Embracing Uncertainty Susan Jeffers | dabf472baaf3a23f29ceb0f309983f32

Embracing Uncertainty
The Secret Thoughts of Successful Women
Thanks! Legacy of the Heart
Feel the Fear and Do it Anyway
Embracing Uncertainty
Embracing Uncertainty Feel The Fear Power Planner
50 Success Classics
365 Days of Angel Prayers
Make Change Work for You
Embracing Uncertainty
Get Off Your “But”
Meditation for Angry People
Life, Happiness and Cancer
Uncertainty
Opening Our Hearts to Men
The Wisdom of Not Knowing
You Unstuck
I'm Okay, You're a Brat!
Life Is Huge!
Boost Your Brain
Life is Huge!
Embracing Uncertainty
Indian Edition
The Power of Letting Go
Writing Down Your Soul
Embracing Uncertainty
Life Was Never Meant to Be a Struggle
Living Deeply
The Feel The Fear Guide To Lasting Love
Feel The Fear & Beyond Dare to Connect
The Instant Mood Fix
The 28 Day Alcohol-Free Challenge
Thriving Through Uncertainty
The Easy Way to Stop Gambling
End the Struggle and Dance with Life
The Little Book of Confidence Recovery from Burnout
The Fear Cure
Feel the Fear and Do It Anyway has sold a million copies round the world since 1987, and is still one of the top ten bestsellers in the category of personal development. In this book, Susan Jeffers takes the approach and practical strategies that made her first such a success and applies them to the subject that is closest to all our hearts: Love. The author explains that, although most people desire a wonderful relationship, too many of us don’t really understand what love truly means. We say we love people in our lives yet, too often, we don’t act very lovingly. Nor do we choose our partners wisely. This lack of understanding about love is reflected in the ever-increasing divorce rate and the huge number of people who ask with a deep yearning in their hearts: Why is love so hard? The Feel The Fear Guide To Lasting Love shows what real love actually looks like, how to learn the essentials for finding it - and how to make it last a lifetime. It also lays out solutions to common problems and explains the destructive power of fear. Full of Jeffers’ own experiences, humour and down-to-earth techniques, as well as the wisdom of others, this book will show us all how to enjoy the delight, satisfaction, peace and caring that true love can bring us.

Author of Feel The Fear And Do It Anyway From the multi-million bestselling author of Feel the Fear and Do It Anyway comes a powerful and healing book designed to offer a safety net in a world of never-ending change. It may be one of the most comforting and life-affirming books you will ever read. With her invaluable insights and exercises, Susan Jeffers gives you the tools you need to deal with all the uncertainty in your life with a sense of life and possibility. You will learn: - Forty-two exercises to help make your life an exciting adventure instead of a continuous worry - How to lighten up and put problems into a life-affirming perspective - The amazing power of the word "maybe" - And much more. You will discover that there is a wondrous, joyous, and abundant life that can exist in the presence of uncertainty. The question is, “What do you need to do to reach this wonderful state?” And the answers abound in Embracing Uncertainty...Jonathan Fields knows the risks-and potential power-of uncertainty. He gave up a six-figure income as a lawyer to make $12 an hour as a personal trainer. Then, married with a 3-month old baby, he signed a lease to launch a yoga center in the heart of New York City... the day before 9/11. But he survived, and along the way he developed a fresh approach to transforming uncertainty, risk of loss, and exposure to judgment into catalysts for innovation, creation, and achievement. Properly understood and harnessed, fear and uncertainty can become fuel for creative genius rather than sources of pain, anxiety, and suffering. In business, art, and life, creating on a world-class level demands bold action and leaps of faith in the face of great uncertainty. But that uncertainty can lead to fear, anxiety, paralysis, and destruction. It can gut creativity and stifle innovation. It can keep you from taking the risks necessary to do great work and craft a deeply-rewarding life. And it can bring companies that rely on innovation grinding to a halt. That is, unless you know how to use it to your advantage. Fields draws on leading-edge technology, cognitive-science and ancient awareness-focusing techniques in a fresh, practical, non-dogmatic way. His approach enables creativity and productivity on an entirely different level and can turn the once-tortuous journey into a more enjoyable quest. Fields will reveal how to: Make changes to your workflow that unlock buried creative potential. Build "creation hives" -- supportive groups that can supercharge and humanize the process. Tap social technology and user co-creation to add clarity, certainty, and sanity, even if you're an artist or solo-creator. Develop a set of personal practices and mindset shifts that let you not just tolerate, but invite and even amplify, uncertainty as a catalyst for genius. Drawing on extensive case studies and research, Fields shares a set of detailed personal practices and environmental changes that can not only humanize the creative process, but also allow individuals and teams to stay more open to opportunity and play a bigger creative game.

