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# Loosening Up: Getting Rid of Those Uptight Feelings

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# Loosening Up Getting Rid Of Those Uptight Feelings

**Robert E. Emery Ph.D.**



## **Loosening Up Getting Rid Of Those Uptight Feelings:**

Loosening Up James Cisek, Anthea George, 1981      **Loosening Up** James Cisek, 1981-03-01      **An Arrow's Flight** Mark Merlis, 1999-09-24 In this tour de force the author of the award winning American Studies tells the story of the Trojan War and Pyrrhus the son of the fallen Achilles now working as a go go boy and hustler in the big city      Harlequin Romantic Suspense April 2015 Box Set Marie Ferrarella, Addison Fox, Karen Anders, Amelia Autin, 2015-04-01 Looking for heart racing romance and high stakes suspense Want stories filled with life and death situations that cause sparks to fly between adventurous strong women and brave powerful men This Harlequin Romantic Suspense box set includes Cavanaugh Fortune by NEW YORK TIMES bestselling author Marie Ferrarella Secret Agent Boyfriend by Addison Fox Joint Engagement by Karen Anders and McKinnon s Royal Mission by Amelia Autin Harlequin Romantic Suspense brings you all that and more with 4 new full length titles for one great price every month      **It's All About Astrology** Nicole Wells, 2025-03-08 Have you ever wished the Universe could just tell you what to do Good news your inner planets have the answers You are so much more than your Sun sign and a vague newspaper horoscope This book guides you through the astrology of all the inner planets so you can better understand yourself your partner your friends your coworkers and even your boss Each chapter is dedicated to one of the twelve zodiac signs and features details on its element modality and best and most challenging qualities Explore how that sign combines with each of the inner planets Sun Moon Mercury Venus and Mars and the rising sign to influence personality Discover what planetary placements teach us about each sign s tendencies surrounding fulfillment seduction and more With this book s astrological insights and real world applications you will improve relationships with the people in your life including the most important relationship of all the one with yourself

**Reclaiming Healthy Sexual Energy** Anne Stirling Hastings, 2000      *The Name of the Game* Nora Roberts, 2020-12-08 When two entertainment titans meet they find themselves cast in the leading roles of a very unexpected love story in *The Name of the Game* from America s favorite writer *The New Yorker* Nora Roberts Television producer Johanna Patterson forged her career through talent and tenacity avoiding the egos and libidos of her male counterparts who dominate the industry So when movie star Sam Weaver sets his sights on her she knows better than to trust his words and actions But as Sam reveals more of his true self Johanna finds herself falling for a man completely different from his celebrity persona

The Publishers' Trade List Annual , 1985      **The DBT Skills Workbook for Teen Self-Harm** Sheri Van Dijk, 2021-03-01 Self harm is a serious problem with potentially long term or even deadly consequences From the author of *Don t Let Your Emotions Run Your Life for Teens* this workbook outlines the four essential skills of dialectical behavior therapy DBT to help teens regulate emotions make behavioral changes and cultivate resilience Using the evidence based tools in this guide teen readers can put an end to self harming behaviors and build the life they truly want      *The Gift of Adult ADD* Lara Honos-Webb, 2008-10-01 If you have attention deficit disorder ADD you may act impulsively daydream and have trouble

