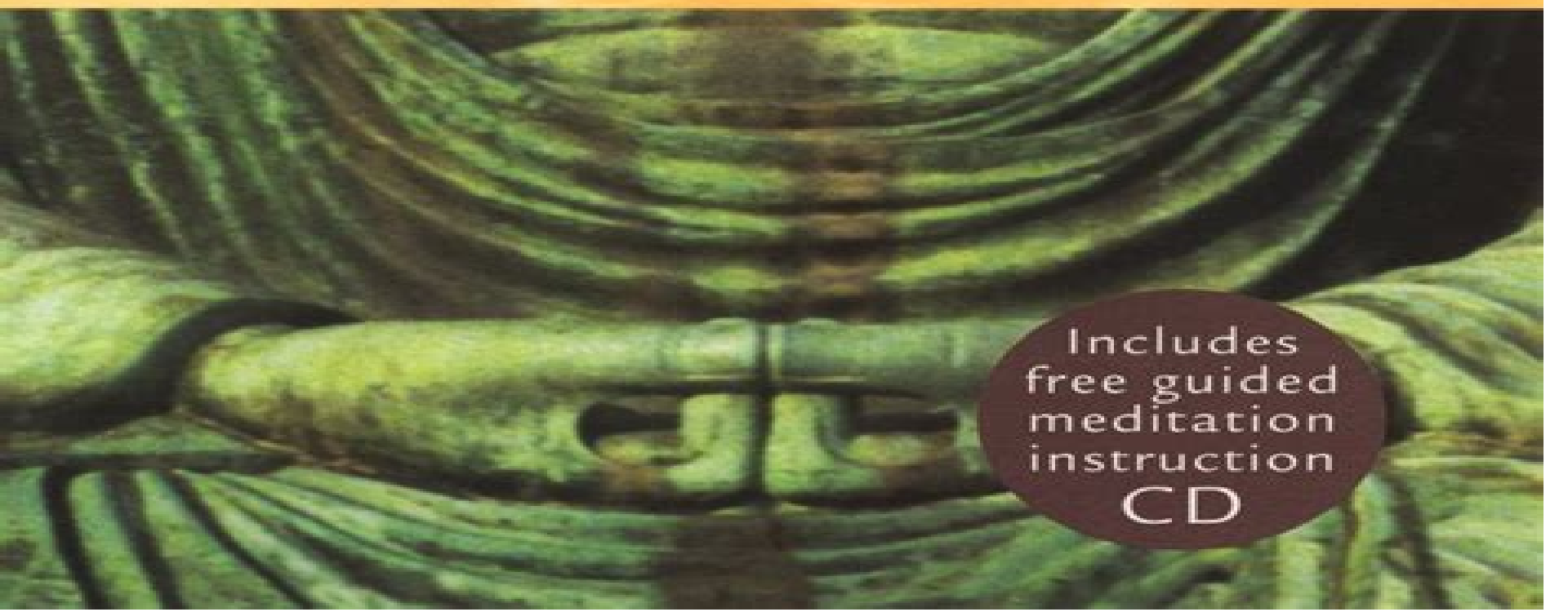


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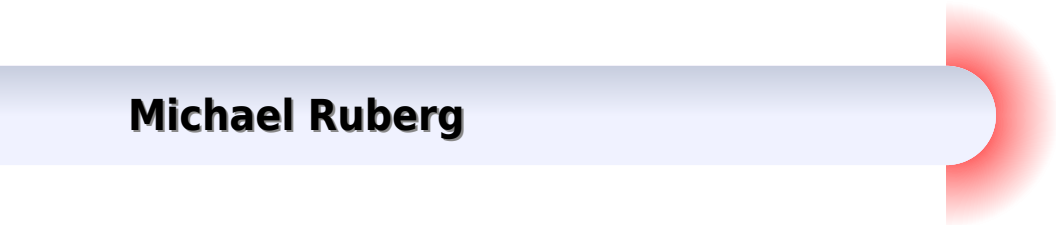
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sexual addiction This book is a must have for clinicians as it provides effective tools on how to address individuals couples and groups struggling with this condition Overall the blend of academic and real life case studies throughout each chapter will help readers move in their journey toward recovery Dr Kimberly S Youngfounder and director the Center for Internet Addiction Recovery and author of Tangled in the Web Understanding Cybersex from Fantasy to Addiction Great stuff Solid information for those who are looking for real help from this insidious issue A comprehensive overview of sexual addiction and treatment modalities Its staying on MY short list of recommended books for our clients here at Compulsion Solutions George N Collins Director Compulsion Solutions Author of Breaking the Cycle Free Yourself from Sex Addiction Porn Obsession and Shame Co author of A Couples Guide to Sexual Addiction **New Age** ,2000 **Meditation for Beginners** Jack Kornfield, PhD,2008-08-01 Step by Step Instruction for Newcomers to Meditation Have you ever thought about trying meditation but didn t know how to get started On Meditation for Beginners renowned teacher Jack Kornfield uses clear language and step by step guidance to show us how to start and stick with a daily meditation practice From the basics of how to get started to dealing with distractions this complete course introduces us to the Insight tradition of meditation that has helped practitioners throughout the ages cultivate profound inner calm and a lasting capacity for happiness Available in three formats Meditation for Beginners offers us a variety of entry points into this life changing practice In the DVD edition we join Jack in a live 99 minute session that brings you the experience of a meditation retreat in your living room With the integrated book with online audio tracks version Jack shares teachings based on the original video program plus six guided practices on audio The two CD audio program distills the information from the DVD and book providing four guided meditations for those ready to dive right in to practice Topics covered in each program include How to use breathing posture and attention to enter the meditative stateSimple and effective strategies for dealing with busy brain and other common challenges in meditationHow meditation can help you deepen compassion find healing through forgiveness and dissolve your fear of deathFour cornerstone meditations for your practice from resting in the moment to experiencing lovingkindness and more With his gentle delivery and ability to translate ancient practices for modern audiences Jack Kornfield has become one of the most accessible and sought after teachers for helping first time meditators get their start Now you can begin to develop the foundational skills to start your practice immediately and discover the life changing power of meditation for yourself with Meditation for Beginners Meditation For Beginners (EasyRead Super Large 24pt Edition) Jack Kornfield,1998 Trusted teacher Jack Kornfield uses clear language and step by step demonstrations to show you how simple it is to start and stick with a daily meditation practice Four classic mindfulness meditation exercises teach how to work with breathing posture attention forgiveness and difficult emotions **Cancer Made Easier** Nancy Burns-Silver,Subhash Chander Gulati,2002-09-30 Written by a cancer patient and the doctor who helped save her this book is an informative reader friendly guide for cancer patients and their loved ones Encouraging and straightforward it offers a multitude of

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