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KEY=UNDEFENDED - MOHAMMAD KOBE

THE UNDEFENDED SELF

LIVING THE PATHWORK

A profound and Pragmatic guide to living the spiritual-psychological path toward union-with self, with others, and with the essence of life. We learn through the Pathwork teaching, and through true personal stories of conflict, crisis, and breakthrough how to dismantle personal defenses and to anchor in our original divine nature.

YOGA JOURNAL

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

HIDDEN TREASURE

HOW TO BREAK FREE OF FIVE PATTERNS THAT HIDE YOUR TRUE SELF

She Writes Press 2018 Readers' Favorites Book Awards Bronze Medal in Non-Fiction—Motivational National Indie Excellence Awards Winner - Personal Growth Body, Mind and Spirit Awards Finalist - Spiritual Psychology and Self-help categories Are you looking for more personal growth or feel like you want something more from life, but you're not sure where to start? In this award-winning book, author Alice McDowell, PhD, reveals how powerful, deeply embedded behavior patterns—often the result of wounds suffered early in life—can influence every aspect of your life and identity, and hide your true self. Hidden Treasure offers tools you will use again and again to help soften and heal these patterns, make sense of your life and relationships, and begin to live a full and radiant life.

THE TAO OF CONTEMPLATION

RE-SOURCING THE INNER LIFE

Weiser Books Cori presents a new look at the concept of relaxation and handling stress as she provides exercises that teach how to drop into silence, let go of control, live in the present, and allow actions to come from a deeper source.

FIRE UP YOUR TEAM

50 WAYS FOR LEADERS TO CONNECT, COLLABORATE AND CREATE WITH THEIR TEAMS

iUniverse In today's ever-changing world, leaders must create anew every day—new solutions, new ideas for action, new strategies - and then comfortably lead their organizations into an unpredictable future. In her handbook for leaders, author Jacqueline Throop-Robinson provides tools and techniques that can help any CEO or manager ignite passion, productivity and performance by connecting, collaborating and creating with their team. Throop-Robinson relies on her extensive experience as a successful entrepreneur, corporate manager, and consultant to help empower leaders and their teams to achieve their full potential. While combining theory with real-life stories and activities, Throop-Robinson offers time-tested advice that helps leaders change their mindset to build trust; collaborate and play with their team to accelerate performance; explore the importance and impact of inspiration; use feedback and feedforward to improve leadership practices and overall productivity; and lead fearlessly to help teams overcome obstacles and see progress. Fire Up Your Team shares fifty ways to lead fearlessly, strengthen skills, improve creativity, and motivate a team to effectively move forward and achieve goals, one step at a time.

WORK WITH MEANING, WORK WITH JOY

BRINGING YOUR SPIRIT TO ANY JOB

Rowman & Littlefield A helpful book that offers wisdom and inspiration as relevant to CEO's as theya re to mailroom clerks and midlevel managers.

BUDDHIST PRACTICE ON WESTERN GROUND

RECONCILING EASTERN IDEALS AND WESTERN PSYCHOLOGY

Shambhala Publications This is the first book to offer Buddhist meditators a comprehensive and sympathetic examination of the differences between Asian and Western cultural and spiritual values. Harvey B. Aronson presents a constructive and practical assessment of common conflicts experienced by Westerners who look to Eastern spiritual traditions for guidance and support—and find themselves confused or disappointed. Issues addressed include: • Our cultural belief that anger should not be suppressed versus the Buddhist teaching to counter anger and hatred • Our psychotherapists' advice that attachment is the basis for healthy personal development and supportive relationships versus the Buddhist condemnation of attachments as the source of suffering • Our culture's emphasis on individuality versus the Asian emphasis on interdependence and fulfillment of duties, and the Buddhist teachings on no-self, or egolessness

