

## Module Library



← *Starting Over*

← *Dealing with Loss*

← *Dealing with Loneliness*

← *Meaningful Living*

← *End Guilt Trips*

← *Learning to Forgive*

← *Overcoming Fear*

← *Family Healing*

← *Decode your Emotions*

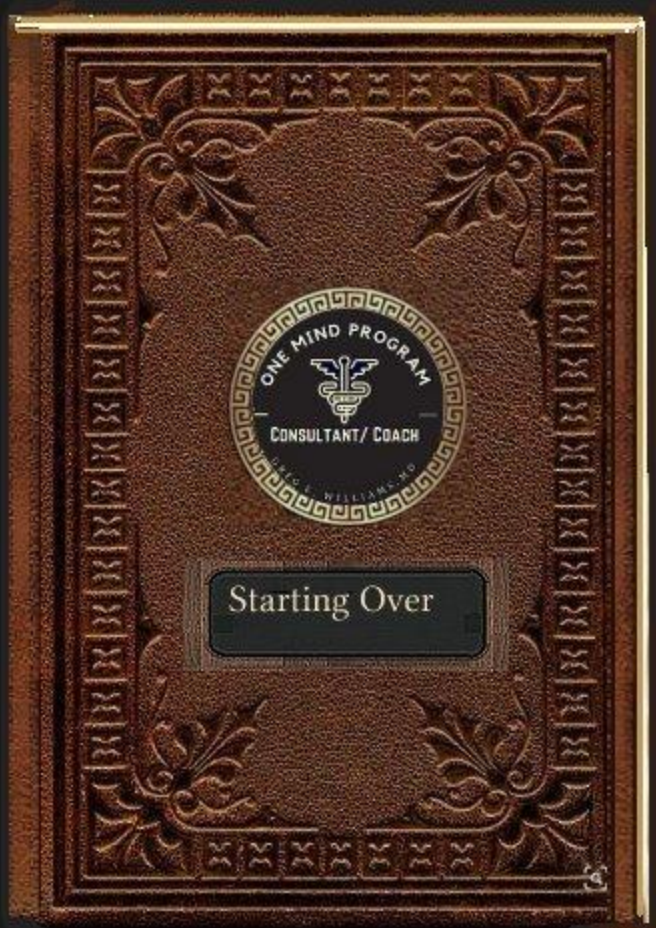
← *Decision Making*

← *Improve Communication*

← *Setting Boundaries*

Click on a Book  
Module to learn  
more about it.





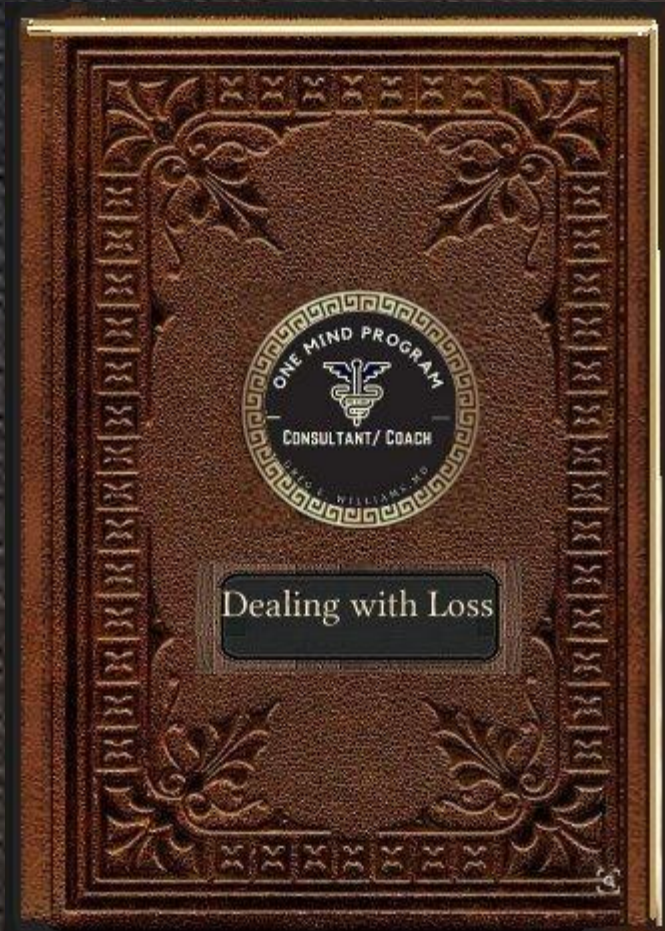
[Backto Library](#)

