

Getting Past Your Past Take Control Of Your Life

[#getting past your past](#) [#take control of your life](#) [#overcome the past](#) [#personal empowerment](#) [#life transformation](#)

Unlock the power to truly move forward by getting past your past. This guide will help you take control of your life, fostering personal empowerment and leading you towards a profound life transformation.

Our goal is to bridge the gap between research and practical application.

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Getting Past Your Past

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by memories and experiences we may not remember or don't fully understand. Getting Past Your Past offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

Getting Past Your Past

An accessible user's guide to overcoming trauma from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas, we are all influenced by our memories and by experiences we may not remember or fully understand. *Getting Past Your Past* offers practical techniques that demystify the human condition and empower readers looking to take charge of their lives. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations, and excel in ways taught to Olympic athletes, successful executives, and performers. An easy conversational style, humor, and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and how to achieve real change.

Take Your Life Back

"I want to have better relationships . . . but is it all on me to fix things?" "This person's approval means everything to me. It's like it controls me." "Why can't I get free from this cycle?" If you find yourself having these feelings, it's time to take your life back. Through personal examples, clinical insights, and spiritual truth, Stephen Arterburn and David Stoop will show you how to overcome the habits and history that are keeping you down—and take new, positive steps toward change; heal from the hurts, setbacks, and broken relationships that affect you every day; develop better boundaries with others in your life; stop overreacting and start responding appropriately to any situation or circumstance; break the cycle of behavior that harms you and your relationships; find the freedom you have longed for. Your past and current circumstances don't have to define you, and they don't have to determine the direction of your life. *Take Your Life Back* is the key to moving from reactive attitudes and behaviors to healthy, God-honoring responses that will help you live the life you were meant to live.

Handbook of EMDR and Family Therapy Processes

Starting with the Foreword by Daniel Siegel, MD, the Handbook demonstrates in superb detail how you can combine EMDR's information processing approach with family systems perspectives and therapy techniques. An impressive and needed piece of work, *Handbook of EMDR and Family Therapy Processes* provides a clear and comprehensive bridge between individual and family therapies.

EMDR

Hailed as the most important method to emerge in psychotherapy in decades, EMDR has successfully treated psychological problems and illnesses in more than one million sufferers worldwide, with a rapidity that defies belief. In a new introduction, Shapiro presents the new applications of this remarkable therapy and the latest scientific research that demonstrates its efficacy.

Getting Past Your Breakup

A proven plan for overcoming the painful end of any romantic relationship, including divorce, with practical strategies for healing, getting your confidence back, and finding true love. It's over--and it really hurts. But as unbelievable as it may seem when you are in the throes of heartache, you can move past your breakup. Forget about trying to win your ex back. Forget about losing yourself and trying to make this person love you. Starting today, this breakup is the best time to change your life for the better, inside and out. Through her workshops and popular blog, Susan Elliott has helped thousands of people transform their love lives. Now in *Getting Past Your Breakup*, she'll help you put your energy back where it belongs--on you. Her plan includes: The rules of disengagement: how and why to go "no contact" with your ex How to work through grief, move past fear, and take back your life The secret to breaking the pattern of failed relationships What to do when you can't stop thinking about your ex, texting, calling, checking social networking sites, or driving by the house

Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Third Edition

"Originally developed for treatment of posttraumatic stress disorder (PTSD), this evidence-based approach is now also used to treat adults and children with complex trauma, anxiety disorders, depression, addictive behavior problems, and other clinical problems. EMDR originator Francine Shapiro reviews the therapy's theoretical and empirical underpinnings, details the eight phases of treatment, and provides training materials and resources. Vivid vignettes, transcripts, and reproducible forms are included"--Amazon.com.

If You Had Controlling Parents

"Dan Neuharth's book demystifies much within our pasts that can hurt our intimate relationships in ways we may not even realize. *If You Had Controlling Parents* helps spark understanding and acceptance across generations." — John Gray, Ph.D., author of *Men Are from Mars, Women Are from Venus* Do you sometimes feel as if you are living your life to please others? Do you give other people the benefit of the doubt but second-guess yourself? Do you struggle with perfectionism, anxiety, lack of confidence, emotional emptiness, or eating disorders? In your intimate relationships, have you found it difficult to get close without losing your sense of self? If so, you may be among the fifteen million adults in the United States who were raised with unhealthy parental control. In this groundbreaking bestseller by accomplished family therapist Dan Neuharth, Ph.D., you'll discover whether your parents controlled eating, appearance, speech, decisions, feelings, social life, and other aspects of your childhood—and whether that control may underlie problems you still struggle with in adulthood. Packed with inspiring case studies and dozens of practical suggestions, this book shows you how to leave home emotionally so you can improve assertiveness, boundaries, and confidence, quiet you "inner critics," and bring more balance to your moods and relationships. Offering compassion, not blame, Dr. Neuharth helps you make peace with your past and avoid overcontrolling your children and other loved ones.

