RICHARD ROHR

BREATHINGUNDERWATER



Spinituality
andlthe
Twelve Steps

Breathing Under Water Spirituality And The Twelve Steps

M Tight

Breathing Under Water Spirituality And The Twelve Steps:

Breathing Under Water Richard Rohr, 2013-11-04 The Twelve Steps of Alcoholics Anonymous is America's most significant and authentic contribution to the history of spirituality says Richard Rohr He makes a case that the Twelve Steps relate well to Christian teaching and can rescue people who are drowning in addiction and may not even realize it To survive the tidal wave of compulsive behavior and addiction Christians must learn to breathe under water and discover God's love and compassion In this exploration of Twelve Step spirituality Rohr identifies the Christian principles in the Twelve Steps connecting The Big Book of Alcoholics Anonymous with the gospel He draws on talks he has given for over twenty years to people in recovery and those who counsel and live with people with addictive behavior Rohr offers encouragement for becoming interiorly alive and inspiration for making one s life manageable for dealing with the codependence and dysfunction sin rampant in our society Breathing Under Water Richard Rohr, 2014-05-14 The Twelve Steps of Alcoholics Anonymous is Americas most significant and authentic contribution to the history of spirituality says Richard Rohr He makes a case that the Twelve Steps relate well to Christian teaching and can rescue people who are drowning in addiction and may not even realize it To survive the tidal wave of compulsive behavior and addiction Christians must learn to breathe under water and discover Gods love and compassion In this exploration of Twelve Step spirituality Rohr identifies the Christian principles in the Twelve Steps connecting The Big Book of Alcoholics Anonymous with the gospel He draws on talks he has given for over twenty years to people in recovery and those who counsel and live with people with addictive behavior Rohr offers encouragement for becoming interiorly alive and inspiration for making ones life manageable for dealing with the codependence and dysfunction sin rampant in our society **Breathing Under Water Companion Journal** Richard Rohr, 2021-09-21 In his bestselling book Breathing Under Water Richard Rohr casts a vision for finding healing and true fulfillment by facing your dependencies head on Now his companion journal provides the tools to help you go deeper into both the source and solution for the dependencies unique to your own life **Breathing Under Water** Richard Rohr, 2021-09-21 TENTH ANNIVERSARY EDITION Every one of us suffers from some sort of addiction For some it might be a television series while others struggle with a crippling reliance on drugs or alcohol The cycle of dependency always leaves you wanting more you are never satisfied no matter how much you indulge If you are ready to break the unfulfilling cycle and experience internal freedom this insightful book offers an optimistic view and can support you on your journey Brother Rohr may just take you to places you ve both avoided and longed for to truth union joy laughter and greatest of all to your own precious self here on earth with us child of God Anne Lamott from the foreword To survive the tidal wave of compulsive behavior and addiction Christians must learn to breathe under water and discover God s love and compassion Globally recognized spirituality author Richard Rohr says we can only be healed and find true fulfillment by facing our dependencies head on Rohr connects the gospels to the core of the Christian faith in the Twelve Steps This prophetic book guides you to

disentangle from cultural cycles of sin and emptiness discover how to get free from your personal toxic dependencies learn how the Twelve Step program can supplement Christian teaching find compassion for others and yourself and enjoy a deeper spiritual life feeling certain of God's love for you We cannot stop the addictive culture that surrounds us but we can become free of it and build a coral castle and learn to breathe under water Trauma and the 12 Steps, Revised and Expanded Jamie Marich, 2020-07-07 An inclusive research based guide to working the 12 steps a trauma informed approach for clinicians sponsors and those in recovery Step 1 You admit that you re powerless over your addiction Now what 12 step programs like Alcoholics Anonymous AA and Narcotics Anonymous NA have helped countless people on the path to recovery But many still feel that 12 step programs aren t for them that the spiritual emphasis is too narrow the modality too old school the setting too triggering or the space too exclusive Some struggle with an addict label that can eclipse the histories traumas and experiences that feed into addiction or dismisses the effects of adverse experiences like trauma in the first place Advances in addiction medicine trauma neuropsychiatry social theory and overall strides in inclusivity need to be integrated into modern day 12 step programs to reflect the latest research and what it means to live with an addiction today Dr Jamie Marich an addiction and trauma clinician in recovery herself builds necessary bridges between the 12 step's core foundations and up to date developments in trauma informed care Foregrounding the intersections of addiction trauma identity and systems of oppression Marich's approach treats the whole person not just the addiction to foster healing transformation and growth Written for clinicians therapists sponsors and those in recovery Marich provides an extensive toolkit of trauma informed skills that Explains how trauma impacts addiction recovery and relapse Celebrates communities who may feel excluded from the program like atheists agnostics and LGBTQ folks Welcomes outside help from the fields of trauma dissociation mindfulness and addiction research Explains the differences between being trauma informed and trauma sensitive and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality based approaches to healing The Twelve Step Pathway Michael Cowl Gordon, 2023-11-01 Uses the hero's journey as the path on which to travel for overcoming addiction and crisis and rescuing your own story. This is a book about becoming heroic A hero is a person who faces great danger overcomes incalculable odds and accomplishes that which would have been thought especially by the hero to be impossible to achieve Considering the fear and pain that a person must experience in such an adventure it is a role that few would desire for themselves And yet more of us find ourselves in circumstances demanding heroism than one might imagine In fact people who are never called upon to be heroic at some point in their lives are in the minority if they exist at all This is not a book for people who might want to become heroic someday It is for people who are in the midst of a crisis and who must make a decision about whether they are going to face their situation survive rise above themselves and share their newfound knowledge with others who may need salvation And it is for those who are already traveling such a journey and who would like to gain a new understanding of themselves what their journey was and is about