## *Starting Over*

*Sometimes during the course in our lives, there may be an unforeseen shift in our direction or routine. As much of our identity becomes defined by persons, possessions, and activities that surround us, a sudden disruption may leave us feeling powerless and uncertain about. “Where we go from here”.*



## *Dealing with Loss*



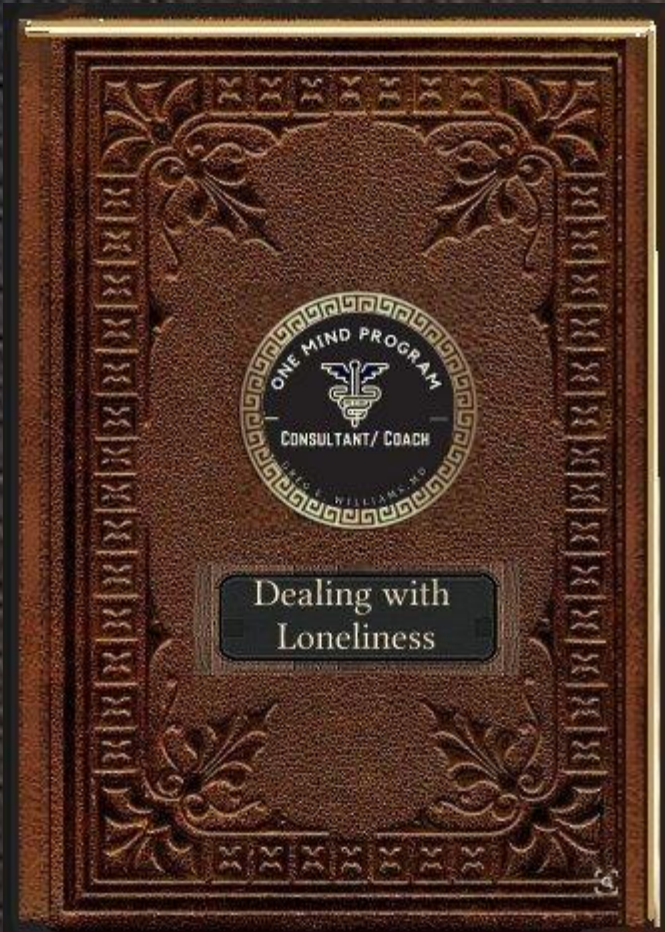
[Backto Library](#)

*It is an unspoken truth that our lives will not last not forever. We busy ourselves with activities and events without knowing the length of our life or what will be the nature of our passing. Either through a gradual or sudden event, our endeared companion(s) will departs from us. While a cherished life ends, for those who survive the loved one, there is a different beginning with an unavoidable struggle joined with the heartache and dread that often follows. We can honor their memory best by how we continue forward in our process.*



## *Dealing with Loneliness*

*There is a huge difference between being alone and feeling lonely. In fact a person can be at an anticipated event, traveling on group tours or be surrounded by familiar friends and still feel lonely. This has more to do with your relationship with you. It is a clue that there is far more to discover.*



