

SPONTANEOUS OPTIMISM

PROVEN STRATEGIES

FOR
HEALTH, PROSPERITY
AND HAPPINESS

DR. MICHAEL MERCER • DR. MARYANN TROIANI

Spontaneous Optimism Proven Strategies For Health Prosperity Happiness

Kevin Everett FitzMaurice



Spontaneous Optimism Proven Strategies For Health Prosperity Happiness:

Spontaneous Optimism Michael W. Mercer, Maryann V. Troiani, 1998 This inspirational practical book is different from other optimism related books in many ways from the basic research and professional expertise to the authors who are tremendous role models because they use their optimism methods to enhance their lives and relationships Stress for Success, Second Edition Kevin Everett FitzMaurice, 2013-01-02 Why see stress as your enemy when stress can be your best friend Why fight stress when you can redirect stress to work for you Why suffer from stress when you can succeed with stress You will learn helpful ways to make stress work for and not against you You will learn to recognize five different kinds of stress and seven solutions for stress You will understand the difference between productive and destructive stress The advantages and disadvantages of stress The difference between helpful and hurtful stress and how to easily tell which is which How to effectively cope with stress provoking events How to easily use your attitude to lower your hurtful stress How stress arises so you can choose whether or not to have stress Simple and advanced methods for dealing with stress productively Effective rules for living that make stress your friend instead of your enemy *Rocket Mom* Carolina Fernandez, 2003 *Attitude Is All You Need! Second Edition* Kevin Everett FitzMaurice, 2011 He is an independent thinker and I would advise you to read some of his books particularly *Attitude Is All You Need* It will help you control your anxiety and overcome other emotional problems Albert Ellis Ph D The founder of Rational Emotive Behavior Therapy REBT Albert Ellis was voted the second most influential psychologist of all time by the American Psychological Association APA Dr Ellis devoted a chapter to *Attitude Is All You Need* in his book *How to Control Your Anxiety Before It Controls You* To be concise the book is about Attitude Power AP From reading it you will discover how to increase your Attitude Power and how to decrease your attitude weaknesses and deficiencies Don't you think the time and energy spent on improving your mental health is worth the benefits to your relationships and career **The Secret of Maturity, Third Edition** Kevin Everett FitzMaurice, 2012-11-14 This book describes maturity in understandable and practical terms If you want to know what it means to be mature this book is for you If you want to know how to live a mature life this book is for you If you want to grow up or know what it means to grow up this book is for you With all our means of communication and education how is it possible that many fundamental concepts and principles continue to remain a secret or a mystery to most people What kind of educational system can call itself education and fail to discuss and explore fundamental human qualities like maturity The research for this book uncovered a myriad of different ways of approaching the same basic answer for the secret of maturity Maturity is responsibility Most of the answers to What is maturity come from either psychology or philosophy

Feeling-Intention Therapy Kevin Everett FitzMaurice, M.S., 2020-09-01 Read Feeling Intention Therapy to Discover FIT Incorporates REBT CBT to Go Beyond Both Master Your Intentions Feelings Master Your thoughts Responses 17 Diagrams 8 Tables Make It Easy Master Your Heart Mind New Comprehensive Therapy System This book presents the most

comprehensive model available for understanding human feelings intentions thoughts and responses This book presents a new therapeutic system to advance the counseling profession However anyone familiar with Rational Emotive Behavior Therapy REBT or Cognitive Behavior Therapy CBT will find it comparatively easy to understand because FIT subsumes and builds upon those two models We have made this book accessible for professional practitioners and those seeking personal improvement self help and self knowledge Do you dare face your inner demons Do you intend to overcome your inner demons Then this book is for you Do you dare to prioritize the intention to be awake aware and alive Then this book is for you Want to Finally Map and Understand Your Mind Are you consumed by a desire to fully understand the workings of your mind Then this book is for you This book will help you to discover a revolutionary psychological approach for both self help and professional help 5 or 12 Factors Controlling Human Responses Feeling Intention Therapy FIT will teach you the twelve main factors controlling influencing and motivating human behavior However you only need to focus on five to make your life better When you know and understand why you do what you do you will also learn why other people do what they do When you understand why you did what you did you can more effectively and efficiently improve what you do next time When you know how to change the factors controlling your behavior you can help others change their behavior by teaching them to change the same factors When others see you living a centered and meaningful life then they will want what you have Advanced Exhaustive Psychology Psychology has never been so complete or as clear and precise as it is in Feeling Intention Therapy FIT because the order of psychological events is fully delineated While being a major advance in psychological understanding and application FIT does not claim to work on biological or sociological issues except insofar as they are secondary issues and side effects of what FIT does address However FIT is more than willing to work using a team approach wherein a group of professionals work together when helping a client each one focusing on a different issue communicating with and assisting each other as needed FIT provides the map You provide the territory Your counseling practice provides the experience Your experience of receiving FIT counseling provides the evidence Your contribution provides the needed help for both the theory and others

