

Shortcut Through Therapy Ten Principles Of Growth Oriented Contented Living

You can learn the principles of well-being in ten easy steps that help you achieve your goals without being dependent on a therapist: move with your moods, think your thoughts and let them go, and dig deep for your wisdom. Richard Carlson's principles will start you on the journey toward wellness immediately.

“Like a box of supernatural bonbons—once you start, it's hard to stop.”—Booklist This enchanting book is perfect for those who love magic and mystery, and who know that an unseen, loving presence is watching over us. This is an inspiring collection of mystical experiences involving angels, miracles, near-death experiences, divine interventions, animal experiences, personal transformations, and miraculous healings. The storytellers come from all walks of life—doctors, lawyers, actors, musicians, mailmen, teachers, and others—and include familiar figures, such as Neal Donald Walsch, Judith Orloff, M.D., and Joan Borysenko. With such a wonderful variety of enlightening stories, every reader will find many that will touch them personally.

What if you could achieve inner peace right now, regardless of your life circumstances? *Shortcut to Spirituality: Mastering the Art of Inner Peace* is a non-fiction manuscript based on the author's clinical work. Unlike many spirituality and self-help books, this book goes beyond information to offer a multi-dimensional approach that can save years of searching for inner serenity compared with either meditation or psychological techniques alone. The book offers an

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array of significant life lessons, introduced in a fresh and innovative way, from resolving stress, anxiety, and depression, to dealing with difficult people, conflicts, and complex emotions such as anger and grief. It describes a unique process to cope with various health problems as well as death and dying. Most significant, it approaches these issues from a practical, result-driven perspective not usually associated with spiritual writings. Many spiritual books are based on a special personal experience. Others reflect traditional religious principles or Eastern philosophies. In contrast, *Shortcut to Spirituality* is based on the author's clinical experience as a therapist, interacting with thousands of real people about daily challenges. The book also discusses a number of controversial topics, which readers will find stimulating and challenging.

Foreword In this era's informational paradigm, while pondering the considerations to be penned in this foreword, the relevance of a text such as this emerged progressively as the focal point. After all, for years, one established source for accessing large amounts of valuable information had been the *Encyclopaedia Britannica*, a printed tome, which is no longer relevant. Instant access to the latest scientific information is freely available to all with an internet. So, what can this text provide that cannot be readily accessed? In contemplating given topics, the Editors, as most certainly occurred in this publication, chose clinical authorities to author chapters in their areas of expertise. The experienced clinician often finds such a forum a unique opportunity to reflect on years of knowledge acquisition and then render an insightful discourse on the lineage of his/her current understanding of the topic. On the other side of the coin, the reader instantly acquires a knowledge base, which was validated with an exhaustive literature search and gains the senior authors' perspective of it. A less experienced author will benefit from thoroughly reviewing the currently available science and

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technology and moreover, gain experience in scientific writing. In the latter scenario the senior author is at once mentor and expert. Under ordinary circumstances, from the concept outline submission to a publisher, the time line to completion of the text is approximately one and a half to two years. Recruiting and assigning authors, awaiting late manuscript submissions and editing are unquestionably time consuming. Yet a passionate, dedicated Editor will take seemingly varied submissions and script them into a worthy finished product. Such was the case with this publication. The end result is a superbly structured text covering most of the concepts relating to the topic in a format that is both logical and intuitive. At the risk of some redundancy, I share with you my thoughts on some of the significant number of new additions and improvements made to this second edition. The chapter on risk management is a welcome contribution. The rationale for the shift in the current decision tree for laryngeal cancer as it relates to macro versus micro margins, improvements in voice quality and the choice of initial therapeutic considerations are appropriately vetted. The rethinking of HPV associated malignancies is a new and most important addition. Zeitel's presentation of angiolytic lasers for benign and malignant pathology is state of the art. I particularly enjoyed reading about lasers and the association with tropical diseases. The chapters on robotic surgery, non-invasive cartilage reshaping and photo-diagnostics puts the latest technical innovation in our discipline into perspective. The excellent illustrations and photographs are a bonus. There are other areas that could be mentioned e.g. paediatrics, however, the aforementioned has more than adequately established the tenor of the text. In their quest to provide a one-stop knowledge base of a reference quality, it is inescapable that the size of the final proof would surpass the typical numbers of between four and five hundred pages for the hard bound volume.

