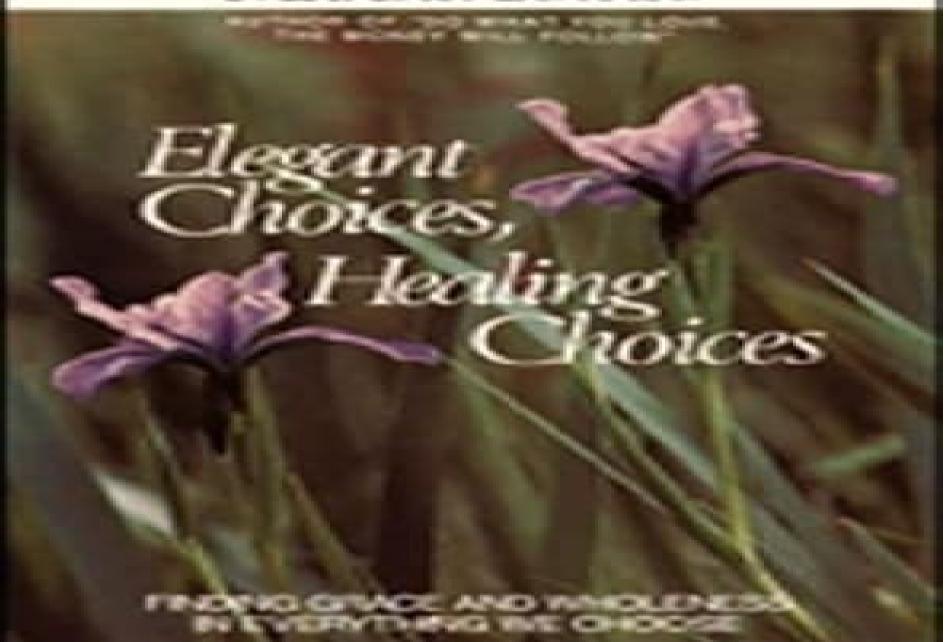
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Elegant Choices Healing Choices

Julie Keene, Ione Jenson

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Elegant Choices, Healing Choices Marsha Sinetar, 1988 Explains how small day to day choices can lead us to our personal goals tells how to overcome fears and stresses the importance of love Reflections of a Mystical Sistah Idara Bassey, 2004-03-25 Reflections of a Mystical Sistah On Traveling Down the Road to Self Definition speaks to the journey of creating and living a self defined and authentic life Seven essays interspersed with six affirming Rest Stops guide and support readers who are moving into new and uncharted territory in their own lives Idara E Bassey a corporate attorney turned spiritual seeker and creative spirit draws on her considerable experience and unique perspective to entertain and challenge those who wish to envision new ways of doing and being She presents a broad range of personal growth topics via an engaging alchemy of straightforward narrative and inspired dialogue Some of the roads less traveled are the most rewarding of all **The Power of Positive Choices** Gail McMeekin, 2001-06-21 Gail has the ability to show us how to move our lives forward with power dignity and grace She is truly the Goddess of Creativity Loretta LaRoche bestselling author of Juicy Living Juicy Aging The world is on overload at least from our modern day Western perspective Gail McMeekin believes that we can effectively reduce stress in our lives and bring more meaning into them and she has developed a program to help people to do just that by showing them the power of making positive choices Readers are taught to see their Serenity Stealers issues habits people that need to be subtracted from their lives With those negative life choices gone choices that deplete their energy and sidetrack them from their goals readers are shown how to make positive life choices Carefully selected and added one at a time these life choices will bring them closer to the joy and meaningfulness they need and desire The Power of Positive Choices is short and brief by design Filled with probing questions and helpful self tests it is a brilliant distillation of the steps we each need to take to make the power of choice work a clear vibrant go go juice of a book Jennifer Louden author of Why Bother Discover the Desire for What's Next By showing us how to confront and banish what's holding us back and how to consciously choose what s best in the long run this book reminds us that we have choices that affect the quality of our lives and helps us create a life in which joy plays a leading role Patti Breitman author of How to Say No Without Feeling Guilty Bringing Peace Into the Room Daniel Bowling, David Hoffman, 2003-09-30 Bringing Peace Into the Room examines the personal qualities that make a mediator effective The eminent authors of this volume go beyond traditional descriptions of academic training theoretical orientation and refinement of technique to confront issues related to personal temperament and the crucial psychological intellectual and spiritual qualities of the mediation professional qualities that are often the most potent elements of successful mediation In this comprehensive resource Daniel Bowling and David Hoffman bring together a stellar panel of practitioners academics teachers and trainers in the field Michele LeBaron Kenneth Cloke Robert Benjamin Don Saposnek Sara Cobb Peter Adler Jonathan Reitman Lois Gold Marvin Johnson and others 3 4who share their personal experiences as mediators Each contributor demonstrates that at the very heart of conflict resolution is