EMDR Made Simple

Despite the numerous studies touting EMDR's efficacy, it is still largely regarded as too complicated to understand, a major factor in why many who have been trained in EMDR no longer use it. *EMDR Made Simple: 4 Approaches to Using EMDR with Every Client* offers a fresh approach to understanding, conceptualizing, and ultimately implementing EMDR into clinical settings. Dr. Jamie Marich brings in her clinical experience from other modalities and disciplines to show that EMDR is more than just a series of protocols that need to be mastered in order for it to be effective. Using common sense language, clinical cases, and practical example, *EMDR Made Simple* will give you the tools to build on your existing clinical knowledge and make EMDR work for you and your clients.

Let it Go

Leave behind negative patterns of thinking and behaviour which give rise to unwanted emotions and hold you back in life. This book offers a combination of theory and sound practical strategies, proven time and time again in David Rahman's workshops and courses to really show people how to live happier lives.

Every Memory Deserves Respect

An important handbook for the millions of people dealing with or recovering from trauma, to fully understand what trauma is and its effects on the brain and body, and how to recover using EMDR. Co-written by a therapist and a patient who contributes his own personal story of trauma recovery.

Getting Past the Affair

This book has been replaced by *Getting Past the Affair, Second Edition*, ISBN 978-1-4625-4748-7.

Self-Guided EMDR Therapy and Workbook

Dr Francine Shapiro's groundbreaking Eye Movement Desensitizing and Reprocessing (EMDR) therapy has been successfully used to treat a variety of issues, including anxiety, anger, depression, and PTSD. These issues often have their roots in past events, yet cause us untold anguish in the present, and hold us back from our future. *Self-Guided EMDR Therapy* explores how EMDR can be used to heal emotional disturbances, and what to expect during and after treatment. There are self-help grounding exercises to do before Andler guides readers through each step of the the 8-phase treatment process to healing. This is a must-read for anyone embarking on EMDR therapy, even if you are planning to

see a professional. Key Features In-depth look at the 8-stage treatment process 8-Stage treatment prompt sheet Personal history self assessment Grounding exercises and personal log Workbook for reprogramming 10 target traumas 50 page journal About the author Katherine Andler is the author of Self-administered EMDR; Freedom from Anger, Anxiety and Depression)

The EMDR Revolution

EMDR is the fastest and most efficient evidence-based therapy available today. It has resulted in 80-90 percent recovery from PTSD in five to twelve hours and was found to be much faster than cognitive behavior therapy. EMDR is the perfect solution for people who are tired of going through long years of therapy for distress or psychological barriers, those who are considering therapy but are daunted by the long-term commitment, those who have found out that awareness, willpower, and determination are not enough for change, and those who want a deep psychological change in an extremely short period of time. As psychiatrist and professor Bessel A. van der Kolk said, "The speed at which change occurs during EMDR contradicts the traditional notion of time as essential for psychological healing." The EMDR Revolution educates readers about a revolutionary psychotherapy called EMDR, which stands for Eye Movement Desensitization and Reprocessing. The main parts of the book include a series of case studies and each case study includes lessons that readers can apply to themselves for better understanding of oneself and human nature.

Getting Past No

We all want to get to yes, but what happens when the other person keeps saying no? How can you negotiate successfully with a stubborn boss, an irate customer, or a deceitful coworker? In *Getting Past No*, William Ury of Harvard Law School's Program for Negotiation

Remote Together

The pandemic has changed the field of psychology forever-and likely changed you in the process. One of the biggest changes is the emergence of remote therapy. If you are not currently offering it, your clients will probably ask you to incorporate remote sessions into your practice; it's here to stay for us all. In *Remote Together: A Therapist's Guide to Cultivating a Sustainable Practice*, Barb Maiberger shares her personal experiences as well as her extensive consultation work to help therapists create or refine a sustainable remote therapy practice. In a captivating mix of memoir and practical, hands-on advice, Maiberger shows the more prepared you are to offer remote therapy, the better experience you and your clients will have for years to come. She also provides daily practices to help you connect, be present, and create safety during remote therapy. Through these practices you'll see that you're not alone in your journey and, though remote, you can find support, nourishment, and enjoyment in your remote therapy practice.

