

Getting Past Your Past

Getting Past Your Past

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Getting Past Your Past

Take Control of Your Life with Self-Help Techniques from EMDR Therapy *Rodale*

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. Getting Past Your Past offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

Getting Past Your Past

Take Control of Your Life with Self-Help Techniques from EMDR Therapy *Rodale Books*

An accessible user's guide to overcoming trauma from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by our memories and by experiences we may not remember or fully understand. Getting Past Your Past offers practical techniques that demystify the human condition and empower readers looking to take charge of their lives. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations, and excel in ways taught to Olympic athletes, successful executives, and performers. An easy conversational style, humor, and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and how to achieve real change.

Getting Past Your Past

Take Control of Your Life with Self-Help Techniques from EMDR Therapy *Rodale*

An accessible layperson's guide by the creator of the successful "eye movement" therapy system outlines practical procedures that explain how the process works and how to use it to break free from emotional roadblocks. 30,000 first printing.

Getting Past Your Breakup

How to Turn a Devastating Loss into the Best Thing That Ever Happened to You *Da Capo Press*

Self Help.

Getting Past What You'll Never Get Over

Help for Dealing with Life's Hurts *Baker Books*

When hard times strike, we look forward with longing to the day when we will "get over" the event and have closure. This is a difficult--often impossible--road to travel. There are some things in life that we must learn to live with because they will never truly go away for good. Despite that truth, there is life--rewarding and abundant life--after heartache and pain. John F. Westfall leads readers beyond their hurts and into a life of confidence, freedom, and secure joy. Sharing stories with wisdom, humor, and vulnerability, he shows how to move forward beyond fear, regret, guilt, anger, and bitterness into a life worth living.

Getting Past No

Negotiating Your Way from Confrontation to Cooperation *Bantam*

Offers advice on how to negotiate with difficult people, showing readers how to stay cool under pressure, disarm an adversary, and stand up for themselves without provoking opposition

When Your Past Is Hurting Your Present

Getting Beyond Fears That Hold You Back *Harvest House Publishers*

Bestselling author Sue Augustine leads the reader along a clear, manageable path to reconciliation with a painful past. Relying on biblical principles and using her own heart-rending story, she points the way to a future full of hope. With compassion and empathy--and plenty of "telling-on-herself" humor--she shows readers how to... Identify, release, and change how they respond to the past Overcome the "victim" mentality Set goals for the future with passion and purpose Fears will be conquered and dreams renewed for those seeking to cut loose the baggage of the long ago. A must-read for anyone struggling with a difficult past that is harming their present and crippling their future.

Back to Life

Getting Past Your Past with Resilience, Strength, and Optimism *Harper Collins*

“Dr. Salzer offers an empowering new approach to trying on the coping skills and outlooks of heroic overcomers. These are life skills we all should have learned as kids.” —Dr. Mehmet Oz, bestselling author of YOU: The Owner’s Manual, host of The Dr. Oz Show Back to Life by Alicia Salzer, M.D. is a wise, sympathetic, and practical guide for overcoming traumatic setbacks, and living a normal, happy life without being a victim. The former resident psychiatrist on the Montel Williams show, Dr. Salzer offers a fresh new take on trauma treatment, a method for “getting past your past with resilience, strength, and optimism” designed for anyone who has experienced catastrophe. Destined to become a classic work on emotional recovery, this remarkable volume points the way down the path Back to Life, and belongs on every bookshelf next to When Bad Things Happen to Good People.

Getting Past Your Past

Finding Freedom from the Pain of Regret *Multnomah*

Often Christians feel saved from the ultimate penalty for their sins, but not from the persistent pain of regret. The long-lasting consequences of bad decisions leave many feeling perpetually out of God's will and unable to move forward into freedom and productivity. Getting Past Your Past is the antidote to the kind of regret that can stall us spiritually and bind us up in emotional pain. Susan Wilkinson lights a clear path out of this prison with six steps, including understanding and truly embracing grace; learning to forego secrets and live authentically; and grieving old dreams and dreaming new ones. This wise, heartfelt book offers strong spiritual and emotional resolution of regret by focusing on the sovereignty and unmerited kindness of God, who alone can restore the peace we've sometimes lost.

