

Five Good Minutes Brantley Jeffrey Millstine Wendy

Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent Startup Life Thirty-Minute Therapy for Anxiety Mindful America Five Good Minutes of Mindfulness The Duke Encyclopedia of New Medicine Five Good Minutes Body & Soul The Ladies' Home Journal Five Good Minutes at Work Five Good Minutes in Your Body Ladies' Home Journal Minutes of the General Assembly of the Cumberland Presbyterian Church Library Journal The British National Bibliography Parabola Five Good Minutes with the One You Love The North Carolina Historical Review 2007 Writer's Market 2008 Writer's Market Jamieson Haverkampf Brad Feld Matthew McKay Jeff Wilson Jeffrey Brantley The Duke Center for Integrative Medicine Millstine Wendy Edward William Bok Jeffrey Brantley Cumberland Presbyterian Church. General Assembly Arthur James Wells Jeffrey Brantley Robert Brewer Robert Brewer Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent Startup Life Thirty-Minute Therapy for Anxiety Mindful America Five Good Minutes of Mindfulness The Duke Encyclopedia of New Medicine Five Good Minutes Body & Soul The Ladies' Home Journal Five Good Minutes at Work Five Good Minutes in Your Body Ladies' Home Journal Minutes of the General Assembly of the Cumberland Presbyterian Church Library Journal The British National Bibliography Parabola Five Good Minutes with the One You Love The North Carolina Historical Review 2007 Writer's Market 2008 Writer's Market Jamieson Haverkampf Brad Feld Matthew McKay Jeff Wilson Jeffrey Brantley The Duke Center for Integrative Medicine Millstine Wendy Edward William Bok Jeffrey Brantley Cumberland Presbyterian Church. General Assembly Arthur James Wells Jeffrey Brantley Robert Brewer Robert Brewer

mom minus dad is the only resource guide available with more than 500 resources for adults who lose a parent and need to assist a newly widowed parent the book provides readers with practical advice on ten major parent loss topics along with more than 500 valuable and time saving resources including sites companies government resources u s laws books and nonprofit organizations to assist the approximately twelve million sons and daughters who lose a parent every year each section provides online and book resources and simple practical solutions to common problems from finding affordable counseling to building new budgets for the widowed parent to managing changing family dynamics each chapter reveals ideas relevant insights from the author s personal experience questions to consider and additional resources to find specific assistance the author of mom minus dad gleaned intimate knowledge of balancing her own life with a newly widowed parent ms haverkampf assisted her fifty six year old widowed mother in virginia while still running her real estate business in california after the early unpredicted loss of her father to cancer in her groundbreaking book haverkampf shares how she and her sister both in their early thirties found success and managed struggles during their journey after their father s death this is a reference guide grievers will refer to during the year after loss and years beyond

real life insights on what it takes to make it in a relationship with an entrepreneur entrepreneurs are always on the go looking for the next startup challenge and while they lead very intensely rewarding lives time is always short and relationships are often long distant and stressed because of extended periods apart coping with these and other obstacles are critical if an entrepreneur and their partner intend on staying together and staying happy in startup life brad feld a boulder colorado based entrepreneur turned venture capitalist shares his own personal experiences with his wife amy offering a series of rich insights into successfully leading a balanced life as a human being who wants to play as hard as he works and who wants to be as fulfilled in life and in work with this book feld distills his twenty years of experience in this field to addresses how the village of startup people can put aside their workaholic ways and lead rewarding lives in all respects includes real life examples of entrepreneurial couples who have had successful relationships and what works for them provides practical advice for adapting to change and overcoming the inevitable ups and downs associated with the entrepreneurial lifestyle written by brad feld a thought leader in this field who has been an early stage investor and successful entrepreneur for more than twenty years while there's no secret formula to relationship success in the world of the entrepreneur there are ways to making navigation of this territory easier startup life is a well rounded guide that has the insights and advice you need to succeed in both your personal and business life

thirty minute therapy for anxiety presents a breakthrough approach to the treatment of anxiety that is designed to fit the needs of anxiety sufferers seeking fast solutions written by bestselling author matthew mckay and troy dufrene this concise and highly accessible approach to anxiety treatment offers cognitive behavioral therapy cbt and mindfulness and acceptance strategies this is the first book in the thirty minute therapy series

thirty years ago mindfulness was a buddhist principle mostly obscure to the west today it is a popular cure all for americans daily problems a massive and lucrative industry promotes mindfulness in every aspect of life however mundane or unlikely americans of various faiths or none at all practice mindful eating mindful sex mindful parenting mindfulness in the office mindful sports mindfulness based stress relief and addiction recovery and hire mindful divorce lawyers mindfulness is touted by members of congress ceos and silicon valley tech gurus and is even being taught in public schools hospitals and the military focusing on such processes as the marketing medicalization and professionalization of meditation jeff wilson reveals how buddhism shed its countercultural image and was assimilated into mainstream american culture the rise of mindfulness in america wilson argues is a perfect example of how buddhism enters new cultures and is domesticated in each case the new cultures take from buddhism what they believe will relieve their specific distresses and concerns and in the process create new forms of buddhism adapted to their needs wilson also tackles the economics of the mindfulness movement examining commercial programs therapeutic services and products such as books films cds and even smartphone applications mindful america is the first in depth study of this phenomenon invaluable for understanding how mindfulness came to be applied to such a vast array of non religious concerns and how it can be reconciled with traditional buddhism in america

in difficult or stressful times peace of mind can be hard to find that's why readers need a quick antidote they can pick up anytime to help them slow down relax appreciate what's good in their lives and connect with the ones they love written by the founder and director of the mindfulness based stress reduction program at duke integrative medicine this use anywhere guide offers quick

proven effective mindfulness practices for finding true contentment even in the midst of chaos

this superb new medical reference from the world renowned duke center for integrative medicine presents a state of the art approach to integrative care increasingly the trend in health care is away from a disease oriented physician and technology centered model toward a wellness oriented patient centered approach that combines alternative healing therapies with conventional medicine nowhere is this holistic philosophy of healing practiced at a higher level than at the duke center for integrative medicine dcim this medical reference with hundreds of full color images is the most authoritative and comprehensive ever published on integrative care it contains individual entries for more than 200 common health concerns with a detailed description of duke s integrative approach to treating each condition profiles of nearly 100 complementary and alternative healing therapies from acupuncture to ayurveda magnet therapy to massage vitamin and mineral supplementation to zen meditation this book is an essential medical resource for the 21st century one that belongs in every home

the 100 simple practices found in five good minutes are designed to help even the busiest person start the day right using just five minutes of mindfulness relaxation or imagery techniques during their morning routines readers can set their intentions and greet the day feeling calm centered and energized

the best selling authors of five good minutes provide 100 meditations mindfulness exercises and visualizations you can do in just five minutes to stay calm and focused during your workday beat stress and feel a renewed sense of vitality at work

in five good minutes in your body the authors provide 100 simple fun activities mindfulness exercises and visualizations that you can do in just five minutes to learn to love accept and feel a renewed sense of appreciation for your body

these 100 simple and fun practices will help couples find quality time for each other no matter how crazy their schedules in only five minutes these simple activities will help them become more mindful and focused on another leading to more a intimate connected and loving relationship

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