

The Velveteen Principles A Guide To Becoming Real Hidden Wisdom From Childrens Classic Toni Raiten Dantonio

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Book Review Index 2005 Every 3rd issue is a quarterly cumulation.

At Your Service Charles E. Wheaton 2009-04

The Deer and the Naturalist Mary Edwards 2016-03-29 The Deer and the Naturalist: Dreamwork and the Soul's Journey by Mary Edwards In 1982 nightmares saved Mary Edwards, a wife and mother who had been sliding into alcoholism to avoid the grief work that she seriously needed to do. The Deer and the Naturalist is Mary's remarkable story of her life's spiritual journey as she began to understand how dreams are a valuable guide to our life's path. Working with dreams became a form of prayer and meditation that improved her conscious contact with God and for the knowledge of God's will for her and the power to carry that out. Mary has been forever changed by her recovery and her understanding of her purpose on earth, her awareness of that deep wisdom within that comes from dreams and their connection to one's Higher Power. The reader of this book will be given many tools for working with their dreams during times of transition. It will help you fully understand the language of that inner voice that comes through dreams, from one's true self and that voice of God from within. No matter what brokenness we all experience, once we surrender to that wise voice within, we find healing for ourselves, and the gift to help others.

The Velveteen Father Jesse Green 1999 The author describes his unexpected odyssey into parenthood after falling in love with a man who had already adopted one child, offering a look at what it means to build a family in the modern world

Turning Points: Paulette Costa 2012-01-04 Lois Arsenault and Paulette Costa have collaborated numerous times in the writing and publishing arena. In the multi-author collaborative effort, ordinary people share events that precipitated change in their lives for personal growth. "We are truly honored to co-edit this project. The stories here are personal, touching and most of all, inspiring. It is our hope that you will read along and embrace the power of change for your own future." "If there was ever a time when a books time had come this is it. I cant think of a more relevant and timely topic than Turning Points. Come from a place of abundance and gratitude as you celebrate with those whose stories you will read here. May they comfort, inspire, and encourage you!" -- Mike Staver, CEO The Staver Group

Library Journal 2004 Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

The Velveteen Principles for Women Toni Raiten-D'Antonio 2007-05-01 "What is Real?" asked the Rabbit one day. . . . "Real isn't how you are made," said the Skin Horse. ". . . it doesn't happen to people who break easily or have sharp edges or who have to be carefully kept . . . once you are Real you can't be ugly, except to people who don't understand." The moral of The Velveteen Rabbit by Margery Williams, captured in the words of the wise old Skin Horse, inspired psychotherapist and professor Toni Raiten-D'Antonio's bestseller The Velveteen Principles. It also provides one of the cornerstone concepts—that individuality makes every woman uniquely valuable—for her much-awaited second book, The Velveteen Principles for Women. Drawing from many sources—the stories of devoted readers, students, therapy clients, and even her own life—the author offers a provocative, inspiring, and practical guide for women who want to be Real. With wit, wisdom, and insight, she teaches readers how they can: Identify the toxic messages in modern society Resist being ruled by OPO (Other People's Opinions) Break the powerful should/shame cycle Avoid the POW (Perfect Object Woman) trap Custom-design a Real life and become truly happy Build loving relationships All the tools for creating a Real life are here in The Velveteen Principles for Women. Keen observations shine light on the forces that promote generic concepts of beauty and happiness. Stories from the lives of Real women offer inspiration. Emotionally powerful exercises help you find your Real values and passions. And the Principles—empathy, generosity, courage, ethics and more—are signposts leading to love and fulfillment. The Velveteen Principles for Women is a motivational guidebook for those who want to identify the sources of their unhappiness and become genuinely Real themselves. It is essential reading for women who want to free themselves from self-doubt, silence their inner critics, and live as the Real, unique, valuable women they are meant to be. Sales Points The Velveteen Principles, Toni Raiten-D'Antonio's first book, sold over 70,000 copies The Velveteen Principles had successful tie-ins including The Velveteen Collection, The Velveteen Principles Gift Set, and The Velveteen Rabbit Gift Set

DEFENCE AGAINST THE DARK ARTS:Owning the forces and beasts within and around steven norton