Becoming Safely Embodied

Whether you are stuck in the distress of life, or appear like nothing's wrong, you may have faced trauma or incredible stress or suffocating fear. Maybe you wonder whether those emotions, memories, and experiences are blocking you from being as fulfilled and happy as you could be. Maybe you're stuck in patterns that simply no longer work for you. What if you could change it all? What if you could feel safe and solid and secure inside your own body? What if your life could be peaceful and centered and fulfilled? In *Becoming Safely Embodied*, Deidre Fay shares from her 35 years of psychotherapy and spiritual practice to provide a truly practical way to integrate modern neurobiology and ancient wisdom to finally and completely heal from emotional trauma, no matter how deep or faint, how long ago or recent you experienced the pain. Throughout her years as a therapist, Deirdre noticed that clients would make progress while in a therapy session and then revert to old patterns between sessions. What people need is a set of skills and practices to support ongoing healing and wholeness. That's what this book will help you with. You'll discover: What "trauma" is and why you might have had a hard time healing from this pain, Why shame is an attachment wound and how to harness self-compassion to truly transform suffering, What to do when you feel like you're easily "triggered" by a certain person or situation in your life so that you can stay centered and safe, Instantly effective methods of breath work for brain change and emotional regulation so that you can calm your mind or energize your body, The nine core skills that can help you to be more at home with your internal world and cultivate a body that's a safe place for rest, reflection, and wellbeing, Simple daily practices that (like brushing your teeth) promote ongoing healing in your body, mind, and soul, And much, much more. Whether you are

healing from abandonment issues or from pain or from grief—or whether you are helping someone else to heal—Becoming Safely Embodied is your map and guidebook to finally becoming at home with your internal world, cultivating a body that's a safe place for rest, reflection, and wellbeing, and creating the life you want to live, instead of living in the life your history catapults you into. You may be wondering, "Is it possible for ME? Can I change? Is it possible for me to shift these painful patterns into a more fulfilling life? Can I truly organize this crazy inner world?" The simple answer is, "Yes," and your journey to becoming safely embodied begins inside the pages of this book.

Keep Pain in the Past

Heal your psychological pain and take back your life with this breakthrough process based on decades of successful treatment. In *Keep Pain in the Past*, two of America's top psychologists in the field of emotional trauma and PTSD share their highly effective methodology for recovering from painful psychological wounds. Whether it's extreme trauma such as sexual abuse, the horrors of war, or the very serious pain of loss, grief, shame and guilt, their method can help you recover without years of intensive therapy. Doctors Christ Cortman and Joseph Walden have been helping patients recover from trauma for decades. Through a combination of practical steps and illuminating stories, they share the tools and techniques that can help you identify and face your pain, find closure, and alleviate related issues such as depression, anxiety, panic attacks, sleep disruption, and more. Discover how Sheri, a thirty-seven-year-old attorney, recovered from panic attacks that seemed to come out of nowhere. Follow the journey of Mark, a twenty-nine-year-old Army veteran, as he healed from a destructive downward spiral in the grip of PTSD. Explore how Melinda, a forty-two-year-old professor who struggled to sustain a romantic relationship, confronted her torturous childhood and finally found love. These and other stories demonstrate the restorative power of *Keep Pain in the Past*.

