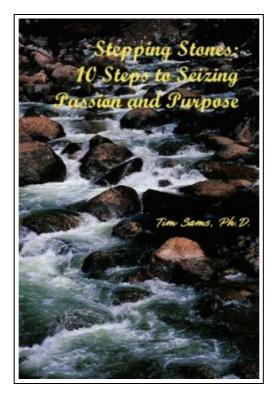
Stepping Stones 10 Steps to Seizing Passion and Purpose



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iUniverse, Inc. Paperback. Condition: New. 120 pages. Dimensions: 8.8in. x 5.9in. x 0.4in.Combining vivid imagery and soaring prose with humor and down to earth advice, Dr. Tim Sams weaves a tale of principles that lead to living and loving effectively and joyously. Among other things, you will learn how to: Blend hedonism and sensuality into a busy dayDevelop a Mastery Map for true self-relianceOvercome the barriers to physical healthImprove your relationships Inoculate yourself against depression and anxietyTake risks and embrace changeUse the STAR and STIM techniques to fully engage with natureRecognize and practice spiritual loveTravel each of the four paths to lifes meaningEncourage the insight and awe of a Nexus eventUse APEX healing to forgive yourself and othersThe 10 steps in this book culminate three decades of education in psychology, anthropology, biology, religion, and peak performance. Dr. Sams has refined these steps through 20 years experience as a life coach and health psychologist with over 10, 000 clients. Dr. Sams received his B. A. from The University of Michigan and his Ph. D. in Psychology from Michigan State University. He has been on staff at dozens of hospitals and taught at major universities. His clients include homemakers, firemen, the terminally ill, ministers, entrepreneurs, corporate CEOs, and professional athletes. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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