the subtle interaction between the parties and the mediator's personal and authentic style The Tao of Inner Peace Diane Dreher, 2021-09-07 With its lively demystifying approach The Tao of Inner Peace shows how the Tao can be a powerful and calming source of growth inspiration and well being in times of conflict and anxiety Translated more often than any other book except the Bible the Tao Te Ching has been a spiritual guide for centuries helping millions find peace within themselves with each other and with the natural world around them Written in workbook style complete with exercises questionnaires journal keeping techniques and affirmations The Tao of Inner Peace translates the ancient Eastern philosophy into a plan for contemporary Western living Diane Dreher Ph D shows the way to Bring greater joy fulfillment and creativity to daily life Heal the body and spirit Build self acceptance and self esteem Resolve conflict Reverse negative cycles of emotion Understand life as a process of changes and challenges An essential handbook for mental wellness The Tao of Inner Peace adapts the principles of Tao to today s world showing us how to integrate the many facets of our everyday lives to create a balanced dynamic harmonious whole Mediating Interpersonal Conflicts Mark S. Umbreit, 2006-08-01 Conflict is a normal and predictable part of life How we respond to it however determines whether or not the conflict will be destructive Mediating Interpersonal Conflicts is an up to date presentation showing how the techniques of negotiation and mediation can be applied in resolving a wide range of conflicts in families communities schools and workplaces Dr Umbreit not only clearly outlines the communication negotiation and mediation skills involved in effective resolution of interpersonal conflict he moves the reader beyond the mechanics of mediation to what he calls a journey of the heart through a humanistic mediation model that addresses the emotional context of the conflict Between Love and Hate Lois Gold.2013-11-11 The Healthy Divorce Lois Gold M.S.W., 2009-01-01 The ultimate guide on how to divorce for women and men in a positive peaceful way While divorce can be filled with anger frustration and bitterness most divorcing couples want to end their marriage in a manner that preserves their dignity and emotional health especially if there are children in the picture They want to prevent irreparable damage to themselves and their children from a long drawn out ugly battle The Healthy Divorce provides them with the tools to more peacefully negotiate the difficult process of divorce Filled with checklists exercises and rituals as well as case histories of couples who have successfully used this positive approach The Healthy Divorce is your essential guide to getting through your divorce without ruining your life or permanently harming your children The Healthy Divorce empowers couples to negotiate handle sensitive issues and resolve conflicts in a way that allows them to emerge from divorce with their emotional well being intact The Healthy Divorce includes The seven keys to a healthy divorce How to separate yourself from the marriage emotionally How to best defuse a dispute before it escalates The best way to handle an uncooperative ex Praise for The Healthy Divorce Required reading for anyone contemplating divorce Publishers Weekly This is an achievable model of what divorcing parents can do that s positive for themselves their spouse and their children Jay Folberg Professor Emeritus and Former Dean of the University of San Francisco Law School A wonderful book immensely

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