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10,000 Ways to Say I Love You - Gregory Godek 2009-11-01

The small book with the biggest collection of loving ideas ever gathered in one place, now in a tenth anniversary edition This is the ultimate practical, giftable resource for couples, filled with 10,000 ideas for expressing affection. From the author of the phenomenally successful 1001 Ways to Be Romantic, "America's Romance Coach" Gregory J.P. Godek, 10,000 Ways to Say I Love You overflows with surprise ideas, back-to-basics classics that always work, and inspired twists on creative expression. Readers can express true affection with secret love notes, perpetual bouquets, secluded picnics, outrageous gifts...and 9,996 more ways to say "I love you." At one idea per day, this book will last couples 27.4 years! This tenth anniversary edition offers fresh tips for today's world of texting and social networking, giving readers more reasons than ever to pick up this best-loved romantic collection.

Radiant Body, Restful Mind - Shubhra Krishan 2011-02-08

Shubhra Krishan firmly believes that a pampered body is a healthy body. In Radiant Body, Restful Mind, she divides the elements of a woman's life into such subjects as home, cooking, bath, relaxation, bedroom, beauty, relationships, and retreats, offering special indulgences for each. Designed to enliven and enrich one's life, the book includes tips on clearing clutter, expressing creativity, preparing facials and scrubs, enjoying the natural world, nurturing relationships with friends and spouses, and creating personal, sacred space in one's home and life.

One Small Step - Yvonne M. Dolan 2000

FOR ALL THOSE SURVIVORS who wonder when they will finally feel good, the answer is now. One Small Step reminds us that living well is the best revenge and provides the knowledge and tools to fully embrace life. Organized into easy-to-follow sections, readers will find help in: * Moving Beyond Survivorhood * Enjoying the Gifts of the Present * Creating a Joyous Future * Responding to Life's Challenges * How to Start a Small Steps Support Group "The demands of fate can thwart one's journey. The exercises in One Small Step reclaim the ascendant path—the road to the real self. An internationally renowned expert, Yvonne Dolan provides a map to find the way home."—Jeffrey K. Zeig, PhD, Director, The Milton H. Erickson Foundation "This book has a groundbreaking message: people can truly move beyond the identity of a 'survivor'!"—Jill Freedman, MSW, coauthor of Narrative Therapy: The Social Construction of Preferred Realities "A manual for living and an absolute must for anyone who has survived the effects of trauma or loss and is ready to begin a rich and joyful life. Read it, reread it, and share it with a friend!"—Jim Duvall, Director, Brief Therapy Training Centres-International™ A division of C.M. Hincks Institute) "Filled with helpful tips on how to reshape your future in spite of your past suffering."—Insoo Kim Berg, coauthor of Interviewing for Solutions

The Rainbow Way - Lucy H. Pearce 2013-12-13

Visioned as the guide and mentor that most creative women yearn for, but never find in their daily lives, The Rainbow Way explores the depths of the creative urge, from psychological, biological, spiritual and cultural perspectives. This positive, nurturing and practical book will help to empower you to unlock your creative potential within the constraints of your demanding life as a mother. Featuring the wisdom of over fifty creative mothers: artists, writers, film-makers, performers and crafters, including: Jennifer Loudon (multiple best-selling author), Pam England (author, artist and founder Birthing From Within), Julie Daley (writer, photographer, dancer and creator of Unabashedly Female), Indigo Bacal (founder of WILDE Tribe). Foreword by Leonie Dawson (author, artist, entrepreneur and women's business and creativity mentor).

The Life Organizer - Jennifer Loudon 2013-11-01

We all yearn to have time for personal needs and creative dreams — after all, this is our life to make the most of. And we all know how hard it is to remember what really matters. With distractions from jobs, aging parents, and children — not to mention women's perennial fear of being labeled "selfish" — following our own desires and dreams can become ever more elusive. The Life Organizer aims to help you shift your focus, augmenting traditional goal setting with the ease that comes from steady inner listening and mindfulness. It will become your trusted companion — and maybe the most important book you'll ever own.

31 Words to Create an Organized Life - Marcia Zina Mager 2010-10-14

Books about organizing the clutter that plagues most people can be as daunting as the clutter itself. 31 Words to Organize Your Life streamlines this process to its essence by tapping the power of a single word.

