



Scooch!: Edging Into a Friendly Universe (Paperback)

By Jaya the Trust Coach

Jaya the Trust Coach, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Scooch! offers a kinder, gentler process of personal growth and healing: point yourself roughly in the right direction and inch that way--no need to map out the whole journey. This spiritual, many-paths-friendly approach offers workable support in practicing presence and nonresistance; following inner guidance; and declaring a grand experiment to live in a friendly Universe. Part 1, Scooch in Closer to Your Pain and Suffering, posits pain as no problem. It guides you to treat feelings and thoughts separately: mind the pain body, tend the mind (including through The Work of Byron Katie). What if you neither ran from pain nor perpetuated your own suffering? Detaching from particular timelines or outcomes, effectively scooch into just plain feeling better and into navigating by joy. Part 2, Scooch in Closer to Yourself offers tips in minding your relationship with yourself with supreme self-honoring. Drop comparisons; replace guilt and shame with lavish self-forgiveness; harness your power of interpretation to hold a winning stance. Here s your ticket to the end of self-abandonment. Part 3, Scooch into Your Personal Power, advocates not power-over, but the...



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Reviews

Very useful to any or all group of men and women. I am quite late in start reading this one, but better then never. You are going to like just how the blogger publish this book.

-- **Kristian Nader**

Merely no phrases to describe. Better then never, though i am quite late in start reading this one. Its been written in an extremely easy way which is merely following i finished reading this publication through which in fact transformed me, change the way in my opinion.

-- **Pedro Renner**

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...



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