

A Healing Space Befriending Ourselves In Difficult Times

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Healing Spiritual Wounds

“Hugely inspiring and helpful.” — Jon Kabat-Zinn
What does it mean to truly live gratefully, every day? In *Wake Up Grateful*, Kristi Nelson, executive director of A Network for Grateful Living, unlocks the path to recognizing abundance in every moment, and gives readers the tools to bring this transformational shift in perspective into their daily lives. Nelson goes beyond the proverbial question of whether the glass is half full or half empty, and encourages readers to awaken to the gift of having a glass at all. With questions for reflection, daily exercises, and perspective prompts for appreciating the fullness of life as it is, right now, this book

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promises profound personal change through the practice of taking nothing for granted.

Healing Collective Trauma

The Path Is Everywhere is an intimate, provocative journey into the inner landscape of consciousness, the body, and the heart, weaving together the wisdom-streams of contemplative spirituality, relational psychotherapy, and the poetic imagination.

The Path Is Everywhere

“Just as an open hand is hidden within a fist, our true nature, with its innate capacities for happiness, love, and wisdom, is hidden within our pain and numbness. Just as we can open a fist to reveal a hand, our unbound, unconstructed being can emerge from our pain and breathe again.” —Dr. Judith Blackstone, *Trauma and the Unbound Body* Heal trauma. Reclaim your body. Live with wholeness. These are the gifts of utilizing the power of fundamental consciousness—a subtle field of awareness that lies within each of us. In *Trauma and the Unbound Body*, Dr. Judith Blackstone explores how we can resolve the mental, physical, and emotional struggles of trauma through the power of fundamental consciousness. Dr. Blackstone weaves her 30-plus years of psychotherapy practice to present a simple yet revolutionary approach to healing trauma. She writes, “All of the constrictions in our fascia (the connective tissue surrounding muscles and organs) are moments of our past that we have stopped in their tracks and held in that way, unconsciously. They are frozen moments of our past.” *Trauma and the Unbound Body* explains how and why the body constricts in response to

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trauma, causing physical and emotional pain. Dr. Blackstone guides us through step-by-step processes to unwind those constrictions by attuning to fundamental consciousness, setting the body free of trauma once and for all by uncovering an unbreakable, unified ground of being. In *Trauma and the Unbound Body*, Dr. Blackstone discusses: ? The five main purposes for bodily constriction—and how to release them to return to wholeness ? How to inhabit the body as fundamental consciousness to liberate trauma-based constrictions ? The Realization Process—a meditative practice for embodied spiritual awakening ? Discovering the unified ground of being within the body that enables lasting change

Mindfulness

A Comprehensive Guide to Understanding and Healing Shared Trauma What can you do when you carry scars not on your body, but within your soul? And what happens when those spiritual wounds exist not just in you, but in everyone in your family, community, and even beyond? Spiritual teacher Thomas Hübl has spent years investigating why it is that old and seemingly disconnected traumas can seed their way through communities and across generations. His work culminates in *Healing Collective Trauma*, a new perspective on trauma that addresses both its visible effects and its most hidden roots. Thomas combines deep knowledge of mystical traditions with the latest scientific research. “In this way,” writes Thomas, “we are weaving a double helix between ancient wisdom and contemporary understanding.” Thomas details the Collective Trauma Integration Process, a group-based modality for evoking and eventually dissolving stuck traumatic energies. Providing structured practices for both students and group facilitators, *Healing Collective Trauma* is

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intended to build a practical tool kit for integration. Here, you will learn: The innumerable ways trauma shapes our world—from identity and health to economy, geopolitics, and the state of the environment The concept of “trauma loyalty”—unconscious group bonds based in a pain narrative How the climate crisis is both a manifestation of humanity’s collective trauma and an opportunity to heal “Retrocausality”—how the power of presence can reshape the past and make new futures possible Including essays contributed by experts such as Dr. Gabor Maté, Dr. Otto Scharmer, Dr. Christina Bethell, and Ken Wilber, *Healing Collective Trauma* offers not just an advanced look at community trauma but also a hopeful glimpse of the future. As Thomas declares, “Together, I believe we can and must heal the ‘soul wound’ that marks us all. In so doing, we will awaken to the luminous possibility and profound potential of our true, mutual nature as humankind.”

