

Lifemates The Love Fitness Program For A Lasting Relationship

Working Parents, Thriving Families - David J Palmiter 2011-03-16

A straightforward, lighthearted, and research-based parenting book for working parents who want to do the best they can for their children in the time they have together. Board-certified child psychologist David J. Palmiter, PhD, distills the broad and complex endeavor of parenting into 10 effective strategies for promoting happy and well-adjusted children in busy households.

Low-Fat Living - Robert K. Cooper 1998-05-15
Endorsed by the Editors of Prevention Health Books. This book replaces dieting with fat-burning-- with an easy-to-follow lifestyle plan that will work for the entire family-- and dozens of mouthwatering recipes that ensure you'll never miss the fat you're skipping. All based on the very latest worldwide research. With the Low-Fat Living program, you'll steadily burn more fat 24 hours a day. And you'll realize the health bonuses immediately. * Lower your blood pressure and reduce cholesterol levels * Reduce the chances of heart disease, stroke, diabetes and cancer * Have less fatigue and more energy
Dr. Robert K. Cooper's remarkable new program reveals the simple elements of success. * Food so delicious, you'll never long for extra fat * Exercise so easy, you can chat while you're doing it * Ways to power up for fat-burning as easily as flicking a switch * The most efficient toning techniques ever discovered

Power of Five - Harold H. Bloomfield 1996-11

This pioneering program allows health-conscious readers to select from a unique and comprehensive collection of ultraspecific, highly practical 5-second to 5-minute guidelines to ignite energy, stop aging, burn off body fat, and revitalize their relationships. "The ultimate one-stop source for effective health and longevity".-- Deepak Chopra, M.D.

Embattled Eros - Steven Seidman 1992
Between the '60s and the '80s he argues, there transpired neither a sexual revolution nor

counter-revolution but a heightened conflict over the meaning of sex, its relation to pleasure, romance, and self-identity, its proper moral role in private and public life. In part two Seidman's primary purpose is to analyze moral arguments over sexual norms and practices. He chooses the sex debates that occurred within feminism and the gay male community in the late '70s through the '80s as his sites for moral engagement, as it is here that the debate over sexual ethics has been given its fullest elaboration. In conclusion, Seidman offers a pragmatic ethic that revolves around the concept of sexual and social responsibility as a bridge between libertarians and romanticists

Making Peace with Yourself - Harold Bloomfield, M.D. 2011-05-11

"I'm afraid of getting again." "When I look in the mirror, I'm never quite satisfied." "I can't stand criticism." "I'm always feeling tense and rushed." "I wish I could be happier." Do any of these sound familiar? Aren't they exactly the kinds of weaknesses that keep us from enjoying our lives to the fullest? This wise and compassionate book can help you confront these problems, perhaps for the first time in your life. Through a series of exercises, case studies, and personal growth techniques, you'll learn to analyze your weakness and, most importantly, strip it of the power it has over you. Making Peace with Yourself is one of life's toughest challenges, but the rewards will be tremendous.

Uncommon Wisdom - Tom Feltenstein 2003-03

When Women Choose to be Single - Rita Robinson 1991

Think Safe, be Safe - Harold H. Bloomfield 1998-05-12

Featuring Forewords by both Deepak Chopra and John Gray, "Think Safe, Be Safe" shows readers how a chronic lack of inner safety can be a major and often overlooked cause of emotional

distress, broken relationships, and physical illness.

Lifemates - David Congo 2002

Whether you are wondering if you married for all the wrong reasons or you are hoping to make a good marriage even better, reading LifeMates can bring new energy to your relationship. Dave and Jan Congo's bottomline is that the "I Do" we say everyday is more important than the "I DO" we said on our wedding day. They present thirteen key decisions that will revolutionize your relationship. Practical, conversational, encouraging -- this is a book you will want to read together. Book jacket.

