

Progoff Journal Workshop

At a Journal Workshop Ira Progoff 1992-05-01 What would you like your life to be? Ira Progoff's Intensive Journal Process combines one of the oldest methods of self-exploration and expression--keeping a journal--with a structured format that enables you to get to know the inner core of your life on ever-deeper levels and gain a fuller perspective on where you are. The Intensive Journal Process also empowers you to take the action necessary to change the course of your life and unlock your hidden creative potential. This rich, insightful work is a treasure for all those involved in self-inquiry, artistic creation, and spiritual renewal.

The WomanSource Catalog & Review Ilene Rosoff 1995

The Diary Batsheva Ben-Amos 2020-03-10 The diary as a genre is found in all literate societies, and these autobiographical accounts are written by persons of all ranks and positions. The Diary offers an exploration of the form in its social, historical, and cultural-literary contexts with its own distinctive features, poetics, and rhetoric. The contributors to this volume examine theories and interpretations relating to writing and studying diaries; the formation of diary canons in the United Kingdom, France, United States, and Brazil; and the ways in which handwritten diaries are transformed through processes of publication and digitization. The authors also explore different diary formats, including the travel diary, the private diary, conflict diaries written during periods of crisis, and the diaries of the digital era, such as blogs. The Diary offers a comprehensive overview of the genre, synthesizing decades of interdisciplinary study to enrich our understanding of, research about, and engagement with the diary as literary form and historical documentation.

At a Journal Workshop Ira Progoff 1982

NWSA Journal 1994

Friends Journal 1975

Managing Stress: Skills for Self-Care, Personal Resiliency and Work-Life Balance in a Rapidly Changing World Brian Luke Seaward 2020-12-08 Updated to provide a modern look at the daily stressors evolving in our ever changing society, *Managing Stress: Skills for Self-Care, Personal Resiliency and Work-Life Balance in a Rapidly Changing World*, Tenth Edition provides a comprehensive approach to stress management, honoring the balance and harmony of the mind, body, spirit, and emotions. Referred to as the "authority on stress management" by students and professionals, this book equips readers with the tools needed to identify and manage stress while also coaching on how to strive for health and balance in these changing times. The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of the mind-body-spirit connection.

Diary Fiction H. Porter Abbott 1984 H. Porter Abbott explores the role of the personal diary and its use as a literary strategy in a number of representative works in fiction. He asserts that the device of the diary can give a work a unique literary reflexivity: the diary not only tells the tale but directly influences its development. This book serves as a guide to the field of diary fiction and at the same time sheds new light on issues central to the study of narrative and autobiography.

The Journal Book Toby Fulwiler 1987 "In this book journals are seen in every situation and from every angle, as if mounted on a slow turntable under a spotlight. The conclusion of most of the teachers and students using them is that they get people thinking, they help them test their own experience against the ideas of many others-- the authorities they're studying, their teachers, their fellow students ... The payoffs from using journals in classrooms are here shown to be astounding. Students learn from making mistakes and half-forming ideas. They learn to think, not by doing exercises in a faddish "critical thinking" textbook, but by working their way through real questions, with real interest and real intent"--Back cover.

New Realities 1979

The American Scholar William Allison Shimer 1984

Under the Sign of Pisces 1984

The Journey of Western Spirituality Albert William Sadler 1981

Managing Stress Brian Luke Seaward 2013-12-20 Study Guide Questions; References and Resources; 4 Stress and Disease; Theoretical Models; The Borysenko Model; The Pert Model; The Lipton Model; The Gerber Model; The Pelletier Premodel; Target Organs and Their Disorders; Nervous System-Related Disorders; Immune System-Related Disorders; Summary; Study Guide Questions; References and Resources; PART 2: The Mind and Soul; 5 Toward a Psychology of Stress; Freud and the Egg; Jung and the Iceberg; Elisabeth Kübler-Ross: The Death of Unmet Expectations; Viktor Frankl: A Search for Life's Meaning; Wayne Dyer: Guilt and Worry.

At a Journal Workshop : the Basic Text and Guide for Using the Intensive Journal Ira Progoff 1975
Managing Stress Brian Seaward 2011-07-22 *Managing Stress*, Seventh Edition, provides a comprehensive approach to stress management honoring the integration, balance, and harmony of mind, body, spirit, and emotions. The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of mind-body-spirit unity. Referred to as the "authority on stress management" by students and professionals, this book gives students the tools needed to identify and manage stress while teaching them how to strive for health and balance.

Managing Stress: Principles and Strategies for Health and Well-Being - BOOK ALONE Brian Seaward 2009 Referred to as the "authority on stress management" by students and professionals, *Managing Stress*, Sixth Edition, contains the most comprehensive approach honoring the integration, balance and harmony of mind, body, spirit and emotions. The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of mind-body-spirit unity. Every NEW text includes a Relaxation CD and a note-taking guide at no additional cost to your students!

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Just As I Am Virginia Hearn 1994

Managing Stress: Principles and Strategies for Health and Well-Being Brian Luke Seaward 2011-07-22 .

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