LIBRARY JOURNAL

BIBLIOGRAPHIC GUIDE TO PSYCHOLOGY

EU SEM DEFESAS, O

Editora Cultrix

THE PATHWORK OF SELF-TRANSFORMATION

Bantam "The gift of Eva Pierrakos's Pathwork has been with me for twenty years. It is the deepest and most effective spiritual work I have found, and it has helped me realize my dreams. Each time I read it, I am amazed at the depth and breadth of wisdom and love it teaches. It is a practical way of truth that will change your life."—Barbara Ann Brennan, author of Hands of Light For more than twenty years, Eva Pierrakos was the channel for a spirit entity known only as the Guide. Combining rare psychological insight with an inspiring ision of human possibility, the Guide's teachings, known as the Pathwork, have influenced many key New Age thinkers who have studied at Pathwork centers in the United States and abroad. Now, the core teachings of the guide have been collected in one volume synthesizing the essential wisdom of the Pathwork. Under such headings as "The Idealized Self-Image," "The Forces of Love, Eros, and Sex," "Emotional Growth and Its Function," "Real and False Needs," and "The Spiritual Meaning of Crisis," the Pathwork outlines the entire process of personal spiritual development. Unlike many over-idealized philosophies, the Pathwork confronts our devils as well as our anges, our all-too-human failings and petty ego concerns as well as our divine strengths. It shows us how to accept ourselves fully as we are now, and then ot move beyond the negativity, or "lower self," that blocks our personal and spiritual evolution. It offers a practical, rational, and honest way to reach our deepest creative identity. "I would advise that this book be read with a willingness to take time to digest what the Guide says. This is not 'light' reading, thought it is Light reading, I assure you. I find an enormous compatibility between these lectures and Emmanuel's teachings. What a wonderful gift to a wonderful world."—Pat Rodegast, author of Emmanuel's Book

VIVIR SIN MÁSCARAS

MÉTODO PATHWORK PARA ENFRENTAR LOS PATRONES DESTRUCTIVOS QUE LIMITAN TU REALIZACIÓN PERSONAL

Editorial Pax México Qué es el método Pathwork? Una disciplina espiritual contemporánea que promueve nuestro crecimiento personal, encaminando al conocimiento e integración de nuestra vasta realidad interior. Una profunda comprensión de la naturaleza del mal, de la Máscara, del ser inferior personal y el ser superior, así como un proceso eficaz para transformar el lado oscuro de nuestra naturaleza.

FEAR NO EVIL

THE PATHWORK METHOD OF TRANSFORMING THE LOWER SELF

YOGA JOURNAL

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

FORTHCOMING BOOKS

LE TRAVAIL D'UNE VIE

QUAND PSYCHOLOGIE ET SPIRITUALITÉ DONNENT UN SENS À NOTRE EXISTENCE

Robert Laffont *Qui sommes-nous ? Quel est le sens de notre existence ? Comment parvenir à l'essentiel de nous-mêmes ? Il nous arrive à tous de nous dire que nous vivons à la superficie de nous-mêmes, comme des automates, conditionnés par l'idée préconçue de qui nous sommes. Au-delà des apparences, Thierry Janssen nous invite à découvrir ce qui constitue l'essence de notre humanité. Inspiré par la pensée de la Chine et de l'Inde, influencé par les acquis de la psychologie humaniste de l'Occident, il nous propose d'apprivoiser les différents " personnages " qui vivent en nous. Nous apprenons alors à laisser tomber nos masques pour transformer nos peurs et abandonner nos défenses.*

FROM SUFFERING TO JOY

THE PATH OF THE HEART

SelectBooks, Inc. *From Suffering to Joy offers a method of self-discovery that can help bring harmony to your life and help you build truly intimate relationships. Prem Baba is a Brazilian master teacher of an ancient spiritual lineage in India who focuses on building a bridge between spirituality and psychology, East and West. In this book he offers a practical methodology called the Path of the Heart, which can help you learn to: Overcome limiting psychological patterns by recognizing and working with your inner child Take responsibility for and transform the negative conditioning that causes suffering to you and those around you Awaken your higher consciousness through daily practices of meditation and prayer Contribute to resolving global problems through changes in your life By following the Path of the Heart, you will be able to move beyond the limitations of the ego and know the love and joy that are your essence.*

SEEKER

THE TAROT UNVEILED

Llewellyn Worldwide Limited *Winner of the 2006 COVR Award Life can be overwhelming for anyone struggling with finances, career choice, family issues, and romance. Tarot can offer new perspectives, guidance, and inspiration to guide one through life's difficult choices and challenges. Rachel Pollack's warm and friendly approach puts beginners at ease as they learn about tarot and how it applies to their lives. Emphasizing this centuries-old divination tool as a fun way to spark personal insight, she demonstrates how to become familiar with the cards through intuition. Detailed descriptions of the Major and Minor Arcanas are provided, along with examples of how they can apply to one's life. Overall, readers are encouraged to dive into the fascinating world of tarot, where goals, dilemmas, and dreams are brought to life by a colorful cast of characters.*

