

Making Peace with Your Past

THE SIX ESSENTIAL
STEPS TO ENJOYING
A GREAT FUTURE

HAROLD BLOOMFIELD, M.D.
with Phil Goldberg

Making Peace With Your Past The Six Essential Steps To Enjoying A Great Future

Raúl Llanos M.D.



Making Peace With Your Past The Six Essential Steps To Enjoying A Great Future:

Making Peace with Your Past Harold H. Bloomfield, 2001-05-22 Do You Harbor guilt or grudges from past relationships Feel plagued by thoughts of regret Think Oh no not again when personal problems arise Wonder why life hasn't turned out the way you wanted Feel anxious or depressed about your future Seem to be less happy as time goes by If you answered yes to even one of these questions this book can help you make peace with your past here and now The past lives on in everything we think feel say and do Medical studies show that adults who've had adverse or traumatic past experiences are much more vulnerable to life threatening illnesses such as cancer and heart disease Now world renowned psychiatrist Dr Harold Bloomfield bestselling author of Making Peace with Your Parents and Making Peace with Yourself offers practical scientifically proven techniques that can help you heal the wounds of the past transform feelings of pain shame and blame into high self worth and reawaken to the magic and joy of being alive **Consciousness and Well-Being** Raul Llanos

MD, 2019-07-10 The more grateful we are for our existence the more we will recognize the gratitude and have reverence for it In Consciousness and Well Being author Dr Raul Llanos helps you become more conscious of the awareness and expansion of your unique way of experiencing your well being He helps you find more well being by exploring who you are where you are and what your role in life is Llanos shows you why it's important to stop living in the constrictions of the past and concentrate on the cocreation of more amazing futures Consciousness and Well Being teaches you to tap into hope gratitude joy beauty and other nourishing energies and become fascinated with life Llanos offers you concepts ideas and awareness so you can become more grateful of your free will power authority and dominion He gives you the opportunity to open yourself to new realities of more well being **The Quest for the Inner Human** Steven H. Propp, 2013-12-03 Psychology means the study of the soul it is the social science concerned with investigating who we are why we have certain feelings and why we do the things we do Are we no more than a vast assembly of nerve cells and their associated molecules Is biology our genetic inheritance destiny or does social upbringing play a crucial role What are the roles played by Nature and by Nurture Are we purely physical beings or is there an aspect that can be called spiritual This thought provoking novel takes you on a journey of intellectual and emotional exploration considering along the way questions that we've all asked ourselves such as Is it true that we only use 10% of our brains Does playing classical music for infants increase their intelligence Do crime rates go up during a full moon Can hypnosis or post hypnotic suggestions make us do something we wouldn't normally do Does subliminal advertising influence us to buy products Are our memories stored indelibly almost like a tape recorder What causes memory lapses as we age Can repressed traumatic memories be recovered through hypnosis Do some people have multiple personalities How can I tell if someone has a neurosis or a psychosis Do men have an inner feminine side and women an inner masculine Are there innate psychological differences between males and females The four main characters in this book will guide you through a diverse and sometimes bewildering world of differing approaches to answering such questions such

as Freudian Jungian and Adlerian Humanistic Existential and Transpersonal as well as Cognitive Emotive and Behaviorist Along the way you will learn about the developmental stages proposed by psychologists such as Erikson Kohlberg Piaget and Fowler and even explore some of the questions currently being asked by both neuroscientists and philosophers of the mind Start reading to begin your study of our innermost selves *The Art of Our Conscious Self-Transformation* Raul Llanos MD,2017-07-11 We all have the capacity to self transform We all have the capacity to attain better realities It is our right and it is part of our infinite choices Self transformation is a normal process in our life and in our nature We are different from any one of the natural kingdoms in the sense that we have conscious awareness If we take advantage of our uniqueness and our ability to consciously transform ourselves we will be able to accelerate the journey to higher states of well being in our self transformation Through amplifications and deeper understanding of ourselves we will be able to recognize who we are and how we can self transform In this book you will find tools techniques and a sense of care for yourself to help you become the one you always wanted to be Now is the time to self transform in accordance with our individuality and free will As in his previous books Dr Llanos offers a concise and unique way to satisfy your deep need for more well being through the art of self transformation The more we transform ourselves the more joy security love and fascination will be available on our journeys *LET US BE AWARE* Raul Llanos M.D.,2024-04-15 Are you searching for more well being Are you searching for who you are trying to find the meaning and significance in your life and in yourself In Let Us Be Aware author Dr Raul Llanos provides answers and understandings to these questions and more With insights and practical tips he offers an integrative approach to achieve more well being in your lives and create your own reality Llanos communicates that everything begins and ends in our imagination it is part of who we are He bases his teachings on the exploration of spirituality recommendations on well being Ayurveda Modern Quantum Reality and the Pillars of our lives Through lessons and discussions Let Us Be Aware creates an opportunity to wake up into more well being and reflect and meditate on the desirable expansion of our well being Llanos helps us to find more well being in our physical mental emotional and spiritual bodies *The Power of Self Healing* Raúl Llanos M.D.,2013-10-25 We are all interested in knowing who we are and the purpose of our lives Our healing gives us the opportunity to understand ourselves better and therefore achieve better health When we take more responsibility for our healing we can expand more our levels of knowledge and welfare During the journey you will take upon reading my book you will find the opportunity to share with me my sincere wishes to find a better welfare for ourselves as human beings and the universe in general I was born in Surata Colombia I finished my medical studies at the medical school of the Universidad del Valle and University Hospital in Cali Colombia the Lutheran Medical Center in Cleveland and the Charity Hospital of New Orleans Tulane Division where I did my specialization in obstetrics and gynecology Through my human experience I have been in different places and at different times but in the deepest core of my being there has always been a need for a better relationship with myself and with my outer world I have always wanted to

