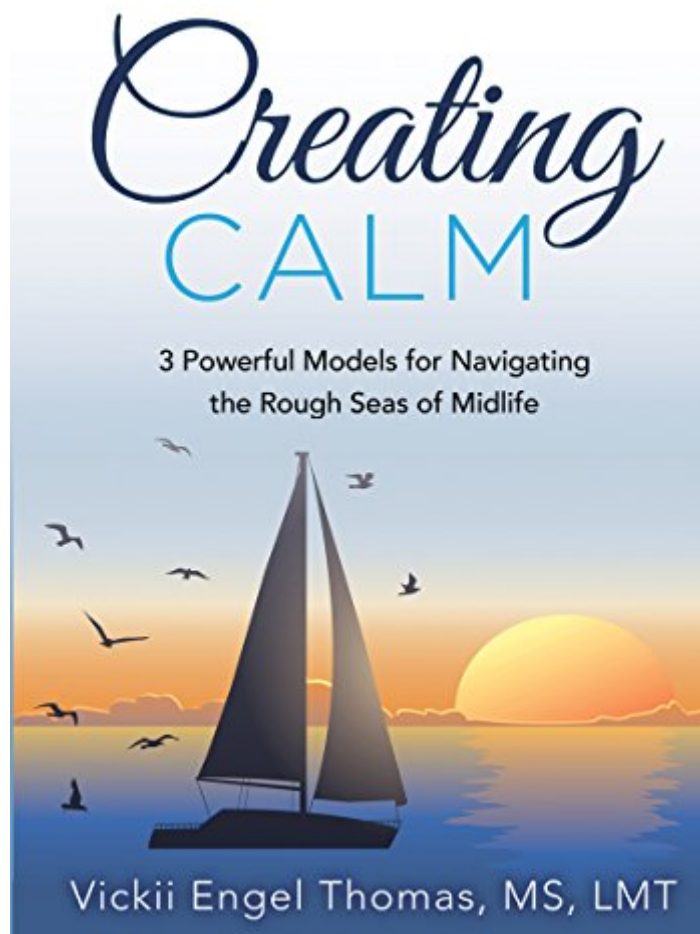


The book was found

Creating Calm: 3 Powerful Models For Navigating The Rough Seas Of Midlife



Synopsis

The nature of life is change and the rough waters of midlife demand more conscious change than any other period of life. In *Creating Calm*, Vicki Engel Thomas offers three simple and powerful models to help you understand and sail through these transformative years, creating a calm, smooth passage instead of a crisis. Laced with insights from her own adventures, Engel Thomas also shares antidotes from her work guiding clients through midlife's murky waters. Through story and example, these models can help you navigate your own midlife journey. When tossed about by emotion or swimming in thought, *Creating Calm* outlines clear self-care strategies that guide you home to your body and align you with your spirit. When midlife turns your world upside down, *Creating Calm* can show you how to make friends with change & overhaul outdated beliefs with the Mobius Shift of Midlife, release the waves of emotion & quiet the whirlpools of thoughts using a Boat and a Breeze, and free yourself from the Drama Triangle. Create calm and sail onward in ease and joy!

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