The Deep Heart

A gifted teacher explores how both hardship and joy can lead us back to the sacredness of ordinary life Is healing a matter of solving a problem, curing a sickness, or making our wounds disappear? “In my experience,” writes depth psychotherapist and mindfulness teacher Matt Licata, “true healing is not a state where we become liberated from uncomfortable feelings, but one in which we are free and flexible to welcome our complete experience—whether happy or difficult—more fully.” With *A Healing Space*, Dr. Licata invites us to explore a more vital sense of wellness—one that does not put us in opposition to life’s hardship, but instead welcomes all experience as part of the soul’s majestic vastness. “While there is a part of us that very genuinely

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wishes to heal, awaken, and transform,” writes Dr. Licata, “there is a lesser known, hidden part invested in maintaining things the way they are.” Through metaphors and teachings from diverse traditions such as alchemy, neuroscience, mindfulness, contemplative spirituality, Buddhism, and depth psychology, he illuminates the spiritual journey with profound subtlety and deep insight. If you’ve found yourself wondering why years or even decades of self-improvement, meditation, prayer, or therapy hasn’t resulted in a feeling of wholeness or completeness, you may be ready to enter A Healing Space.

Grief is an Origami Swan

Originally published by Viking Penguin, 2014.

Heal Your Inner Wounds

Out of Darkness Comes the Light of Transformation Each of us has a shadow that darkens our inner and outer lives. In Tarot for Troubled Times, Shaheen Miro and Theresa Reed show us how working with the shadow—facing it directly, leaning into it rather than away—releases power that can free ourselves from negative mental habits and destructive emotions to find healing ourselves and others. Tarot, as the authors show, offers a rich and subtle path for this profound transformation. Through this book, you will discover a different approach to tarot, life, and self-empowerment. Befriend our shadow by working with the archetypes of the Major Arcana Discover—through affirmations, tarot prescriptions, and other healing modalities—how to empower ourselves and find our true voices Take our newly found powers and speak out so that we can become a helpful ally for the light and begin to do your greater work in the world

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Tarot for Troubled Times is not just another book on how to read the tarot—the authors provide specialty readings and suggested practices for issues such as grief, addiction, depression, fear, anger, divorce, illness, abuse, and oppression, and provide practical suggestions for stepping up as an ally or leader so that you can shape social policies. With a selection of mindful, introspective tarot spreads, you'll learn how the Tarot can help you rewrite your healing story and change your life, and help transform the world.

Your Resonant Self

With detailed discussion and the deeply personal stories of his interviewees, Schwartz offers a guide map to the soul and encourages his readers to heal at a profound level. Through complex ideas such as the development of greater self-love, an emergence from victim consciousness, and understanding the qualities you came into this lifetime to cultivate and express, Schwartz bestows practical and spiritual gifts that will help his readers to overcome some of life's most difficult crises and turning points.

Your Soul's Gift

Free your Body, Mind, and Soul from Emotional Trauma and Pain You've become an expert at surviving the ups and downs of life, but now is the time to start feeling worthy of the good life you dream about. This inspiring book features unique methods of visualization and shamanic psychotherapy for deep, transformational healing in a step-by-step format that anyone can use. Heal Your Inner Wounds guides you through each stage of life—from childhood to adulthood—and shows you how to work through and release the pain and

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resentment that may be lingering. Whether it's caused by relationship trouble, family problems, or self-esteem issues, Abby Wynne teaches you how to let go of negativity from the past so you can have an amazing future.

Freedom Is an Inside Job

Igniting a long-overdue dialogue about how the legacy of racial injustice and white supremacy plays out in society at large and Buddhist communities in particular, this urgent call to action outlines a new dharma that takes into account the ways that racism and privilege prevent our collective awakening. The authors traveled around the country to spark an open conversation that brings together the Black prophetic tradition and the wisdom of the Dharma. Bridging the world of spirit and activism, they urge a compassionate response to the systemic, state-sanctioned violence and oppression that has persisted against black people since the slave era. With national attention focused on the recent killings of unarmed black citizens and the response of the Black-centered liberation groups such as Black Lives Matter, Radical Dharma demonstrates how social transformation and personal, spiritual liberation must be articulated and inextricably linked. Rev. angel Kyodo williams, Lama Rod Owens, and Jasmine Syedullah represent a new voice in American Buddhism. Offering their own histories and experiences as illustrations of the types of challenges facing dharma practitioners and teachers who are different from those of the past five decades, they ask how teachings that transcend color, class, and caste are hindered by discrimination and the dynamics of power, shame, and ignorance. Their illuminating argument goes beyond a demand for the equality and inclusion of diverse populations to advancing a new dharma that

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deconstructs rather than amplifies systems of suffering and prepares us to weigh the shortcomings not only of our own minds but also of our communities. They forge a path toward reconciliation and self-liberation that rests on radical honesty, a common ground where we can drop our need for perfection and propriety and speak as souls. In a society where profit rules, people's value is determined by the color of their skin, and many voices—including queer voices—are silenced, Radical Dharma recasts the concepts of engaged spirituality, social transformation, inclusiveness, and healing.

