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your own best friend and live the life your soul craves Taking care of ourselves in order to prevent burnout is paramount to our sense of balance and well being However we often make decisions in order to take care of others and do what s expected of us even when that requires us to become overwhelmed People who are in a care giving role or who have a profession that

involves helping others know this well They often put their own needs aside in order to be there for family or their clients Additionally our culture puts a lot of pressure on us to constantly reach greater levels of success We are conditioned to think our value comes from how much we have achieved and this can keep us continually striving for the next big thing But life doesn't have to be that way You deserve to unwind and live a life that meets your deepest needs This book supports you in doing exactly that

Self-Help Max Kirsten, 2011-02-07 In Self Help Max Kirsten distills the powerful transformative techniques and processes he used to rebuild his life following two decades of chronic addiction Max now combines these techniques with mind re programming hypnotherapy to help thousands of people step out of their problems and become their own solution Combining his unique vision with personal anecdotes and exercises that anyone can try Max offers you the opportunity to help yourself find the unlimited power and resources you hold within Amaze yourself with what you CAN do

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Learning the Language of Addiction Counseling Geri Miller, 2014-09-09 FULLY REVISED COMPREHENSIVE AND PRACTICAL Learning the Language of Addiction Counseling Fourth Edition introduces counselors social workers and students to the field of addiction counseling and helps them acquire the knowledge and develop the skills needed to counsel individuals who are caught in the destructive cycle of addiction Drawing from her years of experience working in the addiction counseling field Geri Miller provides an engaging balanced overview of the major theoretical foundations and clinical best practices in the field Fully updated the Fourth Edition offers a positive practice oriented counseling framework and features A research based clinical application approach to addiction counseling that practitioners can turn to for fundamental practical clinical guidelines Revised chapters that reflect important changes in research and practice including new DSM-5 criteria new assessment instruments and new and expanded treatments Case studies interactive exercises end of chapter questions and other resources that facilitate the integration of knowledge into practice Personal Reflections sections at the beginning of each chapter provide an invaluable unique perspective on the author's evolving views of addiction counseling Updated and expanded online Instructor's Manual that includes brief video clips PowerPoint slides test bank questions for each chapter and sample syllabi From assessment and diagnosis of addiction to preparing for certification and licensure as an addiction professional this comprehensive book covers all of the essentials

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