Discover the all-time classic books that have helped millions of people achieve success in their work and personal lives. 365 Days of Angel Prayers
What if you could encounter the divine? What if you could regularly know the blessing of deep peace and abiding joy? What if you could talk to angels? Great news—you can! 365 Days of Angel Prayers is a multi-author anthology of daily readings written to inspire and guide you to experience a rich and continuous communion with the angelic realm. Whether you choose to read that day's entry or take a more spirit-led approach, these prayers, blessings, invocations, and essays will help you learn how to communicate with angels. And as you allow the words to wash over your mind and heart, receiving the healing inherent within them, you will begin to see that there is no one way to pray for divine blessing or assistance. Soon, you may even find your own unique words pouring out-embrace them. Remember, this book is a collaboration, one you are warmly invited to join. Soak in the deep peace, love, and joy of the angels. Through your daily connection, you will begin to shine their heavenly light and share their divine love with everyone you encounter. This revamped second edition features Sunny Dawn Johnston, best-selling author of Invoking the Archangels, Kimberly Marooney, Karen Paulino Correia, Roland Comtois and 148 angel messengers from across the
Where To Download Embracing Uncertainty Susan Jeffers
globe! Chances are you're suffering from burnout. For some time, Master Coach Judy Klipin has waged what felt like a lonely battle, speaking up about the scourge of burnout that is approaching epidemic proportions in South Africa, one of the most stressed nations in the world. Men and women, young and old, from all walks of life have sought her help for their burnout. Housewives, students, young adults in their first jobs, executive business-people, teachers, mothers, fathers, doctors, nurses, police officers, journalists all complaining of feeling run-down, exhausted, overwhelmed and under-enthused about life in general and their lives in particular. Burnout is not only restricted to high-flying business executives, it can affect anyone. Burnout is not one thing, it is also a feeling of listlessness and ineptitude, a lack of enthusiasm and excitement, an existential emergency. Recover from Burnout will help you to understand why we get it, how to get better from it, and how not to get it again. You'll discover how to: - understand your burnout, - recognise and engage with the underlying fears and beliefs that underpin your drive to push your body, mind and spirit to breaking point, - change the beliefs and habits that have exhausted you, - regain your energy and enthusiasm, and - avoid falling back into the burnout traps. Finding the courage to embrace change and take chances is the only way to succeed. Business, culture, and competitive landscapes have fundamentally changed, but basic principles and best practices for succeeding and future-proofing both yourself and your organization haven't. With a mix of compelling stories, research from the social sciences and psychology, and real-world insights, Make Change Work for You shows readers how to reignite their career, rekindle their creativity, and fearlessly innovate their way to success by providing the tools needed to master uncertainty and conquer every challenge they'll face in life or business. Make Change Work for You opens with an overview of the most common factors that lead to self-defeating behaviors, including fear of failure, embarrassment, underperformance, rejection, confrontation, isolation, and change itself. Using a simple four-part model, Steinberg guides readers to understand and better respond to the challenges that change can bring: Focus: Define the problem and come to understand it objectively. Engage: Interact with the challenge and try a range of solutions. Assess: Review the response(s) generated by your tactics. React: Adjust your strategy accordingly. And, finally, the book shows readers how to develop the vital personal and professional skills required to triumph in the “new normal” by understanding and engaging in the 10 new habits that highly successful people share: 1. Play the Odds 2. Embrace Tomorrow Today 3. Seek Constant Motion 4. Lead, Don’t Follow 5. Never Stop Learning 6. Create Competitive Advantage 7. Connect the Dots 8. Pick Your Battles 9. Set and Align Your Priorities 10. Always Create Value Susan Jeffers has helped millions of people throughout the world overcome their fears, heal their relationships, and move forward in life with confidence and love. In Opening Our Hearts To Men she shares her own experiences, and offers wisdom, insights and practical advice on how to feel good about yourself and your relationships. Opening Our Hearts To Men is a book for every woman who wants to bring more love into her life. It will help you if: Your relationship is not working out in the way you had hoped. You want to move gradually from struggle into free FLOW. Tama Kieves—inspirational coach, career transition expert and author of Inspired & Unstoppable—guides you through life’s uncertain times, helping you discover the blessings within difficulties. Tama Kieves knows a thing or two about dramatic changes. After graduating from Harvard Law School with honors, Tana left an unfulfilling life at a prestigious corporate law firm to pursue her passion and make a name for herself as a writer and inspirational speaker. Now, she dedicates her time to helping people face their fears, tackle uncertainty, and shift their mindset to achieve the extraordinary in their own lives. Tana Kieves knows a thing or two about dramatic changes. After graduating from Harvard Law School with honors, Tana left an unfulfilling life at a prestigious corporate law firm to pursue her passion and make a name for herself as a writer and inspirational speaker. Now, she dedicates her time to helping people face their fears, tackle uncertainty, and shift their mindset to achieve the extraordinary in their own lives. This book isn’t just about getting through life changes, it’ll teach you to use that change and uncertainty as a launching pad for joy. Thriving Through Uncertainty proves that the
moment your plans fall apart is precisely when your true destiny begins. With Tama’s guidance, you can take hold of the blessings and opportunities hidden within uncertain transitional periods and begin to move forward. Weaving together practical exercises and techniques along with anecdotes from Tama’s own experiences, you’ll master key lessons like: - How to control your mindset and mood to stay focused and happy - Having faith in yourself and your journey - Allowing yourself to feel pain and discomfort - Continuing to thrive through future obstacles, and much more. Packed with heartfelt and dynamic guidance, this supportive, inspiring book will make you feel as if you’ve attended several sessions with Tama herself.