Taming the Tiger

We live in a world ripped apart by trauma. Just turn on the news, and there it is. Another war, another attack, another epidemic. And even if we turn off the news, we're left with the reality of our lives, and the challenges within our own families. Illness, death, broken relationships... and there's our regrets... our doubts... our insecurities, and our fears... all amplified by unhealed wounds from the past. So often, we try to ignore these wounds. But over time, it catches up with us. Whether we like to admit or not, our past shapes us. It shapes not only how we see the world, but it literally changes our brains. From 1995-1997 Kaiser Permanente did a massive study of over 17,000 subjects to try and better understand the way trauma experienced in childhood impacted individuals long-term. In what is now known as the (ACE) study, because it focused on "Adverse Childhood Experiences," subjects completed confidential surveys, allowing researchers to gather data on their experiences of physical, sexual, and emotional abuse; emotional and physical neglect; and negative household experiences like divorce, addiction, violence and incarceration... and the results were jaw-dropping. The researchers found that not only were these adverse childhood experiences very common, but that as the number of these experiences increased, so did the individual's risk for a whole host of problems later in life. One might expect that there would be some mental health issues because of childhood pain... but the big surprise was the direct link between these painful experiences and an increased likelihood of having medical and socio-economic problems later in life... like addiction, heart disease, liver disease, financial stress, academic problems, risky behaviors, suicide attempts, and domestic violence. One of the big takeaways from this study was the importance of not only trying to minimize and prevent these painful experiences from happening, but also... (here's where EMDR comes in)... also trying to heal the emotional trauma so that these problems later in life don't have to manifest the same way. Yes, there is a silver lining in all this. There is a ray of light in the midst of so much darkness in this world. With EMDR therapy, trauma can permanently heal, allowing individuals to live healthier, more joyful lives, and break the destructive patterns passed down from generation to generation. In this sense, EMDR truly can change the world! And I'm so honored to tell you about it. My name is Mark Odland, and I'd like to personally welcome you to this crash course on EMDR therapy and how it can transform your life. EMDR therapy is, simply put, the most groundbreaking and powerful therapy out there. Its 8-phase process is highly researched, and has been empirically validated by over 2 dozen randomized studies of trauma victims. It's recognized by the American Psychiatric Association, the Department of Veterans Affairs, and the Department of Defense. It's also one of only two trauma therapies endorsed today by the World Health Organization for treating PTSD. From the outside, it can look a little too good to be true. But the research doesn't lie. EMDR is the real deal, and it's here to stay. But to be clear, this course itself is not EMDR therapy, because EMDR is something you'd receive over the course of several weeks or months from a trained,

mental health professional. This course itself isn't therapy, and it's not a quick fix. But it is an in-depth introduction to EMDR therapy. My goal is to take the mystery out of it... to pull back the curtain to show you exactly what it is, how it works, why it works, and how it can help you or someone you love find lasting healing from trauma. Knowledge is power, and my hope is that this course helps you see, and believe, that emotional pain doesn't have to have the last word. That old hurts can, in fact, heal... permanently.

Emotional Healing at Warp Speed

Explains how to use the psychotherapeutic technique of EMDR (Eye Movement Desensitization and Reprocessing) to help alleviate the effects of severe trauma, depression, and stress and promote total health, fitness, and well-being.

Nobody is Broken

The first step in healing our trauma is to understand that we have trauma. We are experiencing a hidden epidemic of vast proportion, made up of past, unresolved emotional experiences. These experiences are what we refer to as trauma. This trauma occurs at both the individual and collective level and is the root of almost all the anxiety and stress that we experience in our lives. Nobody is Broken offers a deep insight into this phenomenon, looking at how it has happened and why it has remained hidden for so long. And it also gives a healthy dose of encouragement that we can all heal. Using case studies from her clinical experience, the author demonstrates how we can finally release the grips of the past, in order that we can, at last, step into our future with joy, compassion, and love. - Lucinda Gordon Lennox, MSc, MBACP, is an accredited psychotherapist, writer and lecturer, working internationally online and in-person. She lives in London with her two children.

EMDR as an Integrative Psychotherapy Approach

Annotation Shapiro, the originator and developer of eye movement desensitization and reprocessing (EMDR), is joined by other psychiatrists to offer a wide range of perspectives and opinions about the approach. Among their topics are information processing and an interpersonal neurobiology of psychotherapy, EMDR in conjunction with family systems therapy, and feminist therapy. Annotation c. Book News, Inc., Portland, OR (booknews.com).

Evolution Of Psychotherapy.....

First published in 1987. Routledge is an imprint of Taylor & Francis, an informa company.

