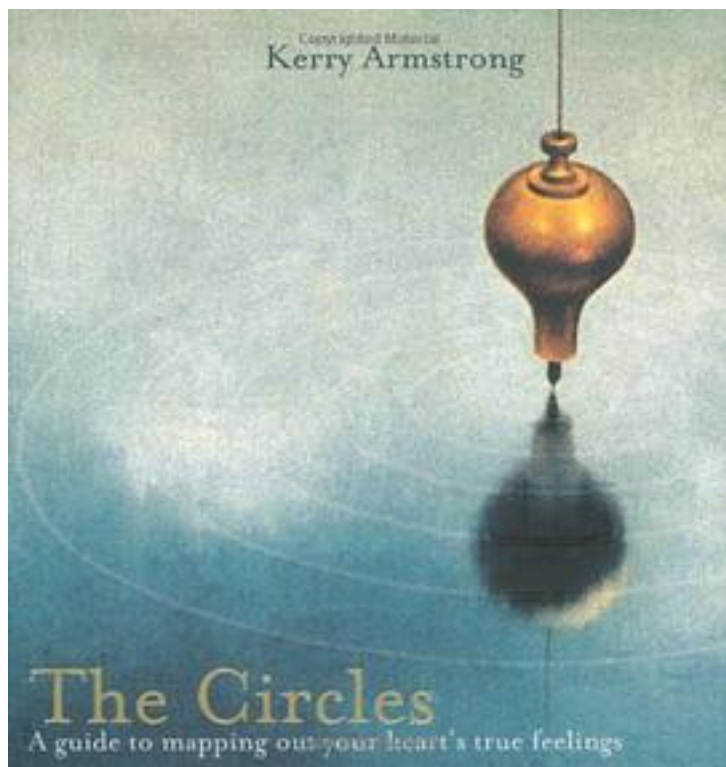


The Circles



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著者:Armstrong, Kerry

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Simple and practical, this book encourages readers to better understand the relationships with everyone in their life - from loved ones to challenging and difficult relationships - by paying attention to their feelings. Creating a spiritual journey of self-reflection, this keepsake book gives readers the opportunity to ask, without judgement, questions like: How does this person make me feel? Are they coming into my life, or have I outgrown the friendship? By placing the people in our lives in seven concentric circles, with those closest to our hearts in the centre and those who hurt or anger us in the seventh, readers can clearly see how the feelings about certain

relationships have changed over time, and how to move forward with the positive ones. This distinctive work provides a unique exercise in personal freedom as well as the opportunity to discover feelings about friends, family, and oneself.

作者介绍:

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