Keep Pain in the Past

Getting Over Trauma, Grief and the Worst That's Ever Happened to You *Mango Media Inc.*

Heal your psychological pain and take back your life with this breakthrough process based on decades of successful treatment. In Keep Pain in the Past, two of America's top psychologists in the field of emotional trauma and PTSD share their highly effective methodology for recovering from painful psychological wounds. Whether it's extreme trauma such as sexual abuse, the horrors of war, or the very serious pain of loss, grief, shame and guilt, their method can help you recover without years of intensive therapy. Doctors Christ Cortman and Joseph Walden have been helping patients recover from trauma for decades. Through a combination of practical steps and illuminating stories, they share the tools and techniques that can help you identify and face your pain, find closure, and alleviate related issues such as depression, anxiety, panic attacks, sleep disruption, and more. Discover how Sheri, a thirty-seven-year-old attorney, recovered from panic attacks that seemed to come out of nowhere. Follow the journey of Mark, a twenty-nine-year-old Army veteran, as he healed from a destructive downward spiral in the grip of PTSD. Explore how Melinda, a forty-two-year-old professor who struggled to sustain a romantic relationship, confronted her torturous childhood and finally found love. These and other stories demonstrate the restorative power of Keep Pain in the Past.

Getting Past the Affair

A Program to Help You Cope, Heal, and Move On -- Together or Apart *Guilford Press*

Discovering that a partner has been unfaithful hits you like an earthquake. Long after the first jolt, emotional aftershocks can make it difficult to be there for your family, manage your daily life, and think clearly about your options. Whether you want to end the relationship or piece things back together, Getting Past the Affair guides you through the initial trauma so you can understand what happened and why before deciding how to move forward. Based on the only program that's been tested--and proven--to relieve destructive emotions in the wake of infidelity, this compassionate book offers support and expert advice from a team of award-winning couple therapists. If you stay with your spouse, you'll find realistic tips for rebuilding your marriage and restoring trust. But no matter which path you choose, you'll discover effective ways to recover personally, avoid lasting scars, and pursue healthier relationships in the future. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

A Primer for Forgetting

Getting Past the Past *Farrar, Straus and Giroux*

"One of our true superstars of nonfiction" (David Foster Wallace), Lewis Hyde offers a playful and inspiring defense of forgetfulness by exploring the healing effect it can have on the human psyche. We live in a culture that prizes memory—how much we can store, the quality of what's preserved, how we might better document and retain the moments of our life while fighting off the nightmare of losing all that we have experienced. But what if forgetfulness were seen not as something to fear—be it in the form of illness or simple absentmindedness—but rather as a blessing, a balm, a path to peace and rebirth? A Primer for Forgetting is a remarkable experiment in scholarship, autobiography, and social criticism by the author of the classics The Gift and Trickster Makes This World. It forges a new vision of forgetfulness by assembling fragments of art and writing from the ancient world to the modern, weighing the potential boons forgetfulness might offer the present moment as a creative and political force. It also turns inward, using the author's own life and memory as a canvas upon which to extol the virtues of a concept too long taken as an evil. Drawing material from Hesiod to Jorge Luis Borges to Elizabeth Bishop to Archbishop Desmond Tutu, from myths and legends to very real and recent traumas both personal and historical, A Primer for Forgetting is a unique and remarkable synthesis that only Lewis Hyde could have produced.

Putting Your Past in Its Place

Moving Forward in Freedom and Forgiveness *Harvest House Publishers*

Lives grind to a halt when people don't know how to relate to their past. Some believe "the past is nothing" and attempt to suppress the brokenness again and again. Others miss out on renewal and change by making the past more important than their present and future. Neither approach moves people toward healing or hope. Pastor and biblical counselor Stephen Viars introduces a third way to view one's personal history--by exploring the role of the past as God intended. Using Scripture to lead readers forward, Viars provides practical measures to understand the important place "the past" is given in Scripture replace guilt and despair with forgiveness and hope turn failures into stepping stones for growth This motivating, compassionate resource is for anyone ready to review and release the past so that God can transform their behaviors, relationships, and their ability to hope in a

future.

