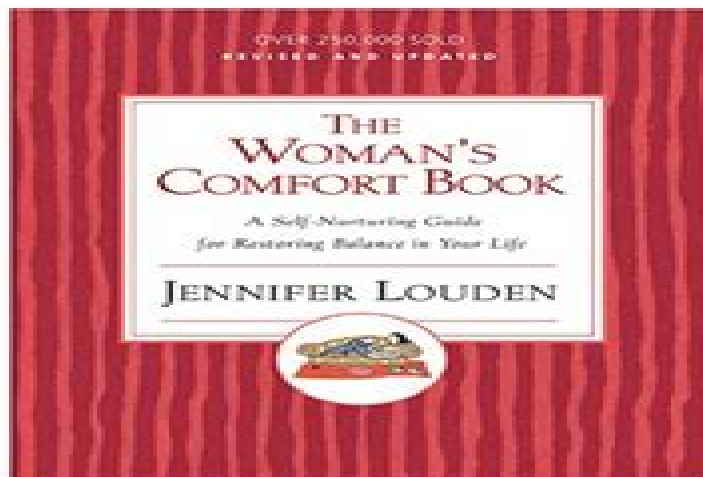


The Woman's Comfort Book: A Self-Nurturing Guide for Restoring Balance in Your Life



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The Woman's Comfort Book Jennifer Loudon, 2024-04-16 With over 200 prescriptions for giving yourself a break this book helps the reader to sort out guilty feelings about self nurture and to define her comfort self nurture needs In this book the author delivers a host of creative and comforting programmes like the self care schedule creative selfishness creating a comfort network body delights a personal sanctuary the comfort journal bathing pleasures and comfort rituals Organised by topic and cross referenced throughout this guidebook is designed to appeal to women of all ages The new edition has been revised and updated for modern women **Mother Rising** Yana Cortlund, Barb Lucke, Donna Miller Watelet, 2012-05-09 Different from a baby shower where gifts are lavished upon the soon to be born child a blessingway ceremony honors the mother to be and creates a circle of support that will cradle her as she prepares to give birth Surrounded by the most important women in her life she can explore the challenges and joys that lie before her gaining a sense of power and confidence that will help her rise to motherhood MOTHER RISING shows women how to organize and personalize a blessingway for the expecting friends and family an experience that will give the mother to be the best possible gifts of deep happiness serenity and abundance of love A resource for planning and hosting a blessingway ceremony a woman centered celebration of the journey into motherhood Ideal gift for or from an expectant mother who wants a more meaningful and transformational experience than the traditional gift focused baby shower Outlines the five stages of the blessingway ritual from establishing a safe and sacred space to honoring and pampering the mother to be Finalist in both the 2004 Independent Publisher Book Awards and Foreword magazine s Book of the Year Awards Features sidebars inspirational quotations resources and checklists **A Woman's Book of Rituals and Celebrations** Barbara Ardinger, Ph.D., 2011-12-11 This is a handbook on how to perform sacred ceremonies in the tradition of Goddess spirituality in one s own home with ordinary household items An annual cycle of celebrations is included as is advice on how to set up an altar and use simple tools The author a practitioner of Wicca witchcraft expounds the life affirming eco feminist values of that tradition Suggestions for rituals and ideas for inventing one s own are given Poetry and blessings blend in a title which supports celebration of the Goddess image in daily life These rituals are personal moving rites which celebrate love and peace and which act as meditations for considering new rituals old traditions and the course of women s lives **Her Healthy Heart** Linda Ojeda, 1998 Describes the risk factors for heart disease recommends lifestyle and diet changes and discusses antioxidants B vitamins minerals and supplements **Hip Tranquil Chick** Kimberly Wilson, 2010-09-24 Hip Tranquil Chick addresses that huge but unacknowledged demographic of fashionistas equally at home at Bergdorf s and the yoga studio The book is divided into two major sections that cover all bases for the style minded seeker On the Mat shares seven must have modern girl yoga sequences such as Healing Hip Openers and Negativity Releasing Heart Openers and explains yoga philosophy in hip chick language Off the Mat showcases nine ways to become more fabulous and balanced by incorporating yogic qualities like

introspection strength and flexibility into daily life The nine lifestyle chapters reveal how to turn on the mat wear into on the town style how to create soulful surroundings at home and work mindful money management finding a passion filled career how strategic soiree throwing creates community tips for practicing social consciousness and more Each chapter is accompanied by helpful OMwork to translate these concepts into reality Abundant illustrations accentuate the text and a savvy sources section encourages further exploration

Coping When You Are the Survivor of Violent Crime Barbara Moe,1998-12-15 Discusses the causes of violent crimes the stages of recovery the criminal justice system and its effect on victims grief vengeance security measures and where to find help

