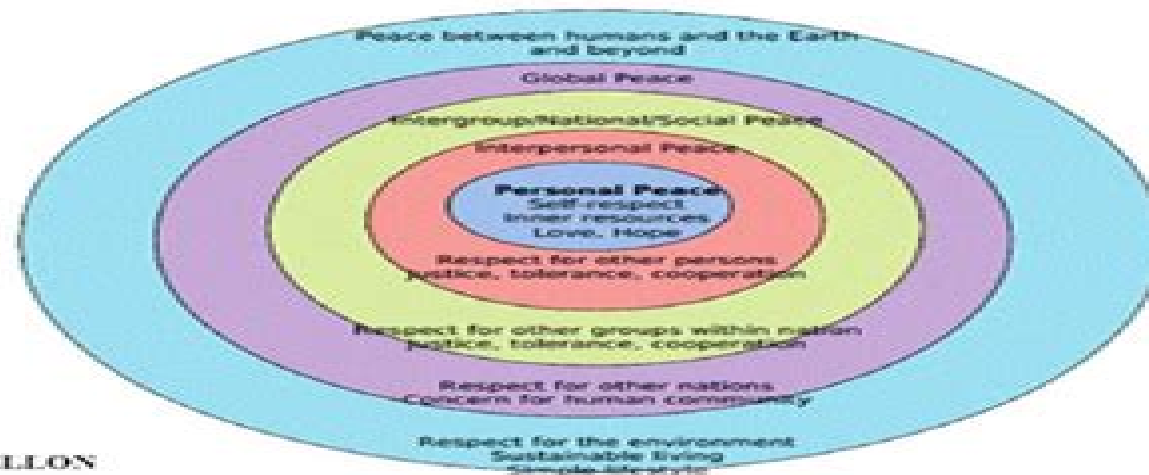


LEVEL OF PEACE

PERSONAL AND INTERPERSONAL

LYNLY LOU B. PAIRAT

LEVEL OF PEACE



ABELLON

Personal Peace means peace with
oneself.

Personal Peace Transcending Your Interpersonal Limits

Jeff Kane



Personal Peace Transcending Your Interpersonal Limits:

Personal Peace Robert L. McKinley, 1989 **Risk-Taking for Personal Growth** Joseph A. Ilardo, Joseph W. Ilardo, 1992
Explains the psychological reasons for taking risks provides questionnaires with interpretations of results and gives case examples of risk takers **Free of the Shadows** Caren Adams, Jennifer Fay, 1989 Describes the emotional problems faced by rape victims tells how to handle the reactions of friends and family and suggests a path to recovery Focal Group Psychotherapy Matthew McKay, Kim Paley, 1992 **Love Addiction** Martha R. Bireda, 1990 Love addicts are so obsessed with romance with meeting the expectations of their partners that they completely lose their sense of self and their own legitimate needs This book is unique because it teaches the skills you need to identify and change the circular illogical and obsessive thoughts that fuel your addiction The Marriage Bed William Womack, Fred Strauss, 1992-05 **When Once is Not Enough** Gail Steketee, Kerrin White, 1990 This book offers a proven behavioral approach to treating OCD in a simple self help format Recognize and confront your fears Use simple exercises to block rituals keep going with positive coping strategies and handle complications and relapses *Kisses Aren't Contracts* Lewis Tagliaferre, 1997-12 **Big Kids** Gregory Archer, 1989 A welcome book for the parents of the 11% elementary and 16% adolescents who are overweight This fun family approach supports children in their dieting without blaming or shaming **Be Sick Well** Jeff Kane, 1991 Hot Water Therapy Patrick Horay, David Harp, 1992-02 **The Worry Control Workbook** Mary Ellen Copeland, 2000 Books In Print 2004-2005 Ed Bowker Staff, Staff Bowker, Ed, 2004 Introduction to Peace and Conflict Studies Lois Edmund, 2021-05-21 This book integrates research and theoretical findings from multiple disciplines to present a holistic approach to conflict resolution It highlights the wide ranging and compelling relevance of Conflict Resolution Studies by exploring the entire spectrum of applications in interpersonal relationships family and group functioning and national and international relations *Paperbound Books in Print* , 1992 Forthcoming Books Rose Arny, 2001 Whitaker's Books in Print , 1998 **Books in Print** , 1991 *Subject Guide to Books in Print* , 1991 *Paperbound Books in Print* 1995 Reed Reference Publishing, Reference Reed, 1995-12

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