The Velveteen Principles Gift Set Toni Raiten-D'Antonio 2005-10-01 The Velveteen Principles, the hit self-help book based on the children's classic The Velveteen Rabbit, now comes packaged with an exclusive plush velveteen bunny! The Velveteen Rabbit's journey from outcast toy to real bunny is a classic tale of love, friendship and learning to be yourself. The Velveteen Principles distills the lessons from the beloved story into twelve principles that will help you become more real with yourself, with your expectations and beliefs and with those around you. The plush stuffed bunny, which has been designed exclusively for this gift set, is made of high quality velveteen and based on the original illustrations that appeared in The Velveteen Rabbit. We hope that he will become, like the Velveteen Rabbit himself, a cherished companion and inspiration on your journey to Real.

The Everything Guide to Coping with Perfectionism Ellen Bowers 2012-11-18 Find your perfect balance! Perfectionism is an admirable quality, right? After all, what's wrong with working hard to reach lofty goals? But sometimes perfectionism can go too far--well beyond pulling extra hours at work to beat a deadline or cleaning the house until it shines. Toxic perfectionism can result in obsessive behavior, damaged self-esteem, depression, and even physical ailments. In The Everything Guide to Coping with Perfectionism, you'll find tips and techniques to help you recognize symptoms of toxic perfectionism and learn how to introduce flexibility and balance into your life. This easy-to-use guide includes information on: The surprising link between perfectionism and procrastination Eating disorders and the role perfectionism plays in their development The relationship between obsessive behavior and anxiety How toxic perfectionism manifests in children In addition, you'll learn that you don't necessarily need to "fix" perfectionism--you can mold perfectionist behavior into healthy habits and harness your high ambitions to create achievable and positive goals.

The Publishers Weekly 2005

Een vis is een vis Leo Lionni 2007 Een kikkervisje en een karper zijn dikke vrienden. Het kikkervisje wordt een kikker en gaat aan land. Dat wil

de karper ook, maar of dat zo'n goed idee is? Prentenboek met grote, kleurrijke illustraties. Vanaf ca. 4 jaar.

Comfort Detox Erin M. Straza 2017-01-07 Whether we're aware of it or not, our minds, bodies, and souls often seek out what's comfortable.

Erin Straza's detox program will allow you to recognize false versions of comfort and embrace God's true comfort. Discover the secret to

countering the comfort addiction and become available as God's agent of comfort to serve a world that longs for his justice and mercy.

Cassell's household guide to every department of practical life Anonymous 2020-07-12 Reprint of the original, first published in 1869.

The Savvy Couple's Guide to Marrying After 35 Kay Marshall Strom 2009-09-20 People are waiting longer to get married. They see the distinct advantages of remaining footloose for a while, of having time to set up a solo household, of traveling and having adventures before they settle

down, of getting established in a career. That means that when they marry, merging their two lives has greater complexity. Remarriage following divorce or death of a spouse is also more common as people live longer. And sobering as the fact may be, second marriages have a greater failure rate than first marriages. It's not surprising, then, that many couples thirty-five and older are looking for savvy advice about the particular issues they face in marrying at this stage of their lives. Kay Marshall Strom and Dan Kline have the wisdom of their own experience to offer. They found each other after first marriages that ended in death and divorce. Further help comes from their interviews with a wide range of couples who married for the first or second time, varying in age from their mid-thirties to their late-eighties. This book deals with the practical, emotional and spiritual elements of building a life together, taking up issues from what to do with all your stuff to parenting a blended family, from handling two careers to fighting fairly. In this "savvy couple's guide" you'll find wise counsel for living happily even after.