YOGA JOURNAL

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

COMING TO PEACE

RESOLVING CONFLICT WITHIN OURSELVES AND WITH OTHERS

Sacred Stream *The essence of resolution lies in the recognition of the deep and unbroken connectedness that we share as human beings. This groundbreaking book shows how the processes of Coming to Peace meet those in conflict and provides them a pathway to reconciliation and wholeness.*

LOVE UNBROKEN

Fearless Books

PAPERBOUND BOOKS IN PRINT FALL 1995

Reed Reference Publishing

CORE ENERGETICS

DEVELOPING THE CAPACITY TO LOVE AND HEAL

Liferhythm

IL SÉ INDIFESO

IL SENTIERO DELL'INTEGRITÀ SPIRITUALE

Edizioni Crisalide *In una società in cui la sicurezza viene considerata un valore più importante della verità e dell'amore, la mancanza di difese viene vista più come un difetto da correggere che come un obiettivo da perseguire. In questo suo libro, l'autrice offre una descrizione chiara e pratica dei principi del Sentiero di Eva Pierrakos, secondo i quali la vera sicurezza la si può raggiungere solo aprendo le porte del proprio io difeso alle energie amorevoli e rigeneranti del Vero Sé.*

BLESSED WITH ENERGY

THE MYSTERY OF ENERGY MEDICINE EXPLAINED THROUGH SCIENCE AND SCRIPTURE

Balboa Press *Energy Medicine What is it? Is there any science to it? What does God say about it? This book uses a trinity of proof-easy-to-understand scientific explanation, scriptural support for the concepts, and life experiences to explain how and why energy medicine works. By replacing fears and misconceptions about energy medicine with the truth about the human energy field, you will gain a greater understanding of your own created potential. Understanding how vibrational frequencies affect your physical, mental, and spiritual health will bring into conscious awareness the unseen forces that shape your health. This book will shift your paradigm about your ability to impact your health issues, energy level, and quality of life. When science and faith confirm each other, you are free to step into the powerful healing abilities of your own innate creation and use energy medicine to help facilitate that healing.*

CUMULATIVE BOOK INDEX

A world list of books in the English language.

THE LIBERATED EATER - REVISED AND UPDATED

Now revised and updated! Step into freedom from weight gain, emotional eating, diet rules, body anxiety, and food preoccupation. Embrace the liberty to eat foods you enjoy and live in a body you love. You can indeed have a food-life that's sane, balanced and healthy. The Liberated Eater will help you: Discover why diets haven't worked long term (it's not about willpower). Find proven core behaviors and beliefs that will work-for a lifetime. Confidently live out a consistent, balanced, flexible food-life. Master powerful tools for handling any food encounter - including emotional eating."

BOOKS IN PRINT

MORTAL SPIRIT

A THEORY OF SPIRITUAL-SOMATIC EVOLUTION

iUniverse *Mortal Spirit takes us on a compelling journey from naivete to wisdom, from instinct to heightened consciousness. In an age dominated by psychopharmacological and solution-focused treatments for human discontents, many of us have turned to spiritual teachings for succor. Yet, here too, we often do not find the answers we desire. Human development and spiritual evolution are part of a continuum of self-transcendence. Mortal Spirit is the recognition of our ever evolving nature. The power of Brian Gleason's message is in his willingness to challenge the sacred cows of both psychology and spirituality. Gleason cogently argues that until we accept the biological realities of our beingness we will forever flounder in a fantasy world of hoped for immortality. To be fully alive, in this very moment, is the highest spiritual challenge. We cannot get there through traditional psychotherapy, or classical spiritual practices alone. Gleason's elegant work opens us to a new paradigm called spiritual-*

somatics. Here, we learn that the human energy field must embrace all the potent forces of the universe in a developmentally appropriate sequence. Both pleasure and pain must be fully experienced on this path. The capacity to "tolerate" strong emotions is fundamental to self-transcendence. Spiritual-somatic theory suggests that body and spirit must develop in harmony for personal evolution to unfold.

THE 5 PERSONALITY PATTERNS

YOUR GUIDE TO UNDERSTANDING YOURSELF AND OTHERS AND DEVELOPING EMOTIONAL MATURITY

This bestselling book is a groundbreaking contribution to the psychology self-help field. It provides a simple, clear, true-to-life map of personality that gives anyone the key to understanding people and interacting with them successfully. And it shows you how to shift out of your patterns and back to presence. This is a book that changes lives.

