



# RISK

## *Your Self*

*Listmaking as the Ultimate Path  
for Personal Change*

ILENE SEGALOVE & PAUL BOB VELICK  
By the Best-Selling Authors of *List Your Self*

# Risk Your Self Listmaking As The Ultimate Path For Personal Change

**Ilene Segalove, Paul Bob Velick**



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*Risk Your Self* Ilene Segalove, Paul Bob Velick, 2000 The ultimate tool for people who are ready to step outside their comfort zones *Petite Retreats: Renewing Body, Mind, and Spirit without Leaving Home* Anna Harding; Linda Mastro, 2006-12-22 If you were magically granted a gift of free time in your own home how would you spend the gift We invite you to experience a Petite Retreat Petite Retreats Renewing Body Mind and Spirit without Leaving Home is an invitation to women of all ages Restore your energy spark your creativity and develop a practice of mindful living by learning how to create short at home retreats Alone and in silence you will foster a nurturing relationship with yourself and your home Petite Retreats will help you live a more creative healthy life by transforming your home into a sacred space in which to relax play and restore identifying and removing obstacles that prevent you from taking time for yourself designing retreats in categories such as creative play self care entertainment body movement home projects and meditation **Forthcoming Books** Rose Arny, 2002-04 **Nor-west Farmer for the Stock-raiser, the Gardener, Etc**, 1928 *Working Mother*, 2002-10 The magazine that helps career moms balance their personal and professional lives **Subject Guide to Books in Print**, 1991 Video Source Book Gale Group, 1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **Health Education**, 1986-02 **The Video Source Book** David J. WEINER, 1990 **The Times Index**, 2007 Indexes the Times and its supplements **List Your Self - Listmaking as the Way to Self-Discovery** Ilene Segalove, Paul Bob Velick, 2011 *ACE Your Life* Michelle P Maidenberg, 2022-09-20 It s common for anyone to feel trapped or stuck by their inner commentator habitual patterns of behavior and the lessons they ve learned throughout their lives Everyone has regrets with many trying to preserve strained relationships and other difficult parts of their lives When faced with these hardships it s easy for self worth and confidence to take a nosedive causing many to wonder where they went wrong and to wish for a do over ACE Your Life Unleash Your Best Self and the Life You Want to Be Living offers another way Michelle P Maidenberg Ph D MPH LCSW R explains how to create a life and legacy of love both of self and others and fulfillment Predicated on acceptance compassion and empowerment skills Maidenberg s approach has transformative range working for those who feel slightly stuck and are seeking personal growth and enhancement as well as those with more complex stuckness caused by trauma cumulative stress or other significant challenges Each section of Ace Your Life walks the reader through definitions benefits barriers and includes curiosity based mindfulness questions and exercises to promote growth healing and a path toward personal fulfillment Individuals who want to enhance their life in a significant way and become their best self through the work and wisdom of personal growth will benefit from this encouraging inspirational and easily actionable guide **Finding the Best Version of Ourselves** Brent M. Jones, 2024-07-18 In life change is inevitable Whether You re feeling lost facing obstacles or seeking to evolve into a better version of yourself It s essential to recognize

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