Start Becoming a Good Samaritan Participant's Guide Michael Seaton 2013-06-05 start> Becoming a Good Samaritan is a six-session small group Bible study like no other (DVD/digital video sold separately). Prepare to have your eyes opened, your heart stirred, your vision kindled, and your faith focused and invigorated like never before! Love your neighbor. Change the world... It starts with you, today. The homeless man wandering your streets. The disenfranchised roaming your neighborhood. The sick and forgotten pushed to the edge of your town. Let's get to work! In partnership with World Vision, start> Becoming a Good Samaritan is an unprecedented initiative that helps Christians live out Christ's love in world-changing ways, right now, right where you live. This experience will help you explore issues like poverty, social injustice, pandemic diseases, the environment – and teach you how to start making a personal, street-level impact today. Inside are discussion questions, radical but commonsense ideas, and personal applications to help you live out your faith in ways that will change the community around you. Sessions include: Becoming a Good Samaritan Caring for the Sick Seeking Justice and Reconciliation Honoring the Poor Tending to God's Creation Loving the Forsaken Designed for use with the Start Becoming a Good Samaritan Video Study (sold separately). In it, you'll find John Ortberg hosting six emotionally packed sessions featuring Christian leaders like Eugene Peterson, Philip Yancey, Matthew Sleeth, Jim Cymbala, Chuck Colson, Joni Eareckson Tada, Rob Bell and many others.

Cassell's Household Guide to Every Department of Practical Life 1899

American Book Publishing Record 2003

Becoming a Good Samaritan Participant's Guide Michael R. Seaton 2009-08 What does it take to 'love your neighbor' in a global community? Partnering with World Vision and the C2 Group, Zondervan presents a new DVD study, start>Becoming a Good Samaritan---an unprecedented initiative to help Christians live out Christ's love in world-changing ways right where they live. This groundbreaking training program helps small groups, families, entire churches, and organizations of every size explore the most pressing issues of our time---then start actually doing something about them. Designed for use with the start> Becoming a Good Samaritan DVD, the start> Becoming a Good Samaritan Participant's Guide takes Christians out of the pews and into the streets where, as the hands and feet of Christ, they will live out the gospel, positively impacting those suffering from poverty, social injustice, pandemic diseases, and more. Visit www.juststart.org to learn about the nationwide church experience and the growing list of national and international supporters and to access supplemental, online resources for the DVD curriculum.

Corporate Caterpillars Ron J. West 2013-08-15 Ron J West (ronjwest.com) has been inspiring corporate transformation for more than 25 years, in in companies large and small. He wrote Corporate Caterpillars - How to Grow Wings to provide a kind of "blueprint" you can use to create your own individual and corporate transformation to move from limited to limitless. The book is not modeled on a single analogy like the transformation from caterpillar to butterfly, nor does it reduce the concept to a set of simple steps. But it does strive to recognize the richness of reasons why we often seem to be left with few choices. Everything shows up exactly when it is supposed to, just like this book! You are holding this book perhaps because you feel that either you or your company is stuck in some way. As an individual, maybe you have caught yourself repeating a pattern to sabotage your efforts to get to where you want to be. Perhaps you are a CEO, CFO, President, Vice President, Department Manager, or Project Leader. You are probably a business leader in a position to affect change in your organization; maybe your enterprise is a small family business or an international conglomerate. It matters not whether your company is a for-profit or a not-for profit, a public or a private enterprise, this book will show how to move from a world of limited options to a realm of limitless possibilities, transforming both you and your company.

Perfectly Plum Leah Wilson 2007-05-11 Speculating about the cultural metaphors in Janet Evanovich's wildly popular mystery series (which includes 11 books, from One for the Money to Eleven on Top), this anthology takes a look at lingerie-buyer-turned-bounty-hunter Stephanie Plum and catalogs her bad luck with cars (she's blown up quite a few), her good luck with men, her unorthodox approach to weapon storage, and the rich tapestry of her milieu: Trenton, New Jersey, also known as The Burg. The contributors praise the way the series smartly spoofs that familiar chick-lit epiphany—I have a bad job and what I really want is a good man!—in Bounty Hunting as a Metaphor for Dating, Why Stephanie Should Quit Her Job ... but Never Will, and Nothing Better than a Bad Boy Gone Good. Several essays veer from the chick-lit perspective and focus instead on the comic theme of luck and chance that ties Stephanie to the barroom gamblers and gangster meanies of her home town in Luck of the Italian?: Skill versus Chance.

De Verhalen Robin Hobb 2012-02-13 Een sublieme verhalenbundel die onder meer nieuwe feiten onthult over de wereld van De Boeken van de Zieneren en De Kronieken van de Wilde Regenlanden. Onder haar eigen naam, Megan Lindholm, liet ze al zien hoe goed ze schreef voor ze onder het pseudoniem Robin Hobb wereldfaam vergaarde. Een greep uit de onderwerpen in deze bundel: bovennatuurlijke wezens, zwervers met een groot geheim en... dodelijke katten. De gevarieerde onderwerpkeuze geeft aan hoe hoog en breed het doek is waarop Megan Lindholm en haar alter ego Robin Hobb hun verhalen penselen.