When Things Fall Apart

Ilchi Lee's new book, *Earth Citizen*, is humanity's passport to a whole new world. In the book, Lee asks us to shed old identities that are illusionary and divisive, and to take on a new identity--Earth Citizen. It is through this simple shift in self-identification, he argues, that the world can find the answers to its many complex problems. Lee contends that while the cultures of the world may remain diverse, we are all united by our dependence on a single planet--the Earth. For this reason, he says we must all find a way to place the Earth at the center of our personal value systems. It is only by realizing our common humanity through the Earth that we may come together as one to create a peaceful and sustainable way of life on the planet.

Freedom for All of Us

A gifted teacher explores how both hardship and joy can lead us back to the sacredness of ordinary life. What does healing mean to you? For many of us, to “heal” is to solve a problem—to remove an illness, put a trauma behind us, or

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change something we don't like in our life so we never have to deal with it again. Yet does that idea of healing serve us ... or does it cut us off from life's gifts? "True healing is not a state where we become liberated from feeling, but freer and flexible to experience it more fully," writes Dr. Matt Licata. "When we experience our suffering consciously, it reveals sacredness and beauty we might not expect. Healing will always surprise us." With *A Healing Space*, Matt extends an invitation to explore the endless richness of your life—without minimizing or turning away from hardship, nor by seeking the shelter of comfort or certainty. "I do not have any answers for you," he writes. "Rather, I see my role as helping to illuminate the immensity and even magic of the questions themselves." On this journey, you'll learn to use new tools and perspectives to find your own sources of guidance, including:

- **Slowness**—in a speed-obsessed world, rediscover the revolutionary power of slowing down, listening, and letting the fullness of each moment unfold
- **Uncertainty**—why we often protect ourselves from the unknown at any cost, and how we can gradually learn to open to the gifts of uncertainty
- **Alchemy**—explore the wisdom of transmutation as an inner process of things falling apart and then coming back together in ways that are more integrated and whole
- **Depth Psychology**—integrating modern advances in psychotherapy and neuroscience with the timeless power of a soul-based psychology
- **Embodied Spirituality**—discover the healing potential of an approach to spirituality that honors the body, emotions, relationships, and the shadow
- **Love**—allow yourself to awaken to the revolutionary call to love and participate in the full-spectrum of life, dissolving the "trance of postponement" with the power of an open heart

A Healing Space is not a book to be absorbed and processed in one sitting—instead, you will find yourself returning again and again, whenever your soul calls you to examine, transform,

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and renew yourself. “At times,” writes Matt, “we need to crumble to the ground at the magnificence of it all, awestruck at the bounty that has been laid out before us. To fall apart. To fail. To get back up. To be humbled again. To start over. To be a beginner in the ways of love. To make this journey with our fellow travelers, and the sun, moon, and stars.”

Self-Compassion

Skills for people to learn to be with themselves in the healthiest way possible.

Healing Spaces

Buddhism has a lot to say about suffering—and there are likely few times we suffer more intensely than when we break up with a romantic partner. It feels like you may never recover sometimes. But Lodro Rinzler has wonderfully good news for those suffering heartbreak: the 2,500-year-old teachings of the Buddha are the ultimate antidote for emotional pain. And you don't need to be a Buddhist for them to apply to you. In this short and compact first-aid kit for a broken heart, he walks you through the cause and cure of suffering, with much practical advice for self-care as you work to survive a breakup. The wisdom he presents applies to any kind of emotional suffering.

Radical Dharma

"We are all touched at some point by the dark emotions of grief, fear, or despair. In an age of global threat, these emotions have become widespread and overwhelming. While conventional wisdom warns us of the harmful effects of

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"negative" emotions, this revolutionary book offers a more hopeful view: there is a redemptive power in our worst feelings. Seasoned psychotherapist Miriam Greenspan argues that it's the avoidance and denial of the dark emotions that results in the escalating psychological disorders of our time: depression, anxiety, addiction, psychic numbing, and irrational violence. And she shows us how to trust the wisdom of the dark emotions to guide, heal, and transform our lives and our world.