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Tightening the text by removing some peripheral material would deprive the book its very objective of a reference quality publication. The obvious solution was to present the work in a set of two volumes, and the editors and the publishers have to be congratulated in achieving this seamlessly. The natural anatomical split provides the reader with a convenience of picking up the volume of relevance for the task at hand. An unusual feature is the inclusion of MCQs after each chapter, to serve as a test for recall of knowledge, the result of which can be assessed simply by going back to the chapter! The Editors and the publishers have exploited the now ubiquitous electronic media network to their advantage. Operating on various platforms a dedicated website will complement the book with updates, operative videos, and means of communication to share the knowledge globally. It was the focus of this brief foreword to explore the relevance of this text in the current informational climate. It provides the essential foundation for informed thought on this topic. Agree or disagree with the information contained within, the reader has acquired the knowledge to be able to do such. With this text you will be rewarded for sitting in your most comfortable chair, thumbing through the pages and sensing the new print. Immediately understood will be the time and effort it took to complete a text of this calibre. Read the chapters first that initially appeal to you and then without question you will read the remainder. This book should be in the library of any serious student of the subject. I feel privileged to have been asked to write the foreword. Marshall Strome

New in paperback, this book presents Dieter Rams' aesthetic philosophy through highlights from a forty-year career designing iconic consumer products that enhance our daily lives. For decades, anyone who cared about product design looked to the Braun label when choosing

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their appliances, radios, and other consumer items. Dieter Rams, the guiding force behind the Braun look, breaks down his design principles and processes in this elegant new paperback edition. Enumerating each of his ten principles such as "good design is innovative"; "good design is aesthetic"; "good design is useful", etc., this bestselling book presents one hundred items that embody these guidelines. Taken together, the images and texts offer the most comprehensive overview of Dieter Rams' work to date and will serve as both a reference and an inspiration for anyone interested in how and why good design matters.

The indispensable life manual from the author of the international bestseller, *The Art of Thinking Clearly*. 52 intellectual short-cuts for wiser thinking and better decisions, at home and at work. They may not guarantee you a good life, but they'll give you a better chance. Since the dawn of civilization, we've been asking ourselves what it means to live a good life: how should I live, what will truly make me happy, how much should I earn, how should I spend my time? In the absence of a single simple answer, what we need is a toolkit of mental models, a guide to practical living.

Christians are supposed to be happy. In fact, we are supposed to radiate joy, peace, and contentment that is so unmistakable and so attractive that others are naturally drawn to us because they want what we have. And yet, in today's culture, the vast majority of Christians are perceived as angry, judgmental people who don't seem to derive any joy from life whatsoever. So why aren't we happy? Unfortunately, many Christians are taught early on that God doesn't want us to be happy (he wants us to be holy). In fact, many Christians are laboring under the false notion that God himself is not happy. But nothing could be further from the truth! God does want us to be happy. The Bible is filled with verses that prove that ours is a

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happy, joy-filled God who not only loves celebrations but also desperately wants his children to be happy. Why else would He go to the lengths He did to ensure our eternal happiness in His presence? We know that we will experience unimaginable joy and happiness in Heaven, but that doesn't mean we can't also experience joy and happiness here on earth. In Happiness, noted theologian Randy Alcorn dispels centuries of misconceptions about happiness and provides indisputable proof that God not only wants us to be happy, He commands it. The most definitive study on the subject of happiness to date, this book is a paradigm-shifting wake-up call for the church and Christians everywhere.

