronted with a world whose structures of meaning and corresponding institutional foundations are being undermined thus presaging a revolutionary transformation That transformation however unclear at present cannot fail to be radical and comprehensive This work critically evaluates its nature outlines the structures of an alternative world view and then develops the contours of the social and institutional order it suggests It concludes with a discussion of practical strategies by which we may reasonably hope to meet the challenges confronting our civilization

Remote Virtue Jen Letherer, 2015-10-13 This introduction to media literacy from a Christian perspective provides the tools to find and assess the beneficial or harmful ideologies depicted in notable films programs and trends Television and movies shape popular culture with audiences often unaware of how media

messages influence the way they think act and view the world In this enlightening guide author Jen Letherer interprets film and television shows from a Christian standpoint revealing how beliefs and values portrayed on the big and small screens often impact the moral conduct of daily viewers This book provides the tools for Christians to discern the implicit and explicit messages found within this medium and shows how motion pictures can improve or erode religious principles and a spiritual way of life In a conversational tone the work combines classic film theory an assessment of story structure and faith based film criticism to delve into meaning and interpretations of popular movies and shows Highlighted television programs include Top Chef Modern Family Downton Abbey and The Walking Dead The book also features films like Citizen Kane Thelma and Louise Star Wars Inception and The Hunger Games This fascinating critique prompts media consumers to analyze the messages that their favorite broadcast programs send consider if those messages are in line with their own values and align their viewing choices with their personal beliefs

Confident Woman, Enchanting World Pasquale De Marco, 2025-05-03
Confident Woman Enchanting World is an empowering guide for women who are ready to embrace their full potential and create a life of purpose and fulfillment Drawing on real life stories and practical exercises Pasquale De Marco provides a roadmap for women to overcome challenges build confidence and achieve their dreams This comprehensive book covers a wide range of topics essential for women's empowerment including Uncovering your unique strengths and passions Building a strong support system Communicating with confidence Cultivating emotional intelligence Creating a life of balance and well being Overcoming obstacles and embracing change Manifesting your dreams Living a life of purpose and impact Confident Woman Enchanting World is more than just a self help book it is a call to action for women to rise up and claim their rightful place in the world With warmth humor and deep insight Pasquale De Marco inspires readers to embrace their authenticity break free from limiting beliefs and make a positive impact on the world Whether you're a young woman just starting out on your journey or a seasoned professional looking to reignite your passion Confident Woman Enchanting World has something for you This book is a valuable resource for women of all ages and backgrounds who are ready to live a life of purpose fulfillment and joy Join the thousands of women who have already transformed their lives with Confident Woman Enchanting World Order your copy today and start your journey to becoming the confident empowered woman you were meant to be If you like this book write a review on google books

Ph. A. Positive, Happy, Attitude Tameran Joy Kwade, 2021-12-09
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within and accept full responsibility for the transformation of your own life with confidence and passion cultivating your emotional physical and spiritual well being Ph A creatively presents clear and simple strategies that are highly effective but nonetheless uplifting They are quick and easy to apply to your daily routine helping you to let go of what no longer serves you Naturally initiate positive change as you create and maintain positive habits that empower you and enhance your inner peace and joy should you choose Who needs a Ph D to succeed when graduating with a Ph A makes all your dreams come true A beautiful mind space attracts beautiful experiences that create a beautiful life The Karmic Birthday Book Monte Farber,2023-01-03 Best selling MBS authors Amy Zerner and Monte Farber put a new twist on using birth dates to discover more about yourself and others in The Karmic Birthday Book Manifest Anything You Want Shantini Rajah,2025-05-23 Become a Masterful Manifestor Join Shantini Rajah on a delightful manifesting journey that integrates spiritual and scientific concepts with simple exercises and tools anyone can use to attract their dream life Shantini s approach includes six magical yet practical ingredients and a unique Microaction Manifesting tool called 1 Healing Breath that helps you call in your greatest desires in just a few moments each day Featuring much more than generic techniques this book helps you generate a deep sense of safety in the body mind and spirit so you can confidently and joyfully partner with the Universe to receive everything you desire Whether you want to start a successful business find true love that lasts a lifetime or bravely speak your truth Manifest Anything You Want will get you there in ways that are inspiring easy and fun *Enchanting & Fantastical Bedtime Stories for Stressed Out Adults 2 Books in 1* SleepTime Publications, Two books Twice the magic Complete calm Escape stress quiet your mind and drift into peaceful sleep Struggling to unwind after a long day Do racing thoughts and worries steal your rest This 2 in 1 collection brings together Enchanting Bedtime Stories for Stressed Out Adults and Fantastical Bedtime Stories for Stressed Out Adults to guide you gently into deep restful sleep with tales of magic mystery and tranquility Follow Liora s journey through The Moonlit Bard s Quest explore the celestial beauty of The Skykeeper s Lantern and find peace in The Dragon s Last Wish Walk the endless paths of The Garden of Endless Paths uncover time s mysteries in The Clockmaker s Secret and embrace hope in The Silent Heir Each story is designed to soothe your mind release stress and carry you into a world of calm and wonder Inside you ll find Magical and Fantastical Stories to calm your mind and spark your imagination Bite Sized Chapters perfect for winding down at bedtime Soothing Themes of discovery kindness balance and renewal Screen Free Escapes that transport you away from daily worries into restful peace Let go of stress step into magical worlds and discover the joy of falling asleep with ease Enchanting Fantastical Bedtime Stories for Stressed Out Adults is your nightly retreat into calm and wonder Get your copy today and make bedtime the best part of your day *Happiness and the Human Spirit* Abraham J. Twerski,2007 Since time immemorial human beings have been engaged in the pursuit of happiness In the Declaration of Independence our Founding Fathers even declared it to be one of our inalienable rights Yet for many of us the actual achievement of happiness has proven elusive This inspiring guide

