

Megger Mit230 User Manual

Going to Pieces Without Falling Apart
Something Special
Zürcherisches Wochen-Blatt
Troppauer Zeitung
Deutsches Anonymen Lexikon: 1501-1850
Das Echo

Going to Pieces Without Falling Apart

An intimate guide to self-acceptance and discovery that offers a Buddhist perspective on wholeness within the framework of a Western understanding of self. For decades, Western psychology has promised fulfillment through building and strengthening the ego. We are taught that the ideal is a strong, individuated self, constructed and reinforced over a lifetime. But Buddhist psychiatrist Mark Epstein has found a different way. *Going to Pieces Without Falling Apart* shows us that happiness doesn't come from any kind of acquisitiveness, be it material or psychological. Happiness comes from letting go. Weaving together the accumulated wisdom of his two worlds--Buddhism and Western psychotherapy—Epstein shows how "the happiness that we seek depends on our ability to balance the ego's need to do with our inherent capacity to be." He encourages us to relax the ever-vigilant mind in order to experience the freedom that comes only from relinquishing control. Drawing on events in his own life and stories from his patients, *Going to Pieces Without Falling Apart* teaches us that only by letting go can we start on the path to a more peaceful and spiritually satisfying life.

Something Special

Zürcherisches Wochen-Blatt

Mr Tumble is funny and so are his friends! Join Aunt Polly, Grandad, Tumble and many more in this annual which is packed with silly stories, songs, puzzles, activities, character profiles and games! And while you're having fun there are some simple Makaton signs to try. It's perfect for all Mr Tumble fans.

Troppauer Zeitung

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Das Echo

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