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PRACTICING RADICAL HONESTY

HOW TO COMPLETE THE PAST, LIVE IN THE PRESENT, AND BUILD A FUTURE WITH A LITTLE HELP FROM YOUR FRIENDS

Sparrowhawk Publications

RADICAL HONESTY

HOW TO TRANSFORM YOUR LIFE BY TELLING THE TRUTH

Sparrowhawk Publications This new edition of the source book for the whole Radical Honest movement includes Brad Blanton's accumulated observations since 1994 of those people whose lives have been transformed by getting out of the self-made jails of their minds, and into the truth they have always known.

OBJECTIVE ADVANCED STUDENT'S BOOK WITH ANSWERS WITH CD-ROM

Cambridge University Press An updated and revised edition of the Objective CAE course, which prepares students for Cambridge English: Advanced, also known as Certificate in Advanced English (CAE). The Student's Book contains fresh, updated texts and artwork that provide solid language development, lively class discussion and training in exams skills. The 25 topic-based units include examples from the Cambridge English Corpus to highlight common learner errors and ensuring that students are learning the most up-to-date and useful language required at this level. The interactive CD-ROM provides comprehensive extra practice of the language and topics covered in the book.

HONEST TO GOD

A CHANGE OF HEART THAT CAN CHANGE THE WORLD

Change of Heart That Can Chang This is a conversation between two great minds, exploring the possibilities of creating a world in which the truth is told, compassion is more important than the bottom line and how we can make a contribution to that vision.

GETTING REAL

21 TRUTH SKILLS YOU NEED TO LIVE AN AUTHENTIC LIFE

H J Kramer Everyone values honest communication, yet few people possess the requisite skills in both their personal and professional lives. Susan Campbell provides simple yet practical awareness practices — culled from her thirty-five-year career as a relationship coach and corporate teamwork consultant — that require individuals to ?let go? of the need to be right, safe, and certain. Such questions as ?In what areas of my life do I feel the need to lie, sugarcoat, or pretend?? help guide the reader toward self-realization. Ten truth skills teach readers to let their real personalities shine through.

OBJECTIVE ADVANCED STUDENT'S BOOK WITHOUT ANSWERS WITH CD-ROM

Cambridge University Press Fourth edition of the best-selling Cambridge English: Advanced (CAE) course, updated to prepare for the 2015 revised exam. The Student's Book without answers contains fresh, updated texts and artwork that provide solid language development, lively class discussion and training in exam skills. The 25 topic-based units include examples from the Cambridge English Corpus to highlight common learner errors and ensuring that students are learning the most up-to-date and useful language required at this level. The interactive CD-ROM provides comprehensive extra practice of the language and topics covered in the book. Class Audio CDs containing the recordings for the listening exercises are available separately.

IT'S NOT ABOUT THE MONEY

A FINANCIAL GAME PLAN FOR STAYING SAFE, SANE, AND CALM IN ANY ECONOMY

Harper Collins What do the latest financial thinking and ancient spiritual teachings reveal to us about financial freedom? Top financial advisor Brent Kessel insists financial success and security is "not about the money." Rather, it's about what's inside us—first understanding your emotional relationship to money, and only then taking action. It's Not About the Money expertly and compassionately guides you along the path to financial security and true peace of mind. Kessel, founder of two top wealth-management firms, has the inside scoop on the higher wisdom of personal finances, and he wants to share it with you. Through extensive experience as a financial advisor and spiritual seeker, Kessel has discovered that people need to understand their core financial story in order to make meaningful changes. Some of us are savers or caretakers, says Kessel, while others are pleasure seekers and spend like Hollywood stars; some people are idealists who place greater value on creativity or compassion than on financial security; some of us innocently believe our finances will work out without effort; and others obsess about building empires with lasting value. It's Not About the Money will help you identify your money type, providing information and resources as well as exercises and meditations to inspire a fresh approach to your relationship with money that will change your life.