and why it is so important Using the twelve step framework for understanding the inner work a person must do in order to overcome addiction Michael Cowl Gordon walks readers through the journey to inner salvation and peace Using the hero s journey as the path on which to travel through these steps he uncovers the deep work that it takes to be the hero in your own Why Can't Church Be More Like an AA Meeting? Stephen R. Haynes, 2021-10-26 Do Christians need recovery Or is recovery something needed by the church itself Addiction whether to a substance or to a behavior is a problem within faith communities just like it is everywhere else But because churches are rarely experienced as safe places for dealing with addiction co addiction or the legacy of family dysfunction Christians tend to seek recovery from these conditions in Twelve Step fellowships Once they become accustomed to the ethos of vulnerability acceptance and healing that these fellowships provide however they are often left feeling that the church has failed them with many asking why can t church be more like an AA meeting Inspired by his own quest to find in church the sort of mutual support and healing he discovered in Twelve Step fellowships Stephen Haynes explores the history of Alcoholics Anonymous and its relationship to American Christianity He shows that while AA eventually separated from the Christian parachurch movement out of which it emerged it retained aspects of Christian experience that the church itself has largely lost comfort with brokenness and vulnerability an emphasis on honesty and transparency and suspicion toward claims to piety and respectability Haynes encourages Christians to reclaim these distinctive elements of the Twelve Step movement in the process of recovering church He argues that this process must begin with he calls Step 0 which as he knows from personal experience can be the hardest step the admission Spiritual Healing for Trauma and Addiction Allyson Kelley, Dolores Subia that despite appearances we are not fine BigFoot, 2023-07-07 Through stories and conversations Drs Dolores BigFoot and Allyson Kelley reflect on research clinical work faith based topics spirituality and recovery They invite readers to reflect on what it means to walk on a healing path Beginning with a brief history of broken spirits and a broken world the book then discusses the causes of brokenness vulnerability to brokenness and healing as a construct of social justice and advocacy The following chapters cover current aspects of healing from the lens of mental health and substance use addiction trauma and recovery As much of the world struggles with some aspect of brokenness and healing stories of enduring well provide examples from all relations and walks of life about healing Theories and research presented throughout the text support stories and concepts presented Stories about families coping grief loss and boundaries give readers resources and exercises to help them become whole Special consideration is given to healing practices and rituals from Native American communities and families This text is a must have for mental health practitioners faith based organizations communities individuals and families programs and policymakers interested in healing Summary of Richard Rohr's Breathing Under Water Everest Media, 2022-03-21T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 I do not understand why God created the world this way It seems like God is playing games with us God seems to have hidden

holiness and wholeness in a secret place where only the humble will find it 2 People who have moved from seeming success to seeming success rarely understand success at all except a very limited version of it People who fail to do it right by even their own definition of right are those who often break through to enlightenment and compassion 3 The first step in the Twelve Steps is the hardest most denied and most avoided It is the ego that has to go and only powerlessness can do the job correctly *Skinny or Not, Here I Come* Margaret Cupit-Link,2020-11-26 Skinny or Not Here I Come is part memoir part self help book It is a true story detailing the inner thoughts of a young girl with an eating disorder and how these thoughts evolved into her adulthood The author describes all of her many different experiences with counseling and the life events that fueled her eating disorder She outlines the strategies belief systems including Christian faith and motivating factors that helped her to finally begin a journey of recovery

Recognizing the quirk ways to get this books **Breathing Under Water Spirituality And The Twelve Steps** is additionally useful. You have remained in right site to begin getting this info. acquire the Breathing Under Water Spirituality And The Twelve Steps associate that we have the funds for here and check out the link.