Eye Movement Desensitization and Reprocessing (Emdr) Therapy

Eye Movement Desensitization and Reprocessing therapy (EMDR) is a unique, empirically validated approach that is recommended by the World Health Organization as a "first line treatment for post traumatic stress disorder in adults." EMDR therapy emphasizes working with imagery, cognitions, emotions, somatic sensations, and behavior linked to a disturbing memory, as well as attending to past, current, and future-oriented experiential contributors. Unlike many psychotherapeutic treatments, EMDR does not require prolonged exposure, the direct challenging of beliefs, or numerous sessions to achieve results. In this book, Dr. Shapiro, the originator of this approach, and Dr. Russell, her longtime colleague and collaborator, describe their work and the significant controversy that attended its rise due to EMDR's challenging of traditional cognitive behavioral approaches to psychotherapy and mechanisms of change. The authors describe the theory of EMDR, provide the complete EMDR therapeutic protocol, the evidence base that supports it, and examine practical issues and common challenges related to implementing EMDR in clinical practice.

EMDR

The Breakthrough Therapy for Overcoming Anxiety, Stress, and Trauma *Basic Books*

When EMDR was first published in 1997, it was hailed as the most important method to emerge in psychotherapy in decades. In the twenty years since, Eye Movement Desensitization and Reprocessing (EMDR) therapy has successfully treated psychological problems for millions of sufferers worldwide. In this updated edition, Francine Shapiro offers a new introduction that presents the latest applications of this remarkable therapy, as well as new scientific data demonstrating its efficacy. Drawing on the experiences of thousands of clinicians as well as a vast research literature on depression, addiction, PTSD, and other disorders, she explains how life experiences are physically stored in our brains, making us feel and act in harmful ways, and how EMDR therapy can bring relief, often in a remarkably short period of time. Applicable to survivors of trauma as well as people suffering from phobias and other experience-based disorders, EMDR is essential reading for anyone who seeks to understand why we hurt, how we heal, and how we get better.

Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition

Basic Principles, Protocols, and Procedures *Guilford Publications*

The authoritative presentation of Eye Movement Desensitization and Reprocessing (EMDR) therapy, this groundbreaking book--now revised and expanded--has enhanced the clinical repertoires of more than 125,000 readers and has been translated into 10 languages. Originally developed for treatment of posttraumatic stress disorder (PTSD), this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive behavior problems, and other clinical problems. EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources. Vivid vignettes, transcripts, and reproducible forms are included. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. New to This Edition *Over 15 years of important advances in therapy and research, including findings from clinical and neurophysiological studies. *New and revised protocols and procedures. *Discusses additional applications, including the treatment of complex trauma, addictions, pain, depression, and moral injury, as well as post-disaster response. *Appendices with session transcripts, clinical aids, and tools for assessing treatment fidelity and outcomes. EMDR therapy is recognized as a best practice for the treatment of PTSD by the U.S. Departments of Veterans Affairs and Defense, the International Society for Traumatic Stress Studies, the World Health Organization, the U.K. National Institute for Health and Care Excellence (NICE), the Australian National Health and Medical Research Council, the Association of the Scientific Medical Societies in Germany, and other health care associations/institutes around the world.

Getting Past the Pain Between Us

Healing and Reconciliation Without Compromise *PuddleDancer Press*

The tenets of Nonviolent Communication are applied to a variety of settings, including the classroom and the home, in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation, discovery, and application.Skills for resolving conflicts, healing old wounds, and reconciling strained relationships reveal the healing power of listening and speaking from the heart. Because unmet needs lie at that root of all emotional pain, the skills imparted in this manual teach how to transform depression, shame, and conflict into empowering human connections.

Getting Pass Your Past *AuthorHouse*

A Manhattan PI provides clear proof of the killers of a wealthy family. Dutch Colson finds Robbie Lawrence neglecting his college students and reports to Robbie's father. His stepfather, mother, and haf1 brother can't make Robbie behave.

Forgiveness

How to Make Peace With Your Past and Get on With Your Life *Grand Central Publishing*

Based on their popular "Forgiveness" seminar, the author of Getting Unstuck and his wifem designed to help readers let go of their pain and get on

with their lives.

Short-term Therapy for Long-term Change *W. W. Norton & Company*

Is it possible to effect deep, lasting, meaningful psychological change in a short period of time?

Getting Past Your Past

The Definitive Workbook to Emotional Healing, Health and Happiness

The GPYP workbook teaches you how to:* Use your powers of observation, preparation and cultivation;* Raise your self-esteem and self-respect;* Set personal boundaries and change your interaction with others;* Rebalance overdeveloped defense mechanisms;* Set goals and visualize your success at achieving them;* Succeed at No Contact;* Heal your unresolved grief;The GPYP workbook will help you create an individualizedprogram toOVERCOME THE PAST,ENRICH THE PRESENTandACHIEVE A HAPPY, HEALTHY FUTURE!