THE MORE BEAUTIFUL WORLD OUR HEARTS KNOW IS POSSIBLE

North Atlantic Books As seen on Oprah's SuperSoul Sunday In a time of social and ecological crisis, what can we as individuals do to make the world a better place? This inspirational and thought-provoking book serves as an empowering antidote to the cynicism, frustration, paralysis, and overwhelm so many of us are feeling, replacing it with a grounding reminder of what's true: we are all connected, and our small, personal choices bear unsuspected transformational power. By fully embracing and practicing this principle of interconnectedness—called interbeing—we become more effective agents of change and have a stronger positive influence on the world. Throughout the book, Eisenstein relates real-life stories showing how small, individual acts of courage, kindness, and self-trust can change our culture's guiding narrative of separation, which, he shows, has generated the present planetary crisis. He brings to conscious awareness a deep wisdom we all innately know: until we get our selves in order, any action we take—no matter how good our intentions—will ultimately be wrongheaded and wronghearted. Above all, Eisenstein invites us to embrace a radically different understanding of cause and effect, sounding a clarion call to surrender our old worldview of separation, so that we can finally create the more beautiful world our hearts know is possible. With chapters covering separation, interbeing, despair, hope, pain, pleasure, consciousness, and many more, the book invites us to let the old Story of Separation fall away so that we can stand firmly in a Story of Interbeing.

WILDEST COLTS MAKE THE BEST HORSES, THE

Chipmunkapublishing ltd DescriptionWhat to do when your child is labelled a problem by the schools. The truth about Ritalin, ADHD and other 'disruptive behavioral disorders'. In this revised and expanded Chipmunka edition, John Breeding sends out a powerful message and strong support for adults who want to encourage the spirited development of our children. The book calls for a halt to the epidemic drugging of young people for so-called ADHD and other alleged mental illnesses. This book shows us how to counsel our children and insists we must not forsake the great gift of viewing them with the 'eyes of delight!' John is a clear, strong advocate for young people and a great ally to parents wanting support to repond to their children in a positive way. About the Author John Breeding PhD is a counselling psychologist from Austin, Texas USA. John is director of 'Texans For Safe Education', a citizen's group dedicated to challenging the ever-increasing role of psychiatry, especially psychiatric drugs, in schools. He is also active on other challenges of psychiatric oppression, and is a steering committee member of the Coalition for the Abolition of Electroshock in Texas (CAEST), whose website is www.endofshock.com. His personal website, www.wildestcolts.com, is a great resource on parenting, psychology and psychiatry. Dr. Breeding obtained his doctorate in School Psychology from the University of Texas. He is the author of three Chipmunka books, 'The Wildest Colts Make the Best Horses', 'The Necessity of Madness and 'Eyes Wide Open'. He has written several other books on a variety of subjects. John is the father of two teenagers, Eric and Vanessa

WHY GOOD SEX MATTERS

UNDERSTANDING THE NEUROSCIENCE OF PLEASURE FOR A SMARTER, HAPPIER, AND MORE PURPOSE-FILLED LIFE

Houghton Mifflin A sex therapist and neuroscientist describes anhedonia, the inability to feel a satisfactory amount of pleasure—and provides the pathway back to fully enjoying sex, food, time with family and friends, and other pastimes, while also staving off depression, anxiety, and addiction.