Wake up to calmness and clarity with simple mindfulness meditations and stories. Can't find time to meditate? You can easily calm and center yourself with this collection of short essays by Catherine Auman, Licensed Marriage and Family Therapist (LMFT). By reading this book, you will experience mindful awakenings about: ?spirituality ?your relationships ?love ?tantric sex ?how to become a better person Easy and enjoyable to read, Shortcuts to Mindfulness offers simple but powerful stories and essays that will positively impact every area of your mental and physical health; from productivity and focus, to relief from stress and anxiety, better sleep, mind-blowing sex, personal relationships ... the benefits are limitless. The result? More headspace, less stress. Catherine brings this ancient practice into the modern world, tailor-made for the time-starved among us.

Ten Strategies of a World-Class Cyber Security Operations Center conveys MITRE's accumulated expertise on enterprise-grade computer network defense. It covers ten

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key qualities of leading Cyber Security Operations Centers (CSOCs), ranging from their structure and organization, to processes that best enable smooth operations, to approaches that extract maximum value from key CSOC technology investments. This book offers perspective and context for key decision points in structuring a CSOC, such as what capabilities to offer, how to architect large-scale data collection and analysis, and how to prepare the CSOC team for agile, threat-based response. If you manage, work in, or are standing up a CSOC, this book is for you. It is also available on MITRE's website, www.mitre.org.

"Ahead of the Curve" is a cheerful and informative book, inspiring both single and married women to enjoy life and not complain about what cannot be changed. It encourages women to make the last part of their lives the best part by being positive and happy-a personal choice that everyone has the power to make "Ahead of the Curve" will help you to: Stop dwelling on your own problems; help someone else Avoid slash, burn, and poison remedies Be grateful every single day Do something you have always wanted to do Have fun and appreciate your freedom Take a lover if that will make you happy Revel in your hard-won wisdom. Enjoy! About the Author Bonnie B. Matheson was the executive director of the Institute for New Medicine at Georgetown University Medical Center. She founded Childbirth Solutions, Inc. (an information website for pregnant women) and later Acquired Wireless Ltd.(an ISP) She is a life coach and inspirational speaker. After she was divorced several years ago, she began

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to write and speak about women (and men) in the second half of life while juggling other interests, including her five children and twelve grandchildren.

Find your voice, speak your truth, listen deeply—a guide to having more meaningful and mindful conversations through nonviolent communication We spend so much of our lives talking to each other, but how much are we simply running on automatic—relying on old habits and hoping for the best? Are we able to truly hear others and speak our mind in a clear and kind way, without needing to get defensive or go on the attack? In this groundbreaking synthesis of mindfulness, somatics, and Nonviolent Communication, Oren Jay Sofer offers simple yet powerful practices to develop healthy, effective, and satisfying ways of communicating. The techniques in *Say What You Mean* will help you to:

- Feel confident during conversation
- Stay focused on what really matters in an interaction
- Listen for the authentic concerns behind what others say
- Reduce anxiety before and during difficult conversations
- Find nourishment in day-to-day interactions

“Unconscious patterns of communication create separation not only in our personal lives, they also perpetuate patterns of misunderstanding and violence that pervade our world. With clarity and great insight, Oren Jay Sofer offers teachings and practices that train us to speak and listen with presence, courage, and an open heart.” —Tara Brach, author of *Radical Acceptance* and *True Refuge*

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. *By reading this summary, you will discover how

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our brain works and how best to take advantage of its remarkable features. *You will also discover that : learning, repetition and experience are the best ways to retain information; a baby's brain can store information from birth; it is possible to continue learning new things at any age; men's and women's brains respond differently; music plays an important role in the management of cognitive skills; each of our senses is involved in brain function; stress has immediate consequences on our brain. *Through this book, John Medina gives us the results of his research on the functioning of the brain. A molecular biologist specializing in brain development and psychiatric disorders, the author presents the synthesis of his research in twelve main points. *Buy now the summary of this book for the modest price of a cup of coffee!