vividly live more consciously my knowledge and my experience of holistic medicine as integral as a hologram My relationship with nature my sports among others and the need to live in a family that is increasingly healthier physically mentally emotionally and spiritually as well have been the key drivers of my enigmas and dilemmas in finding my self healing Let us create more hope

Staying Alive Brenda Hunter,2004-03-16 Heal Your Body Embrace Your Life Few things are more frightening confusing or devastating than a diagnosis of cancer If you or someone you love has cancer or is at risk for it you want reliable information reasons for hope and a plan of attack you can trust Staying Alive provides this and more A six year cancer survivor psychologist and cancer coach Dr Brenda Hunter presents the program that has contributed significantly to her survival as well as interviews with cancer experts and long term survivors Inside you ll find life changing strategies for beating cancer an integrated holistic approach to cancer care and survival that involves body mind and spirit success stories and survival strategies from long term cancer survivors a proactive nutritional program designed to empower you and increase wellness interviews with national cancer experts The good news The human body has an amazing capacity to heal itself when life changing strategies are applied Dr Brenda Hunter suggests that many of us can work to reverse or prevent cancer s destructive course Learn how you may be unnecessarily putting yourself at increased risk and discover the steps you can take today to begin to restore or protect your health A Cancer Conquering Plan for Your Body Mind Emotions and Spirit

Reaching Your Goals Anne Courtright,2009-04-23 Introduces teens to the importance of setting goals and encourages them to visualize achieving goals

Spiritual Truths in Search for Higher Levels of Well-Being Raul Llanos MD,2020-11-17 This book is an expression of the maturity of my vocation as a healer and my profession as a medical doctor that has given me the tools and the opportunity to find and to share more wellbeing in our lives If we become more conscious of our awareness we will be able to get in touch with an infinite capacity to create richer stages of being During the passages of my book I will share with you spiritual truths that I consider very important to be conscious in the pursue of higher stages of wellbeing Throughout the chapters of the book we will get in touch with our capacity to always expand our conscious reality I include concepts that will help us to be conscious of who we are and how to experience with more easiness and elegance our holographic reality We explore concepts of the importance of been more in charge of our day and night dreams but mainly to be able to accept that we are experiencing a real illusion reality The power of forgiveness the love and the celebration of the gifts of life are also included with the main goal of helping us to be more aware of our capacity to consciously create our own reality To expand it in an un limited way all at our disposition You will be able to understand that always will be more and that we are a precious conscious gem who co creates precious gems realities

You Can Beat the Odds Brenda Stockdale,2009-11-15 A specialist in biobehavioral medicine presents a holistic program for enhancing immunity and improving your chances of recovery from serious illness This guide offers practical science based techniques that have been proven to help cancer and chronic disease survivors You Can Beat the Odds reveals surprising risk factors

greater than smoking diet or cholesterol that can make the difference between robust health and life threatening illness Even your genetic inheritance isn't as fixed as you might have imagined Brenda Stockdale's mind/body approach addresses the underpinnings of illness health and healing Each technique in her program is designed to improve the way your body responds to viruses illnesses and even daily stress This volume includes exercises to help you personalize your program and integrate insights quickly into your everyday life *Consciously Healing Our Webs of Health, Wellbeing, Success, and Abundance* Raul Llanos M.D., 2015-06-12 My interest has always been to search for self improvement If we take responsibility for ourselves we can create better realities In my previous book *The Power of Self Healing* my attention was directed towards the healing of our physical emotional and spiritual self In this book I expand the possibilities of our healing and I pay more attention to our power and the empowerment that we can provide to ourselves to find richer realities We live in the duality and our attention and our intention are constantly searching the negative and the positive By releasing the heaviness of the negativity and allowing the light and the beauty of our positive webs to shine through we can live our present more fully and expect in our future more health wellbeing success and abundance Pleasure success security and much more is always available and within the reach of our hands Contemporary Authors, 2005 **Pathfinding** Patricia J. Raskin, 2002-05 Like the bee that draws nectar from deep inside the flower to make honey Patricia Raskin is a catalyst who draws out the positive life enriching wisdom of others and serves it up as enriching honey for your soul Using stories from her father as well as from the famous guests on her radio and television programs this book is a beehive of cross pollination which transfers life experiences into food for thought a honeycomb of strength hope and positive action for these challenging times

