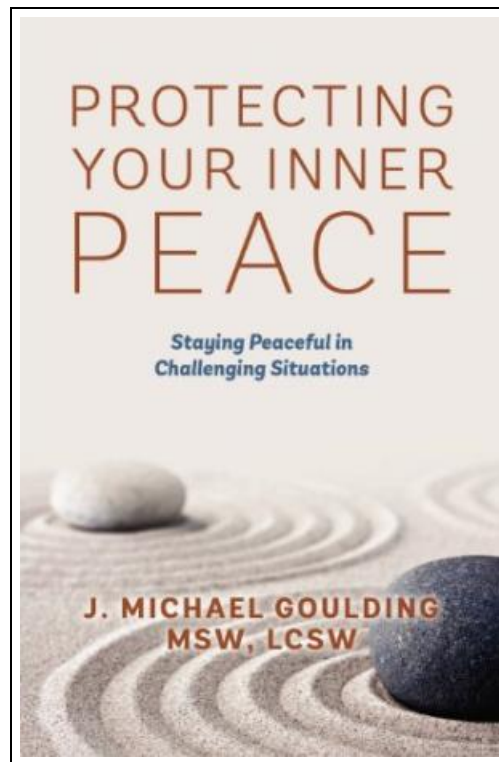


## Protecting Your Inner Peace: Staying Peaceful in Challenging Situations (Paperback)



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## PROTECTING YOUR INNER PEACE: STAYING PEACEFUL IN CHALLENGING SITUATIONS (PAPERBACK)



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Outskirts Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Protecting Your Inner Peace is a step-by-step guide on how to maintain peace within yourself during challenging times. Author J. Michael Goulding blends his twenty-five years of experience in mental health crisis intervention with his martial arts background. Goulding incorporates the Aikido concepts (The Japanese Art of Peace) into practical steps for maintaining peaceful verbal interactions with people while also meeting your needs. Like Aikido, you do not have to harm your opponent in order to protect yourself. There are verbal ways to maintain your position without having to hurt the feelings of others. Goulding outlines these steps in an easy to use technique that everyone can quickly apply to their lives. In today s stressful times, many people are finding a greater need to protect the inner peace they are given at birth. Many of us often find ourselves disconnected from our highest sense of self, however we perceive it to be, by allowing draining forces into our lives. It is easy to protect ourselves from the pushy person we may never see again, but how do we protect ourselves from family, clients and people in the workplace? Protecting Your Inner Peace offers easy solutions to real life problems and teaches us to make peace with the most powerful opponent of all, ourselves. This book offers solutions by employing the principles from the martial arts form of Aikido (Japanese art of peace) and research-based psychological techniques. Regardless of your goals or relationship aspirations Protecting Your Inner Peace conveys the message that peace is what you ultimately seek and gives you the tools to help you make your life a more peaceful one. Protecting Your Inner Peace is a fusion of stress...



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