Getting Past Ok

The Self-Help Book for People Who Don't Need Help *ReadHowYouWant.com*

Richard Brodie dropped out of Harvard to join the computer revolution and write the first version of Microsoft Word. Then, burned-out helping Microsoft achieve its phenomenal success, he quit and embarked on an equally intense search for a more meaningful life. For three years Richard mined the wisdom of famed self improvement seminars and workshops. Most of all, he wanted to discover why life seemed to coast along at either an "OK"level or plummet into "the pits,"spending so little time in true satisfaction and fulfillment. In this book, he shares the results of his odyssey, providing a step by step guide for discovering your own individual formula for long term success and happiness. It gives you all the tools you need to find yourself, take charge, and get past OK You'll learn how to: Understand what's really going on in your life Make the most of your potential Pull out of crises-and move on Achieve rewarding relationships Be in control of stressful situations Keep your quality of life in the WOW zone

The First 41

Getting Past My Past *AuthorHouse*

This book is intended for anyone who has been through any kind of tragedy in your life and are continually victimizing yourself because of that tragedy. My desire is for you to read my book and understand that if I could have gone through everything I've been through in my life and still remain sane, so can you. I am a survivor and I want you to realize that you are too. Writing this book was very therapeutic for me; it was a way for me to release it. I hope reading it becomes very therapeutic for you as well. There is a bit of comedy and sarcasm in it that will make you laugh. However, I do use some adult language, so if you have a teenager whose perhaps been raped that you want to read it, please be sure you supervise them. I am who I am and don't pretend to be anyone else. Enjoy!

Bad Memories

Getting Past Your Past *Presbyterian & Reformed Publishing Company*

Do memories of your past haunt you? Is there help for people who suffer because of their own past? Most people who suffer from bad memories want them to disappear. On the other hand, some want to deny the problem and ?just forget the past.? Robert D. Jones shows that God provides a solution to the haunting problem of nagging bad memories. What is God's answer? If you belong to Jesus, God does have something better for you, Jones writes. God does not want to remove your memories; he want to transform them into something good. Your bad memories of past sins-even the worst ones-can be opportunities for life-changing growth. You do not need to avoid, run from, or get rid of your past. Jones points out that painful thoughts may still intrude, but you need not escape them. God is bigger than your past.

Every Memory Deserves Respect

EMDR, the Proven Trauma Therapy with the Power to Heal *Workman Publishing Company*

Exploring the nature of trauma and how best to deal with it is not only a timely task, it is a necessary one. While COVID, isolation, and social unrest don't necessarily cause trauma—trauma is about how one reacts to a thing, not the thing in itself—the fact is that these days many of us are dealing with some sort of trauma. How can we heal? Perhaps through a therapy known as EMDR, which stands for eye movement desensitization and reprocessing. Cowritten by Michael Baldwin, a patient who experienced transformative relief from trauma through EMDR therapy, and Dr. Deborah Korn, a therapist (though not Baldwin's therapist) who explains exactly how and why EMDR works, Every Memory Deserves Respect brings the good news of EMDR to countless readers who may not even know of it but would greatly benefit from using it. We learn the origins of EMDR and of its effectiveness in treating those suffering from post-traumatic stress disorder; how a session works; questions to ask a therapist before beginning. But we also learn a great deal about trauma—how it can refer to any experience, big or little, that is overwhelming, triggers strong negative emotions, and involves a sense of powerlessness or intense vulnerability; how it's stored in our memories, and our bodies, waiting to be triggered; and how EMDR resolves it. Every Memory Deserves Respect is a warm, accessible, and helpful book, in part because of its innovative use of full-page photographs paired with a statement, definition, or affirmation. And that, combined with its mix of personal story and trusted authority, makes this an

unusually effective introduction to a complicated and important subject.

