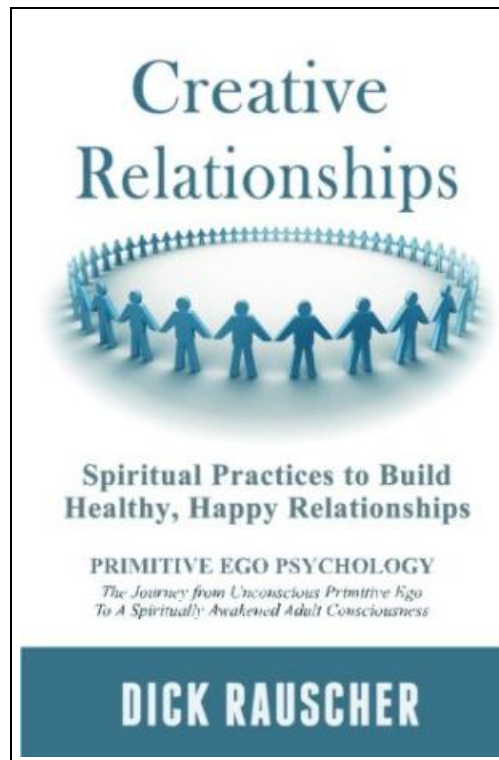


## Creative Relationships Spiritual Practices to Build Healthy, Happy Relationships



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## CREATIVE RELATIONSHIPS SPIRITUAL PRACTICES TO BUILD HEALTHY, HAPPY RELATIONSHIPS



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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 178 pages. Dimensions: 8.5in. x 5.5in. x 0.4in. Relationships are the foundation of marriages, families, communities, and our global human culture. When our relationships are healthy they promote happiness, bring a sense of meaning into our lives, and increase our ability to be loving and compassionate. When our relationships are unhealthy, they are a primary source of conflict and unhappiness. The insights included in this book come from the authors twenty-five years in private practice as a NYS licensed mental health counselor combined with relationship insights drawn from ancient Eastern spiritual practices. The author shows how virtually all relationship conflict is created when our ego unconsciously distorts reality by building maps of how it thinks the universe should work; maps based on our early childhood experiences, our fears, our expectations, and our beliefs. Unfortunately, the map our ego constructs is not reality. It is merely a map that reflects our personality. The creation of healthy relationships requires that we grow spiritually through growth in self-awareness; that we learn to see and accept the world as it is; not as our ego would like it to be. Some of the insights covered in the book include When we dont understand ourselves we tend to judgmentally project our shadow or undesirable parts of ourselves onto others. Virtually all adults are unconsciously controlled by the reactive, immature primitive ego of our seven-year-old inner-child. Almost all pain and suffering in life is the result of consciously or unconsciously resisting reality. The material contained in this book are powerful spiritual practices designed to help you awaken your consciousness, grow in self-awareness, and begin building healthy relationship with those around you. This item ships from La Vergne, TN. Paperback.



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