



## Finding the Spirit Within: A Self-Guided Mental Health Activity Workbook

By Randy Hamelin, Erica McKenzie

iUniverse, United States, 2015. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Take a journey of self-discovery with this activity-filled workbook that will help you set goals, overcome challenges, and enhance your self esteem. Randy Hamelin, a professional counselor and psychotherapist, teams up with Erica McKenzie to deliver strategies that enable you to improve verbal and nonverbal communication skills, relieve stress, and stay motivated even during the most difficult of times. The authors provide a roadmap of setting goals the SMART way by making sure they are-Specific, Measurable, Achievable, Realistic, and Time oriented. By including action steps to achieve goals in your daily planner and taking other simple steps, you ll make achieving goals that much easier. You ll also learn how to recognize your fears, grasp insights from your unconscious mind, and work through negative thoughts that can cause distress and keep you from achieving important tasks. Filled with bulleted lists, thought-provoking questions, real-life examples, and a variety of work tools, Finding the Spirit Within allows you to start living life to the fullest.



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