Getting Past Perfect

How to Find Joy and Grace in the Messiness of Motherhood *Ave Maria Press*

Winner of a 2018 Catholic Press Association Award: Family Life. (Second Place). Do you ever feel like a raging tsumani, running through the house like a whirlwind and yelling at the top of your voice while the kids drag their feet and fight with one another as you desperately try to find lost shoes and get out the door on time? Overwhelmed, over-extended, and guilt-plagued? With honesty, humor, and practical wisdom, Getting Past Perfect helps moms overcome Pinterest-inspired perfectionism by replacing your deepest fears and anxieties with a steady trust in God and the freedom to love authentically. If you have ever felt that you were not “enough” as a wife or mom, or if you're someone who struggles to do it all, Getting Past Perfect offers a realistic and reassuring portrait of Catholic womanhood, placing motherhood in the context of every woman's primary role as a child of God. Kate Wicker—journalist, popular speaker, and author of the highly-acclaimed Weightless—shares how she shook off doubt and negative self-perception, finding self-acceptance as a mom and the desire to stop controlling everyone around her. Getting Past Perfect invites you to make this same journey as you learn to embrace the primacy of your role as a daughter of God, even amidst the daily chaos of raising children. Each chapter is designed to debunk the lies and expectations that moms often face, replacing negative self-perceptions with the truths of a woman's true calling. Wicker, a recovering perfectionist, helps you realize: It is perfectly normal to feel like you're in over your head sometimes. You can stop obsessing about what other people think and start focusing on loving yourself and your kids just as you are. Your primary jobs are to let God love you and to love him back. Nurture your prayer life and make time to remember that you are first a daughter of God. It's important to practice self-care no matter your stage in life. Wicker openly shares how she unwittingly transferred her preoccupation with having the perfect body to being the perfect parent. By honestly sharing her mistakes and triumphs in the trenches of motherhood, Wicker reveals several common falsehoods mothers tell themselves in different seasons of their lives and how speaking the truth can liberate women to become better parents and the truest versions of themselves. Whether you're dealing with endless "why?" questions, unexpected potty emergencies, or even the unanticipated change of a new pregnancy, Getting Past Perfect will help you learn how to lean into God's abiding grace. By closing each chapter with a simple reflection question and prayer, this book provides the tools you need to embrace the messy realities of family life and to emerge from feeling overwhelmed to knowing that you are first and foremost a daughter of God.

Making Peace with Your Past *Baker Books*

By integrating scriptural truth and compassionate counseling, H. Norman Wright helps you unload the burden of excess baggage from your childhood, resolve unpleasant past events, and reform your ingrained patterns of behavior.

Restore

Break Out of Your Past and Into God's Future *NavPress*

What should we do when we feel stuck in life? You know how it feels. There's a hurt in your past that is hard to get beyond. There's a bad habit that's difficult to break. There's a setback that is just too tough to overcome. We all have our own unique situations in which we feel “stuck.” Americans’ favorite suggestions for how to fix our lives—self-help programs, self-esteem techniques, or simple willpower—leave many of us ceaselessly spinning our wheels and feeling just as “stuck” as ever. Vince Antonucci knows what this feels like, and he knows many who have struggled to fix their lives with these dead-end methods. He struggled to get past the pain of a neglectful and angry father. It wasn’t until Vince decided to go through a recovery and rehab course, focused on God, that he learned ways to break free of that hurt and to live in God’s future. Today, when someone walks through the doors of Vince’s innovative church, located just off the Las Vegas Strip, he offers a Restore class as one of three core classes that every member takes. He knows how important it is to learn to break free of these old hurts and bad habits. The essence of that popular class is contained in this book. Move past your past, heal your hurts, and break your bad habits.

The Case for a Carbon Tax

Getting Past Our Hang-ups to Effective Climate Policy *Island Press*

There's a simple, straightforward way to cut carbon emissions and prevent the most disastrous effects of climate change-and we're rejecting it because of irrational political fears. That's the central argument of The Case for a Carbon Tax, a clear-eyed, sophisticated analysis of climate change policy. Shi-Ling Hsu examines the four major approaches to curbing CO2: cap-and-trade; command and control regulation; government subsidies of alternative energy; and carbon taxes. Weighing the economic, social, administrative, and political merits of each, he demonstrates why a tax is currently the most effective policy. Hsu does not claim that a tax is the perfect or only solution-but that unlike the alternatives, it can be implemented immediately and paired effectively with other approaches. In fact, the only real barrier is psychological. While politicians can present subsidies and cap-and-trade as "win-win" solutions, the costs of a tax are immediately apparent. Hsu deftly explores the social and political factors that prevent us from embracing this commonsense approach. And he shows why we must get past our hang-ups if we are to avert a global crisis.

