

Reinventing Your Life How To Break Free From Negative Life Patterns

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can we achieve perfection while true perfection is fleeting we often achieve a moment of perfection a state of mind that is just right a time when we are fully attuned to the needs of our body mind and spirit it is the potential for achieving this type of integration that perfecting ourselves coordinating body mind and spirit seeks to tap into author aaron hoopes explores the basic threads of the self body mind and spirit and demonstrates simple methods of integrating the three through breathing exercises meditation focused quietism and conscious living he considers the body and how we can become more fully aware of it by examining detrimental behaviors exploring the effect they have and suggesting ways to counter them in particular he shows how deep breathing exercises and conscious awareness of the breath constitute a major pathway to physical health and well being he then looks the mind and how we can gain more control over our thoughts and feelings in particular he focuses on quietism an approach that includes exercises for calming the mind and gaining clarity of thought finally he discusses the spirit which manifests itself when we have integrated a healthy connected body with a calm clear mind when integration occurs every moment of life becomes perfect we can live in balance with our self and the world around us through breathing and quietism the quality of life improves we get sick less often and recover faster things that bothered us before become insignificant feelings of well being invade us and we feel ready to tackle any task or obstacle in our path follow along as aaron leads you through simple exercises that will help you develop healthy habits one step at a time holistically heal and strengthen your body reduce tension and stress through mindful breathing increase your connection between mind and body get in touch with your universal mind discover the joys of quietism achieve internal balance

identifies eleven negative self beliefs learned early in childhood and provides step by step suggestions for conquering these self destructive patterns and living a happier life

psychotherapists george weinberg analyzes the psychological underpinnings of compulsive behavior and what we can do to change it

with today s accelerating rate of change in order to survive everybody needs to know how to manage self change the individuals who prosper during the information age will be those with the ability to respond to change quickly effectively this means individuals will need a simple precise model to plan institute personal change a book of practical wisdom for those who want to change their lives but don t know how to get started the author examines the process steps of change offers insight into finding the motivation energy to successfully institute bring about change tools useful models are presented throughout the book which can be applied on all levels from the personal to the professional organizational the book offers strategies for understanding the past managing the present creating the future suitable as a training manual for groups as well

this concise yet comprehensive text discusses the health related physical fitness components you need to cover while also providing beneficial information about wellness inside you ll find discussion of motivation and behavior modification throughout the book as well as an outstanding nutrition chapter and a chapter on healthy lifestyles that contains information on cancer risk management cardiovascular disease and stress management

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