



Able Equal: A Gentle Path to Peace (Paperback)

By Denton Roberts

Not So Common Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Take a fresh look at the familiar concept: I m OK, You re OK. Develop the Five Healthy Core Beliefs that underpin a sense of self-worth. Discover a basic daily practice of self-care and self-support. Go beyond Self-esteem to the wider perspective of Human Esteem, and enter the gentle path to becoming Peacemaker in your inner world and in the world around you. In this book, pastor, psychotherapist and pioneering social activist Denton L Roberts presents a set of simple yet profound ideas, and practical exercises, taking just a few minutes each day, that can lay a foundation of calm inner confidence in the face of life s challenges. Roberts anatomizes the idea of OKness into the five Healthy Core Beliefs, gleaned from his therapy practice and in his ministry, that You and I and all human beings are in our nature Capable, Powerful, Valuable, Lovable and Equal. For some of us it can be harder to admit to these qualities in ourselves than to attribute them to others. Am I on my side, or on my case? This...



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