shows you that it doesn't have to be. Using simple accessible language and clear examples this wellspring of wisdom illustrates that true happiness is attainable when we stop looking outside ourselves for the source. Instead happiness can be found within us when we exercise our unique human abilities such as gratitude, humility, compassion, and generosity that are the components of the human spirit. Combining ancient wisdom and modern psychology it shows us that when we reconnect with our spiritual selves we correct the deficiency of spirituality that many of us experience on a daily basis. And without a fully realized spiritual life we cannot be whole. More than a handbook for living a happier life, this is a treasure map that leads you beyond self-centered contentment to actualizing your full potential as a human being. It teaches you that true happiness is not just being free from misery and enjoying the pleasures of life. True happiness comes when you choose again and again to be the best person you can be.

Recovery from Anger Addiction Verryl V. Fosnight, 2016-03-29 This book presents a paradigm shift about toxic anger. Anger is an addiction. Using the wisdoms of John Bradshaw, Pia Mellody, Claudia Black, Alice Miller, and many other recovery giants, Verryl grew to understand himself in the context of his past traumas. He was finally able to apply all the theories of these authors to heal his anger and rage. This expansion of theory to the emotion of toxic anger results in a revolutionary new concept of anger as an addiction. This paradigm shift empowers a person to recover from rage as an ill person seeking to be well, as opposed to a bad person trying to act better. Telling yourself you are a bad person is a self-defeating message to your inner self, but an ill person can get well. He presents this new simple and enlightened treatment for anger in easy-to-follow language. Ultimately these conclusions are illustrated as a set of simple diagrams that outline the full path of anger's development, starting from the core emotion of pain from early losses through raging behavior that is life-damaging. Using the revolutionary model of anger as an addiction, he demonstrates that anger can be healed. There is no need to rationally manage toxic anger while remaining a bad person. Toxic anger practically evaporates as an emotional impulse as the underlying pain is resolved in the good but ill person. Included: Research survey paper on Anger Management classes by Desiree Harris M.C.

Re-enchanting the Activist Keith Hebden, 2016-11-01 In this energising book, Keith Hebden gathers inspiring first-hand accounts that show how spirituality and politics are converging to reignite modern activism. Informative and eye-opening, it explores the meaning of activism in a world that is crying out for change and how searching for the spiritual can play its part.

Strangers and the Enchantment of Space in Victorian Fiction, 1830-1865 Kristen Pond, 2023-10-20 Tracing the origins of how we think about strangers to the Victorian period, *Strangers and the Enchantment of Space in Victorian Fiction, 1830-1865* explores the vital role strangers had in shaping social relations during the cultural transformations of the Industrial Revolution, transportation technologies, and globalization. While studies of nineteenth-century Britain tend to trace the rise of an aloof cosmopolitanism and distancing narrative strategies, this volume calls attention to the personalizing impulse in nineteenth-century literary form, investigating the deeply personal reflections on individual and national identities. In her book, Dr. Pond leads the reader through homes of the urban

poor wandering the Great Exhibition in the Crystal Palace loitering in suburban neighborhoods riding the railway and touring a country estate Readers will experience how the ordinary can be enchanting and how the mundane can be unexpected discovering a new way of thinking about strangers and their influence on our lives Through an examination of the short and long fictional forms of Martineau Dickens Bront Gaskell and Braddon this study locates the figure of the stranger as a powerful topos in the story of Victorian literature and the ethics of social relations This book will be ideal for those seeking to understand the dynamics of the stranger in Victorian fiction as a figure for understanding the changing dynamics of social relations in England in the early nineteenth century **Connecting Cultures** Rebecca L. Thomas,1996-01-30 A

comprehensive guide to multicultural literature for children this valuable resource features more than 1 600 titles including fiction folktales poetry and song books that focus on diverse cultural groups The selected titles published between the 1970s and 1990s are suitable for use with preschoolers through sixth graders and are likely to be found on the shelves of school and public libraries Topics are timely with an emphasis on books that reflect the needs and interests of today s children Each detailed entry includes bibliographic information Use level is also included as are cultural designation subjects and a summary The invaluable Subject Access section incorporates use level culture information **Managing Church Conflict**

Hugh F. Halverstadt,1991-01-01 This instructive useful book which can be used as a model for addressing ministries church systems and other non profit organizations in conflict offers ways of constraining those who act as antagonists and ways of collaborating with opponents *The Thesis Writing Journeys of Bachelor's and Master's Students* Bojana Petrić,Montserrat Castelló,2024-12-20 Completing a thesis is a crucial final stage in many bachelor s and master s programmes across Europe and beyond However the process of thesis writing how it is experienced by the writers and how those experiences impact on writing remain underexplored This book examines the student experience of thesis writing through an interdisciplinary perspective drawing on theories of learning emotions and genre and narrative discursive analysis As a result of this approach the thesis is reconceptualised as a multilayered experience from the point of view of student writers The chapters which arose out of a collaborative research project across 10 European countries employ an innovative combination of methods including the use of journey plots to provide a complex picture of the thesis writing process which will be of interest to readers involved in academic writing at all levels *Video Source Book* Gale Group,1999-10-28 A guide to programs

currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **The Witch Must Die** Sheldon Cashdan,2014-02-04 In *The Witch Must Die* Sheldon Cashdan explores how fairy tales help children deal with psychological conflicts by projecting their own internal struggles between good and evil onto the battles enacted by the characters in the stories Not since Bettelheim s *The Uses of Enchantment* has the underlying significance of fantasy and fairy tales been so insightfully and entertainingly mined

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