THE TRUTH ABOUT LIES

THE ILLUSION OF HONESTY AND THE EVOLUTION OF DECEIT

St. Martin's Press Why do you believe what you believe? You've been lied to. Probably a lot. We're always stunned when we realize we've been deceived. We can't believe we were fooled: What was I thinking? How could I have believed that? We always wonder why we believed the lie. But have you ever wondered why you believe the truth? People tell you the truth all the time, and you believe them; and if, at some later point, you're confronted with evidence that the story you believed was indeed true, you never wonder why you believed it in the first place. In this incisive and insightful taxonomy of lies and liars, New York Times bestselling author Aja Raden makes the surprising claim that maybe you should. Buttressed by history, psychology, and science, *The Truth About Lies* is both an eye-opening primer on con-artistry—from pyramid schemes to shell games, forgery to hoaxes—and also a telescopic view of society through the mechanics of belief: why we lie, why we believe, and how, if at all, the acts differ. Through wild tales of cons and marks, Raden examines not only how lies actually work, but also why they work, from the evolutionary function of deception to what it reveals about our own. In her previous book, *Stoned*, Raden asked, "What makes a thing valuable?" In *The Truth About Lies*, she asks "What makes a thing real?" With cutting wit and a deft touch, Raden untangles the relationship of truth to lie, belief to faith, and deception to propaganda. *The Truth About Lies* will change everything you thought you knew about what you know, and whether you ever really know it.

MONEYBALL (MOVIE TIE-IN EDITION) (MOVIE TIE-IN EDITIONS)

W. W. Norton & Company Explains how Billy Beene, the general manager of the Oakland Athletics, is using a new kind of thinking to build a successful and winning baseball team without spending enormous sums of money.

NOT NICE

STOP PEOPLE PLEASING, STAYING SILENT, AND FEELING GUILTY... . AND START SPEAKING UP, SAYING NO, AND UNAPOLOGETICALLY BEING YOURSELF

Center for Social Confidence Are You Too Nice? If you find it hard to be assertive, directly ask for what you want, or say "no" to others, then you just might be suffering from too much niceness. In this controversial book, world-renowned confidence expert, Dr. Aziz Gazipura, takes an incisive look at the concept of nice. Through his typical style, Dr. Aziz uses engaging stories, humor, and disarming vulnerability to cut through the nice conditioning and liberate the most bold, expressive, authentic version of you. You'll discover how to: => Easily say "no" when you want to and need to. => Confidently and effectively ask for what you want. => Speak up more freely in all your relationships. => Eliminate feelings of guilt, anxiety, and worry about what others will think.

EMOTIONAL LITERACY

INTELLIGENCE WITH A HEART

Personhood Press "This step-by-step program opens the door to achieving emotional power. Instructions are given on how emotional literacy—intelligence with a heart—can be learned through practicing specific exercises that foster the awareness of emotion in oneself and others, by increasing capacities to love others and oneself while developing honesty, and by taking responsibility for one's actions. Provided are instructions on how to reverse the dangerous self-destructive emotional patterns that can rule a person's life. This program shows individuals how to open their hearts and minds to honest and effective communication, how to survey the emotional landscape, and ultimately how to take responsibility for their emotional lives."

THE LAST LAUGH

Hay House, Inc "I stood on the bridge just before midnight, the wind from the ocean arriving in violent blasts, as if saying under its breath, 'Jump, motherf***er, jump.' This was the last of a string of attempted departures, most orchestrated in my tired mind. Always a bitter reminder of all that had been lost and destroyed by my foolishness." When suicide feels like your best option, you know something has gone horribly wrong - and that's just how Matt Thomson felt. He had lost everything: his wife, his children, his job, all his money, and his front door key. But everything changes when he meets Joey Murphy, ex-Merchant Marine, entrepreneur, teacher, and wild man, an enigmatic mixture of Forrest Gump, Merlin, and a long-lost best friend. Upon hearing Matt's woes, Joey offers Matt a life-changing deal he can't resist: "The life you know has been completely predetermined by automatic habits, both your triumphs and your failures. If you are really at the end of your rope, these habits will drop away, and you will be free . . . I give you ten days, starting today. I will show you all you need to see. It is up to you." And with the deal struck, Joey leads Matt on the roller-coaster ride of his life: a ten-day adventure filled with dodging cop cars, playing Blind Man's baseball on the edge of a cliff, finding heaven in a Taco Bell, and learning how to open the hearts of total strangers. Joey introduces Matt to "the True Teacher," but also leads him to face his own deepest darkness and despair.

