

# NEW BLOG



## EMDR: REWRITING YOUR PAST, RECLAIMING YOUR FUTURE!

by brielle byrd



# Reclaiming The Past Rewriting The Future

**N Colangelo**



## **Reclaiming The Past Rewriting The Future:**

Engineer Update ,1986      **Women as They Age** Susan O Mercer,J Dianne Garner,2012-07-26 Explore the needs of older women and ways to provide for them Written by women about women and for women Women As They Age Second Edition highlights the realities of being an aging woman in a youth oriented male dominated society in which socioeconomic and gender stratification are the norm In the eleven years since the publication of the original Women as They Age there has been a great deal of research on the subject This second edition is inclusive and current providing valuable information on the needs and accomplishments of our present and future older population Here you ll encounter women from the mainstream and minorities of all kinds and come to a better understanding of their personal and family relationships their sexuality their concerns and their feelings about death and dying Public policies towards aging women are discussed as are psychological and sociological perspectives In its focus on older women Women As They Age Second Edition highlights the challenges that these women present to professionals whose job it is directly or indirectly to provide assistance to the vast array of aging and aged women This valuable multidisciplinary book aimed at students practitioners administrators and educators addresses crucial issues in social work nursing psychology sociology gerontology and economics New subjects covered in this edition include grandmothers raising grandchildren long term care for aging women the current status of public policy as it pertains to older women older women s changing perspectives on sexuality new issues surrounding death and dying Women as They Age Second Edition explores state of the art and developmental perspectives across the professions of sociology psychology social work and nursing Also provided is a close examination of the unique issues facing older women including public policy employment discrimination and social program adequacy and equity the relationship of older women to family sexuality and intimacy and special concerns of minority women This volume includes a practical resource guide that explores the services available to older women While addressing the troublesome situations of older women worldwide Women As They Age Second Edition also celebrates their triumphs accomplishments and contributions

The World Split Open Ruth Rosen,2013-02-05 In this enthralling narrative the first of its kind historian and journalist Ruth Rosen chronicles the history of the American women s movement from its beginnings in the 1960s to the present Interweaving the personal with the political she vividly evokes the events and people who participated in our era s most far reaching social revolution      *Reclaiming Home, Remembering Motherhood, Rewriting History* Marie Drews,Verena Theile,2009-05-05 Reclaiming Home Remembering Motherhood Rewriting History African American and Afro Caribbean Women s Literature in the Twentieth Century offers a critical valuation of literature composed by black female writers and examines their projects of reclamation rememory and revision As a collection it engages black women writers efforts to create more inclusive conceptualizations of community gender and history conceptualizations that take into account alternate lived and written experiences as well as imagined futures Contributors to this collection probe the realms of gender

studies postcolonialism and post structural theory and suggest important ways in which to explore connections between home motherhood and history across the multifarious narratives of African American and Afro Caribbean experiences Together they argue that it is through their female characters that black women writers demonstrate the tumultuous processes of deciphering home and homeland of articulating the complexities of mothering relationships and of locating their own personal history within local and national narratives Essays gathered in this collection consider the works of African American women writers Pauline Hopkins Toni Morrison Jessie Redmon Fauset Audre Lorde Lalita Tademy Lorene Cary Octavia Butler Zora Neale Hurston and Sherley Anne Williams alongside the works of black women writers from the Caribbean Jamaica Kincaid and Gis le Pineau Guyana Grace Nichols and Cuba Mar a de los Reyes Castillo Bueno

