

Singing With Your Whole Self The Feldenkrais Method And Voice

Bring Your Whole Self to Work 21 Days to the Life You've Always Imagined Invisible Lines of Connection Yoga Nidra Meditations Making Your Creative Mark Applied Polyvagal Theory in Yoga How to Work Without Losing Your Mind The Social and Legal Impact of Autonomous Vehicles Mindfulness in Multicultural Education The Pillars of the House; Or, Under Wode, Under Rode The Badminton Magazine of Sports and Pastimes Littell's Living Age Arthur's Home Magazine Oriental Ideas in Recent Religious Thought Hallberger's illustrated magazine Memorials of the Rev. Francis A. West: Being a Selection from His Sermons and Lectures The Churchman's companion Christian Budget and News of the Day Autobiography of Thomas Guthrie, D.D. Homiletic Review Mike Robbins Rick Ezell Rabbi Lawrence Kushner Julie Lusk Eric Maisel Arielle Schwartz Cate Sevilla Guy Seidman Kathryn Esther McIntosh Charlotte Mary Yonge Alfred Edward Thomas Watson O'Hyun Park Francis Athow West Thomas Guthrie

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in today's work environment the lines between our professional and personal lives are blurred more than ever

before whatever is happening to us outside of our workplace whether stressful painful or joyful follows us into work as well we may think we have to keep these realities under wraps and act as if we have it all together but as mike robbins explains we can work better lead better and be more engaged and fulfilled if instead of trying to hide who we are we show up fully and authentically mike a sought after motivational speaker and business consultant has spent more than 15 years researching writing and speaking about essential human experiences and high performance in the workplace his clients have ranged from google to citibank from the u s department of labor to the san francisco giants from small start ups in silicon valley to family owned businesses in the midwest from what he s seen and studied over the years mike believes that for us to thrive professionally we must be willing to bring our whole selves to the work that we do bringing our whole selves to work means acknowledging that we re all vulnerable imperfect human beings doing the best we can it means having the courage to take risks speak up have compassion ask for help connect with others in a genuine way and allow ourselves to be truly seen in this book mike outlines five principles we can use to approach our own work in this spirit of openness and humanity and to help the people we work with feel safe enough to do the same so that the teams and organizations we re a part of can truly succeed this book will offer you insights ideas and tools to inspire you to bring all of who you are to the work that you do regardless of where you work what kind of work you do and with whom you do it and if you re an owner leader or just someone who wants to have influence on those around you this book will also give you specific techniques for how to build or enhance your team s culture in such a way that encourages others to bring all of who they are to work

the life you ve always imagined is within your grasp but it requires a new way of looking thinking and behaving we often obsess on the life we want as obtaining certain possessions or higher status but the life we want is much loftier than that it hinges on undeniable traits disciplines and characteristics that define the soul and heart of a person the twenty one daily readings will help you focus on what matters most for a life that matters the daily assignments that follow each chapter will help you implement what is lacking in your life to discover and enjoy the life you ve always imagined

suppose there is something going on in the universe which is to ordinary everyday reality as our unconscious is to our daily lives softly but unmistakably guiding it most of the time we are unaware of it yet every now and then on account of some fluke we are startled by the results of its presence we realize we have been part of something with neither consciousness nor consent it is so sweet and then it is gone you say but i don't believe in god and i ask what makes you think it matters to god from lawrence kushner whose previous books have opened up new spiritual possibilities now tells us stories in a new literary form through his everyday encounters with family friends colleagues and strangers kushner takes us deeply into our lives finding flashes of spiritual insight in the process such otherwise ordinary moments as fighting with his children shopping for bargain basement clothes or just watching a movie are revealed to be touchstones for the sacred this is a book where literature meets spirituality where the sacred meets the ordinary and above all where people of all faiths all backgrounds can meet one another and themselves kushner ties together the stories of our lives into a roadmap showing how everything ordinary is supercharged with meaning if we can just see it

