# The Shared Heart: Relationship Initiations & Celebrations

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Vissell, Barry & Joyce

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### **Shared Heart Relationship Initiations And Celebrations**

**Joyce Vissell, Barry Vissell** 

#### **Shared Heart Relationship Initiations And Celebrations:**

**The Shared Heart** Joyce Vissell, 1984 Meant to Be Barry Vissell, Joyce Vissell, 2000-02-28 Does love at first sight only happen in the movies Not according to relationship experts Barry and Joyce Vissell who have long believed in the miraculous nature of love In Meant to Be a collection of true and truly extraordinary tales the editors demonstrate that the hands of destiny are at work behind the scenes of romantic love yielding stories of unexpected and heartwarming connections We believe there is a strong largely unseen energy of love guiding us every step of our lives writes the Vissells This guidance brings us to the right relationship at the right time. The sometimes amazing stories in this book show the magnitude and intelligence of this guiding power Dramatic surprising and unforgettable these tales of miraculous meetings reunions and endings will fill readers with awe hope and joy Meant to Be is a classic in the making celebrating the mysterious and eternal power of love The Heart's Wisdom Joyce Vissell, Barry Vissell, 1999-05-01 An exploration of relationships examines the process of finding a life partner the fear of intimacy growing beyond jealousy and blame and healing a blocked sexual relationship **The Shared Heart** Joyce Vissell, Barry Vissell, 1984 Integral Relationships: A Manual for Men Martin Ucik, 2010-08 Finding a Higher Love Elizabeth Clare Prophet, 2020-09-15 Finding a Higher Love shares a much needed spiritual perspective on love sexuality and relationships Every relationship says Elizabeth Clare Prophet has its challenges whether we find ourselves with our soul mate twin flame or what she calls a karmic partner And yet she explains our intimate relationships and search for true love are in reality a guest for wholeness that offers us a unique opportunity for deep spiritual growth and inner transformation With warmth and compassion she explores the real purpose and power of relationships Her profound insights as well as her practical tools and techniques will show you how to open your heart spiritualize your partnerships and magnetize the highest love that is yours to have Your Seven Energy Centers Elizabeth Clare Prophet, Patricia R. Spadaro, 2020-09-23 Marries ancient healing wisdom with practical spiritual insights to help you create your own dynamic and uniquely personal healing journey Your 21st century guide to integrating and healing body mind and soul Ann Louise Gittleman New York Times bestselling author of more than 30 books on health and nutrition There s more to you than meets the eye Your Seven Energy Centers contains powerful insights and tools for wholeness based on the science of the body s subtle energy system It draws from the wisdom of the world s spiritual traditions to show how you can nurture your soul through seven stages of personal growth Includes an overview of holistic techniques that help restore the body's energetic balance from homeopathy vitamins and spa therapies to meditation affirmations and visualization **Dancing with Fear** Paul Foxman, Ph.D., 2011-02-15 Panic attacks phobias avoidant behavior worrying compulsive behavior unwanted obsessions and body symptoms such as racing heart breathing difficulties sweating shaking nausea numbness and weakness are some of the many manifestations of anxiety DANCING WITH FEAR is a comprehensive guide to understanding and managing the many forms of anxiety Using a recovery theme the book offers a hopeful self help

approach to the most common costly and chronic emotional problem in our country According to experts anxiety develops from the combination of three ingredients genetic traits such as biological sensitivity family influences and stress the why now factor The stress ingredient accounts for the widespread prevalence of anxiety today Basically anxiety is largely a learned reaction to stress overload in people with a sensitive temperament Through new skills and habits anxiety can be replaced with more effective behavior along with greater peace optimism and joy The book is clearly written and technically accurate Diagrams lists and charts illustrate the information and 35 concrete skills and exercises are included The book includes information on Survival instinct and anxiety List of anxiety disorders with explanations Diagnostic criteria for each anxiety disorder Common fears by age group Anxiety personality traits Comparison of incomplete and complete stress recovery Drugs used to treat anxiety Herbs and natural remedies for anxiety Some examples of exercises and techniques are Meditation instructions The three S approach to stress management Signals Sources Solutions Yoga and bioenergetic breathing exercises Dietary guidelines for managing anxiety Guidelines for friends and family members How to replace worry with positive thinking Three fundamental health practices for managing anxiety Joy pleasure and satisfaction exercise How to spiritually revitalize your life Content is based on the author's personal anxiety background as well as his expertise as a seasoned psychologist Dr Foxman's own recovery from several anxiety disorders is described in an opening chapter See Prior Distribution for a description of what is specifically new in this second edition Dancing With Fear Paul Foxman, 2004 This book was written for everyone who has experienced severe anxiety and would like to become free from abnormal fear The intended audience also includes psychotherapists who are called on to treat patients suffering with anxiety disorders Family and friends of anxiety sufferers who want to understand and help may also be interested p xi

Existential-Phenomenological Perspectives in Psychology Ronald S. Valle, Steen Halling, 2013-03-08 When I began to study psychology a half century ago it was defined as the study of behavior and experience By the time I completed my doctorate shortly after the end of World War II the last two words were fading rapidly In one of my first graduate classes a course in statistics the professor announced on the first day Whatever exists exists in some number We dutifully wrote that into our notes and did not pause to recognize that thereby all that makes life meaningful was being consigned to oblivion This bland restructuring perhaps more accurately destruction of the world was typical of its time 1940 The influence of a narrow scientistic attitude was already spreading throughout the learned disciplines In the next two decades it would invade and tyrannize the social sciences education and even philosophy To be sure quantification is a powerful tool selectively employed but too often it has been made into an executioner s axe to deny actuality to all that does not yield to its procrustean demands

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