LANDMINES IN MOZAMBIQUE

PREFACE.

CREATING UNION

THE ESSENCE OF INTIMATE RELATIONSHIP

BOEKBLAD

NEW AGE JOURNAL

THE POWER OF PRAYERFUL LIVING

HEALING PRAYERS AND SPIRITUAL GUIDANCE THAT BRING JOY TO EVERY PART OF YOUR LIFE

Daybreak Books Spiritual Advice for All of Life's Challenges More than ever in this frenetic world, we need support in all stages of life. So, like the old local pastor whom people called on in times of joy, crisis, or anxiety, this glorious book comes along to provide a wealth of spiritual and emotional nourishment. Open these pages and listen to an ensemble of respected spiritual authorities offer advice, wisdom, and prayers to address more than 60 of life's difficulties, from managing daily stress to coping with a terminal illness. * On Being a Prayerful Citizen: Pray for change, stand up for what's right, and start pitching in. * On Coping with Financial Crises: Change your spending habits and trust in God. If Job can find a way back, so can you. * On Dating: Don't expect divine matchmaking, but if you're open, God will help you discern what you need in a partner. * On Caring for an Aging Parent: Gently ask how you can help, then do what feels right for both of you. With practical guidance on these and many more life situations, plus moving accounts of real-life prayer miracles, this precious volume will prepare you to face whatever tomorrow brings, in loving connection with God.

BRINKMAN'S CUMULATIEVE CATALOGUS VAN BOEKEN

Voorst een alfabetische lijst van Nederlandsche boeken in België uitgegeven.

INDIVIDUAL COUNSELING AND THERAPY

SKILLS AND TECHNIQUES

Routledge Individual Counseling and Therapy, 3rd edition, goes beyond the typical counseling textbook to teach the language of therapy from the basic to the advanced. Lucidly written and engaging, this text integrates theory and practice with richly illustrated, real-life case examples and dialogues that demystify the counseling process. Readers will learn how to use winning skills and techniques tailored to serve clients—from intake to problem exploration, awareness raising, problem resolution, and termination. Students have much to gain from the text's depth, insights, candor, and practicality—and less to be befuddled by while they develop their therapeutic voice for clinical practice. PowerPoints, chapter test questions, and an instructor's manual are available for download.

SURRENDER TO GOD WITHIN

PATHWORK AT THE SOUL LEVEL

Surrender to God Within takes us beyond personal growth into deeper questions of life's meaning and spiritual reality! Why am I here? What is my life's purpose? Am I part of something larger and more enduring? We can achieve this great transition in human consciousness, leading to the inner peace of knowing and living our true place in the universe.

UNGOVERNED TERRITORIES

UNDERSTANDING AND REDUCING TERRORISM RISKS

Rand Corporation Using a two-tiered framework areas applied to eight case studies from around the globe, the authors of this ground-breaking work seek to understand the conditions that give rise to ungoverned territories and make them conducive to a terrorist or insurgent presence. They also develop strategies to improve the U.S. ability to mitigate their effects on U.S. security interests.

UNESCO GENERAL HISTORY OF AFRICA, VOL. VI, ABRIDGED EDITION

AFRICA IN THE NINETEENTH CENTURY UNTIL THE 1880S

Univ of California Press Volume VI of this acclaimed series is now available in an abridged paperback edition. The result of years of work by scholars from all over the world, The UNESCO General History of Africa reflects how the different peoples of Africa view their civilizations and shows the historical relationships between the various parts of the continent. Historical connections with other continents demonstrate Africa's contribution to the development of human civilization. Each volume is lavishly illustrated and contains a comprehensive bibliography. Volume VI covers the period from the beginning of the nineteenth century to the onset of the European "scramble" for colonial territory in the 1880s. In spite of a growing European commercial, religious, and political presence during the first three quarters of the century, outside influences were felt indirectly by most African societies, and they made a number of culturally distinctive attempts to modernize, expand, and develop. These are detailed in four thematic chapters, twenty-three chapters detailing developments in specific areas, and two concluding chapters tracing the African diaspora and assessing the state of the Continent's political, economic, and cultural development on the eve of the European conquest.