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Tunnel Vision

A FOCUSED LIFE

Isadora Feline Beauregard

Tunnel Vision A Focused Life

Clarice Witherspoon



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 *Managing Prostate Cancer* Andrew J. Roth, 2015-11-02 The statistics are sobering over 200 000 men in the United States are diagnosed with prostate cancer every year With this diagnosis men are expected to psychologically combat the worry practical concerns and the emotional and physical changes during an immensely trying time How to help In *Managing Prostate Cancer A Guide for Living Better* Dr Andrew J Roth a psychiatrist specializing in psychological support for cancer patients provides the emotional skills and strategies necessary to help patients deal with the challenges a prostate cancer diagnosis brings to everyday life These tools which Dr Roth terms Emotional Judo effectively teach patients to identify what their fears are rooted in how to distinguish the rational and irrational aspects of their thoughts and behaviors make healthier choices to promote a more positive approach and ultimately transform their lives into a more fulfilling and peaceful journey **Quick Fix? Struggling and Suffering** Jesus Esquivel, 2025-10-10 This book is about addressing issues that are holding us back keeping us stuck suffering and struggling There is hope The Bible has all the answers we need for biblical living and dealing with core psychological issues in a healthy way God meets our spiritual and psychological needs but we don't always see that when we are struggling or suffering In Bible times people didn't have psychology it's true but they had God's word and God knows what men women and children need to grow from infancy to mature adults We can't oversimplify people's problems and just ask them to pray more to solve deep rooted core issues because people and problems are complex We need to be careful to not reduce issues to one simplistic cause but rather understand that there are many causes our past traumas social and psychological influences etc God used prophets priests and leaders to counsel to encourage to teach In fact God gave a whole book on wisdom on how to deal with life Jesus counseled or talked and taught to people gave them truth and perspective about life and helped them to cope better This book takes an integrative approach to solving problems looking at our self worth and how the Bible and psychology work together to address the whole person whom God created *Devotions of the Heart* Lorna Hanishewski, 2019-07-29 *Devotions of the Heart* Book Two also contains six months worth of devotionals combining with Book One to provide readers with a full year of guided time with the Lord The book is filled with biblical truths written to comfort and exhort the reader Topics include The fruit of the Spirit Thanksgiving Forgiveness The person of the Holy Spirit Unity The mind of Christ The armour of God The fire of God Discover a new found excitement for the Word as you meditate on these devotionals and pursue an even stronger and more intimate relationship with the Lord Undeniable Cameron Hanes, 2025-05-06 THE INSTANT NATIONAL BESTSELLER You become the best you can be by learning from others That is how bowhunter and ultramarathoner Cameron Hanes approaches each day in his pursuit of greatness in this

essential guide to finding success I like people who put themselves in a position to become undeniable at what they do You might not like me but you cannot deny the work I put in and the results to show for it You can say whatever the f k you want but I want to be undeniable and how it makes you feel is no factor Endure Cameron Hanes New York Times bestselling book demonstrated how to push beyond your physical limits to improve yourself In Undeniable Hanes brings together outliers of today men and women who are experts in their field to share their unique and motivating perspectives on reaching the pinnacle of success and remaining there From popular neuroscientist Andrew Huberman to ultramarathon runner Courtney Dauwalter you will hear how undeniable individuals have obtained their winning mindset Many books show how to pursue a dream and successfully make it happen but few spotlight what to do when you've reached the pinnacle After fighting so hard and reaching your goals how do you stay on top In his pursuit for greatness Cam has trained with and interviewed track athletes MMA fighters NFL Super Bowl champions and experts in other disciplines All of them legends who have earned their names What makes them tick How do they remain undeniable In Undeniable Cam reveals the lessons he has learned from truly exceptional people By examining their unique traits and abilities you will earn an edge from these greats and add tools on your own journey toward greatness

How To Have A Baby: Overcoming Infertility Anirudha Malpani, 2003-09-16 In This Comprehensive But Easy To Understand Book The Authors Who Are India's Leading Infertility Specialists Explain Clearly And Lucidly What Is Infertility How It Is Caused How It Can Be Treated And How Infertile Couples Can Cope With It Effectively Through This Book The Authors Hope To Educate Not Only The Infertile Couple But Also The General Public About The Magnitude Of The Problem The Acute Agony And The Sense Of Helplessness That It Engenders And How Treatment Can Help In Tackling This Problem The Most Important Point That This Book Seeks To Drive Home Is That Infertile Couples Should Not Lose Hope And Should Actively Participate In Medical Treatment Of Their Infertility