**Reclaiming the Unspoken: A Journey Through Trauma, Truth, and Transformation** Dr. Deilen Michelle Villegas, Ph.D. ,2025-05-26 From the outside she was just another little girl bright eyed full of curiosity and eager to love But behind the surface she was drowning Drowning in secrets In pain In a world that told her to stay silent For years she carried the unbearable weight of her trauma convinced that if she just tried harder loved harder she could make the world around her safe But pain does not simply disappear It lingers in the shadows in the echoes of a past that refuses to let go Until one day she decided to fight back In this raw and deeply transformative book trauma expert Dr Deilen Michelle Villegas takes readers on a journey through her own story from a lost wounded girl to a resilient empowered woman who now helps survivors worldwide reclaim their lives With a powerful blend of personal storytelling years of research and practical tools this book offers more than just inspiration it provides a tangible guide to healing It unpacks the deep wounds of trauma the impact of abuse and the silent struggles that so many endure alone But most importantly it shatters the myth that survivors are broken beyond repair You will learn how to Identify and confront the invisible wounds of trauma Navigate triggers and reclaim your sense of safety Develop emotional resilience and rewrite your inner narrative Establish healthy boundaries and reclaim your voice Step into the life you deserve one filled with self love purpose and unshakable strength You are not defined by what happened to you You are defined by what you do next It s time to stand in your truth To reclaim your power To become the person you were always meant to be Are you ready Rewrite Your Story and Break Free - How to Overcome the Past and Win Again Silas Mary,2025-02-17 Our past experiences shape who we are but they don t define our future Rewrite Your Story and Break Free offers you the tools to break free from the shackles of past mistakes trauma or limiting beliefs This book will guide you through the process of rewriting the narrative of your life replacing self doubt and negativity with empowerment optimism and resilience Whether you re looking to overcome past failures heal from past hurt or simply change your trajectory this book provides the mindset shifts and actionable strategies to help you win again and embrace a brighter future free from the limitations of your past *California Women* ,1986 Take The Hard Path To Heal: Easy Never Built Anything Worth It Sybex Books,2025-06-24 Healing isn t always soft Sometimes it s the hardest thing you ll ever do Take The

Hard Path To Heal is a raw unfiltered look at the deep inner work that doesn't always feel good but leads to real freedom. It's about choosing discomfort now so you don't stay stuck forever. There's a version of healing that sells well: bubble baths, journaling, and quiet mornings. And while those moments matter, this book is about the part most people avoid: the confronting conversations, the habits you have to break, the grief you finally sit with instead of numbing it. You'll walk the path of truth. The one that asks more from you than you think you can give but rewards you with clarity, strength, and wholeness on the other side. It's not easy. But easy never built anything worth keeping. This book isn't about glamorizing pain. It's about honoring the process. Because the hardest thing isn't feeling the wound; it's deciding not to keep reopening it every time life presses on it. You're capable of walking through what you once avoided. You're capable of healing fully, not halfway. And when you take the hard path, you discover that the version of you who comes out on the other side is not just healed but unshakable.

Feminist Teacher, 1987      **Rewrite Your Story: Freedom from Past Limitations** Silas Mary, 2025-01-23 Rewrite Your Story is a liberating guide that helps you break free from the limitations of your past and create a new narrative for your future. This book offers practical techniques for identifying the stories you've been telling yourself that are holding you back and replacing them with empowering new beliefs. Learn how to release the weight of past mistakes, regrets, and fears and embrace the freedom of rewriting your life's story. Through transformative exercises, Rewrite Your Story teaches you how to change the narrative and live a life aligned with your true potential. This book is perfect for anyone who wants to release the past and step confidently into a brighter future.      *Healing Beyond the Past: Transforming Painful Memories into a Peaceful Future* Darrick Vargas, 2025-04-16 This insightful guide provides a comprehensive approach to healing the emotional wounds of the past. It empowers readers with practical techniques and evidence-based strategies to let go of pain, reclaim their present, and create a peaceful future. The book's compelling narratives and expert insights illuminate the profound impact of past experiences on our well-being. It explores the science behind trauma and the ways in which it shapes our thoughts, emotions, and behaviors. Readers will gain a deep understanding of the processes involved in healing and the essential role of self-compassion, mindfulness, and forgiveness. Whether grappling with childhood trauma, relationship challenges, or life-altering events, this book offers a roadmap for recovery. Through a combination of exercises, worksheets, and practical advice, readers will learn to navigate the complexities of healing and emerge stronger, more resilient, and empowered. Ultimately, this book serves as a catalyst for personal transformation. It encourages readers to embrace their pain as an opportunity for growth and to cultivate a mindset that fosters resilience, acceptance, and inner peace. By providing a compassionate and practical guide, this book empowers individuals to heal the wounds of the past and unlock their potential for a brighter, more fulfilling future.      **Literature and Ethics in High School English Classes** Ross Collin, 2024-11-14 This book offers a defence of ethical reading in secondary school English classes at a time when reformers and policy makers are trying to reorganize English language arts around technical skills or politics. Ross Collin shows how students and teachers use

