

Acceptance The Way To Serenity And Peace Of Mind

Mary Theresa Webb, Terry Webb

Acceptance The Way To Serenity And Peace Of Mind:

Acceptance Vincent Paul Collins, 1996-10-01 Healing Power: Ten Steps to Pain Management and Spiritual **Evolution Revised** Philip Shapiro, M.D., 2010-07-21 With the advent of mind body medicine it is now possible to combine the healing principles of both the medical and spiritual fields To this end Dr Phil Shapiro has developed a ten step self help model that he uses himself and teaches to his students and patients After you have received your medication surgery or natural remedy and you are still in pain there are a variety of psychosocial and spiritual methods that can help you manage that pain skillfully The ten step model described in this book is a composite of healing principles and methods extracted from the great wisdom traditions and organized into cognitive behavioral practices. These techniques are designed to help the reader accomplish three goals 1 Expand healing power for body mind and soul 2 Become more skillful pain managers for any pain problem disease or disability 3 Evolve spiritually feel better become a better person and experience higher states of consciousness To take advantage of the healing principles embedded in the religions we need to solve the problem of toxic language and traumatic religious history. There is a way to do this We can design healing models that serve people of all persuasions Baptists Sufis ethical humanists scientific atheists true believers true non believers all of us have the same magnificent healing power in every cell of our bodies and we know how to make it grow The ten steps do not declare answers to life s big guestions such as why we are born why there is so much suffering and evil whether there is a God and where we go after death However we can apply the wealth of healing wisdom in the great faith traditions to help us manage our pain and heal This book is written for atheists agnostics religious or spiritual persons Anyone can play in the expanded field of Are You Making Love or Just Having Sex? Elliot D. Cohen, 2024-10-15 In making love one is elevated healing power beyond the carnal desires it satisfies For the religious it is Divine for those who are not religiously inclined it is still a spiritual experience one of seamless solidarity a unity of two as one that defies mere orgasmic stimulation You don't have to make love to have sex Even strangers can be sexually attracted and have an orgasmic escapade But in the act of making love there is symbolic meaning that is felt through and through the sex act Two in love are joined in life and the sexual expression of this unison is deeply felt in the sex act itself This is sexual intimacy the making of love the likes of which is rarely if ever seen outside a loving relationship There is no escape from the philosophical dimensions of such a loving relationship It is as abstract as it is concrete in the ideals that ground it There is a mystery about it a kind of transcendent experience that defies translation into words Making and being in love are thus joined at the hip Loving relationships make the bed in which true lovers sleep Unfortunately many relationships flounder or never get off the ground Just having sex may ease the tension but it then becomes a means not truly an end in itself The moment the sex act ends the couple may retreat and fall into discord It is an oasis in a barren desert that provides temporary relief a titillating temporary escape from reality This book can help you to overcome the obstacles the unlovable habits that encumber your relationship both inside and outside the bedroom It can

help to create the harmonic balance between your sex life and other aspects of your personal and interpersonal relationships which are preludes to making and being in love To accomplish this it applies a five step method based on Logic Based Therapy Consultation LBTC a popular form of evidence based philosophical counseling modality First it introduces you to six types of unlovable ways of thinking and acting and helps you to identify the ones that may be sabotaging your own relationship Second it shows you how to counter these self defeating habits with certain lovable goals virtues of love Third it helps you to identify and embrace a personal love philosophy that empowers you to reach for your lovable goals Fourth it provides core philosophical ideas that are key to any successful quest for romantic love Fifth it helps you construct a behavioral plan that applies your philosophies to making constructive changes in your relationship. The latter may require making changes both inside and outside your relationship Thus this book also shows you how the problems you are having in one area of your life at work in your social life etc can affect the quality of your relationship inside and outside the bedroom and it offers guidance including self improvement exercises to overcome these impediments and attain enduring love and The Gifts of Acceptance: Embracing People and Things As They Are Daniel A Miller, 2022-01-27 A sexual intimacy Library Journal Best Wellness Book of 2018 2018 Self Help Silver Medal Winner Independent Book Publishers Association 2018 Non Fiction Audio Book Silver Medal Winner Independent Book Publishers Association 2018 Foreword Reviews Book of the Year Award Finalist Family of life's adversities and the limitations of getting older and perhaps toughest of all of yourself You will learn how practicing acceptance helps you Navigate life s ups and downs more easily Enjoy greater trust openness and intimacy with your loved ones and those closest to you Survive control freaks foes and other crazy makers Lift self imposed burdens and obligations and experience less stress frustration and worry Reduce the struggle with your children Strengthen bonds with coworkers and business associates Discover new choices and opportunities in the most discouraging situations Turn setbacks and failures to future successes Find the path to assured self acceptance THE GIFTS OF ACCEPTANCE is a book with the potential to repair relationships revitalize careers and make the world a better place

The Language of the Heart Trysh Travis,2010-01-01 In The Language of the Heart Trysh Travis explores the rich cultural history of Alcoholics Anonymous AA and its offshoots and the larger recovery movement that has grown out of them Moving from AA s beginnings in the mid 1930s as a men s fellowship that met in church basements to the thoroughly commercialized addiction treatment centers of today Travis chronicles the development of recovery and examines its relationship to the broad American tradition of self help highlighting the roles that gender mysticism and bibliotherapy have played in that development

Counting on Character Dr. Mike Bernard,2025-04-23 There are 32 character traits that are reviewed Each trait has a brief explanation of its substance and then an example is given from the life of the author to demonstrate that value or characteristic Following the factual explanation is a ctional story which further demonstrates how the trait or value is to be lived to enhance the mental emotional and spiritual growth of the reader

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