Drawing from a variety of spiritual traditions, ancient wisdom, and contemporary psychologists, the book helps readers uncover and cultivate their own hidden powers of focus, determination, and concentration to eliminate clutter in their lives. Each entry includes a single word, an accompanying essay, along with three thoughtful tips or exploratory questions, plus an affirmation or meditation. Whether the challenge is in time management, office clutter, or disorganized closets, 31 Words to Organize Your Life shows how to harness the power of a single word to transform a project — and a life — from the inside out. Designed for portability, the book helps even the most disorganized person conjure peace and order from chaos.

He's Just No Good for You - Beth Wilson 2009-01-13

Woman-to-woman advice on identifying—and dumping—bad news guys No one is immune when it comes to destructive relationships. Even smart women can be gaslighted by men who appear supportive in public but are belittling in private, after which, worse yet, they assert that you're upset for no reason, that you're simply imagining the verbal abuse and incremental death of your spirit. In He's Just No Good for You, best-selling author Beth Wilson, with psychologist Dr. Maureen Hannah, zeroes in on the heart of the matter—women's well-being and self-worth—and sets forth a clear vision of just what a healthy relationship looks like. She also instructs women of all ages on installing "early detection" warning systems in their brains. As for those women already enmeshed in a destructive relationship, this book, with its reassuring, empowering style, can assist in identifying the problem, deciding whether to leave or to stay, and then acting on that decision. Most books about bad relationships focus on compatibility or domestic violence. He's Just No Good for You is for all women who have found themselves wondering if the "great" guy others see at their side is in fact not so great—or worse. Wilson explores the anatomy of a destructive relationship and provides clear profiles of bad news individuals. And she shows women how they can move beyond the grasp of a harmful relationship by taking a candid look at their priorities, their circumstances, and themselves. Drawing on the wisdom and insight Wilson has long utilized in her thriving private practice, and building on her previous best-selling books, along with Dr. Hannah's professional expertise, He's Just No Good for You offers women a new path. Women want more out of relationships—and this book shows them that they can have it.

Building a Joyful Life with Your Child Who Has Special Needs - Nancy J. Whiteman 2007

A survival manual for parents of children with disabilities. Exercises throughout the book provide a personal, individualised approach that will help each parent find their own way and discover their own consolations from this experience.

The Woman's Comfort Book - Jennifer Loudon 1992Familiar Subjects - Norman Locks 1978**Comfort Theory and Practice** - Katharine Kolcaba 2003

I am most excited and impressed with the scope and focus of this work. As I began to read it, I had trouble putting it down. It is highly readable, engaging, all-inclusive, and most informative. Jean Watson, RN, PhD, HNC, FAAN I am honored and delighted to recommend this text for all nurses who cared for and care about patients. from the Foreword by May Wykle, RN, PhD, FAAN This book places comfort at the forefront of nursing care, by presenting a carefully researched theory of comfort that nurses can use as a framework for practice. Engagingly written, the book combines a first-person account of the development of the theory with supporting research, and practical information for its application. Kolcaba analyzes the concept of comfort; describes its physical, psychospiritual, environmental and sociocultural components; evaluates its meaning in the many different contexts in which health care occurs; and describes how it can be measured. The appendix includes comfort care questionnaires that can be used with patients in many settings, and a comfort scale that can be used with patients for a quick assessment of comfort. Clinicians, researchers, educators, and students will find this holistic approach helpful in setting priorities and parameters for patient care.

Balance with Grace - Grace Durfee 2008-01-24

Do you sometimes wish you could hit the "pause" button on your busy life? Are you frequently frustrated at the end of the day by all you have yet to do? Are you tired of living for the weekend and ready to start living

now? If you answered yes to one or more of these questions, then you need this book. This book is a treasure trove of immediately applicable strategies for finding balance in the midst of life's kaleidoscopic changes. Rather than prescribing a particular path or offering a one-size-fits-all model, this book offers a flexible process, adaptable to your particular style, situation, and season. If you are discouraged by the stacks of books you intend to read but never get to, there's no need to feel daunted by this one. After a beginning balancing process, the book is divided, by season, into collections of short, stand-alone readings which draw wisdom from everyday experiences. Prepare to smile, squirm, laugh, and get misty-eyed, as you undoubtedly recognize yourself in these pages. Balance-seekers will benefit from: o innovative tools such as Stepping Stones TM o engaging inquiries that invite action o motivating stories o introspective exercises o practical tips and techniques Accept the invitation to Balance with Grace and embark on a journey to greater joy and fulfillment in every season.

