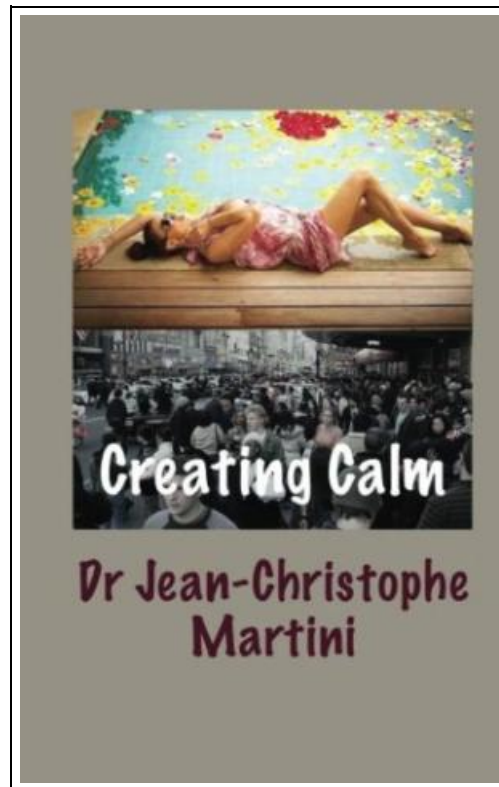


Creating Calm



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Reviews

*Complete guide! Its this sort of good read. It is rally exciting through studying period. I am just pleased to explain how here is the very best publication i have go through inside my own existence and could be he very best publication for at any time.
(Adele Rosenbaum)*

CREATING CALM



Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.If you only ever buy one book to help you make your way through this beautiful, complex, frustrating and stress-making world, make it this one. In fact, buy this and you will need no other. Drawing on his experience as a counsellor, analyst and teacher, Dr Jean-Christophe Martini brings together insights into creativity, philosophy and common-sense to offer simple - but never patronising or simplistic - guidance on dealing with the biggest problem we all face in life: ourselves. The underlying objective of this book is to get us each to understand - and welcome - the fact that whilst there are many things going on around us that might impinge on our ability to stay calm and live happily, we and we alone control our feelings. And in the end, how we feel dictates how we function - in the everyday waft and weave of modern life, but more importantly still, in work, play and love. So, this book offers well-researched advice on how to think creatively. Why? What is the significance of that? The point Dr Martini gets across is this: as often as not, the past is a problem for us all - lingering there are memories of disappointments, of opportunities missed, of rejection and loss, of us failing to be who we d always promised ourselves we would be. So, what can we do with all of that? One of two options: learn to forget it; or find within it something to celebrate - some genuine lesson or strength that can help us make a better present. And for either of those options we need the ability to think carefully, cleverly and creatively. The...



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