

Writing And Being Taking Back Our Lives Through T

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[Dystopia\(n\) Matters](#) - Fátima Vieira 2013-07-16

The volume is divided into two parts, separated by an Intermezzo. The first part, "Dystopia Matters", benefits from the contribution of reputed scholars of the field of Utopian Studies, who were asked to make a statement explaining why dystopia is important. The Intermezzo completes this part and offers the reader an informed discussion of the concepts of utopia, dystopia and anti-utopia whilst providing ground for the case studies presented in the second part, in the sections devoted to literature, film, and theatre. In one way or another, despite the variety of approaches, all contributors argue for the idea that, if dystopia has invaded most forms of contemporary discourse, its sibling, utopia, has not been eradicated from the scene. Furthermore, the studies show that the tension between the two concepts is instrumental to our cautious, conscious, and tentative construction of the future.

[Intuitive Witchcraft](#) - Astrea Taylor 2020-04-08

Follow Your Heart and Spirit as You Build Your Witchcraft and Intuition Skills Together Featuring extensive exercises, examples, and rituals, this amazing book reveals how to embrace the wisdom of your inner voice as you explore the endless possibilities of witchcraft. With Astrea Taylor's guidance, you can unlock your intuitive magical potential and celebrate the truth of who you are. Intuitive Witchcraft also offers insights from

some of the best writers, thinkers, and leaders in their fields, helping you become your most empowered self. Discover how to work with energy, interact with deities and spirits, and create a personal practice that fits your beliefs and lifestyles. Learn to face your shadow side, make the mundane magical, use divination tools, and much more. Whether you're a beginner or advanced practitioner, this incredible book illuminates the path to manifesting your greatest desires in an intuitive way.

The Mailbag - Timothy Burr Thrift 1921

Time of Our Lives - Emily Wibberley 2021-02-02

"Emily and Austin have a reputation for delivering heartwarming, provoking, and real contemporary YA novels."--BuzzFeed Fitz Holton waits in fear for the day his single mother's early-onset Alzheimer's starts stealing her memory. He's vowed to stay close to home to care for her in the years to come--never mind the ridiculous college tour she's forcing him on to visit schools where he knows he'll never go. Juniper Ramirez is counting down the days until she can leave home, a home crowded with five younger siblings and zero privacy. Against the wishes of her tight-knit family, Juniper plans her own college tour of the East Coast with one goal: get out. When Fitz and Juniper cross paths on their first college tour in Boston, they're at odds from the moment they meet-- while

Juniper's dying to start a new life apart from her family, Fitz faces the sacrifices he must make for his. Their relationship sparks a deep connection--in each other's eyes, they glimpse alternate possibilities regarding the first big decision of their adult lives.

A More Excellent Way - Henry W. Wright 2009-03-10

A More Excellent Way supplies profound knowledge about the secrets of healing and the prevention of disease. Using sound scriptural and scientific observation, Dr. Henry W. Wright leads the reader on a journey of personal responsibility, identifying root causes to specific diseases and offering pathways of healing and wholeness that were never meant to remain dormant in the body of Christ. Here, you will understand why mankind has disease, identify specific blocks to healing, and discover spiritual pathways to health. Tens of thousands have experienced healing through the discernment found in A More Excellent Way when nothing else was working. An invaluable resource in understanding the spiritual dynamics behind diseases of the spirit, soul, and body, this book is a must-read for spiritual leaders, health-care professionals, and individuals everywhere!

Sharing our Lives Online - David R. Brake 2014-09-25

Why do we share so much about our lives on social media when we often have little idea who might be reading or viewing? David R. Brake examines the causes and consequences of moving towards a radically open society.