Healing the Hurts of Your Past

Do you find that you are your own worst enemy? Are you your biggest critic? Do others believe in you, but you find yourself filled with doubt? Why is that? You are not alone in this. Many of us do the same thing. Why do we so often sabotage the success we long for? The answer, in a word, is shame. Shame plays a vital role in our lives and is often overlooked. Shame can come from many things such as addiction and the hurts of our past. How we deal with those issues can be the difference between healing and rising from the ashes as a more confident and powerful person to being stuck in the same old rut. What do you want to do? Are you reading to start dealing with the pain and find real healing? This book is not a "feel-good" story but a "roll-up your sleeves" down and dirty look at the pain of shame. F. Remy Diederich helps you connect the dots to your self-defeating behavior and then gives you practical how-to advice about how a true understanding of God's love can free you to live the life you've always wanted. If you have been searching for a way to find Christian counseling or addiction treatment or just repairing the damage that has been done by living with the lies and hurts of your past, Healing the Hurts of Your Past is a powerful first step to freedom.

Getting Past What You'll Never Get Over

When hard times strike, we look forward with longing to the day when we will "get over" the event and have closure. This is a difficult--often impossible--road to travel. There are some things in life that we must learn to live with because they will never truly go away for good. Despite that truth, there is life--rewarding and abundant life--after heartache and pain. John F. Westfall leads readers beyond their hurts and into a life of confidence, freedom, and secure joy. Sharing stories with wisdom, humor, and

vulnerability, he shows how to move forward beyond fear, regret, guilt, anger, and bitterness into a life worth living.

Short-term Therapy for Long-term Change

Is it possible to effect deep, lasting, meaningful psychological change in a short period of time?

A Guide to the Standard EMDR Protocols for Clinicians, Supervisors, and Consultants

"This is an excellent guide to the theory and practice of EMDR. It provides great clarity to readers unsure of how this therapy is conducted. If you want to know about EMDR, this is the book to have." Score: 100, 5 stars --Doody's Learning to use EMDR safely and effectively requires the integration of a wide range of knowledge and skills. This guide serves as an orientation to the clinical, professional, and risk management issues that EMDR practitioners face in their daily practice. Following the eight-phase model of EMDR, the book provides clear, detailed guidelines to utilizing the standard EMDR protocols for treatment of posttraumatic stress disorder, phobias, and panic attacks. Included are guidelines for case formulation, treatment planning, and preparing patients for EMDR reprocessing. The guide also contains sample consultation agreements and forms for documenting case summaries and treatment outcomes. Key features: Includes charts, forms, illustrations, tables, and decision trees to guide treatment planning and documentation Presents case studies with transcripts illustrating the different protocols, as well as guidelines for informed decision making Discusses ethical issues in clinical application, consultation, supervision, and research With clear, concise treatment guidelines on the clinical use of EMDR, this book serves as an invaluable resource for practicing clinicians, supervisors, consultants, and clinic directors.

Healing the Heart of Trauma and Dissociation with EMDR and Ego State Therapy

"This read truly does have something for everyone who works with trauma and dissociative processes." --American Journal of Clinical Hypnosis "This volume, which takes a multi-perspective approach to the practice of EMDR and Ego State Therapy, presents a wide variety of ways to integrate these two therapies, both with each other and with other complementary methods in the treatment of trauma and dissociation." --European Association for Body Psychotherapy EMDRIA has approved this book for a Distance Learning Book Course for 8 EMDRIA credits. "This book pioneers the integration of EMDR with ego state techniques. and opens new and exciting vistas for the practitioners of each." --From the foreword by John G. Watkins, PhD, founder of ego state therapy "This read truly does have something for everyone who works with trauma and dissociative processes." --American Journal of Clinical Hypnosis "The editors have gathered many experts in the field who explain in clear informative ways how to expand the clinician's abilities to work with this terribly injured population. This book blends concepts from neurobiology, hypnosis, family systems theory and cognitive therapy to enhance treating this population. It is a well written book that the novice as well as the seasoned clinician can benefit from." --Mark Dworkin, author of EMDR and the Relational Imperative "[This book] conveys complex concepts that will be of interest to seasoned therapists... with a clarity that will appeal to the novice as well. This is really a wonderful text with many excellent ideas and I highly recommend it to anyone who treats trauma." --Sarah Chana Radcliffe, M.Ed., C.Psych.Assoc. Author, Raise Your Kids without Raising Your Voice "I believe that this book is a significant contribution to the fields of psychology and EMDR. It is the first of its kind... anyone who reads this will gain greater confidence in using EMDR and ego state therapy with highly dissociative and complicated clients." --Sara G. Gilman, in Journal of EMDR Practice and Research, Volume 3, 2009 "This is a book about polypsychism and trauma. It offers a number of creative syntheses of EMDR with several models of polypsychism. It also surveys and includes many other models of contemporary trauma theory and treatment techniques. The reader will appreciate its enrichment with case examples and very generous bibliographic material. If you are a therapist who works with patients who have been traumatized, you will want this book in your library." --Claire Frederick, MD, Distinguished Consulting Faculty, Saybrook Graduate School and Research Center "Training in EMDR seems to have spread rapidly among therapists in recent years. In the process, awareness is growing that basic EMDR training may not be adequate to prepare clinicians to effectively treat the many cases of complex trauma and dissociation that are likely to be encountered in general practice. By integrating it with ego state therapy, this book may just serve as a crucial turning point in the development of EMDR by providing a model for productively applying it to the treatment of this important and sizeable clinical population." --Steven N. Gold, PhD, President Elect, APA Division of Trauma The powerful benefits of EMDR in treating PTSD have been solidly