No Fault, No Blame, No Excuse Cliff Bond 2014-04 This is an account of the author's work with addicted clients and their codependent families in recovery from addiction, as well as an exploration of the excessive shame, guilt, fault, blame, and excuses that go along with it. What worked for them can surely apply to us all, even if our stories might not be quite as extreme. ?Tell me a story? is not just for children to say. Read these stories for yourself, and appreciate the wisdom and guidance that can come from practical application of truth that fits everyone's story. ?In the beginning was the Word, ? was said by the Apostle John, as the opening statement in his record of the Christ. ?In the beginning was the Story? would not be a bad translation either.

Cassell's household guide Cassell Ltd. 1869 Being a complete encyclopaedia of domestic and social economy and forming a guide to every department of practical life

Harnessing The Dynamics of Public Education Timothy B. Jones 2015-10-16 Harnessing the Dynamics of Public Education: Preparing for a Return to Greatness is a comprehensive look at the American public education system. Building on the current system, the book takes on the War on Education in an effort to rethink, redesign and develop a new state-of-the-art system of learning that will regain international competitiveness and be the "best choice" for parents in a growing system of choice. The authors provide critical analysis of the current system while also offering specific solutions and hope for one of the greatest institutions in America.....as it Return's to Greatness!

In Search of Aphrodite Chelsea Wakefield 2015-10-14 What does it mean to be "in search of Aphrodite?" For most women, sex is complex, and

more than a juxtaposition of body parts. Women sense the possibility of depth, meaning, even transcendence, but in a somatically disconnected, sexually superficial world, it can be difficult for a woman to discover her inner fire, define who she is sexually, and confidently communicate this to her partner. Part philosophy, part treatment manual, *In Search of Aphrodite* addresses women's sexual problems from an inspiring, creative perspective, integrating Jungian Psychology and sex therapy. Readers will deepen their understanding of the sexual psyche and how this realm impacts women's lives, as well as what the author calls the journey of Sexual Individuation™. Chelsea Wakefield covers a variety of topics such as healing ancient wounds, resolving inner conflicts, exploring sexual essence, identity, scripts, primal instinct, desire, fantasy, longing, and more. She offers pathways to sexual enrichment and improved communication with a partner. Sexual archetypes are introduced and organized around the author's Sexual Essence Wheel. Gatekeepers and Eros-inhibiting archetypes are described, along with what to do when treatment stalls. This book is appropriate for:

- Clinicians who are nervous about venturing into conversations about women's sexuality
- Clinicians who are comfortable with sexual topics and are curious about new interventions
- Sex therapists who want a treatment model that acknowledges the multidimensional aspects of sexuality
- Jungian analysts and Jungian oriented practitioners who want helpful tools for addressing sexual issues as an invitation into individuation
- Pastoral counselors and spiritual guidance practitioners who seek to heal souls wounded by sexual trauma and sex-negative teachings
- Women who want to explore their sexual psyche and define their sexual essence, and men who wish to better understand the sexual depths of women.

Rich with case histories and an "Inner Cast of Characters" that clients can explore, this resource will help women discover joyful embodiment, innate eroticism, and sexual pleasure!

Jeff Herman's Guide to Book Publishers, Editors & Literary Agents 2007 Jeff Herman 2006-12 Presents a guide to the names and specialities of American and Canadian publishers, editors, and literary agents, including information on the acquisition process and on choosing literary agents.

Waar ik ga Gayle Forman 2018-04-20 Op het moment dat Freya haar stem verliest tijdens het opnemen van haar debuutalbum, wil Harun weglopen met de jongen van wie hij houdt en komt Nathaniel na een familietragedie aan in New York. De drie ontmoeten elkaar in Central Park waarna hun wegen niet meer scheiden. Door beetje bij beetje delen van hun verleden aan elkaar te onthullen, proberen ze samen de weg terug naar zichzelf te vinden.