Cancer survivor Phil Kerslake relates his experiences and insights with warmth, humour and pragmatism. He shows how action and attitude can win against cancer. First published in New Zealand in 2006, this book is now the country’s number 1 best selling cancer support resource. In this new edition with amendments for Australian readers, ‘Life, Happiness & Cancer’ shows how to prepare mentally for a cancer battle, create an action plan to recover, and live an even better life after cancer than before. From the best selling author of “free Feeling Real Emotions Everyday”. Anger is like fire. Sometimes it can be useful, sometimes it can be destructive, sometimes it can feel that we just can’t get a spark started although we feel like we’re sitting on a powder keg. We’re all human and we all have anger, whether others see us as angry and bitter or smiling and carefree. This book is written to help you understand your own anger, whether it stems from fear, sadness, resentment, control, self-blame or holding on to old pain. It’s written to help those who feel burdened with anger that they just can’t express, those who feel the pain of almost overwhelming anger or those who find it difficult to get through the day without one really good tantrum. This book is written to help you choose how to handle your own anger, find your own peace and live your own life. “You are very precious and a resource to the community.” NHS manager

Find your confidence From public speaking to asserting yourself, decision-making to relationships, internationally renowned author of Feel the Fear and Do It Anyway Susan Jeffers shows you how to get the best out of yourself once you know how to overcome fear. The Little Book of Confidence offers practical advice and thought-provoking tips on how to transform your fears into certainty. ‘The queen of self-help’ The Express

We all want to be loved by our partners, and to have good relationships with friends and colleagues. What we don’t always know is how to make that special sense of connection happen. In DARE TO CONNECT, Susan gives us the insights and tools we need to create a sense of belonging everywhere we go. We learn that this is a world where there are no strangers and we never need to feel alone. DARE TO CONNECT is for everyone who has ever asked: - Why do I feel so nervous when I walk into a room full of strangers? - Why do I feel lonely, even though I’m surrounded by people? - Why do I feel so alienated from my husband/wife/lover? - Why is it so hard to approach the person I am most interested in meeting? With wisdom and humour, Susan Jeffers shows you how to enjoy the wonderful relationships in all areas of your life.

Susan Jeffers explains that life doesn’t have to be one of one worry after the next, a steady stream of what if’s, and a constant attempt to create a secure haven for ourselves. In this book she aims to show that an unknown future doesn’t prevent a rich and abundant life. In fact by enjoying life’s unpredictability we transform ourselves from a position of fear to one filled with excitement and potential. With humour, insight and exercises, she aims to convince the reader that life is exhilarating because of, not in spite of uncertainty.