This widely adopted text and clinical reference provides a comprehensive guide to assessment and treatment of all of the major female and male sexual dysfunctions. Leading authorities demonstrate effective ways to integrate psychological, interpersonal, and medical interventions. Every chapter includes detailed clinical examples illustrating the process of therapy and the factors that influence treatment outcomes. Winner-- Society for Sex Therapy and Research (SSTAR) Health Professional Book Award

THE NEW YORK TIMES BESTSELLER 'Who would have thought something as simple as changing the way we breathe could be so revolutionary for our health, from snoring to allergies to immunity? A fascinating book, full of dazzling revelations' Dr Rangan

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Chatterjee There is nothing more essential to our health and wellbeing than breathing: take air in, let it out, repeat 25,000 times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. In *Breath*, journalist James Nestor travels the world to discover the hidden science behind ancient breathing practices to figure out what went wrong and how to fix it. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can: - jump-start athletic performance - rejuvenate internal organs - halt snoring, allergies, asthma and autoimmune disease, and even straighten scoliotic spines None of this should be possible, and yet it is. Drawing on thousands of years of ancient wisdom and cutting-edge studies in pulmonology, psychology, biochemistry and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

Revolutionary in its simplicity and accessible to all, this bestselling book offers commonsense methods that allow you to let go of depression and tap into natural joy. *Shortcut through Therapy Ten Principles of Growth-Oriented, Contented Living* Penguin Happiness is Not Around the Corner; it's Right Here, Right now Do you find yourself waiting for the best part of your life to begin? Or those things will get better soon? Dr. Richard Carlson, author who helped millions of readers stop sweating the small stuff, reminds us all *You Can Be Happy No Matter What*. Interactive Edition: In this interactive edition, people can experience the book in a wholly new way with Carlson's

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narration, illuminating passages about living joyfully in the present moment. This handbook for happiness is based on proven psychology, the Principles of Thought, covering thought, mood, separate realities and feelings. Every moment of every day, our minds are working to make sense out of what we see and experience; yet this is one of the least understood principles in our psychological makeup. Carlson's breakthrough work here in understanding the nature of thought can be the foundation to a fully functional life. Dr. Richard Carlson's wise words in his own voice bring new dimension and understanding of awakening to your own happiness. This superlative interactive book aids anyone in understanding the ups and downs of life and how to build resilience. Most importantly, Carlson reminds us to not let the downside get in the way of living joyfully, despite the daily challenges we all face. In his own words, "Happiness is a state of mind, not a set of circumstances."

Who one becomes, how one loves, how one parents, and what one believes about the world are all shaped by the experience of a parent's early death. For anyone who has survived the early loss of a parent--as well as for those with a spouse, friend, or lover who has lost a parent in childhood--this moving and powerful book is an important guide to discovery and understanding. Written by a clinical psychologist who has penned three other books.

"For too many traumatized children and their families, chronic stressors such as poverty, substance abuse, and family or community violence--coupled with an

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overburdened care system/m-/pose seemingly insurmountable barriers to treatment. This empowering book provides a user-friendly blueprint for making the most of limited resources to help those considered the "toughest cases." Evidence-based strategies are presented for effectively integrating individualized treatment with services at the home, school, and community levels. Written in an accessible, modular format with reproducible forms and step-by-step guidelines for assessment and intervention, the approach is grounded in the latest knowledge about child traumatic stress. It has been recognized as a treatment of choice by state mental health agencies nationwide"-- Take an eclectic, evidence-based approach to orthopaedic manual therapy. From theory through practical application of soft tissue and joint mobilization techniques—this comprehensive resource delivers the depth and breadth of coverage you need to optimize patient outcomes through informed clinical decision-making as part of a comprehensive intervention regimen.