Communication in Nursing - E-Book Julia Balzer Riley 2014-03-12 Go beyond theory and start to master the essential communication skills and techniques you'll need throughout all areas of nursing practice. Communication in Nursing, 7th Edition uses a personal and empathetic approach, along with unique artistic features, to help you develop a deeper understanding of the importance of communication. Comprehensive, step-by-step guidelines teach you how to establish patient relationships, and new QSEN-specific exercises help you learn to connect more effectively with patients, co-workers, and managers for better clinical outcomes. Real-life clinical scenarios, chapter exercises, and a new writing tutorial also offer endless opportunities to hone your skills. Moments of Connection boxes highlight the outcomes and benefits of successful communication. Wit & Wisdom boxes provide a humorous, personal approach to communication theory and application. Reflections On... boxes give you a specific task to help you integrate chapter material into the broader scope of nursing practice. Exercises throughout the book help you master chapter techniques and strengthen your communication skills. QSEN-specific exercises developed by a leading expert highlight how safety and improved care can result from better communication. UNIQUE! Online writing tutorial on Evolve helps you review and improve your technical writing skills. Case studies on Evolve give you practice using proper communication skills in a variety of real-life case scenarios. The latest information on compassion fatigue, language use, client preconceived ideas about health care, transcultural issues, technology, and the demands of electronic medical record systems provide you with the most up-to-date and relevant information needed to excel in today's nursing field.

Cassell's household guide Cassell, Ltd 1873

Small Data Martin Lindstrom 2016-05-17 Martin Lindstrom wordt ingehuurd door de toonaangevendste merken ter wereld om uit te vinden wat hun klanten drijft. Hij besteedt 300 nachten per jaar bij hen thuis om door zorgvuldige observatie van alle details hun verborgen verlangens te ontdekken en zo, in het ultieme geval, aanwijzingen te vinden voor een miljoenenproduct. Lindstrom voert je mee in een wereldomvattend verhaal dat ondernemende marketeers en iedereen die geïnteresseerd is in de eindeloze rijkheid van menselijk gedrag zal boeien en verbazen. Hoe een afgetrapte sneaker van een 11-jarige Duitse jongen leidde tot de ongelooflijke wederopstanding van LEGO. Hoe een magneet op een koelkast in Siberië een Amerikaanse supermarktrevolutie veroorzaakte. Hoe een knuffelbeer in de slaapkamer van een meisje een kledingretailer hielp met de optimalisatie van 1.000 winkels in 20 landen. Hoe een doodgewone armband de klantenloyaliteit met 159 procent verbeterde in minder dan een jaar. Hoe de ergonomische lay-out van het dashboard van een auto aanleiding gaf voor het redesign van de Roomba-stofzuiger.

Kind van de profetie Juliet Marillier 2017-02-24 Kind van de Profetie is het derde en laatste deel van Juliet Marilliers Zeven Wateren-trilogie. In dit magische sprookje, in de Keltische schemering van het oude Ierland, ontspint zich een machtige en betoverende geschiedenis. De jonge Fainne groeit op aan de ontoegankelijke en rotsige westkust van Ierland. Veilig en beschermd. Elke zomer kijkt ze uit naar de komst van Darragh, haar enige vriend. Nu is het tijd om naar Zeven Wateren te gaan om haar familie en historie te leren kennen. Een zware opdracht, maar in de handen van Fainne ligt het lot van Zeven Wateren. En als zij niet slaagt, dan zullen allen die zij liefheeft sterven...

The Velveteen Principles Toni Raiten-D'Antonio 2004-10-01 Who wouldn't want to go back to when life was simple and a stuffed animal could fix all your problems? Botox parties. Extreme Makeovers. "Reality" TV. These are just some examples of how we have lost sight of something so basic yet so essential to true happiness: On our way to becoming status-seeking super-humans, we forgot how to be Real. This charming gift book guides readers down a simple path to reclaiming joy, fulfillment and individuality, using an unconventional source—the children's classic *The Velveteen Rabbit*. By sharing the timeless insights and poignant quotes from the popular children's book, the author identifies 10 keys to becoming Real, with the promise that when you become Real you will love and be loved with all your strengths, weakness, faults and gifts. As the Skin Horse explains to the Velveteen Rabbit: "Real isn't how you are made . . . It's a thing that happens to you. . . . Generally by the time you are Real, most of your hair has been loved off, and your eyes droop and you get loose in the joints and very shabby. But those things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand." Destined to be a classic in its own right, *The Velveteen Principles* delivers a simple yet profound message for the ages. Key Features The charming and appealing format is similar to best-sellers like *The Tao of Pooh*. This book taps into a much-loved classic of children's literature—one that millions of parents loved as children and are now reading to their own children. Stories of real people, including the author, provide examples and anecdotes that readers will immediately relate to and recognize. Short 3–7 page sections create focus and great readability. An ideal gift book—with substance!