Artificial Intelligence and Soft Computing Leszek Rutkowski, Rafał Scherer, Marcin Korytkowski, Witold Pedrycz, Ryszard Tadeusiewicz, Jacek M. Zurada, 2021-10-04 The two volume set LNAI 12854 and 12855 constitutes the refereed proceedings of the 20th International Conference on Artificial Intelligence and Soft Computing ICAISC 2021 held in Zakopane Poland in June 2021 Due to COVID 19 the conference was held virtually The 89 full papers presented were carefully reviewed and selected from 195 submissions The papers included both traditional artificial intelligence methods and soft computing techniques as well as follows Neural Networks and Their Applications Fuzzy Systems and Their Applications Evolutionary Algorithms and Their Applications Artificial Intelligence in Modeling and Simulation Computer Vision Image and Speech Analysis Data Mining Various Problems of Artificial Intelligence Bioinformatics Biometrics and Medical Applications

Beyond The Bullshit: Cipher's Life Hacks For Gen Z Cipher, 2025-02-01 This book is not your typical positive thinking manual filled with cringeworthy techniques that require you to stand in front of the mirror shouting I am great I can win It dives into the world of economics and absolute sciences to draw analogies to shed light on the human

nature and offer relatable and practical solutions **Focus** Margie Fleurant,2016-01-19 There are visions and dreams within you waiting to be released You have an important destiny to fulfill and a Kingdom assignment to complete So what is holding you back Distraction In an age of unending technological advancements daily stress and constant spiritual static from the enemy the Holy Spirit is calling you to **Think Like a Stoic** Lucius Marcus Grant,2025-04-04 Transform Your Mindset Master Emotional Control with Timeless Wisdom Step into a world where emotions are mastered perceptions are sharpened and adversity becomes a stepping stone to greatness In a time where chaos seems constant Think Like a Stoic Emotional Mastery for Every Day offers a beacon of hope and control through the age old philosophy of Stoicism Discover the timeless influence of Stoic philosophers whose teachings have empowered individuals to lead lives of virtue and tranquility From understanding perception as the architect of reality to avoiding the pitfalls of cognitive distortions this book sheds light on the profound impact of Stoic principles in the modern era Imagine facing life's challenges with resilience and grace where control is clearly defined and external noise becomes irrelevant This book will guide you through the art of emotional detachment the pursuit of intentionality and the nurturing of resilience With each chapter weave Stoic wisdom into your daily routine cultivating habits that promote self discipline and fortify mental toughness Embark on an introspective journey that not only enriches your personal life but also enhances your professional interactions Learn to manage stress communicate effectively and thrive in ever changing environments The teachings of revered figures like Epictetus and Seneca are distilled into practical applications crafting a comprehensive toolkit for emotional mastery The path to inner peace and sustained joy is within reach Embrace Stoicism's teachings to turn obstacles into opportunities find balance in all spheres of life and foster relationships built on compassion and mutual support Your Stoic journey begins here Are you ready to transform adversity into an advantage and carve a life of profound virtue and harmony **Take Control of Your Life** Brad Garrett,2018-05-29 Nobody gets through life without feeling stress The question is What do you do when you feel it How do you deal with anger anxiety depression and a host of other negative emotions Do your emotions lead to bad behavior Is bad behavior leading to some negative consequences in your life Take Control draws on twenty three years of experience working with adolescents and adults whose lives had become involved in criminal behavior and drug addiction and who had developed mental health issues and emotional problems This book will show you how to take back control of your life by learning how to overcome difficult emotions including stress replace problem behavior with new behavior overcome addictions and change your negative thinking Problems are only problems needing to be solved How you think about those problems determines how you will feel Take Control teaches you how to take control over these areas of your life In addition to the psychological principles behind emotions and behavior change there are several chapters dedicated to what the Bible has to say about emotions thinking and making changes in problem behavior The book began as a Manage Your EmotionsManage Your Life presentation done for 250 juvenile probation officers in Las Vegas Nevada The class was well received and had a positive

impact in the lives of many people who attended the classes I hope this book does the same for you

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Tunnel Vision A Focused Life Introduction

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book it said boa constrictors swallow their prey whole without chewing it

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the little prince fable and modern classic by french aviator and writer antoine de saint exupery that was published with his own illustrations in 1943 it has been translated into hundreds of languages and is one of the best selling books in publishing history

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the story follows a young prince who visits various planets including earth and addresses themes of loneliness friendship love and loss despite its style as a children s book the little prince makes observations about life adults and human nature

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the girl to an extraordinary world where anything is possible the world of the little prince director