

The Numerology Guidebook Uncover Your Destiny And The Blueprint Of Your Life Paperback

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inspired by artist tamara laporte s popular online art classes willowing org create your life book presents 18 step by step mixed media drawing and painting projects that encourage self fulfillment through the creative process tamara s kind non judgmental voice guides your way what is holding you back where do you want to go let go of the past use these expressive exercises to help you recognize your personal challenges and other obstacles then work through them let go of limiting beliefs find courage feel gratitude heal pain and develop self love as you playfully create each themed chapter presents four to five two part projects first you will explore a common issue that hampers creativity and or positive self worth the second portion is a step by step mixed media art project designed to help you work through that issue just a few of the explorations let go of what no longer serves you by taking stock of what s holding you back then create a zentangle butterfly to symbolize you flying away from those limiting things embrace and love your inner quirky bird by taking an inventory of your quirky traits then create a bird that celebrates them heal old wounds by writing a letter to yourself as a

child then create a house to keep your inner child safe adding rich variety to the messages and art inspiration some of the project outlines have been contributed by tamara s guest teachers roxanne coble andrea gomoll alena hennessy mystele kirkeeng ivy newport and effy wild each of whom are noted mixed media artists in their own right the final chapter presents a simple binding method for creating a keepsake book of your life book projects steeped in inspirational images and uplifting affirmations create your life book can help you achieve both personal and creative growth

do you have a story that you just have to tell do you seek to preserve your life history as a gift for loved ones or to pay tribute to those who have meant the most to you do you yearn to write about one major life experience to inspire others you re not alone the desire to write our life story is a timeless universal urge somewhere inside us we know that writing a book about our life will touch those we love while enriching our lives in today s cell phone laptop lifestyle life is a book and women and men from 19 to 99 are hearing the call to write it someone is waiting to hear you tell your life story who you are how you ve lived what you ve learned they want to hear all the stories that have shaped your life your life is a book and it s time to write it an a to z guide to help anyone write their life story will take you on the journey of creating your memoir autobiography or life story it doesn t matter how old or how young you are or whether you ve written a lot a little or not at all through practical tools lively writing exercises engaging questions and helpful illustrations you ll receive the guidance and encouragement you need from an expert life writing teacher start writing your life story today kevin quirk m a has been helping ordinary people of all ages and backgrounds write their life stories as ghostwriter personal historian and writing your life story teacher since 1998 a former journalist and founder of life is a book he is coauthor of brace for impact miracle on the hudson survivors share their stories of near death and hope for new life

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making dramatic life changes can be difficult the true secret to life long transformation according to certified professional counselor bill o hanlon is to take baby steps small subtle changes will yield profound and lasting results when added together in this concise book o hanlon shares his simple formula for making the small changes that lead to big shifts change the doing change the viewing and change the setting each simple concept is illustrated with examples of everyday challenges with easy to implement experiments for affecting transformation as in this example from change the viewing don t expect be happy ken keyes developed a simple strategy to be happy expect everyone and everything to be exactly as it is when you are upset he suggests it is only because your expectations haven t been fulfilled and you are demanding that reality be as you want it to be rather than how it is so expect things to be as they are and you ll be happy for the next day or so every time something happens within you or out in the world that could upset you shift into expecting it to be exactly as it is tell yourself it is exactly as it is supposed to be as a licensed marriage and family therapist and the author of more than thirty books o hanlon understands that it often takes only simple adjustments to create a better life with a therapist s keen understanding of what works o hanlon offers straightforward advice that is reminiscent of chatting with a dear friend for achieving simple yet significant life changes

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