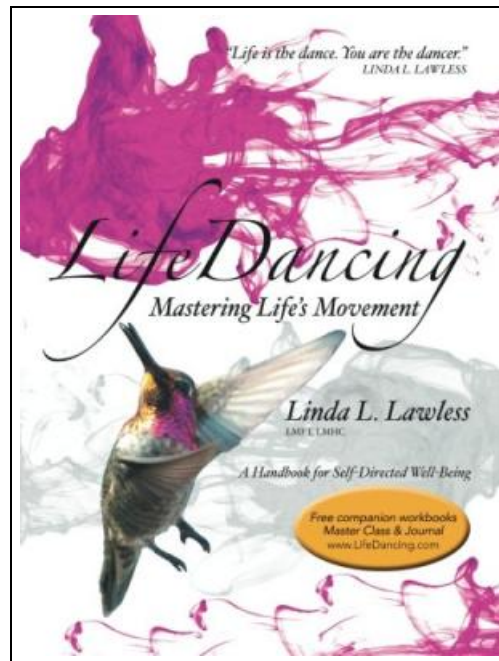


## Lifedancing: Mastering Life's Movement



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*(Yolanda Nicolas)*

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Balboa Press, United States, 2016. Paperback. Book Condition: New. 279 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. People say that what we re all seeking is a meaning for life. I don t think that s what we re really seeking. I think that what we re seeking is an experience of being alive, so that our life experiences, on the purely physical plane, resonate with our own innermost being, so that we actually feel the rapture of being fully alive. JOSEPH CAMPBELL The measure of intelligence is the ability to change. Albert Einstein Become the Master of Your Life s Movement Change is often NOT easy to create or survive. Most people slog along from day to day until their proverbial boat gets leaks, or sinks. Be prepared for life storms using the LifeDancing approach. LifeDancing is a step-by-step process that easily looks at the big picture of your life, problem solves, visions your dreams, plans, creates action and feedback, and guides and enhances your daily dance of life. Using LifeDancing s Self-Directed Well-Being approach, you are invited to create your LifeDance now, and savor your applause!! For counselors, life coaches and psychotherapists LifeDancing is a tool you can use for yourself and with clients to teach self-management and self-directed well-being skills. There are tools you can use in a crisis, as well as life and future building moments. Discover the LifeDancing Master Class and the LifeDancing Journal!.



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