Embodied Inquiry - Celeste Snowber 2016-11-24

"Embodied Inquiry is offered to all who want to deepen the connection to their bodies. Here is the inspiration to see your body as a place of inquiry, learning, understanding and perceiving. Listening to the sensual knowing and aliveness within the body can inform our personal and professional lives and reveal the connections between living, being, and creating. Snowber writes this book in poetic and visceral language as a love letter from the body wooing readers to inhabit their own skins and celebrate the beautiful and paradoxical place where limitations and joy dwell together. Touching on the vastness of our body's call to us, Embodied Inquiry explores solitude, paradox, inspiration, lament, waking

up to the sensuous, ecology, listening, and writing from the body. This is not a manual, but a book to accompany you in befriending the body and let your own gestures, stories and bodily ways of being lead you to listen to your own rhythm. Whether an artist or educator, researcher or administrator, performer or poet, seeker or scientist, you will find this book as a companion to sustain a vibrant life and co-create a better world. "A beautiful, creative and highly original book. Written with passion and wisdom, this book makes significant contributions to arts-based research, artistic research practice, embodiment, and living artful, intentional and connected lives. A stunning achievement." - Patricia Leavy, Ph.D., author of Method Meets Art and editor of the Social Fictions series "Snowber offers wisdom for learning to live exotically, erotically, emotionally, and ecstatically. Reading Embodied Inquiry is like walking on a wilderness trail, in sunlight-infused rain, learning to embrace the possibilities of vitality and vulnerability, joy and grief, love and loss." - Carl Leggo, Ph.D., poet & professor, University of British Columbia "Weaving prose and poetry, Snowber awakens our sensual and embodied self at the very roots of living. This deeply personal work will move educators, researchers, artists, and those for whom lived experience is core to their creative process." - Daniel Deslauriers, Ph.D., Professor, Transformative Studies Doctorate Program, CIIS" /div *How Will You Measure Your Life?* (Harvard Business Review Classics) - Clayton M. Christensen 2017-01-17

In the spring of 2010, Harvard Business School's graduating class asked HBS professor Clay Christensen to address them—but not on how to apply his principles and thinking to their post-HBS careers. The students wanted to know how to apply his wisdom to their personal lives. He shared with them a set of guidelines that have helped him find meaning in his own life, which led to this now-classic article. Although Christensen's thinking is rooted in his deep religious faith, these are strategies anyone can use. Since 1922, Harvard Business Review has been a leading source of breakthrough ideas in management practice. The Harvard Business Review Classics series now offers you the opportunity to make these seminal pieces a part of your permanent

management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world.

Overcoming the Hardships in Life - Edward Kwarteng 2017-10-20

Imparting Into A Destined Life.. The tenacity of your well-being in life depends on your identification in Christ through Godly investments and their implementations. This book explains it all with the knowledge of life experiences, mysteries and the power to overcome lifes crises and their struggles with the spiritual strategies to set one free from any challenges in life. However, there are some insights of lifes formation and its stands set by the author through the power of the Holy Spirit to relieve the pain and stress that are attached to individual lives. In living for peace, you need to search for the Prince of Peace (Jesus Christ), who by His knowledge and wisdom has inspired the author to write this divine book. This book, *Overcoming The Hardships In Life* teaches us how we can effectively overcome the causes of lifes stresses, pains and its difficulties with the inspired principles here received from God, to direct every life that faces hardships continually. Reading this book will help you catch a glimpse of indispensable basic principles to be successful in your life. For as you win, you win for yourself and the people around you, but whereas you fail, you fail for yourself. Hence, you must know for sure that, A better life holds some intrinsic values which nobody knows, except the one who owns it Be for yourself, and be for others. Psalm 68:11, Says, God gave the word, and Great was the Company of those who proclaimed it. Reach your Goals in Life. For, Gods power is always super imposed against any forces that try to harass a delicate life been ordained by God by the author.

Yoga for Cancer - Tari Prinster 2014-11-24

Using yoga to manage the challenges of cancer and its treatment • Explains how to create a safe home yoga practice that addresses the specific physical needs, risks, and emotions of cancer patients and survivors • Includes 53 yoga poses and 9 practice sequences that use movement and breathing to reduce and manage treatment side effects • Reveals how current research supports the physical and psychological