literature as a venue for exploring their own and others ethical ideas and practices and argues that moral inquiry in English class is a distinctly social endeavour The book draws ideas from English education and moral philosophy From English education Collin explores social reading or what Louise Rosenblatt named transaction looking at texts commonly taught in secondary school English including Shakespeare s Romeo and Juliet and Jacqueline Woodson s Brown Girl Dreaming From philosophy he draws on arguments about moral vision and literature developed by Iris Murdoch Martha Nussbaum and Nora H m l inen and develops ideas tacit in English education about reading with moral vision He concludes by proposing a new theory of moral vision in transactional reading **Library Journal** ,1988 **De-Centring Western Sexualities** Robert Kulpa,Joanna Mizielska,2016-04-08 De Centring Western Sexualities critically assesses the current state of knowledge about sexualities outside the framings of The West by focusing on gender and sexuality within the context of Central and Eastern Europe Providing rich case studies drawn from a range of post communist countries this interdisciplinary volume brings together the latest research on the formation of sexualities in Central and Eastern Europe alongside analyses of the sexual and national identity politics of the region Engaged with current debates within queer studies surrounding temporality and knowledge production and inspired by post colonial critique the book problematises the Western hegemony that often characterises sexuality studies and presents local theoretical insights better attuned to their geo temporal realities As such it offers a cultural and social re evaluation of everyday life experiences and will be of interest to sociologists queer studies scholars geographers and anthropologists **Women Warriors** James Carter,AI,2025-03-06 Women Warriors unearths the often untold stories of women who wielded power on battlefields and in political arenas challenging traditional historical narratives The book reveals how these figures shaped history through military leadership and governance defying patriarchal structures and impacting conflicts and kingdoms For example Boudica led a major uprising against the Roman Empire in Britain demonstrating strategic acumen and Wu Zetian rose to become the only female emperor of China showcasing unparalleled political skill The book is structured to examine the concept of the woman warrior across cultures diving into specific case studies grouped thematically Chapters explore commanders and tacticians rulers and strategists and fighters and rebels By drawing upon historical accounts archaeological evidence and scholarly analysis Women Warriors connects to gender studies military history and cultural anthropology offering new insights into the intersection of gender power and warfare Early Modern Women's Writing and the Future of Literary History Lara Dodds,Michelle M. Dowd,2025-02-03 Early Modern Women s Writing and the Future of Literary History demonstrates that a full accounting of early modern women s literary and creative activities is necessary to the future of literary studies writ large Despite benefiting from a rich body of scholarship and diverse critical practices early modern women s writing is still treated as an optional or secondary component of Renaissance literary studies as a whole In this book Dodds and Dowd offer a state of the field assessment of the critical and theoretical debates that have resulted in this state of affairs in order to advance specific visions for the future

Dodds and Dowd examine how perennial questions about authorship canon and literary value have historically influenced scholarship on early modern women's writing and its place within literary studies. Early modern women's writing has been perceived as belated out of sync with dominant critical trends. Dodds and Dowd show the belatedness of early modern women's writing to be a happy accident that positions women's writing as a resource for the renewal of literary history. In both the classroom and in scholarship, early modern women's writing shows the way forward for the field, whether in the revitalization of formalist approaches to literature through an alliance with feminism or in the integration of newer critical methodologies such as premodern critical race studies. This book demonstrates that a feminist literary history that places women's writing at its center is essential to the future of English Renaissance literary studies. There is, in other words, no history of English Renaissance literature without women writers.

**Chronicle**, 1985      **Texas Libraries**, 1987. Directory and statistics called 1954 Directory of Texas libraries issued as Apr number 1954 58 Apr 1954 as Special ed.      **The Past, Present, and Future of Libraries** Patrick Spero, 2021-01-01. In October 2018 the Amer Philosophical Soc APS gathered a group of scholars, library professionals, Academic Libraries Supporting Change in Amer Higher Educ 1860-1920 Building the Native Amer Collection at Amherst College, Toward Authentic Accessibility in Digital Libraries, Changing Attitudes Toward Access to Special Collections, Preservation of Electronic Gov't Info, Speculation on the Future of Library Curation, The Collection Is the Network, Future Frontiers for Special Collections, Libraries Illus.      Children & Schools, 2000. A journal of The National Association of Social Workers.

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