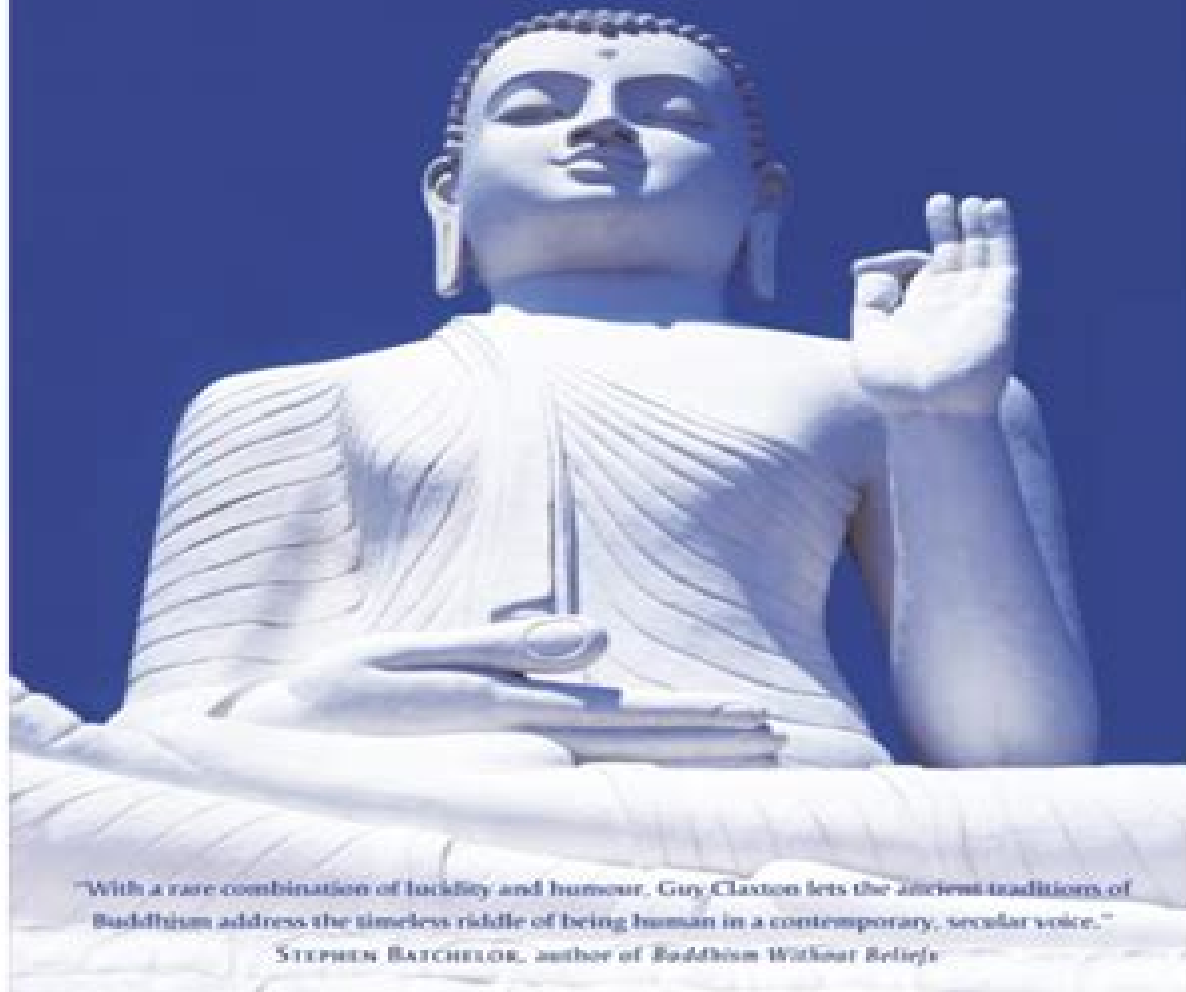




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GUY CLAXTON

A Simple Introduction to Buddhist Practice



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Developmental Coaching: Working with the Self, 2e Tatiana Bachkirova, 2022-03-04 Examining