benefits of yoga to aid recovery and reduce risk of recurrence • Written by a cancer survivor and certified yoga teacher For those faced with a cancer diagnosis and the journey of doctor-led surgery and treatments, yoga offers a way to regain control of your body and take an active part in your recovery and long-term health. In this easy-to-follow illustrated guide, yoga teacher and cancer survivor Tari Prinster presents 53 traditional yoga poses that are adapted for all levels of ability and cancer challenges. She then applies the movements and breathwork of these poses to address 10 common side effects and offers 9 practice sequences for varying stages of treatment and recovery. Sharing her own story as well as those of cancer survivors and yoga teachers with whom she has worked, Prinster explores how yoga can be used to strengthen the immune system, rebuild bone density, avoid and manage lymphedema, decrease anxiety, detoxify the body, reduce pain, and help the body repair damage caused by the cancer and conventional treatments. She reveals the research that supports the physical and psychological benefits of yoga as an aid to recovery and in reducing the risk of recurrence. Explaining how yoga must be tailored to each survivor, Prinster gives you the tools to create a safe home yoga practice, one that addresses your abilities, energy level, and overall health goals. Through personal stories, well-illustrated poses, and sample practices for beginners as well as experienced yoga practitioners, Prinster empowers survivors to create their own wellness plan in order to regain their independence and their physical and emotional well-being.

The Addiction Manifesto - JR Weaver 2021-07-06

2021 Literary Titan Award Winner, 2021 American Writing Awards Winner, 2021 TCK Readers Choice Award Winner, 2021 Royal Dragonfly Award Winner, 2020 International Book Awards Finalist Army Veteran JR Weaver Chronicles His Journey To Recovery In The Addiction Manifesto Talented author and army veteran, JR Weaver, shares his experience battling addiction in his soon-to-be-launched book titled *The Addiction Manifesto* JR Weaver is an army veteran and person in long-term recovery who is passionate about the health and wellness of others as he is set to release his book titled *The Addiction Manifesto*. The author is

looking to assist millions of people in different parts of the world through their journey to recovery as he details his experience and struggles with the hope of championing a global recovery revolution. Substance abuse and addiction remain a major plague that has continued to generate a lot of conversation across the globe due to its effect on people as well as its impact on the economies of nations. Unfortunately, recent statistics have shown a worrisome increase in the number of people suffering from addiction. According to a recent report published by the World Health Organization, about 270 million people, approximately 5.5% of the global population aged between 15 and 64, used psychoactive drugs with an estimated 35 million people suffering from drug use disorders and over 180 thousand deaths linked to drug use disorders in 2019. Unfortunately, many of the available addiction recovery resources are seemingly abstract, ultimately failing to yield the desired results. However, JR Weaver aims to change this narrative with the release of *The Addiction Manifesto*. The author personifies the recovery process, delivering an immersive experience to readers, as he writes about the trials and tribulations he faced during early recovery. JR Weaver aims to highlight the inherent powers of self-belief and how the personal desire to quit drug abuse remains the biggest obstacle to embracing a healthier, happier life. Published by Palmetto Publishing, *The Addiction Manifesto* initially started as a journal to help the author stay sober before he eventually decided to share his journey with the world as a self-help guide for persons in recovery as well as their loved ones. The book contains easy-to-implement yet effective tips that will help readers own their lives and become responsible members of the society. JR Weaver has already started to receive recognition from different quarters, emerging as a finalist at the 2020 International Book Awards in the Health: Addiction & Recovery category.

The Seminary Student Writes - Deborah Core 2000-02-01

Deborah Core offers practical guidance for beginning seminary students who feel overwhelmed and under-prepared to write the number and quality of papers their courses require. The book begins with reflections on writing as a sacred action, then addresses such practical matters as

choosing and researching a topic; outlining, drafting, and polishing a paper; and using the proper format for footnotes and bibliography. Also included are sample papers in MLA and Chicago styles and an overview of grammar and usage.