validated. In this groundbreaking new work nine master clinicians show how complex PTSD involving dissociation and other challenging diagnoses can be treated safely and effectively. They stress the careful preparation of clients for EMDR and the inclusion of ego state therapy to target the dissociated ego states that arise in response to severe and prolonged trauma.

The 48 Laws of Power

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

Getting Past Ok

Richard Brodie dropped out of Harvard to join the computer revolution and write the first version of Microsoft Word. Then, burned-out helping Microsoft achieve its phenomenal success, he quit and embarked on an equally intense search for a more meaningful life. For three years Richard mined the wisdom of famed self improvement seminars and workshops. Most of all, he wanted to discover why life seemed to coast along at either an "OK" level or plummet into "the pits," spending so little time in true satisfaction and fulfillment. In this book, he shares the results of his odyssey, providing a step by step guide for discovering your own individual formula for long term success and happiness. It gives you all the tools you need to find yourself, take charge, and get past OK. You'll learn how to: Understand what's really going on in your life. Make the most of your potential. Pull out of crises and move on. Achieve rewarding relationships. Be in control of stressful situations. Keep your quality of life in the WOW zone.

Past Mortems

****PRE-ORDER NOW: MURDER ISN'T EASY: THE FORENSICS OF AGATHA CHRISTIE, THE FASCINATING NEW BOOK BY CARLA VALENTINE**** 'Part memoir and part manifesto, Valentine's book lifts the lid on daily life in the mortuary . . . Valentine bares her own soul . . . with visceral attention to physical and emotional detail' - Wendy Moore, *Guardian* 'A fascinating portrait . . . one seriously intriguing read' - *Glamour* 'A grisly topic, but a glorious read' - *Mail on Sunday* A day in the life of Carla Valentine - curator, pathology technician and 'death professional' - is not your average day. She spent ten years training and working as an Anatomical Pathology Technologist: where the mortuary slab was her desk, and that day's corpses her task list. *Past Mortems* tells Carla's stories of those years, as well as investigating the body alongside our attitudes towards death - shedding light on what the living can learn from dead and the toll the work can take on the living souls who carry it out. Fascinating and insightful, *Past Mortems* reveals the truth about what happens when the mortuary doors swing shut or the lid of the coffin closes . . .

EMDR Therapy Toolbox

Did you know that when we experience a traumatic event that is accompanied by unpleasant emotions, the brain's processing may be inadequate? This is what happens when a person is diagnosed with some trauma, anxiety, panic, or stress. In the book written by David Reyes, *EMDR Therapy Toolbox*, you will find one of the most successful therapies, EMDR (Eyes Movement Desensitization and Reprocessing); psychotherapy used to nullify the destructive effects of a traumatic event. You might wonder how this therapy does that: It is by using physical stimulation; through ocular, sonorous, or tactile stimulation. EMDR is a totally effective technique for diverse psychological problems originated by traumas, some causes of these issues can be: robbery, assault, rape, kidnapping, homicide, grief, gender, family, physical, sexual or psychological violence. Self-help techniques for healing anxiety, depression, anger and overcoming traumatic stress symptoms. Theory and treatment of complex post-traumatic stress disorder and dissociation to re-train the brain. Within this incredibly valuable book, you will find different self-help techniques, which will allow you to overcome all kinds of disorders by