Ideal for hand surgeons, residents in a hand surgery rotation, and therapists interested in a review of surgical principles, *Principles of Hand Surgery and Therapy, 3rd Edition*, by Drs. Thomas E. Trumble, Ghazi M. Rayan, Mark E. Baratz, Jeffrey E. Budoff, and David J. Slutsky, is a practical source of essential, up-to-date information in this specialized area. This single-volume, highly illustrated manual covers all areas of adult and pediatric hand surgery and therapy, including the elbow. You'll find state-of-the-art basic science combined with step-by-step techniques and therapeutic protocols,

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helping you hone your skills and prescribe effective long-term care for every patient. An expanded therapy section with more than 50 diagnosis-specific rehabilitation protocols and more than 100 full-color photographs. New chapters on pediatric fractures; expanded coverage of carpal injuries, including fractures and ligament injuries and perilunate instability; a new chapter on diagnostic and therapeutic arthroscopy for wrist injuries; and expanded treatment of arthritis. New information on pediatric surgery with detailed surgical images. The latest information on pain management, as well as nerve physiology and nerve transfers. Core knowledge needed for the boards—including tumors, free tissue transfer, and thumb reconstruction. Consult this title on your favorite e-reader, conduct rapid searches, and adjust font sizes for optimal readability.

The revised edition of the best-selling book on Applied Kinesiology, *Applied Kinesiology, Revised Edition* introduces a diagnostic method that uses manual muscle testing to assess the body's "Triad of Health"—structure, chemistry, and psyche. To perform a muscle test, the practitioner applies light pressure that the client then resists. If the client cannot resist the pressure, the muscle "tests weak," indicating a structural problem or imbalance that needs to be resolved. Further applications include working with a muscle that tests strong "in the clear" as a diagnostic tool to determine the effect of stimuli including touch, nutrients, medicines, allergens, emotions, poor posture, and stressful memories. Opening with a detailed description of the history and applications of Applied Kinesiology, the book covers the theory, procedure, and interpretation of the

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muscle test including diagnosis and correction techniques for areas of weakness. Thirty-three muscle tests for different areas of the body are accompanied by instructive photographs with superimposed anatomical drawings that demonstrate the method and various treatment points. A useful appendix includes a glossary of anatomical terms and special vocabulary; a step-by-step plan for conducting a session; and a list of contacts and sources for Applied Kinesiology materials. Offering a new preface and additional techniques in the areas of manual medicine, orthomolecular medicine, and psychology, this revised edition shares the author's discoveries as well as anecdotal observations to stimulate further research. Table of Contents: Foreword; Introduction; Chapter 1: From Biomechanics to Applied Kinesiology; Chapter 2: Scientific Principles of Applied Kinesiology; Chapter 3: The Muscle Test; Chapter 4: Pretests; Chapter 5: Diagnosis and Correction Techniques; Chapter 6: Muscle Tests; Chapter 7: Applied Kinesiology and Manual Medicine; Chapter 8: Applied Kinesiology and Orthomolecular Medicine; Chapter 9: Applied Kinesiology and the Psyche; Chapter 10: Personal Discoveries and Garnered Methods for Further Consideration; Appendices; Index

What is love? Why is it central to our happiness and personal growth? How can we find, nurture, express it, and keep it alive? In original essays written for this book, Andrew Weil, Deepak Chopra, Leo Buscaglia, and 31 other spiritual teachers offer inspiration and advice for everyone who wants to explore the enduring power and spiritual significance of love.

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This revision of a well-loved text continues to embrace the confluence of person, environment, and occupation in mental health as its organizing theoretical model, emphasizing the lived experience of mental illness and recovery. Rely on this groundbreaking text to guide you through an evidence-based approach to helping clients with mental health disorders on their recovery journey by participating in meaningful occupations. Understand the recovery process for all areas of their lives—physical, emotional, spiritual, and mental—and know how to manage co-occurring conditions.