THE YEARBOOK OF EXPERTS, AUTHORITIES AND SPOKESPERSONS

AN ENCYCLOPEDIA OF SOURCES

TOMORROW'S GOD

OUR GREATEST SPIRITUAL CHALLENGE

Simon and Schuster Furnishing an outline for a new form of spirituality, the best-selling author of *Conversations with God* creates a question-and-answer dialogue between the author and God in which he describes a new form of spirituality that will enhance each individual's life and discusses such topics as sex, relationships, politics, and other timely topics. Reprint. 100,000 first printing.

EVE'S MEN

Diversion Publishing Corp. Brothers clash over the woman they both love in a provocative thriller by "one of the truly great American writers of the 20th century" (*The Guardian*). A classic bad seed and his good-guy brother fall in love with the same woman. Wild man Brian demolishes a movie set as revenge against the studio he feels is defaming him. As Brian rampages from Colorado to Seattle with girlfriend, Eve, in tow, his brother, Charley, follows, unnerved by Brian's increasingly violent behavior. Eve, Brian, and Charley are on a crusade ride through mayhem and madness, where one seeks justice, another seeks redemption, and all three seek something in the ruins—each other. *Eve's Men* is a fascinating trip with a volatile man and those who love him. "A commanding writer of unusual delicacy and power." —*The New Yorker* "A born storyteller." —*St. Louis Post-Dispatch*

RADICAL PARENTING

SEVEN STEPS TO A FUNCTIONAL FAMILY IN A DYSFUNCTIONAL WORLD

Sparrowhawk Publications This book brings together the concepts set forth in Blanton's 3 previous books and applies them systematically to child rearing.

PRE-INCIDENT INDICATORS OF TERRORIST INCIDENTS

THE IDENTIFICATION OF BEHAVIORAL, GEOGRAPHIC AND TEMPORAL PATTERNS OF PREPARATORY CONDUCT

DIANE Publishing This is a print on demand edition of a hard to find publication. Explores whether sufficient data exists to examine the temporal and spatial relationships that existed in terrorist group planning, and if so, could patterns of preparatory conduct be identified? About one-half of the terrorists resided, planned, and prepared for terrorism relatively close to their eventual target. The terrorist groups existed for 1,205 days from the first planning meeting to the date of the actual/planned terrorist incident. The planning process for specific acts began 2-3 months prior to the terrorist incident. This study examined selected terrorist groups/incidents in the U.S. from 1980-2002. It provides for the potential to identify patterns of conduct that might lead to intervention prior to the commission of the actual terrorist incidents. Illustrations.

TRUTH IN DATING

FINDING LOVE BY GETTING REAL

H J Kramer Millions of single people — whether never married or divorced — put a lot of energy into meeting and dating new people, but because they don't invest their true selves, their efforts often go nowhere. To counter this trend, Susan M. Campbell presents an approach to dating that many consider radical: Be honest about yourself and ask for what you want, up front. Campbell shows people how to have fun by flirting truthfully; date without getting ahead of the relationship; enjoy the freedom of being themselves; relate to their dates with honesty; realistically examine what a romantic partner can — and can't — offer in the way of fulfillment and happiness; and move forward when the time is right, or say goodbye if it's not working. On the way to finding the love of their lives, readers gain the tools they need to successfully manage the entire process.

THE SEA OF TROLLS

Simon and Schuster After Jack becomes apprenticed to a Druid bard, he and his little sister Lucy are captured by Viking Berserkers and taken to the home of King Ivar the Boneless and his half-troll queen, leading Jack to undertake a vital quest to Jotunheim, home of the trolls.