yourself, as well as evaluate the context of each one, the tools, treatment steps, and results. The book EMDR Therapy Toolbox will efficiently help you to: Identify the reasons why you might be suffering from a psychological trauma and learn to overcome it effectively. Overcome different issues related to stress and anxiety, identify their main origins and applying the right therapy for each type. Learn to leave behind overwhelming fears (phobias) once you identify the phobia and its origins. Use the EMDR therapy tools to overcome emotional and psychological issues caused by drug addiction to substances as heroin, cocaine, alcohol, soporific or energetic drugs. Etiology. Know the different procedures and treatments for traumas caused by natural disasters such as earthquakes and accidents such as a car crash. EMDR constitutes a really effective alternative of psychotherapy, which produces lasting results in patients with PTSD (Post-Traumatic Stress Disorder) and all kinds of trauma-related disorders. In the book EMDR Therapy Toolbox, you will find an incredible guide that offers complete and effective information on how to treat any trauma-related disorder.

Getting Through What You Can't Get Over

There are some things in life people never get over. No matter how much they want to. Many experience abuse, financial disaster, serious illness, death of loved ones, and other common traumas making them believe they'll never move past the pain, but through research and true story compilations, author Anita Agers-Brooks offers emotional, practical, and spiritual insights from experts and people who have survived intense trauma—and have made it through seemingly impossible situations.

Maximum Results

Overcome Your Past Failures, Get Unstuck, Reclaim Your Power, and Achieve Unimaginable Results. Are you struggling to achieve what you want in life? Are your results falling short of your expectations? Are you finding it difficult to break the shackles of your past? Are you feeling like giving up on your dreams? Is your success under stress? If so, MAXIMUM RESULTS is for you. Overcome your problem now. Go past your limits. Reclaim your heart. Reach your dreams. Imagine having no limits to what you can achieve in your life. Imagine discovering a hidden power in yourself, which can help go beyond your benchmarks. Imagine being immune to fear and failure. In this book, you will find answers to how to overcome our fear, how to get what you want in life, and how to pursue dreams. Do you want to master millionaire success routines, millionaire mind set and success habits of super achievers? Get your copy of MAXIMUM RESULTS: Unlock Your Hidden Abilities, Overcome Your Past, Break Mental Barriers, And Get What You Want in Life MAXIMUM RESULTS provides a step-by-step, strategic guide to help you achieve results that you have never imagined before. This book has been written with winning in mind and to help you pursue dreams. You'll learn ways to overcome any challenge coming in the way of achieving unlimited results. And best of all, you'll get access to an ultimate method for success, which can be replicated time and again. In MAXIMUM RESULTS, you'll discover: A structured, step-by-step method to achieve unbelievable results in life Reasons for why you don't achieve the desired results and how do you get in the way Key traits to adopt, to conquer challenges and failure Powerful ways to overcome your past and get unstuck Simple techniques to get rid of the fear of failing, doubt and uncertainty And most importantly, How to leverage your 5 hidden abilities to achieve breakthrough PLUS BONUS MATERIAL: 12 Powerful reflection exercises which will help you imbibe the learning much faster. You will find this book full of effective, practical exercises, and powerful tips that you can use for goal achievement from today itself. If you want to go beyond your limits and get what you want, get your copy of MAXIMUM RESULTS today! Take control of your life and achieve your dreams. Scroll to the top of the page and click the "BUY NOW" button!

Aging Powerfully

Shrouded by feelings of abandonment, inferiority, and self-loathing throughout adolescence Nan turned to food to ease her pain. She developed an eating disorder that would stay with her throughout adulthood. In Aging Powerfully, she explains the steps she took to not only break free, but to step out on a path to aging with power. She offers a wealth of straightforward and powerful lifestyle modification that anyone can adopt. Learn how to improve sleep, relieve stress, and calm yourself? Become clear on what counts as exercise and how to add to it? Realize that your "tribe" can boost your health nearly as much as the right food? Understand why a whole food plant-based dietary focus is powerful? Embrace how having a clear purpose will add years to your life? Living F.U.L.L.Y will help you embrace your 80s, 90s, and beyond

I'm Glad My Mom Died

*** #1 NEW YORK TIMES BESTSELLER * #1 INTERNATIONAL BESTSELLER * MORE THAN 2 MILLION COPIES SOLD!** A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie restriction," eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, "Your eyelashes are invisible, okay? You think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In *I'm Glad My Mom Died*, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called *iCarly*, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get worse when, soon after taking the lead in the *iCarly* spinoff *Sam & Cat* alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants. Told with refreshing candor and dark humor, *I'm Glad My Mom Died* is an inspiring story of resilience, independence, and the joy of shampooing your own hair.

