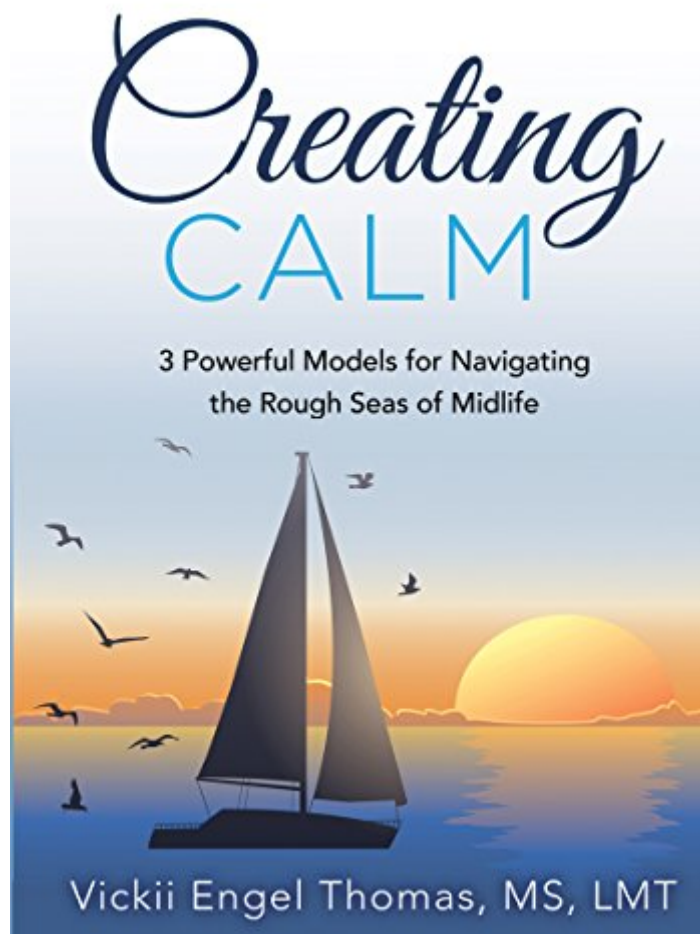


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Creating Calm: 3 Powerful Models For Navigating The Rough Seas Of Midlife



Synopsis

The nature of life is change and the rough waters of midlife demand more conscious change than any other period of life. In *Creating Calm*, Vickii Engel Thomas offers three simple and powerful models to help you understand and sail through these transformative years, creating a calm, smooth passage instead of a crisis. Laced with insights from her own adventures, Engel Thomas also shares antidotes from her work guiding clients through midlife's murky waters. Through story and example, these models can help you navigate your own midlife journey. When tossed about by emotion or swimming in thought, *Creating Calm* outlines clear self-care strategies that guide you home to your body and align you with your spirit. When midlife turns your world upside down, *Creating Calm* can show you how to make friends with change & overhaul outdated beliefs with the Mobius Shift of Midlife, release the waves of emotion & quiet the whirlpools of thoughts using a Boat and a Breeze, and free yourself from the Drama Triangle. Create calm and sail onward in ease and joy!

Book Information

File Size: 1234 KB

Print Length: 88 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 12, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01H18BOLC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #724,601 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #18

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