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tounknowndotcom, Marcus Aurelius,2023-11-17 In the complex tapestry of life the brilliance of Marcus Aurelius serves as a guiding beacon Within the pages of his personal reflections meticulously crafted with profound insight the revered Stoic philosopher emperor imparted timeless wisdom that continues to inspire generations This ebook delves into 25 of Marcus Aurelius most profound meditations in Script format enabling you to directly immerse yourself in these teachings dedicating just 15 minutes daily to their practice Through this engagement you will uncover the essence of his wisdom embarking on a transformative journey toward inner peace resilience and profound wisdom For those eager to commence this guided meditation promptly our Guided Meditation Audiobook awaits your exploration It is accessible on our website www.tounknown.com and various other platforms throughout the internet

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Alternative Models of Addiction

Hanna Pickard,Serge H. Ahmed,Bennett Foddy,2015-12-07 For much of the 20th century theories of addictive behaviour and motivation were polarized between two models The first model viewed addiction as a moral failure for which addicts are rightly held responsible and judged accordingly The second model in contrast viewed addiction as a specific brain disease caused by neurobiological adaptations

occurring in response to chronic drug or alcohol use and over which addicts have no choice or control As our capacity to observe neurobiological phenomena improved the second model became scientific orthodoxy increasingly dominating addiction research and informing public understandings of addiction More recently however a dissenting view has emerged within addiction research based partly on new scientific research and partly on progress in philosophical and psychological understandings of relevant mental phenomena This view does not revert to treating addiction as a moral failure but nonetheless holds that addictive behaviour is fundamentally motivated by choice and subject to at least a degree of voluntary control On this alternative model of addiction addictive behaviour is an instrumental means to ends that are desired by the individual although much controversy exists with respect to the rationality or irrationality of these ends the degree and nature of the voluntary control of addictive behaviour and motivation the explanation of the difference between addictive and non addictive behaviour and motivation and lastly the extent to which addictive behaviour and motivation is correctly characterised as pathological or diseased This research topic includes papers in the traditions of neuroscience psychology philosophy law and social science that explore alternative understandings of addiction

Mindful Birthing Nancy Bardacke,2012-07-10 With Mindful Birthing Nancy Bardacke nurse midwife and mindfulness teacher lays out her innovative program for pregnancy childbirth and beyond Drawing on groundbreaking research in neuroscience mindfulness meditation and mind body medicine Bardacke offers practices that will help you find calm and ease during this life changing time providing lifelong skills for healthy living and wise parenting SOME OF THE BENEFITS OF MINDFUL BIRTHING Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication connection and cooperation Provides stress reducing skills for greater joy and wellbeing

The Utne Reader ,1995 **You Are Your Choices** Alexandra Stoddard,2009-10-13 With her 25th book lifestyle philosopher Alexandra Stoddard offers simple steps for taking charge of your life your way In brief essays filled with useful examples and optimism she reveals 50 choices you can make to live joyfully in pursuit of what is true good and beautiful As a pioneering writer and lecturer on personal happiness for the past twenty years Alexandra has inspired millions to break the rules and pursue fulfillment Now as scientists have begun to discover the benefits of living a happy life Alexandra provides practical ways to live happily every day She puts us in charge of our choices reminding us that we always have a choice about what we think feel and do When we are true to ourselves we can fly above stress and conflict contented and confident that we are the right path Featuring essays that help us trust ourselves Intuition is your guiding light stay steady in a storm Your choices count most in a crisis embrace the new Accept opportunity address unfinished business Have as few regrets as possible surround ourselves with delights Redefine what is beautiful and remember to have fun Cheap thrills are thrilling Every choice you make is an opportunity to delight in life You Are Your Choices offers insight and companionship each step of the way **Spa** ,2009 Notes and Vocabulary to Accompany Whitney's German Reader William Dwight Whitney,1870

Current Index to Journals in Education ,2000-04 **100 Best Spas of the World** Bernard I. Burt,Pamela J. Lechtman,2001 This selective full color guide to the 100 best spas throughout the world includes destination spas which focus on wellness and life enhancement programs and resort spas which combine fun and fitness 10 maps 100 Best Spas of the World Bernard Burt,Pamela Joy Price,2003 Both first timers and avid spa goers will adore this guide to the top 100 spas in the world Details on spas at resorts on cruise ships in world class hotels on remote islands and in centuries old cities along with full color photographs make selecting a relaxing getaway stress free *Mindful Messages Mentoring Workbook* Deborah A. Day,2004 **Against the Grain** ,2006 **New Age** ,2001 *Scribner's Magazine* Edward Livermore Burlingame,Robert Bridges,Alfred Sheppard Dashiell,Harlan Logan,1900 **Career Focus for Today's Rising Black Professional** ,1996 Journal of Education for Social Work ,2007 *Cardozo Journal of Conflict Resolution* ,2004

Reviewing **Readers Choice Mindfulness Meditation**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Readers Choice Mindfulness Meditation**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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