the self is at the heart of coaching and this book provides a comprehensive overview of knowledge on the Self from psychology philosophy and other disciplines Developmental Coaching outlines a theory of individual development with practical applications for coaches The Development of Self in Action DSA theory provides a credible explanation of the individual functioning desired changes and development that makes developmental coaching a rigorous theory based approach to practice Building on the influential first edition of this text Bachkirova enriches and refines the book with even further conceptual clarity and hands on advice These theoretical and practical approaches have been used and tested for over a decade not only in the actual delivery of developmental coaching but also in many teaching programmes numerous masterclasses and coaching supervision internationally This new edition also offers an additional section on professional development and coaching supervision for coaches in the area This book will be an invaluable resource for students on coaching programmes and coaching practitioners who are keen to understand more about developmental coaching and why it works This is the best book written so far about coaching in my humble opinion because it is so deeply considered so original and intelligent so relevant to practising coaches and so useful to those seeking practical wisdoms Dr Paul Lawrence Director Leading Systemically Honorary Research Associate Oxford Brookes University UK Tatiana masterfully interweaves a rich discussion of the scientific and philosophical foundations of her DSA model with practical tools and implications for coaches Angela Passarelli Ph D Associate Professor of Management College of Charleston USA Tatiana Bachkirova greatly enriches our understanding of both client and coach Mary Watts Emeritus Professor of Psychology City University of London UK Praise from the 1st Edition This book is a rare beast in the developmental area of coaching intelligent articulate and accessible Dr Bachkirova s work combines and extends many existing developmental approaches making previously opaque frameworks tangible and real Anthony Grant Director of the Coaching Psychology Unit University of Sydney Australia Tatiana Bachkirova is Professor of Coaching Psychology and Co Director of the International Centre for Coaching and Mentoring Studies at Oxford Brookes University UK She is a recognised international speaker and her many publications include over 70 research and conceptual papers as well as edited volumes

The Complete Buddhism for Mothers Sarah Naphthali, 2024-12-03 Firmly grounded in the day to day reality of being a mother this revised and updated edition of *The Complete Buddhism for Mothers* gives personal and honest advice based on Buddhist teachings as applied to the everyday challenges of bringing up children Become a calmer and happier mother with *The Complete Buddhism for Mothers* fully revised and updated for the modern mother Entering parenthood can be a time of great inner turmoil for a woman yet parenting books invariably focus on nurturing children rather than the mothers who face the challenge of raising them This book is different Bound together in this edition *Buddhism for Mothers* and *Buddhism for Mothers of Young Children* explore the joy of being with your children in the all important present moment inspiring you to be more patient loving and attentive towards your family members other parents and most of all yourself Writing from personal experience and weaving in stories

from other mothers throughout her narrative Sarah shows us how spiritual and mindful parenting can help all mothers to be more open and content Even if exploring Buddhism at this busy stage of your life is not where you thought you d be the personal and honest advice in this book is well worth reading Naphthali is a lovely writer The Sydney Morning Herald An oasis of calm and tranquillity Mind Body Funny uplifting reassuring real and wise A truly mothering book for mother Stephanie Dowrick *The Guide to Good Mental Health on the Autism Spectrum* Yenn Purkis,Emma Goodall,Jane Nugent,2016-03-21 Drawing on their own clinical and lived experiences of the autism spectrum the authors of this guide provide readers who are on the autism spectrum and have a mental illness with strategies to overcome difficulties and achieve greater wellbeing Amongst others the book covers topics such as medication stigma therapy pets and psychotherapy **Transformative Phenomenology** David Allan Rehorick,Valerie Malhotra Bentz,2008-01-01 The fourteen authors in this collection used phenomenology the study of consciousness and hermeneutics the interpretation of meaning to conduct deep inquiry into perplexing and wondrous events in their work and personal lives These seasoned scholar practitioners gained remarkable insight into areas such as health care and illness organ donation intercultural communications high performance teams artistic production jazz improvisation and the integration of Tai Chi into education All authors were transformed by phenomenology s expanded ways of seeing and being **Buddhism for Mothers of Young Children** Sarah Naphthali,2010-10-19 A combination of personal narrative and stories gathered from mothers this guide shows how spiritual and mindful parenting can help all mothers Buddhists and non Buddhists be more open attentive and content By guiding mothers on a spiritual path this evocation also helps them cultivate wisdom open heartedness and a better understanding of themselves and their children The Buddhist teachings and principles help answer questions that all mothers face especially those with young children Who are my children Who am I How can I do my best by my children and myself What to do about all that housework Written in a clear and engaging style this warm and simple meditation facilitates parenting with awareness purpose and love Global Books in Print Practicing Psychotherapy Linda L. Chamberlain,2020-11-29 In this book of lessons learned from working as a psychotherapist for over 40 years Dr Chamberlain shares her varied expertise and experiences bestowing the wisdom she has gleaned throughout her career from patients students teachers and colleagues The text examines three core themes How helping clients is often intertwined with the therapist s own life journey the experience of building intimate relationships with vulnerable populations and the process of accepting loss letting go and moving forward both for the client and the therapist Prioritizing personal narratives case examples professional research and discussions with experienced clinicians this book marks the significant impact psychotherapy has on not just patients and clients but also the mental health professional Offering enlightenment for readers ranging from longstanding psychotherapists to former patients this unique book provides a particularly valuable resource for beginning therapists and therapists in training who seek a greater understanding of what it means to be a successful and effective therapist When

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