Flying Lead Change

What if you could reboot your health, tap into your creative self, reclaim your wild nature, lead from your heart—and still feel well rested? As modern women, we're taught that we can do it all, have it all, and be it all. While this freedom is beautiful, it's also exhausting. Being a "worn-out woman" is now so common that we think feeling tired all the time is normal. According to Karen Brody, feeling this exhausted is not normal—and it's holding us back. In *Daring to Rest*, Brody comes to the rescue with a 40-day program to help you reclaim rest and access your most powerful, authentic self through yoga nidra, a meditative practice that guides you into one of the deepest states of relaxation imaginable. It's time to lie down and begin the journey to waking up. Though it comes from the yogic tradition, yoga nidra doesn't look like a typical yoga class—the entire practice is done lying down. As you listen to a guided meditation, you're gently taken into complete inner stillness, effortlessly releasing into a healing state that works on both cellular and subtle body levels. With *Daring to Rest*, Brody presents a comprehensive yoga nidra program that unfolds in three phases: rest for physical exhaustion, release for mental and emotional exhaustion, and

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rise for tuning in to the “life purpose exhaustion” that can come when we’re not in our full power. Each phase includes a downloadable yoga nidra guided meditation and supportive practices. “By directly accessing your subconscious mind, yoga nidra helps shift the long-held patterns that prevent you from stepping fully into your purpose and power,” writes Brody. “Now is the time to break the cycle of fatigue and return to your truest self—the woman you are when you’re not constantly exhausted.”

Embracing Anxiety

MINDFULNESS reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion and promote genuine joie de vivre. It's the kind of happiness that gets into your bones. It seeps into everything you do and helps you meet the worst that life can throw at you with new courage. The book is based on Mindfulness-Based Cognitive Therapy (MBCT). MBCT revolves around a straightforward form of mindfulness meditation which takes just a few minutes a day for the full benefits to be revealed. MBCT has been clinically proven to be at least as effective as drugs for depression and it is recommended by the UK's National Institute of Clinical Excellence - in other words, it works. More importantly it also works for people who are not depressed but who are struggling to keep up with the constant demands of the modern world. MINDFULNESS focuses on promoting joy and peace rather than banishing unhappiness. It's precisely focused to help ordinary people boost their happiness and confidence levels whilst also reducing anxiety, stress and irritability.

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The Way of Rest

The Joy of True Meditation gathers together nearly 50 of Jeff Foster's soothing, touching, provocative and encouraging essays and poetic reflections on life, love, our true nature, and the courageous journey towards wild self-acceptance.

Love Hurts

An effective plan to help those suffering from wounds inflicted by the church find spiritual healing and a renewed sense of faith. Raised as a conservative Christian, minister and author Carol Howard Merritt discovered that the traditional institutions she grew up in inflicted great pain and suffering on others. Though she loved the spirituality the church provided, she knew that, because of sexism, homophobia, and manipulative religious politics, established religious institutions weren't always holy or safe. Instead of offering refuge, these institutions have betrayed people's hearts and souls. "People have suffered religious abuse," she writes, "which can be different from physical injury or psychological trauma." Though participation and affiliation in traditional religious institutions is waning, many people still believe in God. Merritt contends that many leave the church because they have lost trust in the institution, not in God. *Healing Spiritual Wounds* addresses the church's dichotomous image—as a safe space and as a dangerous place—and provides a way to restore personal faith and connection to God for those who have been hurt or betrayed by established institutions of faith. Merritt lays out a multistage plan for moving from pain to spiritual rebirth, from recovering theological and emotional shards to recovering communal wholeness. Merritt does not sugarcoat the wrongs institutions

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long seen as trustworthy have inflicted on many innocent victims. Sympathetic, understanding, and deeply positive, she offers hope and a way to help them heal and reclaim the spiritual joy that can make them whole again.

Trauma and the Unbound Body

A step-by-step holistic approach to eating disorder recovery, using self-compassion and embodiment practices to reduce symptoms, increase body awareness and acceptance, reconnect to others, and step back into an integrated life. Those who struggle with disordered eating often find themselves in an unrelenting cycle of harsh self-judgment, painful emotions, and harmful behaviors. Seeing the body as an adversary, these patterns can lead many people to become withdrawn or isolated. Ann Saffi Biasetti's powerful holistic approach to liberating people from disordered eating focuses on growing self-compassion and embodiment. This insight, informed by yoga and mindfulness meditation, views the body not just as something to be healed or restored but as a source of great wisdom and knowledge. Dr. Biasetti offers yoga-based movement, body-awareness practices, meditations, and journaling exercises to help release long-held habits of self-criticism and perfectionism. Her step-by-step program will rebuild self-compassion, self-care, body awareness, acceptance, and connection to the self and to others.

Suffering Is Optional

If the distractions and distortions around you, the jarring colors and sounds, could shake up the healing chemistry of your mind, might your surroundings also have the power to

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heal you? This is the question Esther Sternberg explores in *Healing Spaces*, a look at the marvelously rich nexus of mind and body, perception and place. The book shows how a Disney theme park or a Frank Gehry concert hall, a labyrinth or a garden can trigger or reduce stress, induce anxiety or instill peace.

