

MINDFULNESS



Soothing Moments Daily Meditations For Fasttrack Living

Bryan E. Robinson



Soothing Moments Daily Meditations For Fasttrack Living:

Soothing Moments Bryan E. Robinson, PhD, 1990 With insight and sensitivity Bryan Robinson has written this first book of daily meditations for overachievers overworkers and fast trackers The book will benefit those who lead fast paced and high pressured lifestyles who need time out each day for self renewal joy and serenity in their lives

Ghosts in the Bedroom Ken Graber, 1991-04-01 LI As the partner of an incest survivor do you feel like a neglected victim even though your life has been drastically affected by the aftermath of sexual abuse Do you feel left out in the cold as you watch them go through recovery Do you feel isolated or rejected and think that no one else will understand your problems Although the impact of incest or sexual abuse can destroy relationships and test long standing commitments the information in this book may be the key to holding your relationship together through the journey to recovery Ghosts in the Bedroom provides comfort and guidance for partners in the process of recovery Graber draws from personal experience to show how partners can accept responsibility for their own issues support the recovery of the incest or sexual abuse survivor and work toward solving relationship problems together

Solving the Self-Esteem Puzzle Deborah M. Hazelton, 1991 I Don't Need Therapy But Laurie Weiss, 1991 Advice for adult children on how to solve specific problems in their lives such as anger depression co dependence family violence eating disorders and incest Includes a list of resources for addicts and their families

Silently Seduced Kenneth M. Adams, 1991 When a parent's love for a child is more expecting than giving more jealous than trusting the child can become trapped in a psychological marriage with the parent becoming a victim of covert incest Identification of this problem is often difficult for the victim often feels idealized and privileged rather than abused Dr Adams provides a framework for beginning a process of recovery

The Child that Never was Yvonne Kaye, 1990 The Child That Never Was goes to the heart of the recovery journey that one must grieve the past before one can go on to build a happy healthy future In this book Kaye takes an in depth look at the grieving process and discusses its stages toward healing

The Flying Boy John H. Lee, 1991 This book is about the fears of intimacy abandonment and commitment and how to overcome them It is also the first book that unites the growing men's movement with the recovery movement Book II will help anyone who reads it to identify an addictive relationship and see that adults can't be abandoned

The Other Side of the Family Ellen F. Ratner, 1990

The End of Motherhood Jo Ann Lordahl, 1990 Jo Ann Lordahl examines all aspects of a woman's mid life and shows how the skills learned in motherhood can now be used to empower women and improve society The End of Motherhood leads the reader through recovery and beyond to spiritual growth and fulfillment

Overdoing It Bryan E. Robinson, 1993-09 Tells how self destructive patterns of overwork overachievement and overcaring can lead to stress and affect health

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