You could buy lead Breathing Under Water Spirituality And The Twelve Steps or acquire it as soon as feasible. You could quickly download this Breathing Under Water Spirituality And The Twelve Steps after getting deal. So, like you require the book swiftly, you can straight get it. Its appropriately totally simple and for that reason fats, isnt it? You have to favor to in this broadcast

 $\frac{https://stats.tinkerine.com/results/publication/HomePages/Bmw\%20535\%20535i\%201988\%201991\%20Workshop\%20Service}{\%20Repair\%20Manual.pdf}$

Table of Contents Breathing Under Water Spirituality And The Twelve Steps

- 1. Understanding the eBook Breathing Under Water Spirituality And The Twelve Steps
 - The Rise of Digital Reading Breathing Under Water Spirituality And The Twelve Steps
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Breathing Under Water Spirituality And The Twelve Steps
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - $\circ \ \ Determining \ Your \ Reading \ Goals$
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Breathing Under Water Spirituality And The Twelve Steps
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Breathing Under Water Spirituality And The Twelve Steps
 - Personalized Recommendations
 - Breathing Under Water Spirituality And The Twelve Steps User Reviews and Ratings

- Breathing Under Water Spirituality And The Twelve Steps and Bestseller Lists
- 5. Accessing Breathing Under Water Spirituality And The Twelve Steps Free and Paid eBooks
 - Breathing Under Water Spirituality And The Twelve Steps Public Domain eBooks
 - Breathing Under Water Spirituality And The Twelve Steps eBook Subscription Services
 - Breathing Under Water Spirituality And The Twelve Steps Budget-Friendly Options
- 6. Navigating Breathing Under Water Spirituality And The Twelve Steps eBook Formats
 - o ePub, PDF, MOBI, and More
 - Breathing Under Water Spirituality And The Twelve Steps Compatibility with Devices
 - Breathing Under Water Spirituality And The Twelve Steps Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Breathing Under Water Spirituality And The Twelve Steps
 - Highlighting and Note-Taking Breathing Under Water Spirituality And The Twelve Steps
 - Interactive Elements Breathing Under Water Spirituality And The Twelve Steps
- 8. Staying Engaged with Breathing Under Water Spirituality And The Twelve Steps
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Breathing Under Water Spirituality And The Twelve Steps
- 9. Balancing eBooks and Physical Books Breathing Under Water Spirituality And The Twelve Steps
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Breathing Under Water Spirituality And The Twelve Steps
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Breathing Under Water Spirituality And The Twelve Steps
 - Setting Reading Goals Breathing Under Water Spirituality And The Twelve Steps
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Breathing Under Water Spirituality And The Twelve Steps
 - Fact-Checking eBook Content of Breathing Under Water Spirituality And The Twelve Steps
 - Distinguishing Credible Sources

- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Breathing Under Water Spirituality And The Twelve Steps Introduction

In todays digital age, the availability of Breathing Under Water Spirituality And The Twelve Steps books and manuals for download has revolutionized the way we access information. Gone are the days of physically flipping through pages and carrying heavy textbooks or manuals. With just a few clicks, we can now access a wealth of knowledge from the comfort of our own homes or on the go. This article will explore the advantages of Breathing Under Water Spirituality And The Twelve Steps books and manuals for download, along with some popular platforms that offer these resources. One of the significant advantages of Breathing Under Water Spirituality And The Twelve Steps books and manuals for download is the cost-saving aspect. Traditional books and manuals can be costly, especially if you need to purchase several of them for educational or professional purposes. By accessing Breathing Under Water Spirituality And The Twelve Steps versions, you eliminate the need to spend money on physical copies. This not only saves you money but also reduces the environmental impact associated with book production and transportation. Furthermore, Breathing Under Water Spirituality And The Twelve Steps books and manuals for download are incredibly convenient. With just a computer or smartphone and an internet connection, you can access a vast library of resources on any subject imaginable. Whether youre a student looking for textbooks, a professional seeking industry-specific manuals, or someone interested in self-improvement, these digital resources provide an efficient and accessible means of acquiring knowledge. Moreover, PDF books and manuals offer a range of benefits compared to other digital formats. PDF files are designed to retain their formatting regardless of the device used to open them. This ensures that the content appears exactly as intended by the author, with no loss of formatting or missing graphics. Additionally, PDF files can be easily annotated, bookmarked, and searched for specific terms, making them highly practical for studying or referencing. When it comes to accessing Breathing Under Water Spirituality And The Twelve Steps books and manuals, several platforms offer an extensive collection of resources. One such platform is Project Gutenberg, a nonprofit organization that provides over 60,000 free eBooks. These books are primarily in the public domain, meaning they can be freely distributed and downloaded. Project Gutenberg offers a wide range of classic literature, making it an excellent resource for literature enthusiasts. Another popular platform for Breathing Under Water Spirituality And The Twelve Steps