Achieve Lasting Happiness Robert E. Canright Jr. 2005-08-11 Everyone wants a happy life. We sometimes assume possessions, power, prestige, or excitement will make us happy. All these pursuits eventually leave people feeling unfulfilled. *Achieve Lasting Happiness*, shows the secret to happiness lies within our humanity. We can realize the full potential of our humanity through the power of self-transformation. This book explains a four-step process for a fulfilling life. The four-step process is applied in a 28-day guided study using the timeless lessons of Confucius. This book will empower you to change your life. It will put you on the path to lasting happiness.

Het element Ken Robinson 2011-12-20 Het Element is het punt waar natuurlijk talent en persoonlijke passie elkaar ontmoeten. Als mensen in hun element zijn, zijn ze het meest zichzelf, het meest geïnspireerd en halen ze het beste uit zichzelf. Dit boek is een lofzang op de adembenemende diversiteit van menselijke talenten en passies en ons buitengewoon potentieel voor groei en ontwikkeling. Op zijn eigen bevlogen manier zet Robinson de lezer aan tot denken en inspireert hij iedereen om het Element te vinden.

Nacht in Noorwegen Derek Miller 2013-03-14 Vijf sterren in de VN Thrillergids ***** Sheldon Horowitz tweeëntachtig jaar, ongeduldig en onredelijk voelt zich nog altijd schuldig over de dood van zijn zoon in Vietnam. Nu is hij net weduwnaar, en wordt hij achtervolgd door geesten uit zijn verleden. Tijdens een verblijf bij zijn familie in Noorwegen is Sheldon getuige van de moord op een vrouw en redt hij haar zoontje. Hij is

vastberaden het jongetje te beschermen tegen de moordenaar en diens Balkanbende en samen slaan ze op de vlucht. Voor de Noorse politie is Sheldon gewoon een verwarde oude man. Maar in zijn hoofd is Sheldon helder. Door een combinatie van handigheid en durf weet Sheldon iedereen een stap voor te blijven in een hem onbekende omgeving. Maar wat hij niet doorheeft is dat de politie en ook de gangsters weten waar hij naar op weg is. Derek B. Miller is geboren in Boston en woonde in Israël, Engeland, Hongarije en Zwitserland. Nu woont hij met zijn gezin in Noorwegen. `Een briljante, serieuze literaire thriller, scandi-noir, maar met een twist. The Times `Derek B. Millers mooie eerste roman is op het eerste gezicht een Scandinavische thriller, maar laat zich ook vergelijken met de meer literaire creaties van Saul Bellow en Philip Roth. Donny is, als eigenwijze, grofgebekte, wrokkige Jood, eigenlijk een Bellow-held die in een Noorse pageturner verzeild is geraakt. Een opmerkelijk zelfverzekerd debuteert dat zowel een rijke psychologische studie is als een politieke parabel over de Amerikaanse neiging zich met het buitenland te bemoeien, en een ontroerend verhaal over de laatste kans van een oude man om met zijn verleden in het reine te komen. The Sunday Times `Een schitterende roman: bedachtzaam, complex, ontroerend en heel erg grappig. Sydney Morning Herald `Millers aangrijpende debuut is een ongewone, hybride roman, deels politie thriller, deels sociaal-politieke verhandeling en deels existentiële beschouwing. Kirkus The Velveteen Principles (Limited Holiday Edition) Toni Raiten-D'Antonio 2006-12-01 The Velveteen Principles was a surprise bestseller and now a limited release of a beautiful holiday edition is available as the perfect gift to celebrate the land of REAL – real values, real emotions, real self—with the help of a the beloved Velveteen Rabbit. In The Velveteen Principles, psychotherapist Toni D'Antonio laid out the 12 principles she learned about how to live an authentic life from the classic children's book, The Velveteen Rabbit. The timeless advice, compelling anecdotes and friendly, encouraging voice immediately struck a chord with thousands of readers and made the book a surprise hit in 2004. This limited edition holiday release is a celebration of renewal and living a life that is true to one's aspirations. This beautiful gift book will be treasured for holidays to come.