A lighthearted and unabashed manifest for creating and sustaining happiness in today's highly stressed, consumer-based world shares recommendations for readers from all backgrounds, providing action plans for specific changes while offering accompanying Microsoft tags for bonus video material. Original.

_____ An indispensable guide to starting your business from scratch

_____ Think you know how to launch a successful business? Think again.

Courtney and Carter Reum know startups. As early investors in the likes of Lyft, Pinterest and SpaceX, as well as founders of a multi-million-dollar company, they've seen what makes some businesses thrive – and some fail. Now, they draw on what they've learnt to offer a holistic guide to building your business. They reveal that most of the received wisdom is wrong – and offer counterintuitive examples from the likes of Airbnb, Uber and Facebook that chart a different path. From initial idea to exit strategy,

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these startup shortcuts offer an unexpected new route to success. Praise for *Shortcut Your Startup* ‘Shortcut Your Startup shows you how to launch a sustainable startup so that both you and your business can thrive.’ Arianna Huffington ‘Courtney and Carter Reum reveal the tools and tactics that many of the most successful startups use to disrupt, scale and succeed.’ Tony Robbins ‘Carter and Courtney echo what we increasingly know to be true: entrepreneurial success isn’t about pedigree and popularity but about pounding the pavement, taking smart risks and trusting your instincts.’ Sophia Amurosu, author of #GIRLBOSS ‘In *Shortcut Your Startup*, Courtney and Carter share the best insights from their own ventures as well as what they’ve learned through their vast network.’ Keith Ferrazzi, author of *Never Eat Alone*

A study of Marian worship explores the growing interest in pilgrimages to sites where apparitions of the Virgin Mary are said to be appearing, offering a personal account of the author's travels to nine U.S. sites where such visions have been seen. Original. Religiously-inspired novels, inspirational writings and biographical works on people who are models for spiritual growth are among the recommendations found in this reference. Recounts the work of Charlotte Selver in her sensory awareness workshops and explains the methods and purpose of her explorations of fully sensitive living based on distinguishing the natural in our lives from the conditioned

The words “don’t sweat the small stuff” became an important part of American culture thanks to Richard Carlson’s runaway bestseller, which made publishing history as the #1 book in the United States for two consecutive years. Now, *You Can Feel Good Again* has one simple

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message: changing your thinking changes your life. Carlson offers a commonsense method that allows anyone to release unhappiness and negativity related to present circumstances or past events, and return to a natural state of well-being in the present. *You Can Feel Good Again* is full of humor, wisdom, and thoughtful guidance—a genuine tool to foster the realization that happiness and contentment are truly one thought away.

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: *Brain-Based Therapy-Adult*, *Brain-Based Therapy-Child*, *Improving Your Memory For Dummies* and *Heal Your Anxiety Workbook* Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region

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Explaining exciting new developments in neuroscience and their applications to daily living, *Rewire Your Brain* will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Feeling rushed, harried, stressed, or like you can never get enough done? Ever feel that while your life is full - maybe too full - of things to do, you aren't enjoying yourself nearly enough? Are you worried that slowing down your life will mean giving up work, activities or relationships? Relax! In *Slowing Down to the Speed of Life* Richard Carlson and Joseph Bailey explain how you can achieve a calmer, saner state of mind. Illustrated with useful exercises, charts and diagrams, as well as inspiring personal reflections, *Slowing Down to the Speed of Life* shows us that there really is plenty of time to build meaningful relationships, master seemingly hectic schedules, and maintain a healthy calm in the midst of life's storm.

...original writings by Lynn Andrews, Melody Beattie, Joan Borysenko, Jack Canfield, Stephen R. Covey, Wayne Dyer, Betty Eadie, Robert Fulghum, John Gray, Jon Kabat-Zim, Thomas Moore, Ram Dass, Bernie Siegel, and others.

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