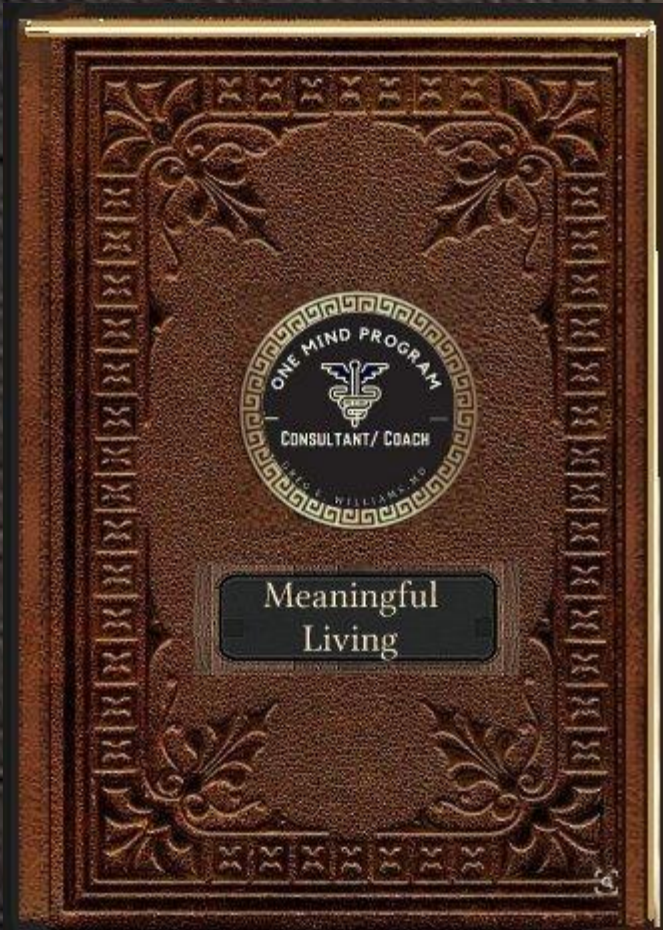
[Backto Library](#)



## *Meaningful Living*

*“So many people seem to know what they want out of life. Even many of my friends seem to have direction and goals...so what is MY purpose in life?”*

*Such thoughts arise from a false belief that leads only to a cycle of frustration. There are steps which we can take together that will answer the deeper issue behind the question.*



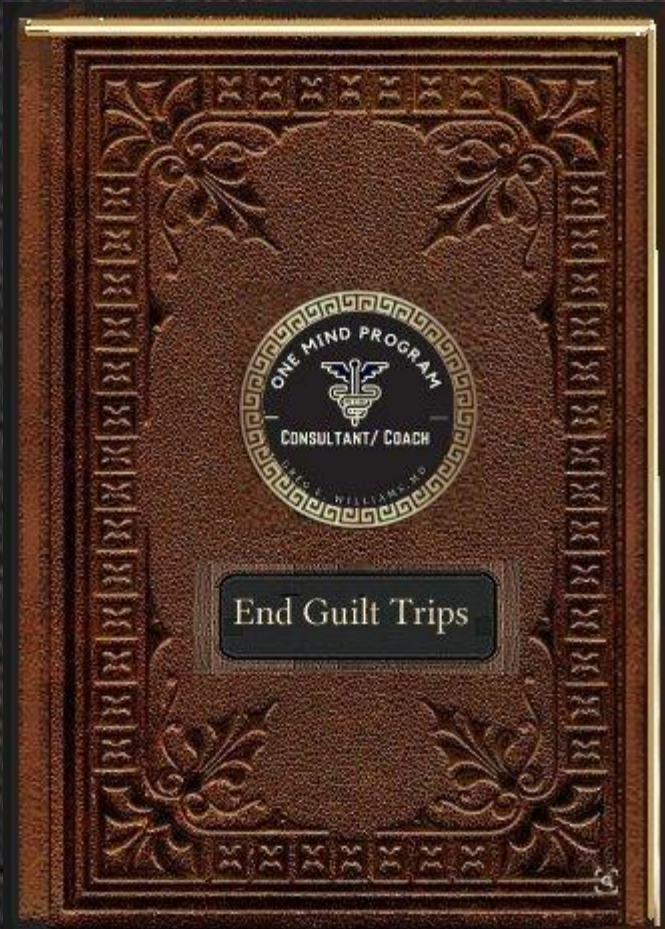
[Backto Library](#)



## *End Guilt Trips*

*Often people share they feel a constant sense of guilt. Even the most upright people, that believe they have been forgiven by God are left wondering why they always feel guilty. Maybe it is not guilt at all. There's a way to know.*

*Others feel their lives are constantly managed by unwanted choices to do what others want in order to avoid feeling guilt. This cycle of manipulation can stop if you are ready.*