Nurse Executive Linda Thompson Adams, RN, DrPH, FAAN 2008-03-10 This book takes insights drawn from the Executive Nurse Fellows program established by the Robert Wood Johnson Foundation to promote the idea of leadership development as an empowering force among nurses at ALL levels. It is intended as both a guide for professionals; leaders in schools of nursing, hospitals and other health care delivery systems, ambulatory care, long-term care, public and occupational health, and public policy, and as a text in leadership courses for students at master's level and beyond. It presents the core competencies developed by the RWJ Nurse Fellows program--i.e. interpersonal and communication effectiveness, risk-taking and creativity, self-knowledge, inspiring and leading change, and strategic vision--as the keys to nursing leadership. The book is organized around the program's "leadership compass," a method used in leadership skill development. The four points of that compass are: Purpose: the vision to lead People: the passion to work with others Process: the skills to manage change Personal: the self-knowledge to thrive For each of these four points, the contributors (all graduates of the RWJ program) explore related competencies in each of three sections of the book: issues in public health, education, and service. The chapters reflect real-world experiences and are built around case studies that highlight one or two of the competencies.

The Five Principles of Ageless Living Dayle Haddon 2013-03-05 "Using the Ageless Living Principles in my own life, I have the feeling that everything is right. I have a sense of completeness and happiness. I am filled with enthusiasm, understanding, balance, joy, and playfulness....When I practice the Ageless Living Principles, I have the experience that I am living life, rather than life is living me. Why should we ever think that we have to settle for less?" Dayle Haddon wants women over forty to know that age is an asset and not, as we are so often told, a liability. She wants us to realize that we are vital, strong, and beautiful, and she wants us to do that through The Five Principles of Ageless Living. A positive and spirited program for women age forty and over, The Five Principles of Ageless Living offers inspiring and practical solutions in the related areas of beauty, wellness, spirit, wisdom, and community. Based on Dayle's professional knowledge and her own self-care practices, the Ageless Living Principles provide unique and practical ways for women to enhance the many dimensions of their lives. As women over forty today, we are privileged to be at a different point in our lives than the generations that came before us. We've never been in a better place or at a better time to choose for ourselves, to make positive changes in our lives. Today, more than ever, we have the ability to live our true lives. All we need is know-how: the tools to get there and the energy to use them. A guide to the infinite possibilities in each of us, the Ageless Living Principles help us realize that we don't have to settle.

Stepping Out of Depression Jamie Meyer 2012-06-01 What should we do, how are we to think, when faith falters and hope disappears? Many women have wrestled with the issue of hopelessness in the face of their depression. Diagnosed at age forty-seven with a brain tumor, followed by a turbulent year of change and loss, the author relates her own slide into the darkness of clinical depression. With the support of her family, a compassionate Christian counselor, and appropriate medication, she found the healing she longed for. Now in full recovery, the author weaves threads of hope throughout the book's pages. Written in short, easy-to-read chapters, Stepping Out of Depression offers insight into the journey from depression to restoration. Filled with stories of women who have walked the "valley of the shadow," readers will be encouraged to reach out to God and reconnect with others on the path to spiritual and emotional wholeness. Just as the author experienced healing of body, mind, and spirit-and a renewed connection with God and others-so can those with depression. JAMIE MEYER has had a life-long love of writing and compassion for women who hurt. She has a Bachelor's Degree from the University of Nebraska, and has received a Diploma in Biblical Counseling from Light University, a ministry of the American Association of Christian Counselors. Jamie is a lay counselor in her church and co-leads a Christian depression support group, Fresh Hope. The author and her husband, Allen, have been married twenty-nine years and live in Lincoln, NE. They have three grown children.