Lovescapes, Mapping the Geography of Love - Duncan S. Ferguson 2012-12-06

Lovescapes introduces the reader to the various meanings and manifestations of love and its many cognates such as compassion, caring, altruism, empathy, and forgiveness. It addresses how love and compassion have been understood in history and the religions of the world. It goes on to explore the ways that our environments and heredity influence our capacity to love and suggests ways to cultivate love and compassion in one's life. The book shows how the values of love and compassion are integral to finding humane solutions to the daunting problems we face as individuals, as a human family, and as an earth community--a world in crisis. Lovescapes has the following features: -Describing how love is the essence of the divine, and therefore the ground of reality -Understanding the meaning of love and its place in our lives -Learning how love and compassion have been understood across history, culture, and tradition -Gaining insight about how to increase our capacity to love and show compassion -Discerning how love and compassion can be applied in all aspects of our lives, in the regions where we live, and in our global setting.

Making Peace with Your Parents - Harold Bloomfield, M.D. 2013-02-20

"Making Peace with Your Parents is compassionate, well-written, and will be of great value to many."—Leo Buscaglia No matter how old you are and whether or not your parents are alive, you have to come to terms with them. This wise and practical book will show you how to deal with the most fundamental relationships in your life and, in the process, become the happy,

creative, and fulfilled person you are meant to be. "A marvelous and helpful book on how to release the emotional pains of growing up, to forgive and release the feelings of guilt, and to celebrate the miracle of being alive. Dr. Bloomfield's book is worth thousands of dollars of therapy."—Elisabeth Kübler-Ross "No one book can resolve a lifetime of hurts and misunderstandings, but it can remove the blinders from our eyes. Make an effort now."—Los Angeles Times

Life Changes - Spencer, Sabina A. 2002-11-12
Life Changes provides those who are undergoing significant changes in their lives with an easy to follow road map of the normal ups and downs in the adjustment process. The seven stages of any transition process are described with clear advice about what to expect and, more importantly, what can be learned from each stage. Whatever the transition might be—the death of a loved one, a new job, a divorce or a marriage—the authors point out that people can either "go" through change or they can "grow" through change. It's up to the individual. The book also provides additional support for people making life changes, as the authors give advice on clarifying life purpose, protecting health, and maintaining balance during and after these major transitions.

The Publishers Weekly - 1990

Sexual Health Across the Lifecycle - Margaret Nusbaum 2004-12-02

This is a practical, positive approach to sexual health promotion for clinicians in primary care. It presents sexual concerns across the lifecycle, from childhood to old age, illuminated throughout by scenarios based on real life. It highlights common sexual issues from different age groups and includes chapters on sexuality and disability, sexual minorities, HIV-positive individuals, and complementary medicine. It presents an invaluable resource for all health professionals that spans the needs of patients from all backgrounds and age groups.

Lifemates - Harold H. Bloomfield 1992

Drawing on their extensive experience in counseling as well as their own search for a more fulfilling relationship, the authors have created a practical, easy-to-follow love fitness program that teaches essential skills for a

lasting adventure of the heart.

The Performance Edge - Robert K. Cooper 1991

Drawing from the latest worldwide research in neuroscience, performance, and work physiology, Dr. Robert K. Cooper shows how readers can increase their mental and physical stamina, strengthen their communication skills, release stress quickly, balance their family and career priorities, improve workplace design, and maximize innovation, work quality, and productivity.

You Can't Hurry Love - Laurie Levin 1993-02

Here are true stories of post-40 nuptial bliss that prove happy marriages can happen to anyone at any age. Drawing on the testimonies of men and women, ages 40 to 85, this upbeat book explores late-blooming love and zeroes in on how mid-life marriers met their mates and made the transitions from "me" to "we", after years of singlehood.

The New York Times Book Review - 1989

American Bookseller - 1988

Making Peace with Yourself - Harold H.

Bloomfield 1996

"I'm afraid of getting again." "When I look in the mirror, I'm never quite satisfied." "I can't stand criticism." "I'm always feeling tense and rushed." "I wish I could be happier." Do any of these sound familiar? Aren't they exactly the kinds of weaknesses that keep us from enjoying our lives to the fullest? This wise and compassionate book can help you confront these problems, perhaps for the first time in your life. Through a series of exercises, case studies, and personal growth techniques, you'll learn to analyze your weakness and, most importantly, strip it of the power it has over you. Making Peace with Yourself is one of life's toughest challenges, but the rewards will be tremendous.

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