READ THIS BOOK AND BECOME A HAPPY NONGAMBLER FOR THE REST OF YOUR LIFE Allen Carr’s Easyway is a global phenomenon. It has helped millions of smokers from all over the world, and has also been successfully applied to a wide range of other issues, including drinking, overeating, and overspending. Here the method addresses the fastest growing social problem of modern times: gambling. Allen Carr explains how gamblers fall into the trap and why they keep gambling despite knowing that it’s ruining their lives. By explaining the nature of the trap, he removes the desire to gamble and the fears that keep you hooked. Most important of all, you will not feel that you’ve made a sacrifice, you will not miss gambling, and you will enjoy life to the full without feeling in any way deprived. What people say about Allen Carr’s Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological program." The Sunday Times

A collection of inspirational advice helps readers overcome adversity and cope with the challenges and painful aspects of life, offering tools that show how to attain peace of mind and embrace the world. 'Science-led and packed with practical tips, this book will change your life for the better' Fearne Cotton

As seen on TEDTalk - over 2 million views

When panic strikes, grab this book. University of Cambridge mental health researcher Dr. Olivia Remes has spent the past decade uncovering the secrets to reducing anxiety, stress and panic. In this short, no-nonsense book, Dr Olivia gives you 50 simple, science-based solutions to fight the moods that hold us all back. Targeting everything from overwhelm to indecision and anxiety to lack of motivation, these unexpected tips and tricks will help you relieve the pressure in the short term and experience long-term post-traumatic growth. Designed to dip in and out of when you need it most, this book will help you tame your worries and reclaim control. No more procrastination, avoiding situations, or blaming yourself - The Instant Mood Fix empowers you to feel calm, confident and resilient.