Are women in Kosova equal, safe and free yet? - Cornelia Maier 2019-02-12

In 2009 I worked in person on the law on protection from domestic violence in Kosova (Albanian for Kosovo). That was a highlight and a very exhilarating experience for me. However, I am not happy at all with the implementation of the law. Around one entire decade later, better social assistance, especially for survivors who want to get free from abusive situations is still outstanding. How long will it take for the state of Kosova to be able to protect women in need?

Breast Cancer Answers - Judith King 2004

Breast cancer answers practical tips, and personal advice from a survivor.

A Woman's Book of Rituals and Celebrations - Barbara Ardinger 1995

Hip Tranquil Chick - Kimberly Wilson 2010-09-24

Hip Tranquil Chick addresses that huge but unacknowledged demographic of fashionistas equally at home at Bergdorf's and the yoga studio. The book is divided into two major sections that cover all bases for the style-minded seeker. "On the Mat" shares seven must-have modern-girl yoga sequences, such as "Healing Hip Openers" and "Negativity Releasing Heart Openers," and explains yoga philosophy in hip chick language. "Off the Mat" showcases nine ways to become more fabulous and balanced by incorporating yogic qualities like introspection, strength, and flexibility into daily life. The nine lifestyle chapters reveal how to turn on-the-mat wear into on-the-town style, how to create soulful surroundings at home and work, mindful money management, finding a passion-filled career, how strategic soiree-throwing creates community, tips for practicing social consciousness, and more. Each chapter is accompanied by helpful "OMwork" to translate these concepts into reality. Abundant illustrations accentuate the text, and a "savvy sources" section encourages further exploration.

Woman's Cofort Book - Jennifer Loudon 2005-02-01

With over 200 prescriptions for giving yourself a break, this book helps the reader to sort out guilty feelings about self-nurture and to define her comfort/self-nurture needs. In this book the author delivers a host of creative and comforting programmes like the self-care schedule, creative selfishness, creating a comfort network, body delights, a personal sanctuary, the comfort journal, bathing pleasures and comfort rituals. Organised by topic and cross-referenced throughout, this guidebook is designed to appeal to women of all ages. The new edition has been revised and updated for modern women.

Life After Trauma, Second Edition - Dena Rosenbloom 2015-04-07

Trauma can turn your world upside down--afterward, nothing may look safe or familiar. This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives. Full of practical strategies for coping and self-care, the book guides you toward reclaiming a solid sense of safety, self-worth, trust, and control, as well as the capacity to be close to others. The focus is on finding the way forward in your life today, no matter what has happened in the past. The updated second edition has a new section on managing emotions through mindfulness and an appendix on easing the stress of health care visits. Dozens of step-by-step questionnaires and exercises are included; you can download and print additional copies of these tools for repeated use.

HIV Mental Health for the 21st Century - Mark G. Winiarski 1997-03

As we approach the 21st century, we also approach the third decade of the AIDS epidemic. Mental health care providers must face the crucial fact that the human immunodeficiency virus (HIV) and the condition it causes, Acquired Immune Deficiency Syndrome (AIDS) is the leading cause of death among Americans aged 25-44 years. HIV Mental Health for the 21st Century provides a roadmap for mental health professionals who seek to develop new strategies aimed at increasing the longevity and quality of life for people living with HIV/AIDS, as well as at controlling the future spread of the disease. Divided into five sections, this volume covers basic concepts in HIV/AIDS mental health; specialized aspects of HIV/AIDS clinical care; models of clinical care; program evaluation; and HIV mental health policy and programs. Chapters treat issues such as feelings of caregivers, the role of spirituality in mental health care, rural practice, mental health home care, and working with children.

Home Sweeter Home - Jann Mitchell 2011-10-04

We search the world for spirituality and peace--only to discover that happiness and satisfaction are not found "out there" in the world but right here, in our houses and in our hearts. "There's no place like home" holds true whether we live in a castle or a condo, a mansion or a studio apartment. Home Sweeter Home offers creative insights and suggestions for making our home life more nurturing, spiritual, and rewarding for ourselves, our families, and our friends.

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