PRO TRUTH

A PRACTICAL PLAN FOR PUTTING TRUTH BACK INTO POLITICS

John Hunt Publishing How can we turn back the tide of post-truth politics, fake news, and misinformation that is damaging our democracy? First, by empowering citizens to recognize and resist political lies and deceptions: Using cutting-edge neuroscience research, we show you the tricks post-truth politicians use to exploit our mental blindspots and cognitive biases. We then share with you strategies to

protect yourself and others from these threats. Second, by addressing the damage caused by the spread of fake news on social media: We provide you with effective techniques for fighting digital misinformation. Third, by exerting pressure on politicians, media, and other public figures: Doing so involves creating new incentives for telling the truth, new penalties for lying, and new ways of communicating across the partisan divide. To put this plan into action requires the rise of a Pro-Truth Movement - a movement which has already begun, and is making a tangible impact. If you believe truth matters, and want to protect our democracy, please read this book, and join us. In the lead up to the 2020 US Presidential Election, Dr. Gleb Tsipursky and Tim Ward have teamed up to help citizens learn to protect themselves from lies, and empower them to put truth back into politics.

INTEGRITY, HONESTY, AND TRUTH SEEKING

Oxford University Press, USA Ask a child what qualities make for a good person, and she would likely say "telling the truth." Indeed, honesty is a character trait whose worth even children recognize, and a virtue crucial on both intimate and global scales, significant in everything from our relationships to our politicians' accountability. The past forty years have witnessed a dramatic resurgence of philosophical interest in the virtues, understood as qualities that dispose one to think, feel, and act with excellence. And yet there has been surprisingly little work among philosophers aimed at helping us better understand the interwoven virtues of honesty, integrity, and truth-seeking. Edited by philosophers Christian B. Miller and Ryan West, this interdisciplinary volume significantly advances the discussion of this cluster of truth-related virtues by incorporating the insights and perspectives of experts in philosophy, law, communication and rhetorical studies, theology, psychology, history, and education. Each section is devoted to one virtue, and comprises a conceptual chapter about the nature of the virtue in question, an application chapter which explores how the virtue plays a central role in an area of human life, and a developmental chapter covering some of the ways people can foster this virtue in life. Additionally, the volume addresses honest and dishonest behavior, the fastest growing and most influential research areas in moral psychology today. Every reader will come away from this volume with deepened knowledge and appreciation for the essential role honesty takes in our world, and profound reason for developing and sustaining it in life.

CHICKA CHICKA BOOM BOOM

BOOK & CD

Simon and Schuster In a rhythmic alphabet chant, all the letters race one another up the coconut tree.

MICROSOFT MANUAL OF STYLE

Pearson Education Maximize the impact and precision of your message! Now in its fourth edition, the Microsoft Manual of Style provides essential guidance to content creators, journalists, technical writers, editors, and everyone else who writes about computer technology. Direct from the Editorial Style Board at Microsoft—you get a comprehensive glossary of both general technology terms and those specific to Microsoft; clear, concise usage and style guidelines with helpful examples and alternatives; guidance on grammar, tone, and voice; and best practices for writing content for the web, optimizing for accessibility, and communicating to a worldwide audience. Fully updated and optimized for ease of use, the Microsoft Manual of Style is designed to help you communicate clearly, consistently, and accurately about technical topics—across a range of audiences and media.

THE CHANEL SISTERS

A NOVEL

Harlequin A USA Today and Globe and Mail bestseller! A novel of survival, love, loss, triumph—and the sisters who changed fashion forever Antoinette and Gabrielle “Coco” Chanel know they’re destined for something better. Abandoned by their family at a young age, they’ve grown up under the guidance of nuns preparing them for simple lives as the wives of tradesmen or shopkeepers. At night, their secret stash of romantic novels and magazine cutouts beneath the floorboards are all they have to keep their dreams of the future alive. The walls of the convent can’t shield them forever, and when they’re finally of age, the Chanel sisters set out together with a fierce determination to prove themselves worthy to a society that has never accepted them. Their journey propels them out of poverty and to the stylish cafés of Moulins, the dazzling performance halls of Vichy—and to a small hat shop on the rue Cambon in Paris, where a boutique business takes hold and expands to the glamorous French resort towns. But the sisters’ lives are again thrown into turmoil when World War I breaks out, forcing them to make irrevocable choices, and they’ll have to gather the courage to fashion their own places in the world, even if apart from each other. “The Chanel Sisters explores with care the timeless need for belonging, purpose, and love, and the heart’s relentless pursuit of these despite daunting odds. Beautifully told to the last page.” —Susan Meissner, bestselling author of *The Last Year of the War*