Remote Together

A Therapist's Guide to Cultivating a Sustainable Practice *Bodymind Press*

The pandemic has changed the field of psychology forever-and likely changed you in the process. One of the biggest changes is the emergence of remote therapy. If you are not currently offering it, your clients will probably ask you to incorporate remote sessions into your practice; it's here to stay for us all. In Remote Together: A Therapist's Guide to Cultivating a Sustainable Practice, Barb Maiberger shares her personal experiences as well as her extensive consultation work to help therapists create or refine a sustainable remote therapy practice. In a captivating mix of memoir and practical, hands-on advice, Maiberger shows the more prepared you are to offer remote therapy, the better experience you and your clients will have for years to come. She also provides daily practices to help you connect, be present, and create safety during remote therapy. Through these practices you'll see that you're not alone in your journey and, though remote, you can find support, nourishment, and enjoyment in your remote therapy practice.

EMDR Made Simple

4 Approaches to Using EMDR with Every Client *CMI Education Institute*

Despite the numerous studies touting EMDR's efficacy, it is still largely regarded as too complicated to understand, a major factor in why many who have been trained in EMDR no longer use it. EMDR Made Simple: 4 Approaches to Using EMDR with Every Client offers a fresh approach to understanding, conceptualizing, and ultimately implementing EMDR into clinical settings. Dr. Jamie Marich brings in her clinical experience from other modalities and disciplines to show that EMDR is more than just a series of protocols that need to be mastered in order for it to be effective. Using common sense language, clinical cases, and practical example, EMDR Made Simple will give you the tools to build on your existing clinical knowledge and make EMDR work for you and your clients.

Coming Apart

How to Heal Your Broken Heart *Mango Media Inc.*

On Divorce, the Break Up, and a Broken Heart Originally published in 1987, and continuously in print since then, Coming Apart has been an important resource for hundreds of thousands of readers experiencing painful breakups. Whether going through a divorce, separation, or break up, bestselling author, Daphne Rose Kingma, offers the tools and validation needed to move forward. Bad breakups and stressful situations. Love is great; a broken heart, not so much. Usually accompanied by insomnia, loss of appetite, and depression, the end of a relationship is a hard time for anyone. Getting over a break up requires grit and understanding. This breakup first aid kit helps you get through heartbreak without falling apart and with your self-esteem intact. Uncoupling and understanding. While only time can heal wounds, understanding what transpired in each of our relationships is what allows us to finally let go and move on. With a refreshing perspective on relationships, Coming Apart helps us understand that all relationships come with lessons to be learned. So, rather than obsess over your ex, explore the critical facets of relationship breakdowns: • Why we choose who we choose • What relationships are really about • The life span of love • How to get through the end • A personal workbook to process and move forward With a foreword by the author of Conscious Uncoupling, Katherine Woodward Thomas, this new edition is sure to impress fans of, How to Survive the Loss of a Love, Getting Past Your Breakup, The Breakup Bible, Uncoupling, and other divorce books for women.

How to Do the Work

Recognize Your Patterns, Heal from Your Past, and Create Your Self *HarperCollins*

#1 NEW YORK TIMES BESTSELLER · INSTANT INTERNATIONAL BESTSELLER From Dr. Nicole LePera, creator of "the holistic psychologist"—the online phenomenon with more than two million Instagram followers—comes a revolutionary approach to healing that harnesses the power of the self to produce lasting change. As a clinical psychologist, Dr. Nicole LePera often found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients—and for herself—she began a journey to develop a united philosophy of mental, physical and spiritual wellness that equips people with the interdisciplinary tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she'd learned with others—and soon “The Holistic Psychologist” was born. Now, Dr. LePera is ready to share her much-requested protocol with the world. In How to Do the Work, she offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction—activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell. In How to Do the Work, Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

Healing the Hurts of Your Past

A Guide to Overcoming the Pain of Shame *Cross Point Publishing*

Do you find that you are your own worst enemy? Are you your biggest critic? Do others believe in you, but you find yourself filled with doubt? Why is that? You are not alone in this. Many of us do the same thing. Why do we so often sabotage the success we long for? The answer, in a word, is shame. Shame plays a vital role in our lives and is often overlooked. Shame can come from many things such as addiction and the hurts of our past. How we deal with those issues can be the difference between healing and rising from the ashes as a more confident and powerful person to being stuck in the

same old rut. What do you want to do? Are you reading to start dealing with the pain and find real healing? This book is not a "feel-good" story but a "roll-up your sleeves" down and dirty look at the pain of shame. F. Remy Diederich helps you connect the dots to your self-defeating behavior and then gives you practical how-to advice about how a true understanding of God's love can free you to live the life you've always wanted. If you have been searching for a way to find Christian counseling or addiction treatment or just repairing the damage that has been done by living with the lies and hurts of your past, Healing the Hurts of Your Past is a powerful first step to freedom.

