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Tunnel Vision

A FOCUSED LIFE

Jan Howard

Tunnel Vision A Focused Life

Gina Pera



Tunnel Vision A Focused Life:

Tunnel Vision Isadora Fokine Beauregard,2015-01-20 There exist new and creative ways to successfully cushion lives surrounded by violence There are ways to speak to act and to focus in order to promote positive energy flow and to enjoy a healthier and less troubled post trauma life A learned behavior pattern Tunnel Vision is utilized to reduce the likelihood of the perpetuation of trauma Self empowerment brought about by consistent nurturing and loving support backed with a disciplined imagination and focus will lead to a more stable and violence free life Saving one individual at a time from the affects of violence trauma and abuse is the paramount objective of this book Outcomes utilizing Tunnel Vision methodology are simple to implement yet profound in how consistent implementation and follow through will positively affect each life it touches This goal to save children and adults from violence will be met for all those that embrace Tunnel Vision

Phenomenal Vision Eyesight to Life Sight Rev. Dr. Leonidas A. Johnson Optometrist,2021-03-16 Vision what is it Vision is a physical mental and spiritual phenomena of enlightenment Phenomenal Vision Eyesight to Life Sight is an intriguing exploration of Rev Dr Leonidas A Johnson s pioneering insight into the relationship between eyesight and the various ways we view and process information in life The aim of this book is not only to help teach how to process information about our world that encompasses a biblical worldview but also to help develop a biblically sound decision making strategy According to him next to life itself God s most precious gift is sight the window to this thing called life Poor life sight is a preventable tragedy Why view life through a dirty or fogged up window Poor life sight is correctable Dr Leonidas has spent a lifetime helping people to see In these last days he has written this book to help you to see To live a phenomenal life you must have phenomenal vision To have phenomenal vision you must have phenomenal life sight How is your eyesight and more importantly how is your life sight For an answer read this book it s key 2 Page [Discovering Balance](#) Robyn Raye Gosbee,2019-04-15 Robyn Raye Gosbee often made the wrong choices when she was younger Decades later she examined what she d accomplished and realized she was living a life that didn t fulfill her spirit Despite the trappings of success she wasn t making a difference in a way that mattered With some soul searching she realized that understanding her own adult values were critical to success in life and that they had taken a backseat in her decision making In this self help guide to coming to terms with the past and heading in a new direction she draws on the teachings of Dr Wayne Dyer and others to help you create a strong foundation of self to build resilience confidence and a greater feeling of self worth take charge of your life to achieve greater happiness and fulfillment navigate daily life with kindness calm and grace If you re feeling overwhelmed with all that life is throwing at you and you want to enjoy a fuller healthier and more fulfilling journey then it s time to Love Yourself into Balance **The Great Exchange** Clarice Witherspoon,2021-06-15 The Great Exchange Being Restored Better Than Before Life can result in unresolved issues unanswered questions and overwhelming emotions can cause one to feel justified in releasing bitter actions towards life however regardless of the

justification whatever we plant and water in ground of this life shall be our reaping therefore taking deep self examinations are necessary to ensure our reaping season is that of better and not bitter what so ever is sown shall be reaped The choice is yours In the year of 2014 while focused on achieving the life I had dreamed of midstream with no warning my life was drastically altered I traveled to London in August turned fifty in October by the fourth quarter of the year all my children were grown and gone and before the celebration could start I blinked and I was a widow before the end of the same year This sudden alteration was certainly not a part of my life plans nor anything I had dream about or hope for yet a reality that I had to embrace As I begin dealing with the Aftermath and sorting through the debris of destruction left behind I knew to live in this place would choke the life out of me therefore I begin to pick up the broken pieces and create life after yet another life changing storm

The Holistic You Workbook Rabbi Daniel Lapin, Susan Lapin, 2023-09-20 An essential companion to The Holistic You In The Holistic You Integrating Your Family Finances Faith Friendships and Fitness Workbook the renowned Rabbi Daniel Lapin delivers a practical companion and accompaniment to his widely read The Holistic You If you were inspired by the idea of holistic life renewal but aren't sure of the next step this book is for you In the workbook you'll find practical strategies for implementing the 5F crosslinks into your personal and business lifeplans Exercises include Explorations and descriptions of how characteristics such as punctuality zeal and humility can be used to enhance every aspect of one's life Additional study materials for readers who wish to become 5F trainers Developing each F even when one is introverted or otherwise handicapped Restoring relationships after years of neglect Replacing passivity with ambitious activism Implementing the power of partnership into every part of life An indispensable and hands on resource for people who want to get the absolute most out of the already powerful The Holistic You this workbook is a can't miss source of wisdom perfect for investors entrepreneurs parents and anyone looking for applicable and relevant advice they can apply immediately at home at work at school and anywhere else

