

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

**Chrissie Astell**



## **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      **Shadow Work Journal: A Guide to Uncover and Heal Your Shadows** Renata Mazu, Are you ready to uncover and move beyond your shadows and fully embrace the true you that is self aware and at peace You can do that Let s start with identifying and addressing the hidden parts of you the shadows that have been holding you back Introducing the Shadow Work Journal your guide and journal designed to help you face and release your own limitations unsupportive beliefs and patterns that prevent you from reaching your full potential living the life you dream about Drawing from over 15 years of subconscious mind experience and proven practices this interactive journal will take you on a path of self exploration and discovery encouraging you to dive deep into the unconscious aspects of yourself Whether you re dealing with stress anxiety depression or feeling disconnected this journal is packed with tools exercises and other resources to guide your healing process Through engaging prompts and thoughtful reflections you ll discover how to cultivate self awareness embrace self love and reconnect with your true self Start the transformation journey of healing Benefits of Shadow Work Break free from feeling stuck Reduce anxiety and similar feelings Enhance your relationships and interactions with others Start healing trauma Set healthy boundaries Cultivate compassion for yourself and those around you Gain clarity on your past and heal your relationship with it Get to know and embrace the true you      *How to Heal after Narcissistic Abuse* Joselyn M. Hardy,2024-11-11 Are you tired of feeling stuck drained or controlled by the toxic relationship you ve left behind Do you feel like the emotional scars of narcissistic abuse still haunt you preventing you from truly healing and moving forward with your life You re not alone and the healing journey you deserve starts now This is a transformative guide that will empower you to reclaim your life rebuild your self worth and create a future filled with freedom joy and personal growth This is more than just a book it s a roadmap to emotional recovery resilience and self empowerment after the pain and manipulation of

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*10 Steps to Take Charge of Your Emotional Life* Eve Wood, M.D., 2008-01-01 From the best selling author of *There's Always Help* *There's Always Hope* Psychiatrist professor and award winning author Eve Wood trusts in your capacity to heal to clear the way to a natural state of hope harmony and well being The insights and tools she shares in this book will enable you to identify and resolve your issues Dr Christiane Northrup says this book is one of the best books I've ever seen on how to achieve emotional balance and happiness It's practical real world and very readable Dr Wood is my kind of doctor Dr Wood makes healing a simple process that anyone can understand She walks you through ten steps that encompass examples stories exercises and guidance You'll take stock of where you are and discover what you can do to transform your life You'll learn to address your negative thoughts and beliefs make life choices that fit your nature and develop strategies to support your innate capacity to heal Whether you suspect that you're suffering from a known condition or you simply want to understand yourself better this insightful book is a path a promise and a prayer for that truly transformative way of healing to begin

[The Journey to Self-Discovery and Success - Lessons Learned from Life's Biggest Challenges](#) Silas Mary, 2025-02-17 Self discovery is a lifelong journey and every challenge we face provides an opportunity to learn more about who we are and what we are capable of The Journey to Self Discovery and Success explores how life's biggest challenges can become powerful catalysts for growth and transformation Through personal stories lessons learned from overcoming

obstacles and actionable strategies this book will help you embrace challenges as opportunities for self discovery and success Whether you re navigating personal setbacks or striving for professional growth this book will inspire you to learn from every experience and become the best version of yourself

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Covington,2019-06-05 The latest fully revised and updated edition of classic and best selling work in the field Since it was first published in 1999 *Helping Women Recover* has set the standard for best practice in the field of women s treatment *Helping Women Recover* is a manualized treatment intervention based on Dr Covington s Women s Integrated Treatment WIT model offering a program developed to meet the unique needs of women addicted to alcohol other drugs and those with co occurring disorders Included in SAMHSA s National Registry of Evidence based Programs and Practices The *Helping Women Recover* program offers counselors mental health professionals and program administrators the tools they need to implement a gender responsive trauma informed treatment program in group settings or with individual clients Now in its third edition this binder set including a hands on participant s journal has been updated with new material on opioid addictions how to become trauma informed and gender responsive LGBTQ issues and more The detailed chapter for the facilitator on how to use the program updated references and further reading suggestions help practitioners effectively implement the program in daily practice A vital tool for all mental health and addiction treatment professionals *Helping Women Recover* Draws from the most up to date theory and practical applications in the fields of addiction and trauma Covers the historical background and fundamental principles of gender responsive services Provides guidance for facilitating an effective woman s treatment program Offers real world insights on the role of the facilitator Includes an appendix of additional recovery resources such as The Sixteen Steps for Discovery Empowerment and Women for Sobriety New Life Program Acceptance Statements *Helping Women Recover* is essential for mental health and addiction treatment professionals including counselors therapists social workers psychologists and psychiatrists who work with women in hospitals addiction treatment programs community mental health centers and individual practices **Yoga Journal**