Writing and Being - G. Lynn Nelson 2004

Writing is a doorway to our most creative, spiritual self. Writing and Being approaches writing at the source of the process and then, with guided personal writing, leads us outward to meaningful and authentic public writing. With powerful, practical step-by-step writing exercises and a plethora of examples, *Writing and Being* demonstrates that journaling is the most profound way that we can discover our authentic selves. But beyond mere diary writing, the new-found clarity through Nelson's journaling methods help us chart a path for a better future. Nelson begins by providing tips for the logistics of journal keeping, and includes suggestions for getting started. He then explores the entire writing process and explains the distinctions between private writing and public writing. By shedding light on the relationship between meditation and writing, he shows the value of being nonjudgmental and having "soft eyes" and a beginner's mind. Nelson also explains the biology behind the powerful experience of journaling by laying out recent discoveries of the human brain, and shows how journaling can heal psychological and spiritual wounds. Lastly, he shows how journaling is not only a voyage of self-discovery, but through expanding the private writing process can become a means of sharing one's life.

Reading Our Lives - William L. Randall 2008-06-03

Against the background of Socrates' insight that the unexamined life is not worth living, *Reading Our Lives: The Poetics of Growing Old* investigates the often overlooked inside dimensions of aging. Despite popular portrayals of mid- and later life as entailing inevitable decline, this book looks at aging as, potentially, a process of poiesis: a creative endeavor of fashioning meaning from the ever-accumulating texts - memories and reflections-that constitute our inner worlds. At its center is the conviction that although we are constantly reading our lives to some degree anyway, doing so in a mindful matter is critical to our

development in the second half of life. Drawing on research in numerous disciplines affected by the so-called narrative turn - including cognitive psychology, neuroscience, and the psychology of aging - authors Randall and McKim articulate a vision of aging that promises to accommodate such time-honored concepts as wisdom and spirituality: one that understands aging as a matter not merely of getting old but of consciously growing old.

The Bookman - 1913

Writing and Being - G. Lynn Nelson 2010-08-01

With powerful, practical, step-by-step writing exercises, a wealth of examples, and stories of personal transformation through journaling, *Writing and Being* demonstrates that intentional, guided journaling is a profound way to discover one's authentic self. Beyond mere diary writing, these creative journaling methods help readers chart a path for a better future. The book begins by providing tips for the logistics of journal keeping, and includes suggestions for getting started. It then explores the entire writing process and explains the distinctions between private writing and public writing. The book also explains the biology behind the powerful experience of journaling by laying out recent discoveries about the human brain, showing how journaling can heal psychological and spiritual wounds. Finally, the author shows how to make journaling both a voyage of self-discovery and a means of sharing one's journey and inspiring others in a caring community of expanding love, support, and positive energy.

[Ribbon of Darkness](#) - Rev. Mel Jolley 2018-12-28

Throughout history, God has made covenants with humankind. And while the very first covenant was between God and first man, Adam, many of us do not realize that even today, God has made a covenant with America. Yet like that original alliance, our covenant as a nation with God is breaking. In *Ribbon of Darkness*, author Rev. Mel Jolley offers his insights into the various social issues happening in our nation, taking us through the election period and the candidates running; this commentary explores the deterioration of America and the breaking of our pact as a

nation with God. Jolley explains how this agreement mirrors the covenant Israel has with God—the only covenant nations with the sovereign God. Nothing is more important than the covenant God has with our nation today, and all of us need to be aware of the changes in our society and pray for guidance in these harrowing times. Because in the end, we must make a stand for Christ and the true heritage of our nation.

If Our Lives Be Spared - Terrance Keenan 2007-07-09

Terrance Keenan employs a unique and fresh approach to historical narrative. His prudent use of a rich collection of family documents elevates the genre to new levels of interest, reflection, and scholarship. The result is a remarkably palpable, highly accessible, and intellectually provocative reconstruction of lives lived in epochs past. Spanning a period of eighty years, the book depicts a nineteenth century New York family grappling with shifting mores, civil war, and vast change in technology, transport, culture, education, and even regional landscape. In firsthand, sometimes intimate, accounts these frontier people, business entrepreneurs—men, women and children—tell who they were, where their travels took them, what went on in their hearts and minds, and how they were affected by historical forces greater than themselves. Carefully edited diaries, letters, and journals show how greed and betrayal, trial and triumph, and star-crossed romance informed the emotional and material fortunes of the Collin/Knapp families. Here are true stories of generational conflict human relations and accomplishment shaped by time, place, custom, and kinship. This revealing, vital work will be a fulsome and entertaining experience for the general reader as well as an invaluable asset to students of American cultural history, frontier life and culture, American diaries and letters as literature, modernization, and historiography.