Mindfulness-Oriented Recovery Enhancement Eric L. Garland, 2024-07-19 The opioid crisis arose in part due to the attempt to relieve chronic pain Meeting a huge need this is the authoritative presentation of Mindfulness Oriented Recovery Enhancement MORE for chronic pain and opioid use MORE is one of the few evidence based treatments shown to simultaneously reduce opioid use and or addiction pain and co occurring emotional distress MORE integrates mindfulness training with principles of cognitive behavioral therapy and positive psychology In a convenient large size format the book provides everything needed to set up and run MORE groups Treatment developer Eric L. Garland supplies session by session guidelines sample scripts clinical pointers guided practices and psychoeducational resources including 16 reproducible handouts that can be photocopied or downloaded

Reflections of Life Kenneth D. Williams, 2016-05-21 Reflections on Life is a semi biography of my life's experiences I found that poetry was my best outlet for expressing my thoughts on many of my personal experiences and most of them are inspired by either an individual or a life event that I felt a need to capture and share Many people may have had similar experiences and can relate

with my words I hope that my penned words can be an inspiration or can offer solitude or gratification to others Writing is a gift from God and I hope that my gift will be a present to your presence and a pathway to individual peace *The Inner Edge* Joelle K. Jay, 2009-08-10 An esteemed executive coach shows managers and leaders how they can achieve personal and professional success and leave a mark on the world Dr Joelle Jay's *The Inner Edge: The 10 Practices of Personal Leadership* draws on timeless principles and Jay's experiences with hundreds of leaders from America's most successful and admired companies setting out ten essential components of leading well and living well In *The Inner Edge* Dr Jay offers customized coaching to help leaders overcome challenges leverage opportunities and maximize their talents teams and time Through vivid examples conversations with accomplished leaders insightful perspectives on leadership and thought provoking questions and exercises Jay shows readers that leadership is not just a label but a way of life Finding your edge gaining clarity focusing and taking action expanding your knowledge under Jay's training these and other principles become concrete achievable assets for living and leading The result is an essential resource for helping leaders get results for their organizations in a way that capitalizes on and enriches their own unique identity **Is It You, Me, or Adult A.D.D.?** Gina Pera, 2022-03-31 Winner of four national book awards Revised First Edition 2022 *Is It You Me or Adult ADHD* has helped thousands of readers worldwide to understand how this highly variable syndrome affects them Professionals and couples who have elevated their lives with its wisdom recommend it to others In this highly endorsed clearly written and comprehensive guide Gina Pera guides you in making sense of your own Adult ADHD Roller Coaster She helps you to View ADHD as a variable syndrome affecting individuals not clones Realize how a later in life ADHD diagnosis creates additional issues Revise misinterpretations of symptoms forged long ago that can thwart progress now Heal poor coping responses and dysfunctional interaction cycles as individuals and couples Implement practical supports to completing routine tasks and reaching long term goals with teamwork Appreciate how poorly managed ADHD can also negatively affect the spouses and other loved ones Delve into denial's dual nature physiological and psychological and reach through it Adopt proven approaches that remain extremely rare in clinical settings The science has been clear since 1994 when Adult ADHD was declared a medical diagnosis Still the public harbors misconceptions and that means millions suffer needlessly That includes millions of couples who can't understand why their lives together are so hard often despite many attempts at therapy The simple truth is Everyone knows someone with adult ADHD Yet we often misattribute the symptoms to anxiety depression or even laziness selfishness addictive personality or moodiness Some assume that ADHD means little boys with ants in their pants In fact childhood hyperactivity goes underground as the person matures resulting in a mentally restless state Meticulously researched and written by Gina Pera *Is It You Me or Adult ADHD* helps you recognizing the behaviors where you least expect them and developing compassion for everyone wrestling with unrecognized ADHD symptoms It also offers Explanations from preeminent experts Plenty of real life details Easy to understand detailed advice on the best treatment options and practical

solutions The revolutionary message is one of hope for millions of people and a joyous opportunity for a better life *David's Walk with God* Lonny E. Young, 2019-04-12 In 1 Samuel 13 14 and later in the book of Acts 13 22 David is called a man after God's own heart This intrigued me I sought to do a study of David's life using 1 Samuel 16 through 1 Kings 2 and walk with David and try to learn why King David had this title

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