Wake Up Grateful

Based on the latest research in the field of social psychology, the author investigates the avenues of escape, from alcoholism to meditation, Americans are taking to cope with the pressures of modern life

Daring to Rest

Mindfulness involves learning to be more aware of life as it unfolds moment by moment, even if these moments bring us difficulty, pain or suffering. This is a challenge we will all face at some time in our lives, and which health professionals face every day in their work. The Mindfulness-Based Compassionate Living programme presents a new way of learning how to face the pressures of modern living by providing an antidote which teaches us how to cultivate kindness and compassion – starting with being kind to ourselves. Compassion involves both sensitivity to our own and others' suffering and the courage to deal with it. Integrating the work of experts in the field such as Paul Gilbert, Kristin Neff, Christopher Germer and Tara Brach, Erik van den Brink and Frits Koster have established an eight stage step-by-step compassion training programme, supported by practical exercises and free audio downloads, which builds on basic mindfulness skills. Grounded in ancient

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wisdom and modern science, they demonstrate how being compassionate shapes our minds and brains, and benefits our health and relationships. The programme will be helpful to many, including people with various types of chronic or recurring mental health problems, and can be an effective means of coping better with low self-esteem, self-reproach or shame, enabling participants to experience more warmth, safeness, acceptance and connection with themselves and others. Mindfulness-Based Compassionate Living will be an invaluable manual for mindfulness teachers, therapists and counsellors wishing to bring the 'care' back into healthcare, both for their clients and themselves. It can also be used as a self-help guide for personal practice.

Mindfulness-Based Compassionate Living

The *Way of Rest* gathers nearly 200 of Jeff Foster's most inspiring essays, poems, and reflections on restoring and reviving ourselves when we feel exhausted or defeated. Drawing from his personal journey—including his own struggles with illness and depression—Jeff invites us to contemplate “the Way of Rest” and its potential to transform our experience of:

- Imperfection—how we are “gloriously flawed” yet complete exactly as we are
- Not knowing—how we come to trust in the greater intelligence of life
- Melancholy and loneliness—how we learn to release the healing energies of “exquisite sensitivity”
- Ordinary moments—recognizing and receiving “the closest thing of all”
- Discomfort and discontent—how our frustrations become an opening to deep peace
- Love—rediscovering who we are beyond our carefully constructed facades
- Silence—discovering the vibrancy of living by letting go of thoughts and concepts

“I hope the words in this book inspire,

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challenge, and encourage you. But most of all, I hope they help you remember that you are life, inseparable from the power that grows the flowers and gives birth to galaxies," writes Jeff Foster. *The Way of Rest* brings you his companionship and support whenever you need it most.

Wiser

"This is a beautiful book about life, the only true teacher." (Bernie Siegel, MD, author of *Love, Medicine and Miracles*) "Despite the awesome powers of technology, many of us still do not live very well," says Dr Rachel Remen. "We may need to listen to one another's stories again." Dr Remen, whose unique perspective on healing comes from her background as a physician, a professor of medicine, a therapist and a long-term survivor of chronic illness, invites us to listen from the soul. This remarkable collection of true stories draws on the concept of kitchen table wisdom – the human tradition of shared experience that shows us life in all its power and mystery and reminds us that the things we cannot measure may be the things that ultimately sustain and enrich our lives. With new material, this special edition of *Kitchen Table Wisdom* addresses the same spiritual issues that made the original a bestseller: suffering, meaning, love, faith and miracles. Winner of the 1996 Wilbur Award for Best Work of Spiritual Non-fiction Winner of the Friends of Libraries USA Readers Choice Award for 2000

The Body Keeps the Score

Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* offers

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expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

Escaping The Self

From national bestselling author and humanitarian Zainab Salbi, a powerful look at what happens when we heal our shadows and align with our core values. "May this book help create bridges to a much bigger and kinder world." —Gloria Steinem, author of *My Life on the Road* and *Revolution from Within* "If you want to know what true self-power is, then read this book. It will open your inner eye to the beauty of your own being." —Deepak Chopra, MD, author of *The Healing Self* and *The Seven Spiritual Laws of Success* How can we transform our collective fear and the deep divisions between us into meaningful change? In *Freedom Is an Inside Job*, bestselling author, humanitarian, and TV personality Zainab Salbi shares that to transform our outer world, we must turn towards our inner world. After years of working as a successful CEO and change-maker, Salbi realized that if she wanted to confront and heal the shadows of the world, she needed to face her own shadows first. Holding nothing back, Salbi shares pivotal moments from her personal life alongside poignant and fascinating stories from her encounters around the world. Through her stories, we learn that if we want to create real change, we need to heal the inconsistencies

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within our own values, actions, and goals. As Salbi explores her own riveting journey to wholeness, readers learn how embarking on such a journey enables each of us to create the world we want to live in. "So long as we are conflicted within, we will continue to have conflict without," writes Salbi. "If we want to change the world, we need to begin with ourselves. This is the path to freedom."