[I Will Always Write Back](#) - Martin Ganda 2015-04-14

The New York Times bestselling true story of an all-American girl and a boy from Zimbabwe -- and the letter that changed both of their lives forever. It started as an assignment. Everyone in Caitlin's class wrote to an unknown student somewhere in a distant place. Martin was lucky to even receive a pen-pal letter. There were only ten letters, and fifty kids in

his class. But he was the top student, so he got the first one. That letter was the beginning of a correspondence that spanned six years and changed two lives. In this compelling dual memoir, Caitlin and Martin recount how they became best friends--and better people--through their long-distance exchange. Their story will inspire you to look beyond your own life and wonder about the world at large and your place in it.

English Language as Hydra - Vaughan Rapatahana 2012-06-22

English Language as Hydra argues that, far too often, the English language industry has become a swirling, beguiling monster, unashamedly intent on challenging local lingua-diversity and threatening individual identities. This book brings together the voices of linguists, literary figures and teaching professionals in a wide-ranging exposé of this enormous Hydra in action on four continents.

Writing and Being - G. Lynn Nelson 1994

Writing is a doorway to our most creative, spiritual self. Writing and Being approaches writing at the source of the process and then, with guided personal writing, leads us outward to meaningful and authentic public writing. For those who have written before, Nelson provides fresh inspiration; for teachers, creative exercises for classes; for beginners, a starting point to begin writing and growing.

Writing Our Lives - Steven Joel Rubin 1991

Twenty-eight selections from the writings of some of the best-known American-Jewish novelists, dramatists, critics, and historians span the social and cultural history of American Jews in the twentieth century. Often joyous, occasionally tragic, they provide a fascinating record—from immigration to assimilation, from life in the ghetto to the current movement by many to recapture their Jewish identity. At once personal and historical, the selections are poignant and moving testimonies to the perseverance of the American-Jewish people.

The Living Age - 1907

How We Fight for Our Lives - Saeed Jones 2019-10-08

From award-winning poet Saeed Jones, *How We Fight for Our Lives*—winner of the Kirkus Prize and the Stonewall Book Award—is a

“moving, bracingly honest memoir” (The New York Times Book Review) written at the crossroads of sex, race, and power. One of the best books of the year as selected by The New York Times; The Washington Post; NPR; Time; The New Yorker; O, The Oprah Magazine; Harper’s Bazaar; Elle; BuzzFeed; Goodreads; and many more. “People don’t just happen,” writes Saeed Jones. “We sacrifice former versions of ourselves. We sacrifice the people who dared to raise us. The ‘I’ it seems doesn’t exist until we are able to say, ‘I am no longer yours.’” Haunted and haunting, *How We Fight for Our Lives* is a stunning coming-of-age memoir about a young, black, gay man from the South as he fights to carve out a place for himself, within his family, within his country, within his own hopes, desires, and fears. Through a series of vignettes that chart a course across the American landscape, Jones draws readers into his boyhood and adolescence—into tumultuous relationships with his family, into passing flings with lovers, friends, and strangers. Each piece builds into a larger examination of race and queerness, power and vulnerability, love and grief: a portrait of what we all do for one another—and to one another—as we fight to become ourselves. An award-winning poet, Jones has developed a style that’s as beautiful as it is powerful—a voice that’s by turns a river, a blues, and a nightscape set ablaze. *How We Fight for Our Lives* is a one-of-a-kind memoir and a book that cements Saeed Jones as an essential writer for our time.

Accepting Ourselves & Others - Sheppard B. Kominars 1996-10-04
Accepting Ourselves and Others

Writing Our Lives - Rhoda J. Maxwell 1999

"This book is an integrated rhetoric and reader that presents a sequential approach to writing based on the reader's own interests, experiences, and background. The advantage of this book's sequential approach is that regardless of age or experience, each individual has knowledge of and compelling interest in the topics presented. Because the 44 readings present a variety of authors, styles, and opinions, readers will come to appreciate different points of views from differing experiences. "Readers will learn to select which writing patterns are best suited to the audience and purpose of a particular writing task. The

writing assignments are cumulative and sequential, asking the reader to refer to previous assignments when writing new material, thus validating and heightening self-esteem through writing. "For anyone interested in strengthening their writing skills.