A Therapist's Guide to EMDR: Tools and Techniques for Successful Treatment

A Therapist's Guide to EMDR reviews the theoretical basis for EMDR and presents new information on the neurobiology of trauma. It provides a detailed explanation of the procedural steps along with helpful suggestions and modifications. Areas essential to successful utilization of EMDR are emphasized. These include: case conceptualization; preparation for EMDR trauma processing, including resource development and installation; target development; methods for unblocking blocked processing, including the creative use of interweaves; and session closure. Case examples are used throughout to illustrate concepts. The emphasis in this book is on clinical usefulness, not research. This book goes into the therapy room with clinicians who actually use EMDR, and shows readers how to do it in practice, not just in theory. In short, this is the new, practical book on EMDR.

Getting Things Done

The book *Lifehack* calls "The Bible of business and personal productivity." "A completely revised and updated edition of the blockbuster bestseller from 'the personal productivity guru'"—*Fast Company* Since it was first published almost fifteen years ago, David Allen's *Getting Things Done* has become one of the most influential business books of its era, and the ultimate book on personal organization. "GTD" is now shorthand for an entire way of approaching professional and personal tasks, and has spawned an entire culture of websites, organizational tools, seminars, and offshoots. Allen has rewritten the book from start to finish, tweaking his classic text with important perspectives on the new workplace, and adding material that will make the book fresh and relevant for years to come. This new edition of *Getting Things Done* will be welcomed not only by its hundreds of thousands of existing fans but also by a whole new generation eager to adopt its proven principles.

EMDR Toolbox

"[R]eading this book has given me a whole host of new ideas about working with complex and dissociative clients... Clear and engaging, peppered with relevant case histories, this book would make an important addition to anyone's EMDR-related book collection." -- Dr. Robin Logie, EMDR UK & Ireland This book is the first to bring together in one volume an overview of the principal issues in treatment of dissociative disorders in complex PTSD, and a description of the integration of specific EMDR-related interventions or "tools" with other psychotherapeutic treatments. These tools can significantly extend the therapeutic power of EMDR-related methods. Each intervention is examined in detail with accompanying transcripts illustrating the nuances and variations in how the intervention is applied. It is written by a highly esteemed EMDR scholar, trainer, international speaker, and author who is an EMDRIA-designated "Master Clinician." The book discusses how the concepts and vocabulary of other models of dissociation (particularly the Theory of Structural Dissociation of the Personality, and the Internal Family Systems model) translate directly into EMDR's Adaptive

Information Processing language. It presents detailed descriptions of specific EMDR-related tools that are useful in facilitating and safely accelerating therapeutic progress with clients suffering from Complex PTSD. These include such standard EMDR procedures as Trauma Processing and Resource Installation, several conceptual/cognitive/phenomenological models of dissociative personality structures and symptoms, and specific EMDR interventions for resolving dysfunctionally stored post-traumatic elements. The book will be of great value to therapists who wish to extend their use of basic EMDR with "easier" clients to using it effectively with more complex clients. Key Features: Provides a theoretical framework to guide assessment and treatment of clients with Complex PTSD Serves as a "hands-on" resource for using specific EMDR procedures Describes each intervention in detail, illustrating the nuances and variations in different applications Includes specific "AIP" tools, actual therapy scripts, and client drawings Covers DSM-V PTSD criteria

Feeling Good Together

We all have people in our lives that we just can't seem to get along with. Whether it's our spouse, co-worker or neighbour, something about the relationship just rubs us up the wrong way, and though our natural instinct is to blame the other person, that can just make things worse. In *Feeling Good Together*, renowned US psychiatrist Dr David Burns applies his successful method of cognitive interpersonal therapy to teach us how to take control of our relationships. Building on the principles that he first introduced in *Feeling Good* (over 4 million copies sold), Burns offers innovative techniques designed to improve communication skills and shows us how to cope with different personality types, such as the big ego, the jealous type, the stubborn mule and the critic, and reveals the five secrets of effective communication. This groundbreaking book will identify the behaviours that are sabotaging your relationships and give you the tools to change.