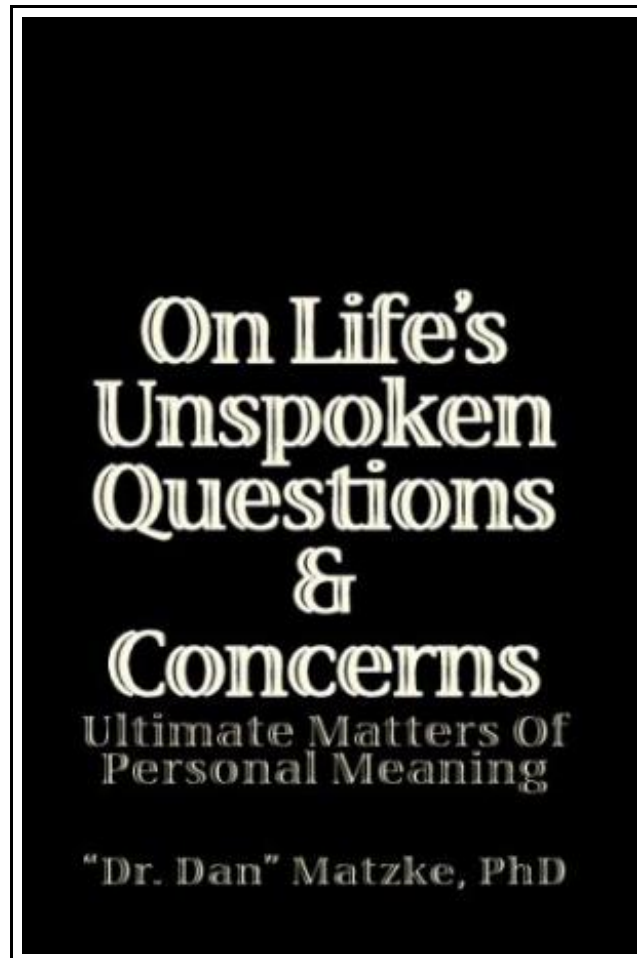


On Life's Unspoken Questions Concerns: Ultimate Matters of Personal Meaning



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Reviews



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(Karianne Deckow)

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Createspace Independent Publishing Platform, United States, 2009. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.ON LIFE S UNSPOKEN QUESTIONS CONCERNS Ultimate Matters Of Personal Meaning This book explores life s unspoken questions and concerns - matters which individuals seldom express to friends or family, and which are not commonly addressed in contemporary psychology, philosophy or religion. These are fundamental questions and concerns which humans have wrestled with throughout all of recorded history, related to Aloneness Separateness, Choices Commitments, Meaning Purpose, and Changes Endings. Facing and coming to terms with these issues has very liberating and empowering benefits, greatly increasing one s ability to function effectively in personal and professional endeavors. Dealing with these concerns can be rather disquieting. Ultimately, however, recognizing and resolving these matters can free a person to thrive, prosper and succeed. Unspoken Questions Concerns Addressed in this Program: Why do I feel so alone and apart from things at times? How can I cope with loneliness and separation in life? Why is it so difficult to make choices commitments? How can I effectively deal with freedom responsibility? Why do I feel so uncomfortable with changes? How can I more effectively cope with endings in life? Why do I feel like life is meaningless and without purpose at times? How can I find meaning purpose in my life? Why do I feel so much anxiety tension at times? How can I more effectively deal with stress in life? Table Of Contents: Acknowledgements Disclaimer Preface/Introduction On Aloneness Separateness On Choices Commitments On Changes Endings On Life Meaning Purpose On Anxiety, Tension Stress Summary Addendum KeyWords: psychology, philosophy, existential issues, ultimate concerns, self help, self improvement, emotional intelligence, EQ,

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