Indie Book Awards Winner: A deeply affirming exploration of the unknown—the challenges, the possibilities, and how to navigate uncertainty without fear For most of us, the unknown is both friend and foe. At times, it can be a source of paralyzing fear and uncertainty. At other times, it can be a starting point for transformation, creativity, and growth. The unknown is a deep current that runs throughout all religions and mystical traditions, plays an important role in contemporary psychotherapeutic thought and practice, and is essential to personal growth and healing. In The Wisdom of Not Knowing, psychotherapist Estelle Frankel shows us that our psychological, emotional, and spiritual health is radically influenced by how comfortable we are with navigating the uncertain and uncertain dimensions of our lives. Drawing on insights from Kabbalah, depth psychology, Buddhism, Christianity, Hinduism,
and ancient myth, Frankel explores how we can grow our souls by tapping into the wisdom of not knowing. She also includes case studies of individuals who have grappled with fears of the unknown and, as a result, come out wiser, stronger, and more resilient. Each chapter includes experiential exercises and meditations for befriending the unknown, conveying how embracing a state of "not knowing" is the key to gaining new knowledge, learning to bear uncertainty, and enjoying a healthy sense of adventure and curiosity. In this inspiring collection of essays, self-help author Susan Jeffers captures the experiences, situations and emotions that make up all our lives. The essays all stand on their own and are deliberately presented in a random fashion - so that, as in life, you never know what's coming next. Originally published: 2004. "Sean is an amazing person with an important message." —President Bill Clinton "Sean Stephenson is the Yoda of personal development, with less pointy ears." —Jimmy Kimmel, host of ABC's Jimmy Kimmel Live "As we struggle with inertia to become the best that we can be, Sean Stephenson's book informs and inspires us to stand up and keep moving forward. Thank you, Sean, for your life, your work, and your abundant sharing." —Ken Blanchard, coauthor, The One Minute Manager "Sean Stephenson is a hero to me. When you read his book, he will be a hero to you as well. His moving stories about himself and others who have found the gifts in their pain will teach you so much about courage and, just as important, you will learn how to build your own sense of confidence when it comes to health, career, relationships, and more. Do yourself a favor read this book!" —Susan Jeffers, Ph.D., author, Feel the Fear and Do It Anyway® and Embracing Uncertainty A proponent of the field of positive psychology offers a close-up study of the positive influence on people's lives of the systematic cultivation of gratitude, explaining how the practice of grateful thinking can increase one's chances for happiness and help one cope more effectively with stress, recover more quickly from illness, enjoy better physical health, improve relationships, and other benefits. Reprint. Internationally renowned author, Susan Jeffers, has helped millions of people round the globe to overcome their fears and heal the pain in their lives. Her now classic work, Feel the Fear and Do It Anyway, has been a huge worldwide success and continues to ride high in the bestseller charts because it showed us all, in simple terms, how to transform our anxieties into confidence, action and love. Feel the Fear and Beyond is a practical companion to this important book - yet it also stands alone as a must-have for facing life and facing fears in the twenty-first century. Filled with valuable exercises, it is designed to teach us that we can handle whatever life brings us in a powerful and life-affirming way. Susan Jeffers encourages us to make full use of these valuable tools when we are fearful of making changes or confronting new situations in our lives. The profound truths contained in this book, with all of Susan Jeffers trademark warmth and enthusiasm, will make you laugh, make you cry, make you reach out and embrace all of life. Write to Explore Your Deep Spiritual Soul "...if you think this book is not for you because you are a writer and don't need another writing book, think again!" —Sherry Richert Belud, author of Say it Now #1 Best Seller in New Age & Spirituality, Graphology, Parapsychology "I am a writer. Today I write." These are the opening lines in the Writing Blessing that author Janet Conner has spoken daily since 2007. Journal-writing and divine dialogue. Janet Conner is a writer, poet, and spiritual field guide, but first and always a deep spiritual soul explorer. Since she discovered how to activate a divine Voice by slipping into the theta brain wave state (the border between the conscious and the subconscious) while writing, Janet has dedicated herself to exploring and sharing what it means to live at the vibrant intersection of the visible and the invisible. Your healing inner voice. After hitting rock bottom while escaping domestic abuse, Janet's inner voice told her to start writing. As she wrote, she gained clarity and strength, and felt an incredible connection to the divine. Miracles began to happen. Today, research scientists are providing peeks into consciousness and how it works. Their findings give intriguing clues about what is happening in and through our bodies, minds, and spirits as we roll pen across paper. Writing Down Your Soul explores this research and instructs how to access the power and beauty of our deepest selves. Life-changing power of writing. Of all the ways to get in touch with God, why take the time to write? One reason: it works. It works amazingly well. If you want to engage in a vibrant conversation with the wisdom that dwells just below your conscious awareness, write. Write every day, at approximately the same time, with passion, honesty, and the intention of speaking with and listening to the voice within. You liked Expressive Writing, Opening Up by Writing It Down, or Writing as a Path to Awakening? You'll love Writing Down Your Soul! In You Unstuck, Libby Gill uses cases studies, client stories from her coaching work, and brain research to help readers understand the biological basis of fears that hold them back. She shows how to reframe what she calls Riskophobia, turn off the fear voices, and circumvent ancient defense systems. Readers can then create an Escalating Risk Hierarchy by "chunking down" their vision into small, actionable steps, ordered from least to most anxiety inducing. By combining stress-busting relaxation techniques with small action steps, the readers' odds for realizing their vision greatly increase in this Relax, Risk, Repeat cycle. Gill also shows readers how to "Avoid Limiters & Embrace Liberators," keeping naysayers at bay while seeking influential supporters who can help free their creativity and productivity. Capitalizing on her business background, coaching expertise, and a personal history of risk-taking and resilience, Gill makes complex concepts relevant and accessible through immediately applicable tools, exercises, self-tests, and questionnaires that challenge readers to change. Switch on your brain with puzzles, tips and teasers - now available in PDF. Improve your memory and recall, develop cognitive skills and increase your brain power with Boost Your Brain. Ever find it difficult to remember where you left your keys or parked the car? Boost Your Brain is here to help with over 300 brain-boosting tips and exercises for a complete mental workout. Enjoy entertaining puzzles and mental teasers that develop your brain power while you solve them. With fun memory games and mnemonics you can improve on everyday tasks, such as revision, maths, spatial awareness, vocabulary and remembering appointments, facts and PINs. Develop your brain power and memory skills with tips and puzzles that improve your mental agility and show you how to remember key numbers and facts, so that you