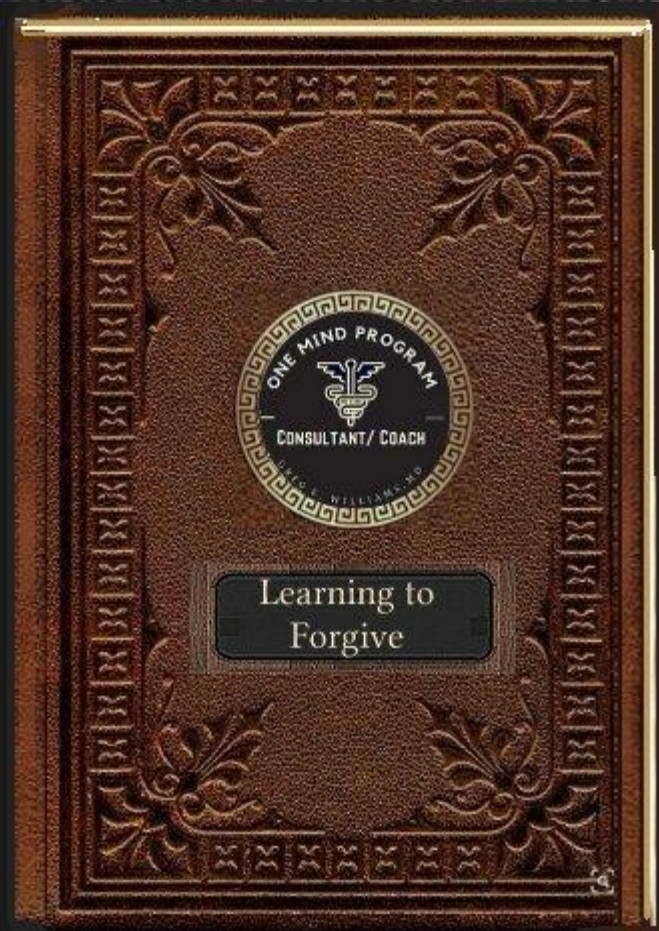
[Backto Library](#)



## *Learning to Forgive*

*"I know I am supposed to forgive them for what they did, but how can I? Everytime I forgive them they just end up doing the same thing."*

*Our misconception of forgiveness can keep us in a never ending cycle of pain, loss and frustration until we create our own wedge in relationships. Maybe it is time to approach it differently where you can remain at peace with a clear position of decision.*

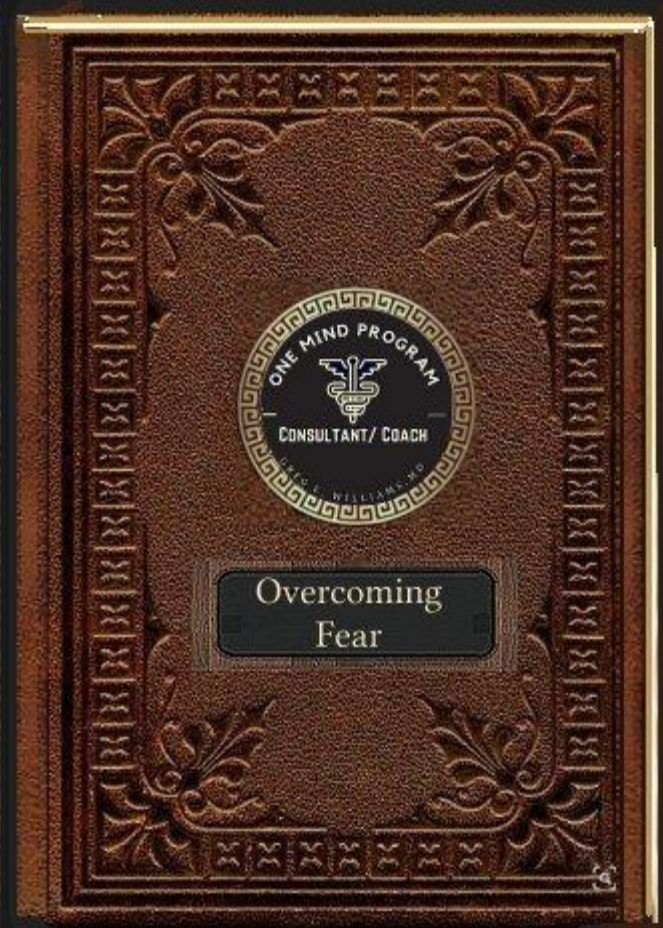


[Backto Library](#)