3D: Daily Dose of Discernment: 2003-2004 Kevin Everett FitzMaurice, 2012-01-30 This book is a collection of sayings good for all times Topics include psychotherapy psychology philosophy psychological skills General Semantics Eastern psychology meditation flow identity authenticity responsibility nature of self and social commentary among others You will find the sayings amusing helpful interesting and thought provoking Many are like Zen koans if you sit with them they reveal the other side free of words New meanings will arrive on different journeys The same insight shared different ways helps you not to miss deeper felt experiences for simpler surface meanings It often happens that a slight change in wording allows someone to drop their mind long enough to hear something fresh One person's That's obvious is another person's ah ha moment Let the sayings pass that don't open to you now Focus on the sayings that bring stillness Listen beyond the words Sense rather than think the music behind the words

Taking Stock Benjamin

Blech,2003 This title shows readers how to move toward a life view in which success is defined by spiritual clarity not by money

How To Govern Anything Kevin Everett FitzMaurice,2012-08-10 In this book discover the first new major government system to be developed in centuries a form of government that also functions as its own think tank This book was many years in the making Some lyrics in the song Revolution by the Beatles can be interpreted to mean that any revolution without a new plan is pointless This interpretation challenged FitzMaurice to create a new and better plan for governments The result he calls Ocean Government The excuses end now For the right method to use to cause a revolution visit <http://www.aeinstein.org> For the right method to use to rule after the revolution use this book Ocean Government is advantageous for governing countries corporations colleges communes co operatives clubs churches temples institutions schools and organizations of any kind Ocean Government will work for Communist States Democracies Dictatorships Monarchies Noocracies Oligarchies Presidential Republics Parliamentary Republics Socialist Republics Theocracies or any form of government It is simple to set up and easy to continue There is every reason to switch to the Ocean Government system and no reason not to give up antiquated systems of government This book gives you all the tools and knowledge you need to institute the superior Ocean Government form of government today The only financial cost to you is the cost of this book The metaphor and fundamental design element for the structure of Ocean Government is a river ending in the ocean This structure is diagramed at every level to make it easy to understand apply and reference You begin with springs feeding tributaries You move to tributaries feeding streams and then to streams feeding rivers Last you arrive at rivers feeding the ocean Finally you reach a system of government that rewards intelligence cooperation and participation at every level

What's Your Story? Kevin Everett FitzMaurice,2015-03-12 Read What s Your Story to Discover How To Recognize Ego Story How To Remove Ego Story How To Replace Ego Story How To use the 3Rs for Freedom from Ego How Story Shapes Ego This book is about how story shapes defines and guides your self This book is about understanding the power and control the story has over your definition of self your mental life of self talk and how you respond to life By discovering how story manipulates and controls your life you will learn how to live free of ego story Ego Is Your Problem Ego is the underlying problem in both personal and social plights Learning to see your ego as your real problem begins your journey to sanity Solving your problems by working on the reduction of your ego until it is eliminated is the practice of sanity Helping others do the same is love compassion and kindness Purpose of Book and Chapters The story or purpose of this book is to explain the relationships between story self talk and ego Such understanding is necessary to realize the book s goal which is to help people discover how to live free of ego story The first two chapters explore the nature and structure of the story to help you achieve the goal of freedom from ego The following chapter explores the ego s relationship to self talk and story These together lead to the most important chapter that explores the means and methods for living free of ego story Books Expose and Reduce Ego In Ego FitzMaurice introduced self talk as the workings of the ego In Games Ego Plays FitzMaurice

introduced social and psychological relationship issues as ego games In What s Your Story FitzMaurice introduces the human obsession with the story as the human obsession with ego The more ways you have to recognize ego the more ways you have to begin the process of reducing and eliminating the ego from your life Uproot Ego and Uproot Misery Once you recognize ego you begin to remove and replace your ego Most of the many books written by FitzMaurice provide insights and tools to help you Recognize Remove and Replace 3Rs your ego While not prerequisites for reading this book most readers would do well to read both Garden and Ego before reading What s Your Story Garden will teach you how to track process and improve your thinking feeling and reaction Ego will teach you to focus on your thinking as self talk to maintain your ego Stop being a slave and victim of your ego Take charge now of how ego story controls you and your life Choose freedom and authenticity now over ego Read and Enjoy Now

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