never forget a name at a dinner party or miss an anniversary again. You can track your development with the scoring system for each chapter and also see ways to improve. Boost Your Brain is ideal if you are seeking a fun way to develop your memory and keep your brain active. Not many people in the medical world are talking about how being afraid can make us sick—but the truth is that fear, left untreated, becomes a serious risk factor for conditions from heart disease to diabetes to cancer. Now Lissa Rankin, M.D., explains why we need to heal ourselves from the fear that puts our health at risk and robs our lives of joy—and shows us how fear can ultimately cure us by opening our eyes to all that needs healing in our lives. Drawing on peer-reviewed studies and powerful true stories, The Fear Cure presents a breakthrough understanding of fear’s effects and charts a path back to wellness and wholeness on every level. We learn: • How a fearful thought translates into physiological changes that predispose us to illness • How to tell true fear (the kind that arises from a genuine threat) from false fear (which triggers stress responses that undermine health) • How to tune in to the voice of courage inside—our “Inner Pilot Light” • How to reshape our relationship to uncertainty so that it’s no longer something to dread, but a doorway to new possibilities • What our fears can teach us about who we really are At the intersection of science and spirituality, The Fear Cure identifies the Four Fearful Assumptions that lie at the root of all fears—from the sense that we’re alone in the universe to the belief that we can’t handle losing what we love—and shifts them into Four Courage-Cultivating Truths that pave our way to not only physical well-being, but profound awakening. Using exercises from a wide range of mind-body practices and spiritual traditions, Dr. Rankin teaches us how to map our own courage-cultivating journey, write a personalized Prescription for Courage, and step into a more authentic life. Those who have read the incredible worldwide bestsellers, Feel the Fear and Do It Anyway and Feel the Fear and Beyond will recognize Susan Jeffers’ brilliant idea of the ‘Power Planner’. This is a step-by-step guide for incorporating all her strategies for developing a fuller, richer life in one, easy-to-use, simple chart. Each day, for three months, you write down things to be grateful for—and also give yourself tasks to fulfill that you find particularly difficult. These may be in the fields of relationships, friends, family, work, time off or spirituality. By risking small steps at a time, supporting and encouraging yourself, you can certainly learn to enjoy your life in a more conscious, loving, giving and powerful way. And this book will help you do so. Helps successful women feel truly confident so that they can reach new levels of greatness. Is there something holding you back from becoming the person you want to be? Fear is all around us, from having a tricky talk with your boss to facing up to a problem at home. Everyone has worries and fears that can stop them progressing and reaching for the things that they really want in life. The simple, life-changing exercises in Feel the Fear & do it anyway will teach you how to turn anger into love and uncertainty into action. Living Deeply transcends any one approach by focusing on common elements of transformation across a variety of traditions, while affirming and supporting the diversity of approaches across religious, spiritual, scientific, academic, and cultural backgrounds. Each chapter in the book ends with Experiences of Transformation, exercises drawn from wisdom traditions or scientific investigations meant to enhance your direct experience of the material. Opportunities to actively engage in your own transformation and that of our world are woven into the fabric of your everyday life. Learning more about the terrain of consciousness transformation can not only give you a map, but can help you become the cartographer of your own transformative journey. Research over the last decade at the Institute of Noetic Sciences (IONS) has systematically surveyed hundreds of people’s stories of their own transformations, as well as conducting over 50 in-depth interviews with teachers and masters of the world’s spiritual, religious, and transformative traditions. No matter who you are, where you come from, or what your current path is —whether you seek to transform your life completely or simply make adjustments that will add a layer of richness and depth to your life - exploring the many ways that transformation is stimulated and sustained can hold great power. Weaving together cutting-edge science with wisdom from teachers of the world’s transformative traditions this book explores how people experience deep shifts in their consciousness, and how those shifts can lead to healing and wholeness. Research over the last decade at the Institute of Noetic Sciences has explored in depth the phenomenon by which people make significant shifts in the way they experience and view the world. Focusing in particular on positive transformations in consciousness, or those that result in improved health, well-being, and sense of meaning, purpose, and belonging, hundreds of people’s stories of their own transformations were included in the research, as well as in-depth interviews with over 50 teachers and masters of the world’s spiritual, religious, and transformative traditions. Authors Marilyn Mandala Schlitz, Ph.D., Cassandra Vieten, Ph.D., and Tina Amorok, Psy.D. - will begin conducting workshops based on the information they have gathered for this book. These workshops will blend the rigors of science with the deep wisdom of the world’s spiritual traditions. Drs. Schlitz, Vieten, and Amorok will offer key insights from the decade-long qualitative and quantitative research study, of how people transform their lives. The workshops will include rigorous inquiry, group dialogue, and direct experience about the kinds of transformations in consciousness that change a person’s worldview to one that is more connected to others. For more information about the Signature Education Workshops, please visit www.livingdeeply.org Also available is a companion DVD. Be happier, healthier and more productive by taking a break from booze! An illustrated day-by-day guide packed with inspiration and practical help, The 28 Day Alcohol-Free Challenge is the only book you need to reset your drinking habits and discover a hangover-free world of quality time to achieve your goals. Drawing on their own experiences of ditching the drink, and bringing together the collective experience of the thousands of people they have helped, Andy and Ruari bring you unparalleled insight into how you can make your break from alcohol an empowering, life-changing experience. Andy Ramage and Ruari Fairbairns started their website One Year No Beer to connect with like-minded people who no longer wanted to deal with the adverse effects of drinking alcohol. In The 28 Day Alcohol-Free Challenge Andy and Ruari share their extensive experience of going alcohol free,
including having a great time at parties, resisting appeals from friends to 'just have the one', and, most importantly, how to make the most of the health benefits of going sober.