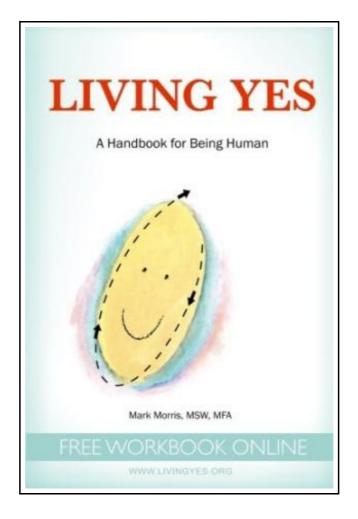
Living Yes: A Handbook for Being Human



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Reviews

Completely among the finest ebook We have at any time read through. it was actually writtern really properly and helpful. You are going to like just how the writer compose this publication. (Mr. Deangelo Considine)

LIVING YES: A HANDBOOK FOR BEING HUMAN



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Amirh Voice, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Living Yes offers insights and actions that will help you reduce your stress, ease your anger, tell the truth with courage, accept yourself and your world, be imperfect, find clarity in unsure decisions, set boundaries, stop avoiding, stop struggling to prove, stop self-loathing, free yourself from the victim role, claim emotional freedom, become comfortable with your power, slow your racing thoughts, let go of harsh judgments, move past your pain, replace destructive behaviors, rise above the illusion of being alone, find meaning, discover sacred joy and peace, and be fully human. Living Yes does this with easy-to-read language, insightful exercises, eye-opening charts, and cartoons. Living Yes teaches powerful techniques that anyone may use at any time. Living Yes is written by a practicing psychotherapist who makes the secrets of therapy available to everybody. The Living Yes website describes Living Yes as a way to choose clarity and joy and any moment. Living Yes is a handbook which helps us clear our minds, so we may say yes in a healthy and connecting way. Events occur in life which challenge us to say yes or no. Living Yes is an ongoing choice. The result of Living Yes is a peaceful mind and a fulfilling life. Buy the book! WHO WOULD BENEFIT FROM READING THIS BOOK? Living Yes will help anyone who is willing to discover what it means to be human. Many people experience life on the defensive. They avoid discomfort at all costs, find themselves numbed by their challenges, and have no fun whatsoever. These folks are frozen by habit, awash in sadness, stuck in judgment and blame, trapped by anxiety and fear, swamped by anger, and...



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