Inca 101 tehnici ale terapiei prin joc Heidi Gerard Kaduson, 2022 Al treilea volum coordonat de Heidi Gerard Kaduson i Charles E Schaefer ofer acces celor interesa i de tratamen ul copiilor la nc 101 de tehnici ale terapiei prin joc grupate n apte sec iuni tehnici ale artelor expresive tehnici de joc cu marionete tehnici de spus pove ti tehnici de joc n grup tehnici de joc cu obiecte i juc rii tehnici de jucat jocuri i alte tehnici Pentru fiecare tehnic este prezentat ideea care st la baza ei o descriere detaliat i o ilustrare a modului n care tehnica respectiv este utilizat cu copiii Cartea permite cititorului s constate cum sunt folosite diverse tehnici pentru facilitarea exprim rii i elabor rii problemelor psihologice ntr o manier amuzant i securizant i poate ajuta psihologii i educatorii s i dezvolte creativitatea i s extind folosi rea jocului pentru a ajuta copiii afla i n dificultate Heidi Kaduson specializat n interven ia psihologic pentru copii este director al Institutului de Formare n Terapia prin Joc din comitatul Monroe statul New Jersey A coordonat mpreun cu Charles Scaefter volumele 101 tehnici favorite ale terapiei prin joc i Alte 101 tehnici favorite ale terapiei prin joc ap rute la Editura Trei Charles Schaefer este profesor emerit de psihologie la Fairleigh Dickinson University New Jersey i cofondator al Asocia iei pentru Terapia prin Joc din SUA Aflarea intereselor copilului a ceea ce exercit o fascina ie special asupra lui reprezint o parte vital n procesul de a l face s se simt n eles i acceptat necondi ionat Evenimentul care i a stimulat copilului imagina ia fie el o carte un film sau orice altceva poate deveni

o trambulin pentru implicarea copilului pentru construirea ncrederii i pentru lansarea unei c l torii ludice spre vindecare i cre tere Povestea din repertoriul imaginativ al copilului reveleaz imagini simbolice pline de poten ial nn scut pentru dezvoltarea acestuia Brenda Lawrence Copiilor le place s se joace Jocurile despre sentimente sunt mai pu in amenin toare pentru majoritatea copiilor dec t o conversa ie direct despre sentimente Utilizarea acestui joc la nceputul terapiei i permite terapeutului s ob in informa ii pre ioase iar copilului s se simt confortabil cu terapeutul i cu pro cesul terapeutic Maryanne Bongiovani

Career of Gold Don Bracken,2007 Career of Gold is for those who are concerned about their financial future but are uncertain about how to deal with it particularly in this time of fast moving technological change Career of Gold is a guide that will gives insight and direction in this modern day marketplace Here you will discover how to Increase your financial security and find fulfilment in helping others use whatever knowledge you have to become a recognised expert organise your knowledge into a saleable commodity market your knowledge to the 1 2 billion people on the internet gain recognition for your knowledge connect with the sources you will need to get started Take your career to the next level by getting endorsements for your knowledge Connect with people who have started a successful career of gold people with such diverse and successful activities as marketers novelists life coaches and hypnotherapists to name a few It is a book of the times

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Subject Guide to Books in Print ,1991 *How to Feel Great at Work Every Day* Deborah Brown-Volkman,2007-02 You are reading this book for a reason Something in your career is not working you are unhappy tired or stressed out It s time to try something different Judith A Rose certified hypnotherapist licensed clinical social worker and registered nurse If you are tired your body is asking for help and a few small changes can go a long way Holly Anne Shelowitz board certified nutrition counselor whole foods chef and corporate health educator When you feel great anything is possible You benefit from high energy focus and the ability to make better stronger decisions about your job and career Bob Mittleman owner Fitness Together Personal Training Studios and eight time marathon runner What is your energy level like at work Do you find yourself dragging during the day and craving sugar caffeine and other highly processed carbohydrates for energy Let author Deborah Brown Volkman show you how you can have high energy even with a hectic schedule and busy life How To Feel Great At Work Every Day guides you through creating a practical plan to finding more energy to fuel your career Instead of complicated suggestions and ideas this book offers easy to understand steps you can implement in your career today

Words on Cassette, 2002 R R Bowker Publishing,2002

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