The Authentic Life

From the field's pioneer, an exploration of the neurobiology and psychology of wisdom: what science says it is and how to nurture it within yourself—at any stage of your life. What exactly does it mean to be "wise?" And is it possible to grow and even accelerate its unfolding? For over two decades, Dr. Dilip Jeste has led the search for the biological and cognitive roots of wisdom. What's emerged from his work is that wisdom is a very real and deeply multilayered set of traits. Across many cultures and centuries, he's found that wise people are compassionate and empathetic, aware of their gifts and blind spots, open-minded, resolute and calm amid uncertainty, altruistic decision-makers who learn from their experiences, able to see from many perspectives and "altitudes," and often blessed with a sense of adventure and humor. "The modern rise in suicides, opioid abuse, loneliness, and internet addiction is damaging people's health and destroying the social fabric," Dr. Jeste reflects. But we all have the ability to nurture and grow every facet of wisdom to face these challenges and others more effectively. If you seek to be a wiser person—with your family, at work, and in your community—this book will show you how, with the researcher who's launched and advanced this exciting new path to our highest human potential.

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Healing through the Dark Emotions

Three luminary teachers unfold a compelling series of dialogues on inner freedom—what it is and how to cultivate it in ourselves and others. “We are, nearly all of us,” writes Matthieu Ricard, “the playthings of our whims, our conditioning, our impulses, our inner conflicts, our wandering thoughts, and our afflictive emotions. This servitude of ours is at the root of much that torments us. How do we free ourselves from the prison of these mental mechanisms, in the face of which we often feel helpless, even resigned?” With their acclaimed book *In Search of Wisdom*, these three gifted friends—a monk, a philosopher, and a psychiatrist—shed light on our universal quest for meaning, purpose, and understanding. Now, in this new in-depth offering, they invite us to tend to the garden of our true nature: freedom. Turn by turn, each shares his own unique perspective on the various obstacles to inner freedom, the “ecology” of freedom, the ways to cultivate it, and the harvest that comes out of it. What emerges is a panoramic vision and road map for us to overcome the barriers that hinder our liberation. “It is our hope,” they write, “that this book will clarify the means for freeing ourselves from the causes of suffering.” Filled with unexpected insights and specific strategies, *Freedom for All of Us* presents an inspiring guide for breaking free of the unconscious walls that confine us.

Real Change

Begin to process your grief and remember those you've lost using the art form of origami. Learn to fold an origami swan using square, origami paper, and befriend the often confusing and sometimes unsettling feelings experienced during

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bereavement and after loss. With each origami swan you fold, think of the one you lost and honor their memory. Learn that grief has no timeline and carries no expiration. Your feelings, as confusing as they may be, are a valid and necessary part of the healing journey. Begin the journey today with this beautifully illustrated book. Using black-and-white nature illustrations paired with pressed florals and grasses, Michèle Saint-Michel takes you by the hand and leads you down the path toward healing. Step-by-step instructions assist even those unfamiliar with origami to fold a paper swan. Each swan folded is a chance to spend a little time with the one you've lost. Using Japanese design aesthetics like Ma and wabi-sabi, author and artist Michèle Saint-Michel builds a robust world where escape is possible—a world of magical, flightless birds, where grief and loss can begin to be embodied and safely explored.

The Mindful Way through Depression

For leaders at work, at home, and in our communities—an essential guide to nature-based leadership inspired by the wisdom of indigenous teachings and horses. Is there a common element to the challenges and crises of our modern age? If so, it must be disconnection—from each other, our planet, and the sense that our lives have purpose and meaning. Where can we turn for answers? In *Flying Lead Change*, leadership teacher Kelly Wendorf offers a new approach to leading and living inspired by two profound sources of ancient wisdom: original peoples and Equus (the horse), grounded in evidence-based principles of neuroscience. In her groundbreaking EQUUS training program, Wendorf teaches a way of leadership modeled on a 56 million-year-old system of the horse herd—a path that has

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allowed humans and horses alike to survive the kinds of global and societal threats we now face, such as climate change and mass extinction. Here she takes you step by step through this powerful approach, including:

- Listening—the starting point for all leadership, in which we suspend our biases and preferences
- Care—explore the ancient, indigenous understanding of care that is reciprocal, empathic, and beneficial to all
- Presence—meeting the here and now with vulnerability, openness, and a stable foundation
- Safety—how a masterful leader creates a sense of group resilience and strength by “leading from behind” for the welfare of all
- Connection—ways to move away from coercion and force to promote genuine communication and belonging
- Peace—creating group harmony right now through the surprising concepts of “congruence” and “tempo”
- Freedom—returning to our wild nature that is inherently free, unbridled, and unbroken
- Joy—moving beyond temporary happiness to a state of wholehearted engagement of life, whatever the circumstances

In horsemanship, a “flying lead change” allows a running horse to respond with breathtaking grace to changing conditions. “Collectively, we need a similar physics-defying maneuver,” Wendorf writes. “This book is for the called—thought leaders, visionaries, parents, creatives, and all those who sense we are being asked to participate in humanity’s ‘flying change’ through the way we live, love, and lead.”

