



Being Human The Art Of Feeling Alive

JS Bruner



Being Human The Art Of Feeling Alive:

Being Human Haskell Bernstein,1990 **Being Human** Haskell Bernstein,1990 The User's Guide to Being Human Scott Miller,2012-02 Every human being is born with an extraordinary set of inner resources including intelligence attention mind imagination consciousness willpower love and emotion Strangely most people pass through young adulthood and 13 years of schooling without ever formally learning about any one of these innate capacities As a result a vast majority of folks spend their days harnessing only a small fraction of the great potential that is freely available within them The User s Guide to Being Human is the first owner s manual to comprehensively examine the inner tools with which people shape their lives Merging art with science this book illuminates 16 core capacities that enable people to bring out the best in themselves their activities and relations It offers step by step coaching for all who wish to master the ongoing art of personal development A companion workbook provides additional support for the exercises and Personal Growth Project The Art of Being Human Deborah Ravetz,2016-11-21 Deborah Ravetz explores the territory of our inner landscape by showing us that it is only through embracing and working with all aspects of our selves including our vulnerability and pain that we give meaning and experience joy Through telling her own story and those of others who have faced their demons and worked through their struggles she helps us to embark on the journey that all of us need to make in order to become fully ourselves Packed with applicable strategies for spiritual development and practice this book serves to empower and cultivate holistic wellbeing

On Life Nicholas J. Pappas,2015-04-01 Do you believe we can know the truth about all things or are there things we simply can never know the truth about This quote from On Life captures the spirit of the book In it four friends Director Friend Artist and Scientist pursue in short dialogues the truth about such topics as love happiness madness belief and pleasure The characters engage in serious inquiry but in a lighter way a way that allows them to hunt truths concerning life without burning out This is useful philosophy discussions of ethical questions and puzzles of life in every day language without special terminology or complicated thought experiments Each character in the book brings a distinct view to the topics addressed enhancing the overall picture of the various themes The book is well suited to the many of us who lead a harried life with compressed reading time available The book can be read through at once or savored briefly again and again It s accessible to younger readers while those with a philosophy background can also enjoy the way it treats familiar themes with a lighter touch The Art of Being Human Richard Paul Janaro,Thelma C. Altshuler,1984 **Exploring the Life of the Soul** John Hanwell Riker,2017-02-03 In this book John Hanwell Riker develops and expands the conceptual framework of self psychology in order to offer contemporary readers a naturalistic ground for adopting an ethical way of being in the world Riker stresses the need to find a balance between mature narcissism and ethics to address and understand differences among people and to reconceive social justice as based on the development of individual self This book is recommend for readers interested in psychology and philosophy and for those who wonder what it means to be human in the modern age

This Difficult Thing of Being Human Bodhipaksa, 2019-11-26 Neuroscience meets Buddhist wisdom in this wise guide offering 5 key skills for developing mindful self compassion and becoming your own best advocate Tara Brach author of Radical Acceptance We all long for someone to offer us unconditional love and support But what if that person is us The practice of mindful self compassion creates the space we need so that observation acceptance and real love can enter no matter how judgmental or disconnected we may feel It sounds like a simple idea to be kind to yourself But if you pay attention to your thoughts habits and self talk you may find that it's more difficult than it sounds The intentional practice of self compassion outlined here by Buddhist scholar and teacher Bodhipaksa can help you find greater overall wellbeing emotional resilience physical health and willpower Bodhipaksa provides both the why and the how of mindful self compassion drawing on contemporary psychology and neuroscience and also on Buddhist psychology weaving the modern and ancient together into a coherent whole Contemporary psychologists are focusing less on self esteem and more on self compassion Bodhipaksa a practicing meditator of more than 30 years effortlessly blends ancient techniques dating back to the time of the Buddha with the most recent understanding of psychology and neuroscience And in the end as Bodhipaksa writes it is actually quite simple Life is short Be kind

Qualitative Inquiry Rosemarie Rizzo Parse, National League for Nursing, 2001 Presents qualitative research methods for systematically studying human experiences Parse Loyola University describes the conceptual ethical and interpretive dimensions of qualitative research and provides the ontology epistemology and methodology for several approaches Example research study

Current Catalog National Library of Medicine (U.S.), 1993 First multi year cumulation covers six years 1965-70

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