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*Letting Go
of the Past
to Live in
the Moment*

DAVID VISCOTT, M.D.

**Bestselling author of *The Language of Feelings*
and *How to Live with Another Person***

Emotionally Free Letting Go Of The Past To Live In The Moment

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1/2 Ways to Well-Being Ruben S. Seetharamdoo Ph.D.,2018-08-18 Well being is not a probability that we might one day achieve True well being is our birthright and by embracing the 5 ways to well being that are outlined in this book we can bring ourselves back into balance and experience optimal well being 5 Ways to Well being is a ground breaking work in the field of well being and lifestyle medicine written by an internationally renowned health coach speaker and health scientist 5 Ways to Well being is not a book to just read and absorb Instead it is a book that you actively do A book that prompts you to apply the most current research on well being to your daily life This book is not for everyone it is for people who are proactive about their health It is about you creating your best lifestarting right now The greatest power you have is your ability to choose the way you perceive life and the choices you make about how you will act Its a responsibility but also a great gift Start your journey to a better lifestyle todaybe beautiful be healthy and enjoy every healthy step you take Highlights include A treasury of lifestyle teaching and wellness practices including meditation rituals for self care and connecting with nature Innovative approaches to restoring your body with holistic lifestyle guidance rather than a list of rigid rules How modern lifestyles contribute to chronic disease and how to restore vital health through lifestyle medicine Experience greater physical energy more joy better sleep improved digestion stronger immunity and many other benefits in mind body and soul **Sensual for Life** George L. Redmon,2002-11 Provides advice for achieving peak sexual performance for both men and women covering such topics as Viagra sexual dysfuction sexual disorders natural stimulants and diet and

exercise **A Charmed Life** Sharon Mitchell, 2011-11-15 If you live in emotional pain if you are working hard for what you thought you wanted and yet you're still not happy author Sharon Mitchell can help In 2007 on the day of her fifteenth wedding anniversary Sharon Mitchell realized that she had everything she had ever wanted and worked for marriage money happy healthy children a multimillion dollar business international travel a big white house on the hill and three European cars in the driveway Yet she was desperately and inexplicably unhappy Sharon like so many women of her generation and the generations around her realized that she had traded actual happiness and self fulfillment for what she was told would make her happy Shortly after this day a life threatening event forced her to face her demons and begin the journey of self discovery that would change her life forever She made the brave journey from the brink of death to recovery and along the way battled to save her marriage while launching an award winning cupcake business She found the courage to fly a plane and surprising joy from lessons learnt within the walls of Australia's newest women's prison A Charmed Life presents both a fascinating life story and lessons that offer wisdom and insight into the roadblocks to emotional growth Start your journey to happiness and fulfillment today Optimal Thinking Rosalene Glickman, 2002-12-11 The quantum leap beyond positive thinking Optimal Thinking offers a whole new way of looking at life business and relationships This prescriptive self improvement book is filled with superlative information for every type of reader

Eft: Tap Here to Transform Your Life (Emotional Freedom to Break Free From Cravings, Temptation & Bad Habits) Harold Jackson, You're not alone These are common issues that a lot of people face today Fortunately there are plenty of good methods that can be used to resolve these kinds of issues There's cognitive therapy talk therapy meditation yoga etc These methods can definitely be helpful However they are not always as easy to learn and seeing a therapist can get pretty expensive Here is a preview of what you'll learn Emotional Freedom Technique The Basics Foundation of EFT Tapping Your Body's Energy Level EFT Tapping Tips and Tricks to Make EFT More Effective Using EFT Tapping to Address Specific Problems Tap Your Way to a Happy Life There's a nice variety of relevant tapping statements offered which allows readers to go as deeply as they want into this work Love the quotes throughout the book too The positive statements are a nice way to end

Lead Like a Woman Deborah Smith Pegues, 2020-08-11 Speak up Don't take it so personally Just make a decision already Every day whether they're competing in the business world or serving in a nonprofit women hear that they're not enough They're too emotional to lead and the way they act speak and even think is detrimental to success But in Lead Like a Woman former Fortune 500 executive Deborah Smith Pegues shows that your uniquely female qualities can position you for success if you know how to use them She'll teach you to embrace 12 traits that can help you excel as a leader and she'll also help you eliminate 12 tendencies that could be hindering your progress You will discover how to develop confidence while sharpening your professional and relational skills let go of unproductive thoughts and habits that sabotage your success create a transformative participative and inclusive organization Whether at work or in your community Lead Like a Woman will empower you to walk boldly down your path of leadership and find