## *Overcoming Fear*

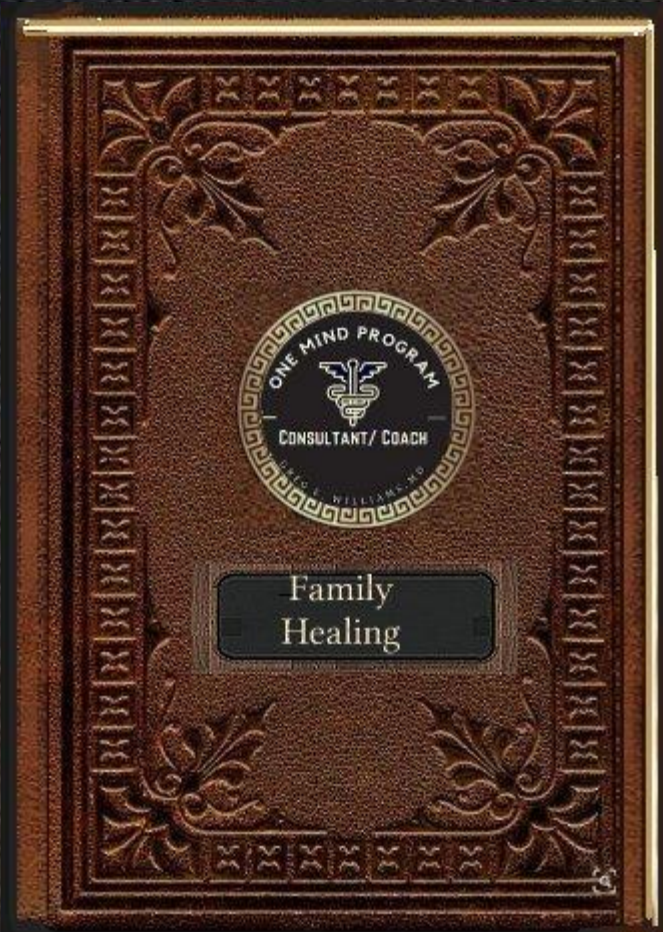
*A person plagued by fear cannot thrive in character nor will they experience the adventure of living life fully. Even though we have a hardwiring in our brains to protect us from dangers, this safety mechanism can be overactive, empowering our imagination of danger. When fears rule us, they also attempt to threaten the liberty of others whom we love, leading to avoidance. Living alone on an island is safe, but also very lonely.*



[Backto Library](#)



## *Family Healing*



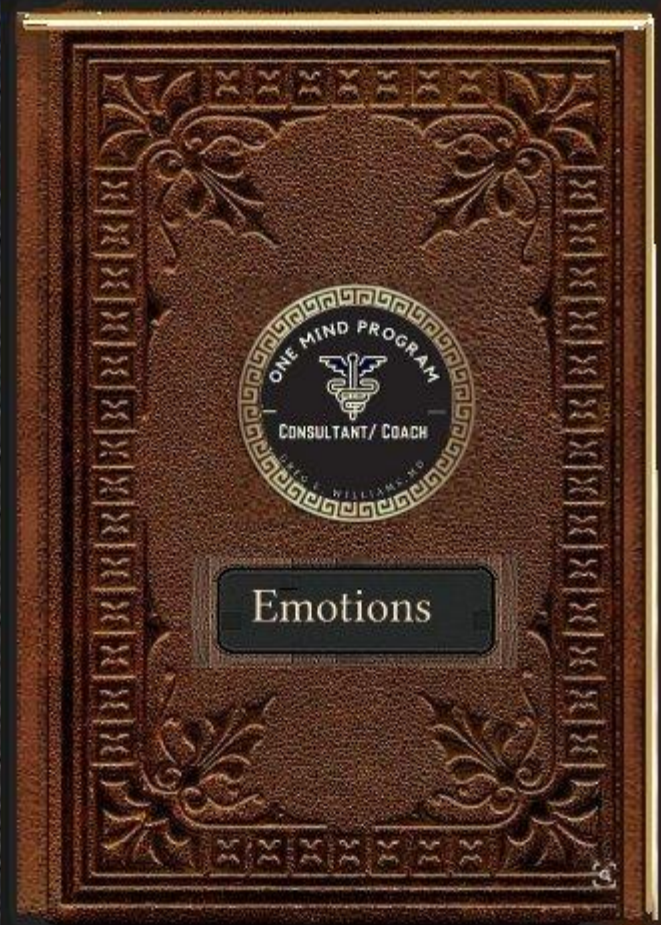
[Backto Library](#)