THE CASTLE IN THE ATTIC

Holiday House The classic children's story about a young boy, his toy castle, and a magical adventure that reveals the true meaning of courage When his beloved caretaker Mrs. Phillips tells him she's leaving, William is devastated. Not even her farewell gift of a model medieval castle helps him feel better—though he has to admit it's fascinating. From the working drawbridge and portcullis to the fully-furnished rooms, it's perfect in every detail. It almost seems magical. And when William looks at the silver knight, the tiny figure comes to life in his hand—and tells him a tale of a wicked sorcerer, a vicious dragon, and a kingdom in need of a hero. Hoping the castle's magic will help him find a way to make his friend stay, William embarks on a daring quest with Sir Simon, the Silver Knight—but he will have to face his own doubts and regrets if he's going to succeed. William's story continues in *The Battle for the Castle*, available as a redesigned companion edition. An IRA-CBC Children's Choice A California Young Reader Medal Winner A Dorothy Canfield Fisher Children's Book Award Winner Nominated for 23 State Book Awards

SOME NEW KIND OF TRAILER TRASH

Sparrowhawk Publications Brad Blanton is at ease in this first volume of his autobiography. Some NEW Kind of Trailer Trash, telling any tale about himself, including the most intimate, demonstrating the interior security and self-deprecating humor, which it would seem support his international reputation as a gestalt therapist, seminar leader, and writer published all over the world. He owns into his life in all aspects, and finds in his weirdness his salvation, demonstrating the radical honesty he's made famous, and rooting his self-understanding, which is considerable, in his childhood. Transformation personified.

I SURVIVED THE GREAT CHICAGO FIRE, 1871 (I SURVIVED #11)

Scholastic Inc. Could an entire city really burn to the ground?

THE RED UMBRELLA

Yearling Books In 1961 after Castro has come to power in Cuba, fourteen-year-old Lucia and her seven-year-old brother are sent to the United States when her parents fear that the children will be taken away from them as others have been.

A CURE FOR DARKNESS

THE STORY OF DEPRESSION AND HOW WE TREAT IT

Simon and Schuster A fascinating, “rich, and generous” (Financial Times) look at the treatment of depression by an award-winning science writer that blends popular science, narrative history, and memoir. Is depression a persistent low mood, or is it a range of symptoms? Can it be expressed through a single diagnosis, or does depression actually refer to a diversity of mental disorders? Is there, or will there ever be, a cure? In seeking the answers to these questions, Riley finds a rich history of ideas and treatments—and takes the reader on a gripping narrative journey, packed with fascinating stories like the junior doctor who discovered that some of the first antidepressants had a deadly reaction with cheese. “Interweaving memoir, case histories, and accounts of new therapies, Riley anatomizes what is still a fairly young science, and a troubled one” (The New Yorker). Reporting on the field of global mental health from its colonial past to the present day, Riley highlights a range of scalable therapies, including how a group of grandmothers stands on the frontline of a mental health revolution. Hopeful, fascinating, and profound, *A Cure for Darkness* is “recommended reading for anyone with even a peripheral interest in depression” (Washington Examiner).