fulfillment in the journey It's about You E. S. Smith,2009-05 It s About You gives you the guides and understanding necessary to recapture your youthfulness that spirit of adventure exuberance and fun It will help you create personal fulfillment and an understanding of how unique you are and how important you are in the world Most of us feel we lack the time to do the things we want to do in life We work long hours and seem to be less satisfied with ourselves and the lives we have created We have lost the qualities we had when we were young that sense of adventure freedom and joy How did our lives stop being our own Do any of these scenarios sound familiar You feel exhausted and stressed most of the time Weekends go by too quickly with no time for you You feel you have no purpose in life You re anxious about the past and the future The result No peace You feel like you re never going to reach your potential Your life is okay but you re searching for more It s About You will help you get your life back on course toward joy happiness peace purpose and freedom It will give you the knowledge and tools you need to see life as a precious gift to be savored moment by moment day by day **Trauma and Beyond** Ursula Wirtz,2020-06-08 In this seminal work on the clinical archetypal and spiritual dimension of trauma the author offers a compelling vision of the transformative potential of suffering and the dialectic of Dying and Becoming Wirtz outlines a healing path from fragmentation to integration and illuminates the resilience of the human spirit in the face of severe trauma Trauma and Beyond will be essential reading and a valuable resource for counsellors therapists and Jungian analysts who are challenged in their practice with individual and collective traumata *The Daily Discovery: Finding Purpose in Everyday Moments* Silas Mary,2025-01-23 The Daily Discovery encourages you to find purpose and meaning in the small everyday moments that often go unnoticed This book guides you on how to infuse your daily routine with intention mindfulness and a deeper sense of purpose Learn how to transform mundane tasks into opportunities for growth self discovery and fulfillment Through practical tips and reflective exercises The Daily Discovery helps you embrace the power of presence and find joy in the ordinary This book shows you how to make every day meaningful cultivating a life of purpose that aligns with your passions and values **Your Dog Is Your Mirror** Kevin Behan,2012 Describes a model for understanding canine behavior based on the premise that dog and owner form a group mind and that when a dog behaves in a certain manner it is reacting to the emotions the owner is feeling **The Art of Freedom: Breaking Away from Emotional Bonds** Pasquale De Marco, Dr Pasquale De Marco is a licensed clinical psychologist with over 20 years of experience helping people to break away from unhealthy emotional bonds and achieve emotional freedom In this book she shares her insights and expertise to help you do the same The Art of Freedom is a practical guide that is filled with exercises and tools that you can use to break away from unhealthy emotional bonds and achieve emotional freedom This book will help you to Identify the unhealthy emotional bonds in your life Develop a plan to break away from these bonds Overcome the challenges that you will face along the way Achieve emotional freedom and live a more fulfilling life If you are ready to break away from the emotional bonds that are holding you back this book is for you The Art of Freedom is a book that will change

your life It will help you to break away from the emotional bonds that are holding you back and achieve emotional freedom This book is a must read for anyone who is struggling with unhealthy emotional bonds It is a book that will help you to heal and to live a more fulfilling life If you like this book write a review Glenn Cohen,2006-07-01 The Journey from I TO WE encompasses a 24 step comprehensive program created to help couples achieve a safe peaceful joyous passionate and loving relationship Married couples life partners couples who are separated and looking for a way to reunite and pre committed couples who are considering taking final vows of marriage all benefit from following such a uniquely structured roadmap The Co Create a Conscious RelationshipT program reveals to couples or couples to be the awareness skills and techniques to build a firm foundation for a successful relationship Additionally an individual who has endured relationship difficulties in the past can also gain insights from this book to facilitate success in his or her next relationship opportunity Happiness by Design: Curate Your Best Life, Day by Day Silas Mary,2025-01-30 True happiness isn t something that happens by chance it s something you can intentionally cultivate every day Happiness by Design is a step by step guide to creating a life that brings you joy fulfillment and purpose This book shows you how to design your life with intention from the small habits you create to the bigger decisions you make about relationships career and personal growth Learn how to set meaningful goals prioritize self care and build daily routines that foster a positive mindset and a sense of well being By focusing on daily actions and thought patterns Happiness by Design helps you build a life that aligns with your core values and passions It provides actionable strategies for boosting happiness in every aspect of your life whether it s through mindfulness gratitude or setting personal boundaries With the tools in this book you ll learn how to create a life that is not only enjoyable but also meaningful helping you cultivate lasting happiness every single day **Daily Miracles: Guided Devotions for a Purposeful Life** Shu Chen Hou, Unlock the Power of Purposeful Living with Daily Miracles Are you ready to transform your life one day at a time Dive into Daily Miracles Guided Devotions for a Purposeful Life and discover the extraordinary in the ordinary This book is your ticket to a six week journey of self discovery mindfulness gratitude purpose and profound connections Experience Daily Miracles Uncover the hidden beauty in every moment Embrace a life filled with wonder inspiration and intention Meditate and Reflect Each day offers a new opportunity for self improvement personal growth and nurturing your soul Forge Meaningful Connections Cultivate kindness build relationships and leave a positive mark on the world Reconnect with Nature Rediscover the soothing embrace of the natural world where healing and insight await Endless Inspiration A wealth of resources further reading and supportive communities await you on this transformative journey Unleash your inner potential embrace daily miracles and savor the richness of a purposeful life This book is your trusted companion on the path to a more fulfilling mindful and gratitude infused existence Don t just live thrive with intention and purpose Grab Daily Miracles today and start your transformative journey *The Let Go Principles Of Life* John J Long,2024-12-17 Are you ready to let go of what holds you back and embrace the life you were meant to live The Let Go Principles of Life is your guide to releasing