The Hidden Spirituality of Men

What if you could slow down, tap in, and pay attention to the clues and cues your children are giving you? *Intuitive Parenting* is an easy-to-use guide for parents and caregivers interested in improving communication with the children in

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their lives. Your children's hearts are speaking—do you know how to listen? Dr. Debra Snyder, an intuitive therapist and holistic practitioner shares her groundbreaking guide to energy communication and healing, showing readers how to enhance their communication with children via subtle energy systems. Unlike other books on spiritual parenting that focus solely on changing the child, *Intuitive Parenting* works just as much on the parent's growth and entire family dynamic. With exercises, journaling prompts, and interwoven client stories, the book will resonate with parents, caretakers, teachers, therapists, and holistic health practitioners how to foster communication at the heart level.

A Healing Space

Drawn from traditional Buddhist wisdom, Pema Chodrons radical and compassionate advice for what to do when things fall apart in our lives goes against the grain of our usual habits and expectations.--from back cover.

Tarot for Troubled Times

An experiential guide for exploring the convergence of psychological healing and spiritual awakening that happens most clearly and powerfully in the depths of the heart "The Deep Heart is what I call a living book, that rare gem of a book that is alive with the presence of its author . . . A book like this should be felt and experienced as much as it should be read." —Adyashanti The great human quest is to discover who we really are—a discovery that changes our lives and the lives of those around us. With *The Deep Heart*, spiritual teacher and psychotherapist Dr. John J. Prendergast invites us on a pilgrimage within, using the heart as a portal to our

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deepest psychological and spiritual nature. The “deep heart” is Prendergast’s term for our heart center—a subtle center of emotional and energetic sensitivity, relational intimacy, profound inner knowing, and unconditional love. “The heart area is where we feel most deeply touched by kindness, gratitude, and appreciation, yet it is also where we feel most emotionally wounded,” writes Prendergast. “Whether we realize it or not, the heart is what we most carefully guard and most want to open.” Throughout *The Deep Heart*, Prendergast expertly combines the bounded wisdom of psychotherapy with a spacious, embodied path to liberation, bringing attention to both the joys and pitfalls of each approach with the compassion of a friend who’s walked the path for decades. In this experiential guide, Prendergast invites you to tune into your inherent wisdom, love, and wholeness as you journey into the deep heart. Through precise and potent meditative inquiries, insightful stories, and reflections drawn from Prendergast’s intimate work with students and clients, you’ll begin to open your heart, see through your core limiting beliefs, and discover the true nature of your being.

Befriending Your Body

If you struggle with self-defeating thoughts and feelings of inadequacy, you are not alone. We’ve all felt inadequate, believing that we’re broken or otherwise unworthy. But this doesn’t have to be a life sentence. Presenting four guiding principles and five core practices based in deep spiritual wisdom, *Suffering Is Optional* reveals how to liberate yourself from the prison of false self-beliefs holding you back. Millions of people feel that they are not good enough. They may struggle every day, seeing themselves as deficient, pathetic,

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or damaged, and destined to fail. They convince themselves they aren't worthy of love or respect, and view themselves with self-hatred. When you believe and cling to painful, self-defeating thoughts like "I can't do it," "It won't work," or "I'm a loser," they become your personal reality—and the more you repeat them, the more you believe them, until they come to define you. Sadly, these limiting self-definitions lead to even more pain and suffering: hidden shame, problems in relationships, opportunities lost, and a life not fully lived. In *Suffering Is Optional*, clinical psychologist Gail Brenner offers practical ways to discover that you are not what your thoughts tell you you are. Rather than showing you how to become a better version of yourself, this book goes straight to the heart of the problem—that you've mistakenly identified yourself as broken and undeserving—to guide you out of these limiting thoughts and into an investigation of the nature of reality that ultimately liberates you from your suffering. With these exercises, experiments, reflections, practices, and inspiring stories, you'll have a spiritual solution to your personal problem of limitation and self-sabotage. Using the four guiding principles and five core practices presented in this book—including turning toward direct experience, grounding in aware presence, losing interest in thoughts, welcoming feelings, and the sacred return to presence—you'll be able to shed your false identity and wake up to the inherent peace and happiness that is available to you in any given moment.