*Relationships are often difficult to navigate. But navigating a healthy course within families involve many unique pieces of a larger puzzle. While it may be challenging enough with intact families, we live in a time where many families faced times of brokenness, requiring much healing to work through. Knowing where your responsibility begins and where it ends is an essential part of being a catalyst of healing. This makes your role easier and allows you to be more at peace along the ups and downs ahead.*



## *Decode your Emotions*

*Emotions are complex state of sensations behind every activity we do and under every memory we have. For many people it seems too difficult to identify correctly what they feel in different situations. If we mislabel what we feel it can lead us in directions that was unintended. When we are unable to relate our own impression behind our actions, it can lead to interpersonal conflicts that end in arguments and avoidance. There is a way to help you know what you feel and help you know why.*



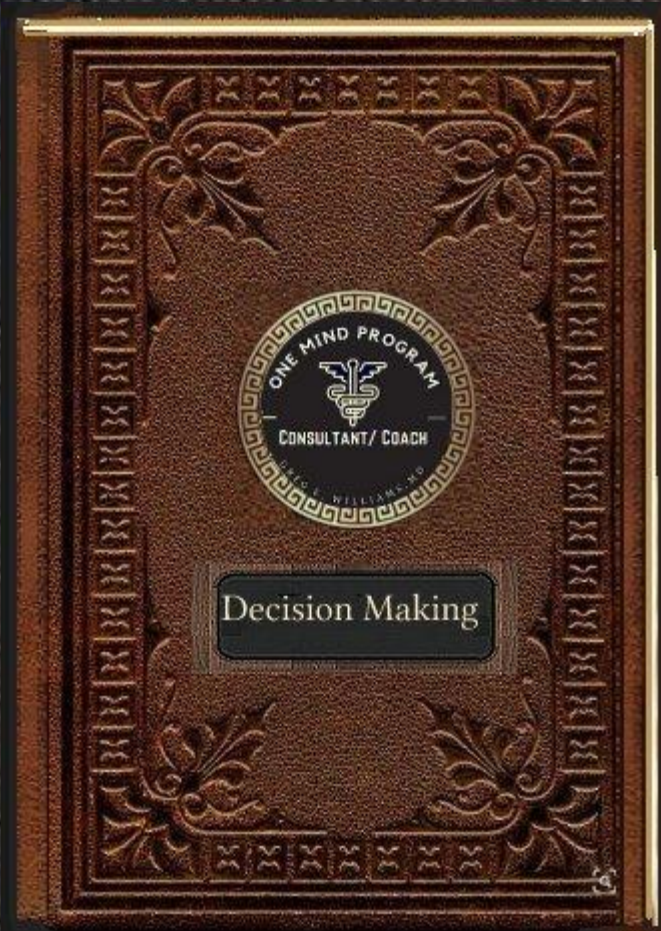
[Backto Library](#)



## *Decision Making*

*Our lives involve a series of decisions that take us from our last step to the next. We decide on jobs & careers, we decide on where we will live and who will be our life partner to spend our life with.*

*Sometimes we labor so much about our decisions that we make the decision to “not make a decision”. There are ways to clarify what to choose and rules of thumb which can eliminate the stress of making clearer decisions for our life.*