Heaven on Earth - Stephanie White 2009-06-04

The orders always came to her in their usual way, Here is the target, extinguish it, you have forty eight hours to reply. Sounded like a cheap imitation of a cheesy spy movie to her, but then again why change things when they work so well.

In the Dream House - Carmen Maria Machado 2019-11-05

A revolutionary memoir about domestic abuse by the award-winning author of *Her Body and Other Parties* In the Dream House is Carmen Maria Machado's engrossing and wildly innovative account of a relationship gone bad, and a bold dissection of the mechanisms and cultural representations of psychological abuse. Tracing the full arc of a harrowing relationship with a charismatic but volatile woman, Machado struggles to make sense of how what happened to her shaped the person she was becoming. And it's that struggle that gives the book its original structure: each chapter is driven by its own narrative trope—the haunted house, erotica, the bildungsroman—through which Machado holds the events up to the light and examines them from different angles. She looks back at her religious adolescence, unpacks the stereotype of lesbian relationships as safe and utopian, and widens the view with essayistic explorations of the history and reality of abuse in queer relationships. Machado's dire narrative is leavened with her characteristic wit, playfulness, and openness to inquiry. She casts a critical eye over legal proceedings, fairy tales, Star Trek, and Disney villains, as well as iconic works of film and fiction. The result is a wrenching, riveting book that explodes our ideas about what a memoir can do and be.

Life Is Built Around If - Frankie Oberlechner 2010-12

'My life was hard, and I had no love. That is what I always longed for so much, love-the real heartfelt kind of love, with hugs and kisses. So a lot of the time I daydreamed and pretended. I was the great pretender long

before the song came out! As I sit here, my mind wanders back in time...' Come along on the journey as Frankie Oberlechner shares the tale of Charlea, a woman whose life was never easy, often terrible, but always blessed with joyous moments and God's protection. Charlea is looking back on her life and noticing something important-God has always been there for her. As a child, she found herself needing to act like a grown-up. Her mama and daddy were always drinking away the money. She had to act like a mother for her sister's children when she was only a child herself. Her daddy was abusive, threatening their very lives at times. But Charlea had her grandmother, whose home was a safe haven where she learned about God's love. There life was easier...until her grandmother passed away. Then it seemed as though Charlea would never find the light again. True friends were hard to come by, until she met Lin and June. Soon after she met Ben, they married, despite the fact that no one liked him. She thought life would be different, but Ben proved to be much like her daddy-an abusive alcoholic. As Charlea grew into a woman, she had many ups and downs. Charlea was caught in a terrible web-but then she was reintroduced to God, and things began to change. Join Charlea as she discovers the love she has always longed for and that Life Is Built around If.

The Five Disciplines for Christians - Elliott Cooke 2022-10-11

The Five Disciplines for Christians are imperative for spiritual growth. These five disciplines are: fellowship, Bible study, prayer, ministry, and witnessing. The Christian will not grow to maturity in Christ without all five, but most Christians don't know what they are. This book will help the reader to rediscover these ancient biblical practices which will bring them closer to God, transform the world around them, and provide personal fulfillment. The book is broken down into five sections, one for each discipline. Each section provides the biblical mandate, describes the nuances of the discipline, identifies challenges to its practice, and gives tools to enhance one's routine.

The Evangelist - 1899

Write Yourself a New Life - Stephen Wade 2000

This volume works in the form of a personal tutorial and encourages readers to use creative writing and creative journalling as a form of creative expression, which will, in turn, contribute to their personal growth, mental health and general well-being.

Red State Uprising - Erick Erickson 2010-09-20

Fed up with our arrogant federal government? Don't want massive programs we don't need and can't afford? Then join the Red State Uprising! In his new book, RedState.com founder Erick Erickson clearly outlines what needs to change in Washington and what we can do locally to make it happen. Red State Uprising is not about anarchy or a revolution—it's about reshaping government to maximize economic growth, individual liberty and private property rights.