HIV Mental Health for the 21st Century Mark G. Winiarski,1997-03 As we approach the 21st century we also approach the third decade of the AIDS epidemic Mental health care providers must face the crucial fact that the human immunodeficiency virus HIV and the condition it causes Acquired Immune Deficiency Syndrome AIDS is the leading cause of death among Americans aged 25 44 years HIV Mental Health for the 21st Century provides a roadmap for mental health professionals who seek to develop new strategies aimed at increasing the longevity and quality of life for people living with HIV AIDS as well as at controlling the future spread of the disease Divided into five sections this volume covers basic concepts in HIV AIDS mental health specialized aspects of HIV AIDS clinical care models of clinical care program evaluation and HIV mental health policy and programs Chapters treat issues such as feelings of caregivers the role of spirituality in mental health care rural practice mental health home care and working with children

Walking in This World Julia Cameron,2003-09-29 In this long awaited sequel to the international bestseller *The Artist's Way* Julia Cameron presents the next step in her course of discovering and recovering the creative self *Walking in This World* picks up where Julia Cameron's bestselling book on the creative process *The Artist's Way* left off to present readers with a second course Part Two in an amazing journey toward discovering our human potential Full of valuable new strategies and techniques for breaking through difficult creative ground this is the intermediate level of the *Artist's Way* program A profoundly inspired work by the leading authority on the subject of creativity *Walking in This World* is an invaluable tool for artists This second book is followed by *Finding Water* the third book in *The Artist's Way* trilogy

Clutter Clearing Choices Barbara Tako,2010-05-11 In uncertain times clutter clearing frees time for life priorities and provides opportunities to share our extras to help others as we create a comfortable home for our family

The Artist's Way Julia Cameron,2016-10-25 With its gentle affirmations inspirational quotes fill in the blank lists and tasks write yourself a thank you letter describe yourself at 80 for example *The Artist's Way* proposes an egalitarian view of creativity Everyone's got it *The New York Times Morning Pages* have become a household name a shorthand for unlocking your creative potential *Vogue* Over four million copies sold Since its first publication *The Artist's Way* phenomena has inspired the genius of Elizabeth Gilbert and millions of readers to embark on a creative journey and find a deeper connection to process and purpose Julia Cameron's novel approach guides readers in uncovering problems areas and pressure points that may be

restricting their creative flow and offers techniques to free up any areas where they might be stuck opening up opportunities for self growth and self discovery The program begins with Cameron s most vital tools for creative recovery The Morning Pages a daily writing ritual of three pages of stream of conscious and The Artist Date a dedicated block of time to nurture your inner artist From there she shares hundreds of exercises activities and prompts to help readers thoroughly explore each chapter She also offers guidance on starting a Creative Cluster of fellow artists who will support you in your creative endeavors A revolutionary program for personal renewal The Artist s Way will help get you back on track rediscover your passions and take the steps you need to change your life

Witch in the Kitchen Cait Johnson,2001-09-01 A book of recipes spells and rituals for celebrating our connection to the Earth and her seasons Redesigned to focus on all eight pagan holidays Includes new spells rituals and meditations as well as 80 vegetarian recipes Written by practicing witch Cait Johnson coauthor of Celebrating the Great Mother 12 000 copies sold The beliefs of Wicca are rooted firmly in the earth in the gradual circling of her seasons and the bounty and blessings she provides In Witch in the Kitchen Magical Cooking for All Seasons practicing witch Cait Johnson celebrates the sacred in each season with more than 80 soul satisfying and appetizing recipes In engaging and inviting prose the author provides rituals spells and meditations for the eight pagan holidays inspirations for creating a kitchen altar and ways to prepare for each season She offers ideas for decorating your kitchen with objects of power and magic eggs symbolizing fertility in spring dried orange slices as reminders of the sun in mid winter to align our bodies spirits and senses to the pace and mood of the Earth s changes Above all are the recipes for delicious sensuous salads soups main dishes and desserts made from ingredients in tune with the Earth s seasonal gifts Serve Stuffed Acorn Squash and Fig Apple Crumble at a Samhain gathering celebrate Winter Solstice with Pomander Salad and Savory Yuletide Pie welcome Imbolc with Sprouted Spring Salad and Magic Isle Pasties or share the harvest at Lughnasad with Spicy Stir Fried Greens and Sunny Peach Pie With its recipes rituals and reminders of our ancient connections to the seasons Witch in the Kitchen invites you to honor yourself and the Earth and delight in the magic that comes from sharing good food with good company

Comfort Theory and Practice Katharine Kolcaba,2003 I am most excited and impressed with the scope and focus of this work As I began to read it I had trouble putting it down It is highly readable engaging all inclusive and most informative Jean Watson RN PhD HNC FAAN I am honored and delighted to recommend this text for all nurses who cared for and care about patients from the Foreword by May Wykle RN PhD FAAN This book places comfort at the forefront of nursing care by presenting a carefully researched theory of comfort that nurses can use as a framework for practice Engagingly written the book combines a first person account of the development of the theory with supporting research and practical information for its application Kolcaba analyzes the concept of comfort describes its physical psychospiritual environmental and sociocultural components evaluates its meaning in the many different contexts in which health care occurs and describes how it can be measured The appendix includes comfort care questionnaires that can be used with

patients in many settings and a comfort scale that can be used with patients for a quick assessment of comfort Clinicians researchers educators and students will find this holistic approach helpful in setting priorities and parameters for patient care

