

A painting of a house interior. In the foreground, a dining table is set with a white tablecloth, a floral centerpiece, and several plates. Two white chairs are tucked under the table. To the left, a staircase with a black metal railing leads up. In the background, a large window with a dark frame is visible. The overall style is impressionistic with soft colors and visible brushstrokes.

Taking the Stairs

My Journal of Healing
and Self-Discovery

by Julie S. McKenna

Taking The Stairs A Journal Of Healing And Self Discovery

Dianne Gebhardt



Taking The Stairs A Journal Of Healing And Self Discovery:

Taking the Stairs Julie Nolan,1997-01-01 **Taking the Stairs** Julie S. McKown,2002-10 Taking the Stairs Julie Scipioni,2019-11-15 Are you trapped in an abusive relationship Are you ready to finally free yourself What can you expect if you leave How can you possibly prepare yourself for something that is so unfamiliar And if getting out is the right thing to do then why are you so terrified and sad Is it really possible to pick up the pieces and start over again That s what Taking the Stairs is all about Taking the Stairs is not written by a therapist It doesn t dissect and discuss abuse and its ramifications in a detached or clinical way It is the actual diary of a woman a woman like you who discovered that she was in an abusive marriage After many years spent trying to fix it she learned to finally break free But she suddenly felt that there was no longer ground beneath her feet her entire world was turned upside down and her life no longer seemed to make sense In Taking the Stairs Julie Scipioni shares the intimate details of her day to day experience of healing and self discovery She exposes her most formidable struggles and deepest fears as she faces divorce emotional trauma unemployment poverty and loneliness all while answering critical questions for herself about life and love It all started with a dream you won t believe how it turned out

Power Up Your Woo Woo 7 Steps to Personal Growth, Empowerment, and Spiritual Healing with Tarot and Oracle Cards Dianne Gebhardt,2021-04-21 Do you keep repeating the same dysfunctional or even toxic relationship choices over and over Do you want a better job and more material abundance in your life but it always seems meant for others and not you Do you need to make a big change in your life and can t find the courage to do it Have you pushed away the dreams and desires of your heart Do you think of yourself as a spiritual person and would love to take that to a more powerful level Power Up Your Woo Woo will empower you for success in all of these and other key areas of your life in a fresh and unique way Power Up Your Woo Woo 7 Steps to Personal Fulfillment Empowerment and Spiritual Healing gives you an easy proven and trackable system to help you evolve to the best you with fast results Whether you ve never used Tarot or Oracle cards before or are an experienced even professional user and reader of the cards you will benefit immensely from learning and using the methods in Power Up Your Woo Woo You will learn about 12 different woo woo tools that will take Tarot and Oracle card messages to a whole new level You will also learn how to Connect easily with your source of Divine Guidance to help you thrive even in life s most challenging situations and relationships Adjust your world view to one of infinite possibilities abundance joy compassion and gratitude Plug in to your power source for feeling more inspired creative empowered and authentically generous Believe in your own intuition and see your own sixth sense gifts at work in your life Learn the life lessons you came here to learn Lessons will be repeated until you get it This informative and life changing book will take you on a journey of self discovery and personal transformation like no other You will discover a multi sensory way to see yourself others and the world in a new expanded way You will get the answers you want and need

Taking Steps Towards Mental Wellness: Volume 2 - What's Next Scott Shoemaker,2018-07-14 Learning to make the

process of getting better stimulating is the key to the start of our success Scott Shoemaker In book 2 of the Sharing Mental Illness Series the Author takes on a new journey with Taking Steps Toward Mental Wellness Part 2 What's Next The path of healing from anxiety depression and ADD can be turned into an intuitive adventure full of learning and creating a zest for life Finding what's next in our lives really turns the sharing process into a lifelong process of increased understanding with the hope that the world will no longer pass us by but instead we'll see if others can keep up with us This second book in the series is also designed to be an easy read for even those that suffer from ADD or for anyone who has a difficult time learning new things With real world examples this is an easy to read guide that will grab you and keep your attention and leave you knowing that you are not alone with your mental health struggles Scott writes not only about the personal journey he has made but he does this in an open and brutally honest way in order to help others understand His ability to express what he has gone through in the past and what he still has to fight today is amazing in that it is done in language anyone can understand and relate to Sherrie Sheets RN MSN A keen and incisive retrospective Scott Shoemaker conveys an understanding of himself from a non clinical perspective that is genuine and relatable for anyone Andrea Webb NREMT Infusion Account Executive

The Codependency Workbook: How Anyone Can Recover from Toxic Relationships and Reclaim Their Self-Worth in 30 Days or Less ALBAN COLE, 2025-05-06 Rewrite your story and break free from the painful cycle of codependency Open a new chapter where you can live as the complete and authentic version of yourself embracing self discovery empowerment and independence Are you constantly seeking approval bending over backward to meet the needs of others even at the expense of your own well being Do you often neglect your own desires and boundaries in the process If your answer is yes then you may be exhibiting codependent behavior in one or more types of relationships in your life The main sign of codependency is consistently elevating the needs of others above your own In reality it presents a spectrum of pains and scars that run deep beneath the surface It can manifest in various relationships whether with a partner family member friend or coworker It thrives in environments where there is an imbalance of power emotional instability or a history of dysfunctional relationship dynamics Codependency is a challenging cycle of give and take and the only way out is through profound emotional healing personal growth and transformative change This book serves as your guiding light through the shadows of codependency offering insights practical strategies for coping and emotional intelligence and empathetic support so you can break free from its grip By exploring the roots of codependent behavior and providing actionable steps toward building healthier relationships this book will help you reclaim your autonomy and foster genuine connections based on mutual respect and trust Here is just a fraction of what you will discover within A step by step guided journey to the complete you rediscovering the love you have for yourself The spectrum of codependency understanding the different ways it manifests in life and relationships Exercises for self reflection how to rediscover your needs and desires and foster a deeper connection with yourself How to master the art of unconditional self love so you can