POLYAMORY

THE NEW LOVE WITHOUT LIMITS

CONGRESSIONAL RECORD

PROCEEDINGS AND DEBATES OF THE ... CONGRESS

The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in *The Debates and Proceedings in the Congress of the United States (1789-1824)*, *The Register of Debates in Congress (1824-1837)*, and *The Congressional Globe (1833-1873)*

JUST BE HONEST

DON'T BELIEVE EVERYTHING YOU THINK

THE 6 BASIC MISTAKES WE MAKE IN THINKING

Prometheus Books Do you believe that you can consistently beat the stock market if you put in the effort? —that some people have extrasensory perception? —that crime and drug abuse in America are on the rise? Many people hold one or more of these beliefs although research shows that they are not true. And it’s no wonder since advertising and some among the media promote these and many more questionable notions. Although our creative problem-solving capacity is what has made humans the successful species we are, our brains are prone to certain kinds of errors that only careful critical

thinking can correct. This enlightening book discusses how to recognize faulty thinking and develop the necessary skills to become a more effective problem solver. Author Thomas Kida identifies "the six-pack of problems" that leads many of us unconsciously to accept false ideas: · We prefer stories to statistics. · We seek to confirm, not to question, our ideas. · We rarely appreciate the role of chance and coincidence in shaping events. · We sometimes misperceive the world around us. · We tend to oversimplify our thinking. · Our memories are often inaccurate. Kida vividly illustrates these tendencies with numerous examples that demonstrate how easily we can be fooled into believing something that isn't true. In a complex society where success—in all facets of life—often requires the ability to evaluate the validity of many conflicting claims, the critical-thinking skills examined in this informative and engaging book will prove invaluable.

DIGITAL DHARMA

A USER'S GUIDE TO EXPANDING CONSCIOUSNESS IN THE INFOSPHERE

Quest Books Digital Dharma has something for everyone. It is for technology experts and yoga fanatics alike. Whether you're simply seeking the spiritual, already practicing a spiritual tradition, or a Body-Mind-Spirit reader with ambivalent feelings about your computer and cell phone, this book will guide you on the path toward a new consciousness. Similarly, novices of the digital world, media junkies, and technology "utopians" who understand at some level there is much yet to be learned from the Infosphere, will all find intriguing, useful material here.

CONSCIOUS LOVING

THE JOURNEY TO CO-COMMITMENT

Bantam Here is a powerful new program that can clear away the unconscious agreements patterns that undermine even your best intentions. Through their own marriage and through twenty years' experience counseling more than one thousand couples, therapists Gay and Kathlyn Hendricks have developed precise strategies to help you create a vital partnership and enhance the energy, creativity, and happiness of each individual. You will learn how to: Let go of power struggles and need for control; Balance needs for closeness and separateness; Increase intimacy by telling the "microscopic truth"; Communicate in a positive way that stops arguments; Make agreements you can keep; Allow more pleasure into your life. Addressed to individuals as well as to couples, Conscious Loving will heal old hurts and deepen your capacity for enjoyment, security, and enduring love.

SAYING WHAT'S REAL

SEVEN KEYS TO AUTHENTIC COMMUNICATION AND RELATIONSHIP SUCCESS

H J Kramer Susan Campbell's advice is as provocative as it is simple: stay present and get real in your relationships. Demystifying the process of becoming completely honest with your spouse, your friends, and your business associates, she provides seven key phrases that will dramatically improve your ability to communicate. In these pages, Dr. Campbell offers succinct and practical insight on how to transform your communication into a process of relating to others in a direct and positive way. The seven key phrases will show you how to: bring passion and vitality to your interactions respond authentically to mixed messages and hidden agendas deal effectively with conflict and differences transmit a powerful personal presence clear anger and resentment in a nonblaming, compassionate way keep your mind free of unfinished business and unprocessed feelings express your needs powerfully and without manipulation

THE ART OF SPEEDREADING PEOPLE

HARNESS THE POWER OF PERSONALITY TYPE AND CREATE WHAT YOU WANT IN BUSINESS AND IN LIFE

Little Brown Shows readers how to identify key personality characteristics in order to communicate better