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Your Life. By John Sharp. Hay House Inc., 9781401953249, 272pp. Publication Date: February 13, 2018. Other Editions of This Title: Paperback (12/1/2020)

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Insight Cure: Change Your Story, Transform Your Life - John Sharp - ISBN: 9781788175227. Every person has a story, a personal narrative that informs their life, their decisions, and their way of thinking. But did you know that your story also affects the wiring of your brain? John Sharp MD, renowned psychiatrist and professor at Harvard Medical School, offers an eight-step process for...

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Insight Treatment Programs are recognized as a leader in Intensive Outpatient Treatment (IOP) for teens, (13-19 years of age), struggling with mental health and/or substance abuse issues.

Every person has a story, a personal narrative that informs their life, their decisions, and their way of thinking. But did you know that it also affects the wiring of your brain? Renowned psychiatrist and professor at Harvard Medical School John Sharp, M.D., offers an eight-step process to discovering your unconscious narrative and using your new insight to eradicate the "false truth" that has been at the core of your self-

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sabotage. His unique approach integrates four core domains of applied psychology—control mastery theory, attachment theory, narrative therapy, and positive psychology—with his own research and professional experience to construct an insightful and soul-searching path to insight. Throughout his step-by-step process, Dr. Sharp provides:

- The “Sharp Focus” to distill and emphasize important concepts
- Quizzes to help you analyze your internal and external tendencies
- “First Impressions” case studies from his professional practice
- Awareness, insight, change, and narrative tools to facilitate your transformation
- “Gut Checks” to help you figure out if you are ready to move on to the next step in the process

Dr. Sharp’s approach is simple and accessible, with the power to wield profound results. Through exercises,

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quizzes, thorough exploration of case studies, and clear guidance, you will be able to find your false truth, rewrite your story, and transform your life. Once you have flipped the switch of insight, nothing can hold back the light that shines from within.

Every person has a story, a personal narrative that informs their life, their decisions, and their way of thinking. But did you know that your story also affects the wiring of your brain? John Sharp MD, renowned psychiatrist and professor at Harvard Medical School, offers an eight-step process for discovering your unconscious narrative and using your new insight to eradicate the 'false truth' that has been at the core of your self-sabotage. His unique approach integrates four

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core domains of applied psychology-control mastery theory, attachment theory, narrative therapy and positive psychology. Throughout his step-by-step process, Dr Sharp provides- - The 'Sharp Focus' to distil and emphasize important concepts - Quizzes to help you analyze your internal and external tendencies - 'First Impressions' case studies from his professional practice - Awareness, insight, change and narrative tools to start your journey - 'Gut Checks' to help you figure out if you are ready to move on to the next step in the process Dr Sharp's approach is simple and accessible, using exercises, quizzes, thorough exploration of case studies, and clear guidance to help you find your false truth, rewrite your story and transform your life.

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A clear path to overcoming uncertainty, perfectionism, and fears of rejection so you can finally find peace with the past and create a happier, healthier future “Poppy’s powerful approach will help you take control of your thoughts so they don’t control you.”—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* Even before

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the pandemic brought on a crushing wave of stress, anxiety, isolation, life change, and financial struggle, there was already a growing mental health crisis. Due to a culture that encourages perfection, hustle, and fictional life/work balance, many are burning out. Behind her Instagram-projected image of “happy wellness founder,” Poppy Jamie was also struggling mightily with perfectionism and life purpose. She began working with mental health experts and researchers to find practical tools to overcome her inner critic and rewire her mind. She discovered that it is possible to create new neural pathways in your brain to break patterns of avoidance, challenge fears of not being good enough, and turn failure around by stretching the mind with new, healthier thought habits. The old wiring (and habits) that you've been stuck

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with can be written-over. You can actually upgrade your headspace to make curiosity, vulnerability, compassion, and emotional flexibility your default settings. In the emphatic and trusted voice of Bridget Jones meets neuroscience, Poppy shares her Flexy Thoughts approach for changing how you react to emotional triggers and think of yourself while improving your mental and physical health, relationships, and vision of the future. Our emotional resilience may continue to be tested, but the new perspectives and strategies in Happy Not Perfect will help us bring confidence, adaptability, and acceptance to whatever comes next.