bring your complete self to relationships The paradox of people pleasing and why external validation is a honey trap here s a secret people pleasing pleases no one How to set and maintain wise and healthy boundaries in all areas of your life at home at work and in various social scenarios The key to healthy relationships how to write a new language of love for yourself and the people in your life And much more This book understands that change isn t easy especially when you ve given too much for too long It addresses breaking unhealthy habits building trust healing from trauma and enhancing mental health It s easy to say Just assert your wants and needs but taking action is an entirely different mountain to climb This book will help you find the inner strength and will you need to take action and combat codependency This is your sign to end the cycle Step out of the shadows of codependency and live your best most authentic life Scroll up and click the Add to Cart button right now

The Sermon on the Mount, the Twelve Steps, and the Royal Road Daniel Hazelwood,2018-04-13 In The Sermon on the Mount the Twelve Steps and the Royal Road Dan Hazelwood presents a unique blend of early church Christianity and the twelve step recovering program that explains how the Christian experience changed over the last four hundred years and how the twelve step process reconnects a spiritually seeking person to a deeper Christ experience that many mainstream churches cannot duplicate In preparation for this journey into studying the sermon he takes the reader on a historical church odyssey and highlights significant philosophical church and secular events that not only affected Christian thought but also were significant in altering how current Christians view Christ He also demonstrates why early Christians viewed Christ differently By providing this background he prepares the reader to study the sermon in a manner the early church did while simultaneously demonstrating why the twelve steps represent a reconnection to an almost lost and forgotten Christ experience Complementing this journey is an exhaustive examination of biblical Greek so that the reader may gain a deeper understanding of the sermon in its original majestic splendor This challenging and thought provoking book unlocks the deeper meanings of many biblical passages and greatly enhances a spiritual seekers walk

Small Steps to Becoming Authentically You Samantha Tribble,2025-06-16 What does it mean to live authentically How do you move from being stuck in anxiety self doubt and old patterns to embracing confidence curiosity and a passionate life In Small Steps to Becoming Authentically You Samantha Tribble invites you to walk alongside her as she candidly shares the steps stumbles and triumphs of her transformation This inspiring how I helped myself story is filled with relatable experiences actionable insights and a refreshing dose of vulnerability As you read you will challenge the way you see yourself and the world around you walk your own path to authenticity self love and fulfillment let go of negatives embrace strengths and start living your best life The author a boudoir photographer who empowers others to see their own beauty understands the weight of personal struggles Through therapy trial and error and unrelenting determination she discovered the tools to transform her mindset and life Now she s sharing those lessons in a heartfelt narrative designed to inspire you to take your own journey Packed with empowering exercises uplifting reflections and practical ideas this book will challenge you to become your authentic self

Taking Back YOUR Right to Live Heaven on Earth Agatha Fallone Cretaro, 2024-03-14 This Sacred Poetry Book introduces the reader to the concept of the Law of Forgiveness healing practice It broadens awareness of this Graceful act of Divine Energy Healing one step at a time for the purpose of rebuilding the Soul an ultimate act of SELF_LOVE achieving sustainable happiness and joy Through inspirational and motivational sequencing of Divine Energy through ITs words this collection of spiritual self help poetry guides the reader through the steps of Igniting Embracing and Embodying their authentic self Each word is delicate and sequenced beautifully with transcending meaning carrying Divine Energy In her state of BEing Agatha Fallone Cretaro sat in union with God when she wrote Taking Back YOUR Right to Live Heaven on Earth Her spirit body and mind were all aligned with the Divinity within her and therefore completely open for TRUTH to funnel through How these Sacred words are organized on the page is Divinely purposeful through them the reader will be empowered to Take Back their right to live Heaven on Earth

Healing Your Feminine Energy Avery Clarke, 2025-01-24 Are you ready to heal the wounds that hold you back awaken your inner power and step into a life of authenticity and balance *Healing Your Feminine Energy 7 Transformative Steps to Heal Your Inner Child Master Shadow Work and Accelerate Spiritual Growth* is your guide to reclaiming your true self and embracing the wholeness you deserve This book is for women who feel disconnected from their intuition creativity or emotional strength It s for anyone tired of recurring patterns in relationships struggling with self doubt or longing for deeper spiritual growth Through practical exercises compassionate insights and empowering tools this book will help you Reconnect with your inner child and heal the wounds of abandonment criticism or neglect that still affect your adult life Break free from toxic cycles by identifying and releasing limiting beliefs and building healthier more empowering habits Embrace vulnerability and intuition as powerful strengths to foster deeper connections and trust in yourself and others Navigate your shadow self to uncover suppressed emotions and transform them into sources of strength and wisdom Awaken your feminine energy through creative practices rest and spiritual rituals that nurture your mind body and soul Live in wholeness and alignment sustaining your healing journey with supportive routines self compassion and authenticity Empower others through your transformation becoming a beacon of inspiration and growth in your community Each chapter guides you through a step by step process of healing and transformation from understanding the root of your struggles to integrating lasting change into your daily life You ll uncover the deep connection between feminine energy and spiritual growth learn how to reclaim your intuition and creativity and discover the tools to live a life aligned with your highest self This is more than a book it s a call to action a guide for your healing journey and a resource you ll return to again and again If you re ready to transform your wounds into wisdom step into your power and create a life of balance and fulfillment this book is your roadmap Take the first step today your journey to healing and awakening starts here

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