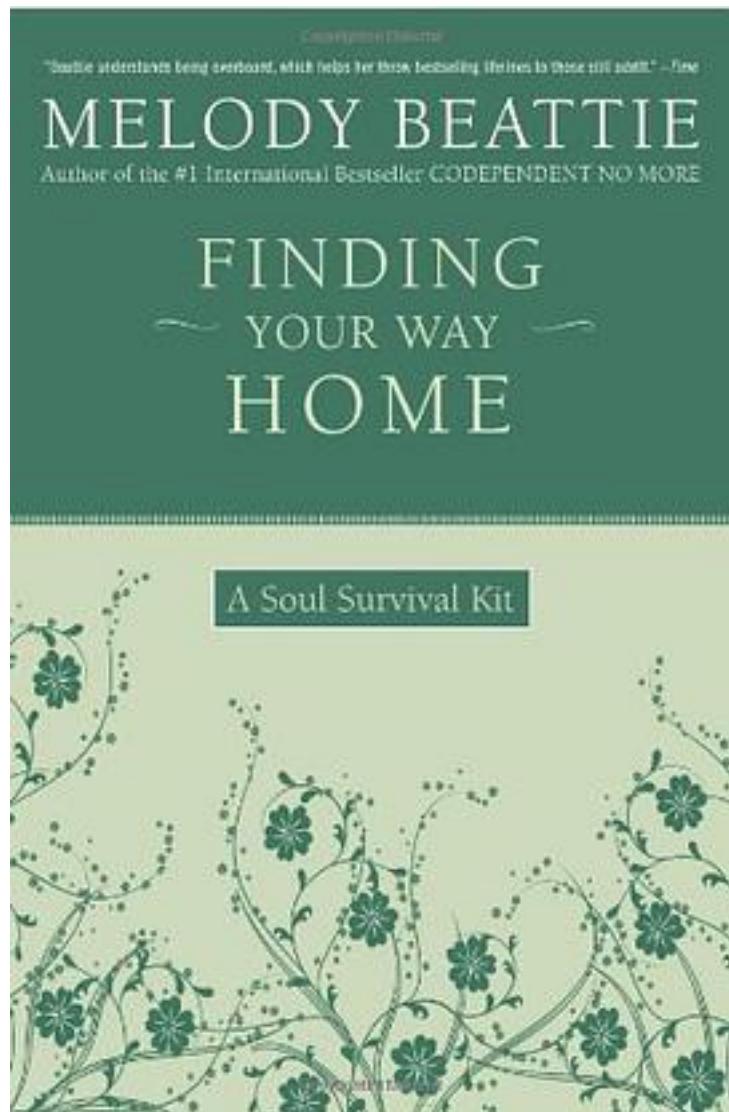


Finding Your Way Home



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著者:Beattie, Melody

出版者:Harpercollins

出版时间:1998-9

装帧:Pap

isbn:9780062511188

What does it mean to feel at home, truly present with our selves, comfortable with our choices, and alive to the possibilities of conscious change? How can we develop inner balance and connection, keeping our boundaries clear while opening our hearts to those we love? With warmth and intuitive understanding, Melody Beattie addresses these questions, guiding us to a higher level of living and loving, and showing us how to be at home with ourselves wherever we are in the world. Through positive, true stories and take-action exercises including journaling, visualizations, affirmations, meditations and prayers, Beattie provides practical tools to help us discover our own sense of home. Reassuring, comforting, and gently challenging, she shows us how to release ourselves from self-defeating attitudes and encourage the growth of our self-acceptance and compassion. This empowering book makes a companionable guide for anyone on a path to healthier living.

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