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David Laskin, Holly Hughes



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Mindful Choices for Well-Being William C. Shearer,Robin L. Shearer,2017-09-23 Mindful Choices for Well Being offers a holistic action oriented process of choosing and creating well being using proven methods for transformational change The Shearers developed Mindful Choices Therapy during three decades of clinical practice A cornerstone of their method is the systematic mastery of 10 interrelated Mindful Choices Breath awareness and retraining Begin and end days peacefully Mindful eating Cultivating mindfulness Self reflection Living your values Intentional relating Mindful movement Mindful Choices tools Self acceptance Self compassion Their how to manual for life planning features fictional characters going through real life struggles and changes providing examples of a powerful therapy that blends neuroscience Buddhist psychology contemplative traditions and mindfulness based behavioral therapies The tools described in the book will help you move from a life of too much stress and anxiety what the authors call dis ease to a life of well being balance and a deep sense of purpose Instead of acting on autopilot falling back on habits learned over a lifetime you can learn how to mindfully make clear choices aimed at creating the life you truly want Mindful awareness is the starting point for making great choices Mindful Choices Therapy provides the tools for transforming those great choices into powerful and effective habits

Meditations By Marcus Aurelius: 25 Guided Meditation Scripts Ready To Practice: The Power of Roman Wisdom tounknowndotcom, Marcus Aurelius,2023-11-17 In the complex tapestry of life the brilliance of Marcus Aurelius serves as a guiding beacon Within the pages of his personal reflections meticulously crafted with profound insight the revered Stoic philosopher emperor imparted timeless wisdom that continues to inspire generations This ebook delves into 25 of Marcus Aurelius most profound meditations in Script format enabling you to directly immerse yourself in these teachings dedicating just 15 minutes daily to their practice Through this engagement you will uncover the essence of his wisdom embarking on a transformative journey toward inner peace resilience and profound wisdom For those eager to commence this guided meditation promptly our Guided Meditation Audiobook awaits your exploration It is accessible on our website www.tounknown.com and various other platforms throughout the internet

Master Deep Reading Robert Smith,2025-05-15 Master Deep Reading A Mindful Life Series

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Yoga Journal, 2003-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

Alternative Models of Addiction Hanna Pickard, Serge H. Ahmed, Bennett Foddy, 2015-12-07 For much of the 20th century theories of addictive behaviour and motivation were polarized between two models The first model viewed addiction as a moral failure for which addicts are rightly held responsible and judged accordingly The second model in contrast viewed addiction as a specific brain disease caused by neurobiological adaptations occurring in response to chronic drug or alcohol use and over which addicts have no choice or control As our capacity to observe neurobiological phenomena improved the second model became scientific orthodoxy increasingly dominating addiction research and informing public understandings of addiction More recently however a dissenting view has emerged within addiction research based partly on new scientific research and partly on progress in philosophical and psychological understandings of relevant mental phenomena This view does not revert to treating addiction as a moral failure but nonetheless holds that addictive behaviour is fundamentally motivated by choice and subject to at least a degree of voluntary control On this alternative model of addiction addictive behaviour is an instrumental means to ends that are desired by the individual although much controversy exists with respect to the rationality or irrationality of these ends the degree and nature of the voluntary control of addictive

behaviour and motivation the explanation of the difference between addictive and non addictive behaviour and motivation and lastly the extent to which addictive behaviour and motivation is correctly characterised as pathological or diseased This research topic includes papers in the traditions of neuroscience psychology philosophy law and social science that explore alternative understandings of addiction

New Choices in Natural Healing for Women Barbara Loecher, Sara Altshul O'Donnell, 1998 Natural therapies offer a gentle drug free approach to women s health problems such as PMS migraines hot flashes TMJ and others But how can you tell which approach is the best for you The editors of Prevention Magazine Health Books consulted with experts in thirty different natural therapies from acupuncture to yoga to take the mystery out of alternative treatments and explain them in plain English You ll find out how the Alexander Technique can relieve the health risks of working at a computer how meditation can improve symptoms of PMS and how blueberries and ginkgo supplements can reduce spider veins Discover these natural healing techniques for physical and emotional ailments Acupressure Acupuncture Alexander technique Aromatherapy Art therapy Biofeedback Breath work Chiropractic Feldenkrais method Hellerwork Herbal medicine Homeopathy Hydrotherapy Imagery and visualization Massage and bodywork Meditation Music therapy Naturopathy Osteopathy Reflexology Therapeutic touch Traditional Chinese medicine Vegetarian diets Yoga Comprehensive and reliable this indispensable reference tells you how to find a qualified practitioner and what to expect when you visit one for the first time Plus inspiring testimonials from women who have been cured by these holistic techniques attest to their incredible restorative powers

Mindful Birthing Nancy Bardacke, 2012-07-10 With Mindful Birthing Nancy Bardacke nurse midwife and mindfulness teacher lays out her innovative program for pregnancy childbirth and beyond Drawing on groundbreaking research in neuroscience mindfulness meditation and mind body medicine Bardacke offers practices that will help you find calm and ease during this life changing time providing lifelong skills for healthy living and wise parenting SOME OF THE BENEFITS OF MINDFUL BIRTHING Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication connection and cooperation Provides stress reducing skills for greater joy and wellbeing

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The Reading Group Book David Laskin, Holly Hughes, 1995-02 Reading groups have skyrocketed in popularity and now there s a complete guide to starting and sustaining a reading group with annotated lists of 250 titles for provocative discussion Filled with funny and insightful stories from book group members independent booksellers and even a sociologist this guide will inspire the start up of new groups

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Lechtman,2001 This selective full color guide to the 100 best spas throughout the world includes destination spas which focus on wellness and life enhancement programs and resort spas which combine fun and fitness 10 maps **Business Mexico** ,1997 **100 Best Spas of the World** Bernard Burt,Pamela Joy Price,2003 Both first timers and avid spa goers will adore this guide to the top 100 spas in the world Details on spas at resorts on cruise ships in world class hotels on remote islands and in centuries old cities along with full color photographs make selecting a relaxing getaway stress free *New Age Journal* ,1996 **Choice** ,2009

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the reaction of an acid and a base is called a neutralization reaction although acids and bases have their own unique chemistries the acid and base cancel each other s chemistry to produce a rather innocuous substance water in fact the general reaction between an acid and a base is ce acid base water salt nonumber

14 2 acids properties and examples chemistry libretexts - Apr 19 2023

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nov 13 2022 suggest simple tests you could carry out to determine if an unknown substance is an acid or a base state the chemical definitions of an acid and a base in terms of their behavior in water write the formula of the salt formed when a given acid and base are combined

