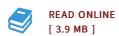




A Validation Journal: Being Whole

By Linda Newlin

Luna Madre Inc., United States, 2014. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Discover the power of validation, naming feelings and grounding in the strength of who you are in this inspiring journal that encourages self love and wholeness. Affirmations and writings to reflect and affirm what is true for you with reminders of how to navigate life in healthy ways. A companion to Being Whole: A Guide Book, which takes readers through many practices to live a life of passion and purpose as they claim who they truly are and what their unique gifts/contributions are for this lifetime. The foundation of these books come from positive psychology, neuroscience, eco psychology, health and wellness, mindfulness, resilience and somatics as well as the Hoffman Quadrinity Process.



Reviews

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-- Nikita Herzog

Other Books



My Life as an Experiment: One Man's Humble Quest to Improve Himself by Living as a Woman, Becoming George Washington, Telling No Lies, and Other Radical Tests

SIMON SCHUSTER, United States, 2010. Paperback. Book Condition: New. Reprint. 212 x 138 mm. Language: English. Brand New Book. One man. Ten extraordinary quests. Bestselling author and human guinea pig A. J. Jacobs puts his life to the test and reports...



Character Strengths Matter: How to Live a Full Life

Positive Psychology News, United States, 2015. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. What are the elements of good character? The Values in Action (VIA) project identified 24 qualities such as...



The Automatic Millionaire: A Powerful One-Step Plan to Live and Finish Rich (Canadian Edition)

Doubleday Canada, 2003. Soft cover. Book Condition: New. Book Description Bestselling financial advisor David Bach brings us his proven, revolutionary system that in one hour will make readers -- even those not smart about money, not disciplined or budget-minded -- rich. The...



Descent Into Paradise/A Place to Live

ANNICK PRESS, Canada, 2010. Paperback. Book Condition: New. 175 x 119 mm. Language: English . Brand New Book. Friendships confront the force of authority in these raw, powerful stories. When the new kid from Afghanistan is put in Martin s class, Martin...



How to Live a Holy Life

1st World Library, United States, 2005. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book *****
Print on Demand ******.Purchase one of 1st World Library s Classic Books and help support our free internet library of downloadable...



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications.

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...