You are not doomed to be trapped by your trauma Trauma is unresolved pain. It hums in the background of our lives and

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robs us of the joy, faith, peace, and love we fully deserve. In their groundbreaking book, Pedram Shojai, O.M.D., New York Times best-selling author of *The Urban Monk* and *The Art of Stopping Time*, and Nick Polizzi, author of *The Sacred Science*, take you on a journey that encompasses:

- a clear understanding of trauma, where it comes from, and how it affects every part of your life
- an exploration of modern and ancient therapies and practices for healing
- real-life tragedies turning into stories of triumph, hope, and survival

Drawn from the wisdom and insights of the world's top doctors, therapists, and experts, *Trauma* will show you that no matter what you have endured, how long you have carried it, or how deeply embedded it is, you can be free from pain and suffering. Your road to recovery and whole-body healing

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is before you, and with it the richer and more profound connections that you seek with yourself and your loved ones.

Stress is the at the root of all illnesses- physical as well as psychological. Medications, various escapes and even positive thinking work only as a bandage, while the volcano of stress continues to burn. Sooner or later, it erupts through these paper thin layers of temporary fixes. In "Stress Cure Now," Dr. Sarfraz Zaidi, MD describes a 3-step plan to get rid of stress at its roots, once and for all. This ground breaking approach is based on his personal awakening, deep medical insight and vast clinical experience. Dr. Zaidi uses the sword

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of logic to pierce through the layers of stress. In easy to understand language, Dr. Zaidi describes: The harmful effects of stress on your body How the Mind-Body connection works Stress appears to be due to external factors, but actually, its true root cause resides inside you. Hence, the solution must also be inside you. You don't need to attend a workshop, learn special techniques or spend a lot of money. In fact, you can be free of all of your stress right Now. What really is the root cause of the Stress of Daily living, Insomnia, Anxiety, Panic Attacks, Phobias, Anger, Hate, Depression, Guilt, Loneliness, Selfishness, Ego, Greed, Prejudice, Bias, Lying, Complaining, Embarrassment, Bipolar Affective Disorder, Attention Deficit Disorder, and Addictions including Stress Eating. We all live in a Conceptual world. How you can

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be free of the Conceptual world and start to live in the Real world. What prevents you from living in the Now? How you can start living in the Now, right now. How to deal with stressful situations without causing any stress for yourself or others. New insight into the evolution of the human mind. Never before has Dr. Zaidi's amazing discovery been revealed. You are ageless. The true "Fountain of Youth" lies inside you. How to tap into this endless source of true Love, Peace and Joy. Discover how the source of all true healing lies inside you.

'Until you make the unconscious conscious, it will direct your life and you will call it fate.' Carl Jung The essence of successful therapy is the relationship, a dance of growing

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trust and understanding between the therapist and the patient. It is an intimate, messy, often surprising and sometimes confusing business - but when it works, it's life-changing. Gill Straker and Jacqui Winship, two esteemed Sydney-based psychotherapists, bring us nine inspiring stories of transformation. They introduce us to their clients, fictional amalgams of real-life cases, and reveal how the art of talking and listening helps us understand deep-seated issues that profoundly influence who we are in the world and how we see ourselves in relation to others. We come to understand that the transformative power of the therapeutic relationship can be replicated in our everyday lives by the simple practice of paying attention and being present with those we love. Whether you have experienced therapy (or are tempted to try

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it), or you are just intrigued by the possibilities of a little-understood but transformative process, this wise and compassionate book will deepen your understanding of what it is to be open to connection - and your appreciation that to be human is to be a little bit mad.

A psycholanalyst explores the ways in which the process and mechanisms of therapy shape and alter the brain, the way psychotherapy works, and its effects on human interaction with the world

Maybe you're a recent college graduate, looking for a successful start to your career. Or an experienced professional, feeling the need to try something new. Either

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way, a whole host of opportunities await you-but if you really hope to ace that interview and get the job you want, you'll need the right skills to get ahead. So when you're navigating the complex twists and turns of today's changing job market, let I'll Get That Job! serve as your road map and guide.

Featuring advice from real HR professionals, headhunters, and team managers, this essential job-hunting companion will let you know exactly what you need to do to increase your chances, from social media presence to writing a great CV. While shedding light on the many myths and outdated "rules" that may actually bog you down in today's job-seeking experience, I'll Get That Job! serves as a source of motivation and encouragement for modern job hunters. After all, with hard work and the right mind-set, it really is possible for you

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to get that job you've always wanted-and become the most successful version of yourself along the way!

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