enjoy pure bliss and true relaxation with yoga nidra experience peace and deeply restorative rest that heals your body mind and spirit featuring twenty four yoga nidra scripts written by author julie lusk and thirteen of the world's master teachers this book shows you how to use yogic sleep to revitalize your inner reservoir of intuitive understanding and unconditional joy as a practice done lying down yoga nidra helps you ease anxiety boost immunity reduce chronic pain improve heart health enhance memory and concentration and much more this empowering book offers meditations for everyone and they're all backed by contemporary science with guidance from kamini desai phd swami satchidananda swami shankardev saraswati md uma dinsmore tuli phd and other experts you'll learn to clear your mind settle your emotions and reach a unique state of calm focused awareness

eric maisel's prolific multifaceted career is a testament to his profound understanding of what it takes to live out one's creative ambitions a therapist who is also a bestselling author coach and coach trainer columnist for professional artist magazine and featured blogger for psychology today and the huffington post maisel is an expert on all that blocks the creative in making your creative mark maisel distills his decades of coaching teaching listening

and creating into nine keys including passion confidence empathy stress and relationship each key's lesson helps creators implement real solutions to their individual challenges whether they are writers painters actors composers or craftspeople readers will learn to unlock what has kept them from beginning continuing completing and succeeding

treat trauma holistically with the combined applications of yoga and polyvagal theory this book focuses on the intersection of polyvagal theory yoga and psychotherapy by weaving together the wisdom tradition of yoga with neuroscience attachment theory somatic psychology and traumatology the application of polyvagal theory allows practitioners to compassionately support growth by enhancing the health of the autonomic nervous system while therapeutic yoga allows one to attend to the interrelationships between mind emotions physiology and behavior applied polyvagal theory in yoga provides conscious breathing vagal toning mindful movement and meditation practices that aid in rewiring the nervous system readers will discover how to help both clients and themselves cultivate a felt sense of ease during times of safety enhance their capacity to handle challenges with equanimity and reclaim their ability to recover from stress swiftly and efficiently applied polyvagal theory in yoga offers practitioners a new and effective way to support clients who are stuck in a trauma response mode

genuinely empowering daisy buchanan an invaluable guide to surviving professional life viv groskopf comforting during these uncertain times yomi adegoke award winning journalist and editor in chief cate sevilla has survived the messy stressy and sometimes bizarre world of work just in how to work without losing your mind she gives an unflinchingly honest account of the bad bosses the time spent crying in work loos the hell and humiliation of her working life but most importantly she reveals the solid self belief the sage advice and the hard won lessons that got her through filled with humour wit and supportive words this book is your essential guide to fixing your relationship with your work press it into the hands of every womxn who is sinking in a toxic work environment battling burnout recovering from redundancy or trying to find the right career fit entertaining and practical moving and funny a helping hand from someone who's been through it emma gannon sunday times bestselling author

this book explores the legal and societal implications of autonomous vehicles avs drawing on historical examples of disruptive technologies and the complex process of their adoption employing broad interdisciplinary perspectives guy seidman and aviv gaon imagine how the socio cultural perception of avs might develop and how they could fit into the urban landscape

grounded in critical race feminism this book explores mindfulness as an empowering approach in multicultural education the author explores how learners of multicultural education by re centering the body through mindfulness with concrete strategies and scaffolded practice can be empowered to handle the activated emotions and deep self inquiry that come with the work of social justice liberation and anti racism this book includes counter stories of students of colors and offers both an epistemological and a curricular approach to mindfulness in multicultural education including discussion of theory and key principles in addition to ten modules with practices to engage learners these modules can be directly applied as the basis for curricular changes in teacher education and university wide social justice courses or they can be independently read by learners interested in enhancing their wellbeing and social justice written for teacher preparation and university social justice courses this book encourages educators to contextualize their mindfulness practice within a critique of systems of oppression and ask questions about how mindfulness can empower action towards a more just society

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