books and manuals is Open Library. Open Library is an initiative of the Internet Archive, a non-profit organization dedicated to digitizing cultural artifacts and making them accessible to the public. Open Library hosts millions of books, including both public domain works and contemporary titles. It also allows users to borrow digital copies of certain books for a limited period, similar to a library lending system. Additionally, many universities and educational institutions have their own digital libraries that provide free access to PDF books and manuals. These libraries often offer academic texts, research papers, and technical manuals, making them invaluable resources for students and researchers. Some notable examples include MIT OpenCourseWare, which offers free access to course materials from the Massachusetts Institute of Technology, and the Digital Public Library of America, which provides a vast collection of digitized books and historical documents. In conclusion, Breathing Under Water Spirituality And The Twelve Steps books and manuals for download have transformed the way we access information. They provide a cost-effective and convenient means of acquiring knowledge, offering the ability to access a vast library of resources at our fingertips. With platforms like Project Gutenberg, Open Library, and various digital libraries offered by educational institutions, we have access to an ever-expanding collection of books and manuals. Whether for educational, professional, or personal purposes, these digital resources serve as valuable tools for continuous learning and self-improvement. So why not take advantage of the vast world of Breathing Under Water Spirituality And The Twelve Steps books and manuals for download and embark on your journey of knowledge?

FAQs About Breathing Under Water Spirituality And The Twelve Steps Books

What is a Breathing Under Water Spirituality And The Twelve Steps PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. How do I create a Breathing Under Water Spirituality And The Twelve Steps PDF? There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. How do I edit a Breathing Under Water Spirituality And The Twelve Steps PDF? Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. How do I convert a Breathing Under Water Spirituality And The Twelve Steps PDF to another file format? There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobats export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may

have options to export or save PDFs in different formats. How do I password-protect a Breathing Under Water Spirituality And The Twelve Steps PDF? Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Breathing Under Water Spirituality And The Twelve Steps:

bmw 535 535i 1988 1991 workshop service repair manual

bmw 530i 1989 1995 repair service manual

bmw c1 125cc workshop manual 1999 onwards

bmw 323 323i 1992 1998 repair service manual

bmw 318 318i 1983 1991 factory service repair manual

bmw 330 service manual

bmw 330xi 2002 factory service repair manual

bmw 1 serie user manual

bmw 318 workshop manual

bmw 318i 1983 1991 workshop service manual repair

bmw 735i 1988 factory service repair manual

bmw 323i 1992 1998 full service repair manual

bmw 3 series 320 320i 323i 325i e21 service repair manua

bmw 2006 r1200gs manual

bmw 3 series 1984 repair service manual

Breathing Under Water Spirituality And The Twelve Steps:

