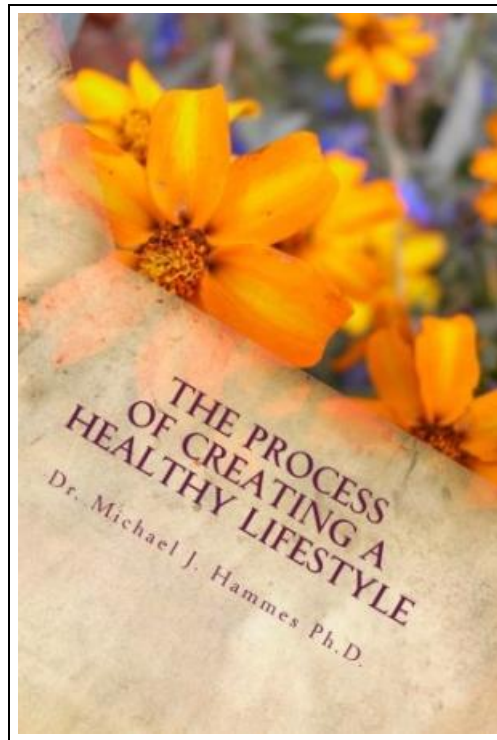


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THE PROCESS OF CREATING A HEALTHY LIFESTYLE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. We live with the mindset about living in relation to what we expect from life, and then we spend a lot of time and energy learning how to be successful in making money and having what we call fun. However, few people learned how to manage day to day stressors, and also the extreme stress that occurs during painful stressful life changing events. More importantly, very few people have the ability to create real meaning, and purpose that leads to hope and a bright hopeful future. We need to approach life with what life expects from us. The latter statement implies that we have the ability to learn how to create real meaning and purpose during the everyday living process. More importantly, during times of personal crisis because this is when most people fail to create real meaning and purpose and become vulnerable to poorly managed intense painful feelings and emotions. Often the result is a life falling apart at the seams, and engaging in any destructive behavior that provides some form of relief. It doesn't take a rocket scientist to know this method of pain relief is not a solution to life problems. Life falls apart and becomes disordered when we are unable to create meaning of life changing events, which is caused by a flawed thinking process. A major challenge in life is to create the right solution for our problem(s), but this requires a creative thinking process that few possess. The healthy lifestyle is rare today because individuals often sacrifice loving relationships, lose their sense of self in their pursuit of happiness, and this will always lead to emotional problems. Life then gets out of...



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