focusing but clinical studies suggest that these same symptoms may make you exceptionally creative intuitive and energetic In fact many people with ADD claim to have become successful because of their ADD not in spite of it In *The Gift of Adult ADD* Lara Honos Webb adapts the revolutionary approach first introduced in the parenting book *The Gift of ADHD* to the lives of adults with ADD Instead of focusing on your weaknesses this book shows you how to transform symptoms into strengths to improve your relationships job performance parenting skills and overall quality of life You ll also read inspiring stories of real people with ADD who have become successful in part because of their ability to meet the challenges of ADD and make the most of its gifts **Traped** L.D.Flanagan,2014-01-07 College life is already hard but when your choices affect your family **Making Art a Practice** Cat Bennett,2013-08-01 Helping artists catapult into further action this guide is a treasury of insight and inspiration Rather than focus on art techniques that build skills or overcome creative blocks through playful activities or writing this guide walks the artist through exercises designed to develop the personal qualities critical to being an artist in the world such as courage the ability to look and see and connection to the true creative self This is a hands on experiential action book designed to get the reader creating art and exploring a variety of possibilities for being an artist According to the teachings of this handbook engagement with art is less about end results or products and more about the self awareness and competence that frees the artist to seek out and create work that is vital This is a rigorous programme that allows artists of any skill level to deepen their creative habits and be the best artists possible *The Truth About Children and Divorce* Robert E. Emery Ph.D.,2006-01-31 Nationally recognized expert Robert Emery applies his twenty five years of experience as a researcher therapist and mediator to offer parents a new road map to divorce Dr Emery shows how our powerful emotions and the way we handle them shape how we divorce and whether our children suffer or thrive in the long run His message is hopeful yet realistic divorce is invariably painful but parents can help promote their children s resilience With compassion and authority Dr Emery explains Why it is so hard to really make divorce work How anger and fighting can keep people from really separating Why legal matters should be one of the last tasks Why parental love and limit setting can be the best therapy for kids How to talk to children create workable parenting schedules and more

**Handbook of Medical and Psychological Hypnosis** Gary Elkins,2016-07-25 A unique state of the art interdisciplinary resource on clinical hypnosis in psychology and medicine This is the only up to date comprehensive interdisciplinary resource on clinical hypnosis research and applications in psychology and medicine Authoredby hypnosis experts worldwide it encompasses state of the art scholarship and techniques for hypnotic treatments along with hypnosis transcripts and caseexamples for all major psychological disorders and medical conditions In easily understandable language this desk reference addresses theories neurophysiology of hypnosis hypnotherapy screening measurement of hypnotizability professional issues and ethics Individual chapters present hypnoticinductions to treat 70 disorders including anxiety depression pain sleep problems phobias fibromyalgia irritable bowel syndrome menopausal hotflashes Parkinson s disease

palliative care tinnitus addictions and a multitude other common complaints The guide also examines the history and foundations of hypnosis myths and misconceptions patient screening dealing with resistance and precautions to the use of hypnosis It examines a variety of hypnotherapy systems ranging from hypnotic relaxation therapy to hypnoanalysis With each application the text includes relevant research specific induction techniques and an illustrative case example Additionally the resource covers professional issues certification hypnosis in the hospital and placebo effects Key Features Presents state of the art hypnosis research and applications for a wide range of psychological and medical disorders Encompasses information on 70 disorders with relevant research intervention techniques and case examples Authored by an international cadre of experts Provides an interdisciplinary perspective of both the mental health and medical communities Addresses certification ethics and other professional issues

*The Champion Mindset* Joanna Zeiger, 2017-02-14 An in depth mental motivational book for all athletes from Olympian Dr Joanna Zeiger that offers game changing strategies for programming your brain to achieve physical excellence Champions as the familiar adage preaches are not born they are made Reaching the top of any sport or any aspect of life takes years upon years of dedication and proper preparation But if there is a huge pool of individuals who have undertaken the same commitment and steps towards becoming the best what truly separates the winners from everyone else Joanna Zeiger believes proper mental preparation is the answer The Champion Mindset is a much needed and long overdue look into how to program a competitor's mind to achieve optimal success Changing behaviors and ways of thinking are never easy but the chapters in this book aim to simplify this process to make it manageable and achievable This book is for every athlete from the weekend warrior who wants to complete in his or her first 5k running race to those who have aspirations of one day becoming Olympians and world champions The Champion Mindset is a compendium of Zeiger's own personal journey from struggling novice swimmer to Olympian and World Champion Through steps including Proper Goal Setting Keeping it Fun Building Your Team Intention in Training Improving Motivation Promoting Self Confidence and Mind Body Cohesion among others Zeiger uses her decades of personal experience doctoral level research and professional success to prepare readers to go all in with their mental game