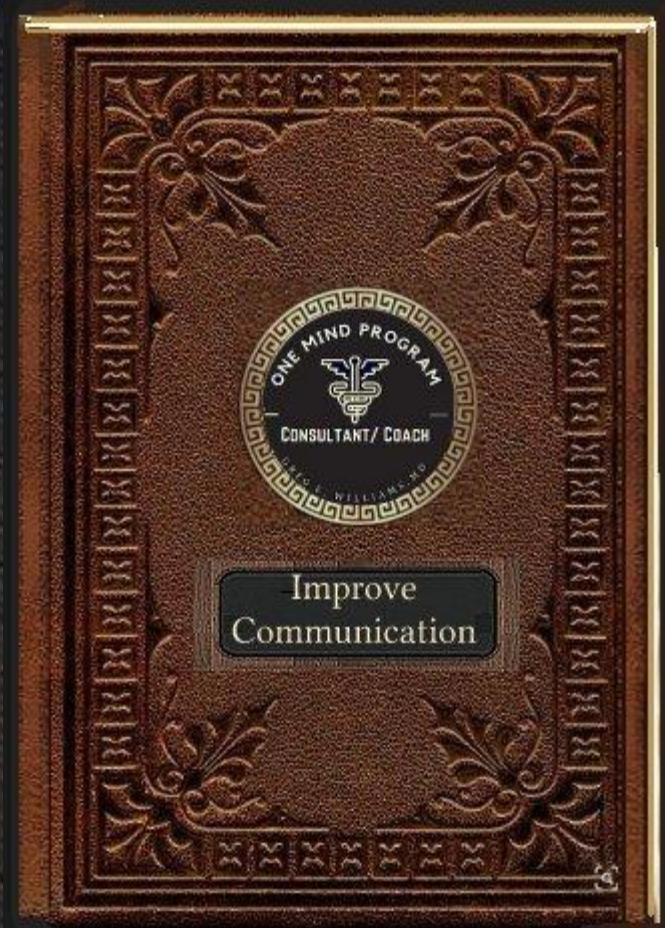


[Backto Library](#)



## *Improve Communication*

*We are social beings. Effective communication is essential for navigating challenges and clarifying decisions throughout our life. Knowing how to relate a viewpoint clearly is important. But there is more to a meaningful dialogue than our verbal expression. There are ways to understand each other and convey a message more clearly before the first word is spoken.*

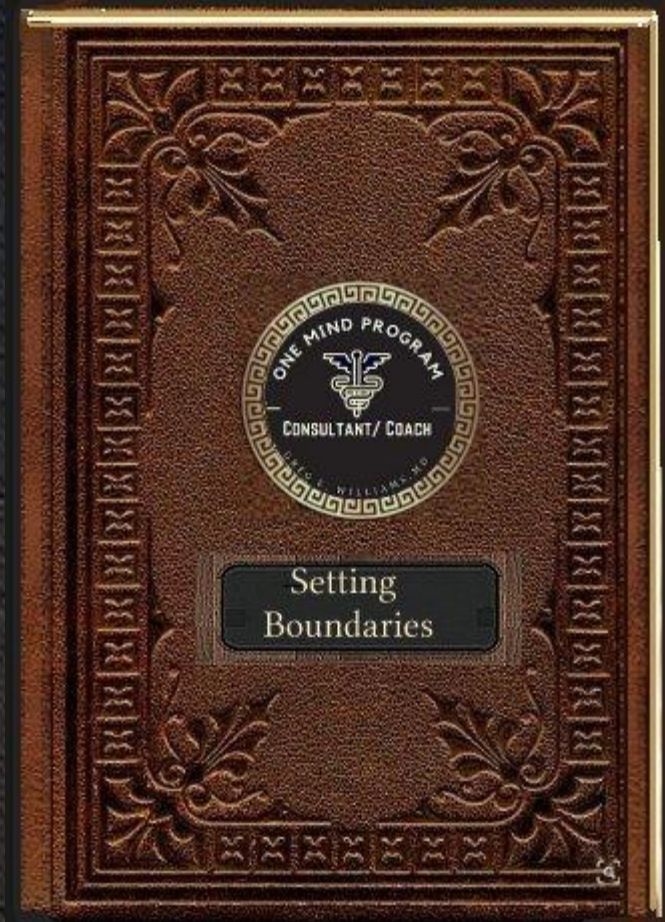


[Backto Library](#)



## *Setting Boundaries*

*Happiness does not depend on others. It is what we experience in the comfort and confidence of being who we are. In order to have rewarding relationships it is important that we appreciate ourselves in our independence before we choose to share a co-dependence with others. Once we begin to cultivate a sense of who we are with the appreciation of our differences, we are more equipped to contribute to others in more meaningful and fulfilling ways.*



[Backto Library](#)