Making Peace with Your Past

Help for Adult Children of Dysfunctional Families *Before I Said Goodbye Books*

This study offers practical, biblically-based guidance to lead you to identify, understand, and come to terms with the feelings and problems of growing up in a dysfunctional family.

Getting Past Guilt

Embracing God's Forgiveness *Simon and Schuster*

Forgiveness: The word itself fills our hearts with peace and hope; yet, countless Christians are plagued by haunting feelings of inadequacy and guilt. While their heads tell them they are forgiven, their hearts cry out that they are guilty. This updated version of the previously published Forgiven Forever gets right to the heart of the questions that steal the joy God intends for our lives: Where does guilt come from? Why can't I stop feeling guilty? Why can't I believe God will forgive me?

Getting Past Childhood Bullying

How Adults Can Recover from Trauma That Began at School *Bpt Press*

Bullying at school left scars on me. In time, I learned to face the childhood trauma, and so can you. The free fall that began when you were tormented by bullies can end. The memories of bullies at school are no longer yours to handle alone. In "Getting Past Childhood Bullying: How Adults Can Recover From Bullying That Began at School," you will find a four-part program for healing and recovery. Using these strategies, you may be able to make peace with your past and move on. That's what this book is about. Please follow the advice of your licensed mental health professional and members of your support network before embarking on this journey.

Conquering Anxiety

Stop worrying, beat stress and feel happy again *Orion Spring*

'I've seen their work first hand when it came to my own fear of flying - they are a great team' HOLLY WILLOUGHBY The Speakmans' powerful and life-changing guide to conquering anxiety and living a more positive life. The world's leading life-change therapists, the Speakmans, share a passion to help people lead happier and less inhibited lives. Their intellectual curiosity guided them through years of extensive research into behaviourism and conditioning, which led to the creation of their groundbreaking behavioural change therapy known as 'Schema Conditioning'. Based on the Speakmans' unique coaching method this book provides the key to eliminating anxiety. If you suffer from generalised anxiety, panic attacks or feel abnormally anxious about certain things, the Speakmans show you that you can overcome these conditions successfully and enjoy a healthy, carefree life.

Freedom from Your Past

A Christian Guide to Personal Healing and Restoration

You can face your past and become forever free! Freedom From Your Past is based upon the premise that the past isn't really past until it has been reconciled in Christ. Without properly addressing the pain and problems of our past, our present and future are adversely affected.

When You Reach Me

(Newbery Medal Winner) *Wendy Lamb Books*

"Like A Wrinkle in Time (Miranda's favorite book), When You Reach Me far surpasses the usual whodunit or sci-fi adventure to become an incandescent exploration of 'life, death, and the beauty of it all.'" —The Washington Post This Newbery Medal winner that has been called "smart and mesmerizing," (The New York Times) and "superb" (The Wall Street Journal) will appeal to readers of all types, especially those who are looking for a thought-provoking mystery with a mind-blowing twist. Shortly after a fall-out with her best friend, sixth grader Miranda starts receiving mysterious notes, and she doesn't know what to do. The notes tell her that she must write a letter—a true story, and that she can't share her mission with anyone. It would be easy to ignore the strange messages, except that whoever is leaving them has an uncanny ability to predict the future. If that is the case, then Miranda has a big problem—because the notes tell her that someone is going to die, and she might be too late to stop it. Winner of the Boston Globe–Horn Book Award for Fiction A New York Times Bestseller and Notable Book Five Starred Reviews A Junior Library Guild Selection "Absorbing." —People "Readers ... are likely to find themselves chewing over the details of this superb and intricate tale long afterward." —The Wall

Street Journal "Lovely and almost impossibly clever." —The Philadelphia Inquirer "It's easy to imagine readers studying Miranda's story as many times as she's read L'Engle's, and spending hours pondering the provocative questions it raises." —Publishers Weekly, Starred review