He's Just No Good for You Beth Wilson,2009-01-13 Woman to woman advice on identifying and dumping bad news guys No one is immune when it comes to destructive relationships Even smart women can be gaslighted by men who appear supportive in public but are belittling in private after which worse yet they assert that you re upset for no reason that you re simply imagining the verbal abuse and incremental death of your spirit In He s Just No Good for You best selling author Beth Wilson with psychologist Dr Maureen Hannah zeroes in on the heart of the matter women s well being and self worth and sets forth a clear vision of just what a healthy relationship looks like She also instructs women of all ages on installing early detection warning systems in their brains As for those women already enmeshed in a destructive relationship this book with its reassuring empowering style can assist in identifying the problem deciding whether to leave or to stay and then acting on that decision Most books about bad relationships focus on compatibility or domestic violence He s Just No Good for You is for all women who have found themselves wondering if the great guy others see at their side is in fact not so great or worse Wilson explores the anatomy of a destructive relationship and provides clear profiles of bad news individuals And she shows women how they can move beyond the grasp of a harmful relationship by taking a candid look at their priorities their circumstances and themselves Drawing on the wisdom and insight Wilson has long utilized in her thriving private practice and building on her previous best selling books along with Dr Hannah s professional expertise He s Just No Good for You offers women a new path Women want more out of relationships and this book shows them that they can have it

Home Sweeter Home Jann Mitchell,2011-10-04 We search the world for spirituality and peace only to discover that happiness and satisfaction are not found out there in the world but right here in our houses and in our hearts There s no place like home holds true whether we live in a castle or a condo a mansion or a studio apartment Home Sweeter Home offers creative insights and suggestions for making our home life more nurturing spiritual and rewarding for ourselves our families and our friends

Supporting the Wounded Educator Dardi Hendershott,Joe Hendershott,2020-01-31 Educators today are facing challenges and demands like never before The tensions between an educator s calling and the reality of the profession can create a growing sense of compassion fatigue burnout and job dissatisfaction In light of this context this book brings firsthand knowledge alongside research to encourage equip and empower teachers and other K 12 educators to find relief and hope Taking a trauma sensitive approach this important resource will help you navigate the pressures of being an educator whether you entered into your profession carrying wounds with you have felt wounded from your work environment or you are simply someone trying to support others Packed with doable strategies and suggestions for personal and professional self care this book will help you discover a personal journey towards holistic health job satisfaction and most importantly hope

Building Strengths and Skills Jacqueline Corcoran,2005 Corcoran social work Virginia

Commonwealth U provides social service and mental health professionals with practice models for helping clients identify resources to help themselves as well as areas where their skills can be increased

Radiant Body, Restful Mind Shubhra Krishan, 2011-02-08 Shubhra Krishan firmly believes that a pampered body is a healthy body In *Radiant Body Restful Mind* she divides the elements of a woman's life into such subjects as home cooking bath relaxation bedroom beauty relationships and retreats offering special indulgences for each Designed to enliven and enrich one's life the book includes tips on clearing clutter expressing creativity preparing facials and scrubs enjoying the natural world nurturing relationships with friends and spouses and creating personal sacred space in one's home and life

31 Words to Create an Organized Life Marcia Zina Mager, 2010-10-14 Books about organizing the clutter that plagues most people can be as daunting as the clutter itself *31 Words to Organize Your Life* streamlines this process to its essence by tapping the power of a single word Drawing from a variety of spiritual traditions ancient wisdom and contemporary psychologists the book helps readers uncover and cultivate their own hidden powers of focus determination and concentration to eliminate clutter in their lives Each entry includes a single word an accompanying essay along with three thoughtful tips or exploratory questions plus an affirmation or meditation Whether the challenge is in time management office clutter or disorganized closets *31 Words to Organize Your Life* shows how to harness the power of a single word to transform a project and a life from the inside out Designed for portability the book helps even the most disorganized person conjure peace and order from chaos

The WomanSource Catalog & Review Ilene Rosoff, 1995

Life After Trauma Dena Rosenbloom, Mary Beth Williams, 2015-04-07 Trauma can turn your world upside down afterward nothing may look safe or familiar This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives Full of practical strategies for coping and self care the book guides you toward reclaiming a solid sense of safety self worth trust and control as well as the capacity to be close to others The focus is on finding the way forward in your life today no matter what has happened in the past The updated second edition has a new section on managing emotions through mindfulness and an appendix on easing the stress of health care visits Dozens of step by step questionnaires and exercises are included you can download and print additional copies of these tools for repeated use

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