Focus Smart Science m3 - Ans (WB) | PDF | Allele | Zygosity Ans. wer. Key. Answers Chapter 1 Our Genes 1.1. Traits and Heredity Unit. 1. (a) traits (b) heredity (c) genetics (d) genes (e) fertilization (f) zygote Focus Smart Science Answer Workbook M3 Pdf Focus Smart Science Answer Workbook M3 Pdf. INTRODUCTION Focus Smart Science Answer Workbook M3 Pdf (Download Only) Focus Smart Plus Science Workbook M3 Focus Smart Plus Science Workbook M3 · Comprehensive (Covers all the chapters required by the curriculum.) · Organized (Presents information in the forms of ... Teacher's Guide Pelangi Focus Smart Plus Science M3 Teacher Guide. Primary Education Smart Plus Mathematics. Pelangi Primary Education Smart Plus Maths P1 Teacher Guide ... Focus Smart Science M1 - TG Have students try Test Yourself 3.1 and discuss the answers with them. Focus Smart Textbook Science Mathayom 1 - Lesson Plan 28 6th - 10th hours (Transport ... 7A WORKBOOK ANSWERS 1 Three from: measuring heart beats, temperature, urine tests, blood tests. Accept other sensible responses. 2 The patient has spots. ANSWER KEYS FOR REVIEW QUESTIONS | McGraw-Hill ... Answer: e. To point out what is not important. To drill down the CTQ metrics. To show the levels of drill down from the top. To create a focus on the top ... Focus Smart Plus Science Workbook M Focus Smart Plus Science Workbook M1 Focus Smart Plus Science Workbook M2 Focus Smart Plus Science Workbook M3 ... Answer Keys are provided. - Augmented Reality ... Focus Smart Mathematics PDF 200.- · Cambridge Primary Science 2ed Workbook 2 Answer Key-200.- Holt Environmental Science - 1st Edition -Solutions and ... Our resource for Holt Environmental Science includes answers to chapter exercises, as well as detailed information to walk you through the process step by step. Holt Environmental Science Skills Worksheet Answer Key Fill Holt Environmental Science Skills Worksheet Answer Key, Edit online. Sign, fax and printable from PC, iPad, tablet or mobile with pdfFiller ... Environmental Science Active Reading Workbook HOLT ... Active reading workbook ; Read the passage below and answer the questions that follow. The decisions and actions of all people in the world affect our. Environmental Science: Chapter Tests with Answer Key Quantity: 1; Environmental Science · Chapter Tests with Answer Key; Published by Holt, Rinehart & Winston, 2000; Filter by: Softcover (2); Condition · Good ... Environmental Science Each worksheet corresponds to a specific section of your textbook. When you ... Holt Environmental Science. 9. Tools of Environmental Science. Section: Making ... Name List and describe three human activities that affect the environment. Copyright by Holt, Rinehart and Winston. All rights reserved. Holt Environmental Science. Holt Science Florida Environmental Guide with Answer Key Book details; Print length. 0 pages; Language. English; Publisher. HOLT RINEHART AND WINSTON; Publication date. January 1, 2005; ISBN-10. 0030385369. Environmental Science: Chapter Tests with Answer Key Environmental Science: Chapter Tests with Answer Key [Holt, Rinehart, and Winston, Inc ... #4,558,978 in Books (See Top 100 in Books). Important

information. To ... Get Holt Environmental Science Map Skills Answer Key Complete Holt Environmental Science Map Skills Answer Key online with US Legal Forms. Easily fill out PDF blank, edit, and sign them. (PDF) Mini Case Solutions | jie li Mini Case Solutions CHAPTER 2 CASH FLOWS AND FINANCIAL STATEMENTS AT NEPEAN BOARDS Below are the financial statements that you are asked to prepare. 1. Chapter 5 Mini-case Solutions - Warning: TT Chapter 5 Mini-case Solutions · 1. Deloitte Enterprise Value Map. Financial Management I None · 9. Business Forecasts Are Reliably Wrong — Yet Still Valuable. Chapter 9 Mini Case from Financial Management Theory ... Apr 4, 2020 — To help you structure the task, Leigh Jones has asked you to answer the following questions: a. (1) What sources of capital should be included ... Mini Case 1.docx -Samara Ferguson October 22 2018 FIN Mini Case on pages 55-56 in Financial Management: Theory and Practice. Using complete sentences and academic vocabulary, please answer questions a through d. Solved Chapter 10 Mini Case from Financial Management Oct 29, 2020 — Business · Finance · Finance questions and answers · Chapter 10 Mini Case from Financial Management: Theory's and Practice 16th edition You have ... Prasanna Chandra Financial Management Mini Case Management Mini Case Solutions. Prasanna Chandra Financial Management Mini Case Solutions. Download. d0d94e66b7. Page updated. Report abuse. mini case Ch1 - Finance Management Course Financial Management: Theory and Practice Twelfth Edition Eugene F. Brigham and Michael C. Ehrhardt mini case (p.45) assume that you recently graduated and ... Mini Case 2 Solutions - FNCE 4305 Global Financial... View Homework Help - Mini Case 2 Solutions from FNCE 4305 at University Of Connecticut. FNCE 4305 Global Financial Management Fall 2014 Mini Case 2 ... Prasanna Chandra Financial Management Mini Case ... Prasanna Chandra Financial Management Mini Case Solutions PDF; Original Title. Prasanna Chandra Financial Management Mini Case Solutions.pdf; Copyright. © © All ... Financial Management Mini Case Case Study Feb 16, 2023 — Firstly, there has to be an agent acting on behalf of the principal. Secondly, the interests of the principal and the agent must be different.