unnecessary burdens redefining your priorities and discovering a deeper more authentic version of yourself This empowering book reveals essential principles that help you navigate life s challenges let go of limiting beliefs and step into your full potential Life often becomes weighed down by stress expectations past mistakes and the fear of change These invisible chains can keep you from realizing your dreams achieving inner peace or becoming the best version of yourself Through The Let Go Principles of Life you will uncover the transformative power of surrender not as a sign of defeat but as the ultimate path to freedom and growth Each chapter of this book is a practical and insightful lesson guiding you to release control over what cannot be changed while focusing on what truly matters You will learn how to Let Go of the Past Free yourself from old wounds regrets and guilt that prevent you from moving forward Let Go of Perfection Embrace your imperfections and see them as part of your unique journey Let Go of Control Find peace by accepting what you cannot change and focusing on what you can Let Go of Fear Conquer self doubt and fear of failure to pursue your goals with confidence Let Go of Negative Relationships Surround yourself with people who inspire growth and bring positivity into your life Drawing on timeless wisdom relatable stories and actionable strategies The Let Go Principles of Life offers a roadmap for transformation You will be empowered to reframe your mindset prioritize self compassion and create a balanced fulfilling life These principles encourage you to shift your perspective master your emotional baggage and adopt a lighter more intentional way of living Get ready to step into your power discover freedom and transform your life

The Measure of Peace Pasquale De Marco,2025-04-26 The Measure of Peace is a transformative guide to cultivating a life of simplicity balance and fulfillment In a world often characterized by complexity and overwhelm this book offers a refreshing perspective empowering readers to declutter their lives embrace resilience and nurture meaningful connections Through thought provoking insights and practical advice Pasquale De Marco invites readers on a journey of self discovery and growth Each chapter explores a different aspect of personal well being providing guidance on how to navigate life s challenges and embrace its opportunities The Measure of Peace delves into the art of embracing minimalism showing readers how to simplify their physical and mental spaces to create a life that is both serene and fulfilling It emphasizes the importance of cultivating resilience helping readers to overcome adversity and bounce back from setbacks with strength and grace The book also explores the significance of nurturing meaningful connections with others highlighting the power of human connection in creating a fulfilling life It offers insights into building strong relationships communicating effectively and overcoming loneliness in a digital age Furthermore The Measure of Peace addresses the importance of discovering purpose and passion encouraging readers to align their work and life goals with their values and aspirations It provides guidance on setting goals taking action and overcoming fear and self doubt to achieve success and make a difference in the world With compassion and wisdom Pasquale De Marco guides readers through the process of creating a life that is both balanced and harmonious The book explores the art of work life balance mindful living and connecting with nature to promote overall well being Whether readers are seeking to declutter

their lives overcome challenges or simply live a more meaningful and fulfilling life The Measure of Peace provides a roadmap for personal transformation It is an essential guide for those who yearn for a life that is both serene and purposeful If you like this book write a review on google books

Finding Peace in the Chaos: The Art of Slowing Down for Emotional and Spiritual Well-being Elise Tucker, 2025-04-28 Escape the relentless pace of modern life and embark on a journey toward inner harmony with Finding Peace in the Chaos This comprehensive guide provides a roadmap for navigating the emotional and spiritual challenges that stem from the constant bombardment of daily stressors The book begins by painting a vivid picture of the chaos that pervades our lives leaving us feeling overwhelmed and disconnected It then delves into practical and evidence based techniques for slowing down fostering inner peace and cultivating spiritual well being Throughout the pages you ll uncover strategies for managing stress developing mindfulness and cultivating gratitude The book empowers readers to identify the sources of their emotional turmoil break free from negative patterns and forge a path toward greater resilience and well being Finding Peace in the Chaos is an invaluable resource for anyone seeking solace and clarity amidst the noise of everyday life It offers a practical roadmap for individuals who desire to cultivate inner peace nurture their emotional well being and reconnect with their authentic selves

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