The Unfakeable Code® - Tony Jeton Selimi 2021-04-09

"A life manual that gives you valuable insights into the science of changing your mindset that will transform your existence." Marie Diamond, a star from The Secret Step forward a fresh new way to: Handle judgments and rejections easily. Manage your negative self-talk. Stop being a people pleaser. Use your emotions intelligently. Infuse your life with freedom. This inspiring book shares some of the rules where people can come back into authentic living, leading, and loving, where old wounds can be healed, and masks can be unveiled. A must-read book that makes a compelling and scientific case for being more authentic at home, socially, and at work. It assists in harmonising body-mind-heart intelligence to deal with any form of anxiety, conflict, stress, and wilfully create an inspired destiny.

Getting Free - Ginny NiCarthy 2004-10-14

Since its original publication in 1982, "Getting Free" has become the most important self-help book on ending domestic violence. In this expanded edition, NiCarthy features important new information from the latest studies and most recent research on the subject.

Take Back Your Time - John de Graaf 2003-09-03

Take Back Your Time is the official handbook for TAKE BACK YOUR TIME DAY, a national event. Organizers have enlisted the support of colleges, universities, religious organizations, labor unions, businesses,

activist groups, and non-profit organizations to create events that will take place across the country, calling attention to the ways overwork and lack of time affect us-at home, in our workplaces, and in our communities-and to inspire a movement to take back our time. In Take Back Your Time, well-known experts in the fields of health, family therapy and policy, community and civic involvement, the environment, and other fields examine the problems of overwork, over-scheduling, time pressure and stress and propose personal, corporate and legislative solutions. This book shows how wide-ranging the impacts of time famine in our society are, and what ordinary citizens can do to turn things around and win a more balanced life for themselves and their children.

Our Roots, Our Lives - Greer Anne Wenh-In Ng 2003

Handbook of Spirituality for Ministers - Robert J. Wicks 1995

An applied spirituality handbook that covers an array of topics relevant to professionals' daily work in pastoral care

Writing as a Way of Healing - Louise DeSalvo 2000-03-17

In this inspiring book, based on her twenty years of research, highly acclaimed author and teacher Louise DeSalvo reveals the healing power of writing. DeSalvo shows how anyone can use writing as a way to heal the emotional and physical wounds that are an inevitable part of life. Contrary to what most self-help books claim, just writing won't help you; in fact, there's abundant evidence that the wrong kind of writing can be damaging. DeSalvo's program is based on the best available and most recent scientific studies about the efficacy of using writing as a restorative tool. With insight and wit, she illuminates how writers, from Virginia Woolf to Henry Miller to Audre Lorde to Isabel Allende, have been transformed by the writing process. Writing as a Way of Healing includes valuable advice and practical techniques to guide and inspire both experienced and beginning writers.

Less is More - Cecile Andrews 2009-09-01

Less stuff, less stress - more freedom, more joy. Our obsessive pursuit of wealth isn't working-people are afraid and anxious; we're destroying the planet, undermining happiness, and clinging to an unsustainable

economy. But there's another way. Less can be More. Throughout history wise people have argued that we need to live more simply-that only by limiting outer wealth can we have inner wealth. *Less is More* is a compelling collection of essays by people who have been writing about Simplicity for decades -including Jim Merkel, Bill McKibben, Duane Elgin, Juliet Schor, Ernest Callenbach, John de Graaf, and more. They bring us a new vision of Less: less stuff, less work, less stress, less debt. A life with Less becomes a life of More: more time, more satisfaction,

more balance, more security. When we have too much, we savor nothing. When we choose less, we regain our life and can think and feel deeply. Ultimately, a life of less connects us with one true source of happiness: being part of a caring community. *Less is More* shows how to turn individual change into a movement that leads to policy changes in government and corporate behavior, work hours, the wealth gap and sustainability. It will appeal to those who want to take back their lives, their planet and their well-being.