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*Walking the Labyrinth: Finding Peace, Healing, and Transformation* Pasquale De Marco,2025-07-12 In a world yearning for healing transformation and spiritual connection Walking the Labyrinth Finding Peace Healing and Transformation emerges as a beacon of hope and guidance This comprehensive guide invites readers to embark on a journey of self discovery and renewal through the ancient and sacred practice of labyrinth walking With its intricate spirals and meandering paths the labyrinth has captivated hearts and minds for centuries serving as a powerful tool for healing transformation and spiritual growth In this book readers will delve into the labyrinth s rich history symbolism and practical applications uncovering its profound potential to bring about positive change in their lives Through personal stories expert insights and practical exercises this book provides a step by step guide to the labyrinth experience Readers will learn how to navigate the labyrinth s path with intention and mindfulness creating a sacred space for reflection healing and transformation Whether seeking solace inspiration or a deeper connection to the divine readers will find guidance and support to deepen their connection to the labyrinth s wisdom and transformative power Exploring the labyrinth s ancient origins and its significance in diverse cultures and traditions this book reveals the universal appeal of this sacred symbol Readers will discover how the labyrinth has been used for centuries to promote healing facilitate personal growth and foster spiritual development With chapters dedicated to the labyrinth s symbolism geometry and practical applications this book provides a comprehensive understanding of this ancient practice Readers will gain insights into the labyrinth s profound connection to the human experience uncovering its ability to mirror our inner journey and guide us towards wholeness and transformation Whether you are a seasoned labyrinth walker or a curious beginner Walking the Labyrinth Finding Peace Healing and Transformation offers a wealth of knowledge inspiration and

practical guidance Embrace the labyrinth s timeless wisdom and embark on a journey of self discovery and transformation that will leave you renewed inspired and deeply connected to the divine If you like this book write a review

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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

**Self Discovery Journal** Tiffany Adams,2020-01-27 Over 69 percent of people feel trapped in their same old redundant routine Are you one of them Do you wake up to your alarm in the mornings get ready for work as usual and feel like something in your life is missing Something with significance Are you tired of doing the things you typically do expecting a new outcome each time only to be disappointed when you make absolutely no personal progress or growth whatsoever Do you want to create a new life for yourself one filled with genuine happiness and a love for both yourself and what you do Dissatisfaction is all too common nowadays People are depressed miserable and hate their daily routine feeling as if their life s purpose doesn t exist For the most part a major contributing factor is that you stay in your comfort zone and don t try to grow as an individual Another part is that your mind is too fixated on The best thing you can do for yourself in times of doubt sadness and unfulfillment is to focus your thoughts inward and try In Self Discovery Journal you will discover 365 thought provoking questions to help you better understand yourself and open the door of opportunity for change in both mindset and lifestyle How to become happy and satisfied in the life you re living as well as how to make your dream life turn into reality The never ending life cycle many people get sucked into and how to dig yourself



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**Innovative Collaborative Practice and Reflection in Patient Education** Bird, Jennifer Lynne, 2015-01-31 The process of patient education allows for patients to think about their health in new ways and for educators and professionals to propose new ways to heal with the ultimate goal of patients having a positive outlook on life and consistently maintained health Innovative Collaborative Practice and Reflection in Patient Education presents multigenre writing incorporating authors personal and professional stories along with academic theories It combines the fields of education and medicine presenting innovative approaches to health education and designing new approaches to healing This research publication will impact the field of health education and be of use to educators researchers practitioners professionals and patients

The Truth About Trauma Lisa Collins, 2025-06-08 Restore Positive Energy to Your Life and Experience Freedom from Trauma Through a simple three step system and Lisa Collins s personal stories this thoughtfully crafted guide helps you move beyond the emotional imprisonment of past trauma into healing and newly discovered peace Learn how to identify and interrupt unhealthy responses through learning discovery and reflection so you can reclaim your joy The blueprint you ll receive is complete with real life experiences building blocks for growth and healing tools Once empowered you will be skillfully navigating the often unacknowledged traumas we all face transforming harmful energies into healing ones

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