**Psychological Torture** Pau Perez Sales, 2016-11-03 Sadly it is highly likely that psychological torture is committed by governments worldwide and yet notwithstanding the serious moral questions that this disturbing and elusive concept raises and research in the area so limited there is no operational or legal definition This pioneering new book provides the first scientific definition and instrument to measure what it means to be tortured psychologically as well as how allegations of psychological torture can be judged Grounded in cross disciplinary research across psychology anthropology ethics philosophy law and medicine the book is a tour de force which analyses the legal framework in which psychological torture can exist the harrowing effects it can have on those who have experienced it and the motivations and identities of those who perpetrate it Integrating the voices both of those who have experienced torture as well as those who have committed it the book defines what we mean by

psychological torture its aims and effects as well as the moral and ethical debates in which it operates Finally the book builds on the Istanbul Protocol to provide a comprehensive new framework including practical scales that enables us to accurately measure psychological torture for the first time This is an important and much needed overview and analysis of an issue that many governments have sought to sweep under the carpet Its accessibility and range of coverage make it essential reading not only for psychologists and psychiatrists interested in this field but also human rights organizations lawyers and the wider international community      Freedom Summer Doug McAdam,1988 In June 1964 over one thousand volunteers most of them white northern college students arrived in Mississippi to register black voters and staff freedom schools as part of the Freedom Summer campaign organized by the Student Non Violent Coordinating Committee Brimming with the reminiscences of the Freedom Summer veterans the book captures the varied motives that compelled them to make the journey south the terror that came with the explosions of violence the camaraderie and conflicts they experienced among themselves and their assorted feelings about the lessons they learned      The Complete Idiot's Guide to Calligraphy Jane Eldershaw,2001 Provides information about how to get started writing calligraphy the tools the technique where calligraphy is used and different styles including Roman foundational and gothic      Chasing Endless Summer V.C. Andrews,2024-02-13 A young girl trapped in a labyrinthine mansion may finally get the family she longs for when her estranged father reappears in her life in this new novel from the world of the 1 New York Times bestselling author of the Flowers in the Attic and Landry series now popular Lifetime movies After the tragic death of her mother and a long period of isolation under the thumb of a cruel grandfather young Caroline Bryer has little to hope for in her life in the foreboding Southerland mansion Her only companion her enigmatic cousin Simon may be a wolf in sheep s clothing and is not to be trusted But when Caroline s estranged father suddenly resurfaces with news of a new wife and stepchildren in Hawaii that she ll finally be allowed to visit Caroline dares to hope for a new normal life Desperate for her father s love Caroline will do anything to stay in this new home But her troublesome stepsister has other plans and Caroline cannot tell who to trust and who to run from Will her new stepbrother and stepsister be a light in her dark life or will they blot out the last slivers of sun forever      Cosmic Xing Kor Gable,2010-03-05 This may be one of the strangest books youll ever read A veritable smorgasbord of food for the soul it covers a mind boggling array of topics as its author artfully blends science art history culture philosophy technology geology archaeology psychology theology mysticism and quantum physics to elegantly paint a larger picture of who we are where we came from and where we are going The book opens with a collection of short stories mysteries that are sure to make you go Hmmm and progressively moves into the central theme shamanism and why it may be our last hope to save ourselves and this planet Kor Gable re veals some of shamanisms best kept secrets unknown and mysterious quantum principles that explain miracles and magic It climaxes with Kor sharing his own shamanic initiation and the revelation of a greater Vision of what this New Millennium is about if we can pass the final test and survive our own folly That is the Cosmic Xing Despite the

seriousness of the subject the book is easy reading thanks to Kor Gables simple and entertaining style It is full of light and love Once you start read ing it you wont want to stop

## Whispering the Strategies of Language: An Psychological Quest through **Loosening Up Getting Rid Of Those Uptight Feelings**

In a digitally-driven earth where monitors reign great and quick transmission drowns out the subtleties of language, the profound strategies and emotional nuances hidden within phrases usually get unheard. However, located within the pages of **Loosening Up Getting Rid Of Those Uptight Feelings** a fascinating literary prize blinking with fresh thoughts, lies an exceptional quest waiting to be undertaken. Published by a talented wordsmith, this enchanting opus invites visitors on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the material of each and every word. Within the psychological depths with this moving review, we will embark upon a sincere exploration of the book is primary styles, dissect their captivating writing style, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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