The Joy of True Meditation

IT IS NO SECRET that men are in trouble today. From war to ecological collapse, most of the world's critical problems stem from a distorted masculinity out of control. Yet our culture rewards the very dysfunctions responsible for those

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problems. To Matthew Fox, our crucial task is to open our minds to a deeper understanding of the healthy masculine than we receive from our media, culture, and religions. To awaken what Fox calls "the sacred masculine," he unearths ten metaphors, or archetypes, to inspire men to pursue their higher calling to reinvent the world.

Kitchen Table Wisdom

From one of most prominent figures in the field of meditation comes a guidebook for how to use mindfulness to build our inner strength, find balance, and help create a better world. In today's fractured world, we're constantly flooded with breaking news that causes anger, grief, and pain. People are feeling more stressed out than ever, and in the face of this fear and anxiety they can feel so burnt out and overwhelmed that they end up frozen in their tracks and unable to do anything. In *Real Change*, Sharon Salzberg, a leading expert in lovingkindness meditation, shares sage advice and indispensable techniques to help free ourselves from these negative feelings and actions. She teaches us that meditation is not a replacement for action, but rather a way to practice generosity with ourselves and summon the courage to break through boundaries, reconnect to a movement that's bigger than ourselves, and have the energy to stay active.

Consulting with veteran activists and social-change agents in a variety of fields, Salzberg collects and shares their wisdom and offers the best practical advice to foster transformation in both ourselves and in society. To help tame our inner landscape or chaos, Salzberg offers mindfulness practices that will help readers cultivate a sense of agency and stay engaged in the long-term struggle for social change. Whether you're resolving conflicts with a crotchety neighbor or

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combating global warming, Real Change will provide the fundamental principles and mindfulness practices to help guide you to the clarity and confidence to lift a foot and take the next step into a better world.

Intuitive Parenting

If you've ever struggled with depression, take heart. Mindfulness, a simple yet powerful way of paying attention to your most difficult emotions and life experiences, can help you break the cycle of chronic unhappiness once and for all. In *The Mindful Way through Depression*, four uniquely qualified experts explain why our usual attempts to "think" our way out of a bad mood or just "snap out of it" lead us deeper into the downward spiral. Through insightful lessons drawn from both Eastern meditative traditions and cognitive therapy, they demonstrate how to sidestep the mental habits that lead to despair, including rumination and self-blame, so you can face life's challenges with greater resilience. This e-book includes an audio program of guided meditations, narrated by Jon Kabat-Zinn, for purchasers to stream or download from the Web. See also the authors' *Mindful Way Workbook*, which provides step-by-step guidance for building your mindfulness practice in 8 weeks. Plus, mental health professionals, see also the authors' bestselling therapy guide: *Mindfulness-Based Cognitive Therapy for Depression, Second Edition*. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

A Healing Space

Ever feel like your efforts to live a life of wisdom, honesty, and compassion are hijacked by, well, life? Take heart. Ezra

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Bayda has good news: life's challenges aren't obstacles to our path—they are the path. Understanding that liberates us to use every aspect of what life presents us with as a way to live with integrity and authenticity—and joy. In this, as in all his books, Ezra's teaching is Zen made wonderfully practical, in a way that can apply to anyone's life. Meditation is the foundation, but it doesn't stop there. It's about learning to take the practice of presence we cultivate in meditation to all the rest of our complicated lives. Doing that empowers us to navigate our journey with the integrity and authenticity that are what a satisfying life are all about.

Earth Citizen

An in-depth guide for engaging with anxiety—not as an affliction, but as an essential source of foresight, intuition, and energy for completing your tasks and projects. If you're facing anxiety, you've probably got one thing on your mind—how to make it go away. But what if this challenging emotion were actually trying to help? "When we ignore or repress our anxiety," teaches Karla McLaren, "it can overwhelm us. But when we learn to welcome it with skill, we can access its remarkable gifts." Engaged with wisely, anxiety is your task completion ally—it helps you to focus, plan, take action, and fulfill your goals. With *Embracing Anxiety*, you'll join this acclaimed educator and researcher to explore: Principles and practices to befriend your anxiety at every level of intensity (before it overwhelms you) Strategies to engage with anxiety as a source of foresight, conscientiousness, and motivation Why fear, confusion, and panic are not the same as anxiety, and tools to work with each effectively How anxiety blends with anger, depression, and other emotions, and how to clarify these compounded states Using McLaren's Conscious

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Questioning practice to engage with anxiety and garner its insights How to embrace procrastination and get things done "When you identify, listen to, and act on anxiety skillfully, you support its purpose," teaches McLaren, "and allow it to recede naturally until it is needed again." With Embracing Anxiety, you'll learn how to get this powerful emotion on your side.

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