

8 Steps To Create The Life You Want The Anatomy Of A Successful Life Faithwords

A Unique 8-Step System to Reverse Your PCOS Author and naturopathic doctor Fiona McCulloch dives deep into the science underlying the mysteries of PCOS, offering the newest research and discoveries on the disorder and a detailed array of treatment options. Polycystic ovary syndrome (PCOS) is the most common hormonal condition in women. It afflicts ten to fifteen percent of women worldwide, causing various symptoms, including hair loss, acne, hirsutism, irregular menstrual cycles, weight gain, and infertility. 8 Steps to Reverse your PCOS gives you the knowledge to take charge of your health. Dr. McCulloch introduces the key health factors that must be addressed to reverse PCOS. Through quizzes, symptom checklists, and lab tests, she'll guide you in identifying which of the factors are present and what you can do to treat them. You'll have a clear path to health with the help of this unique, step-by-step natural medicine system to heal your PCOS. Having worked with thousands of people seeking better health over the past fifteen years of her practice, Dr. McCulloch is committed to health education and advocacy, enabling her patients with the most current information on health topics and natural therapies with a warm, empathetic approach.

In this book, author Sadao Nomura taps into his decades of experience leading and advising Toyota operations in a wide variety of operations to tell the story of radical

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improvement at Toyota Logistics & Forklift (TL&F). This book tells in great detail what the author did with TL&F, how they did it, and the dramatic results that ensued. TL&F has long been a global leader in its industry. TL&F is part of Toyota Industries Corporation, which was founded by Toyota Group founder Sakichi Toyoda almost 100 years ago. Sakichi Toyoda is legendary in the Lean community as the originator of the all-important "JIDOKA" pillar of TPS, which ensures 1) built-in quality and 2) respect for people through ensuring that technology works for people rather than the other way around. Although TL&F seemed to be performing well, insiders knew that, as the founding company of the Toyota group, it needed to do better, especially in the quality performance of its global subsidiary operations. But improvement would not be easy in a company that already prided itself in its history as an exemplar in providing highest quality products and services. In 2006, TL&F requested assistance from Sadao Nomura. The initial request was for Mr. Nomura to support quality improvement in three global operations that had become part of TL&F through acquisition: US, Sweden, and France. Improvement was expected at these affiliates, but the dramatic nature of the improvement was not. Further, the improvement activities were so powerful that they were also instituted at the parent operations in Japan. Over a period of almost ten years, the company with the name most associated with product quality experienced quality improvement unparalleled in its history. "Dantotsu" means "extreme," "radical," or "unparalleled."

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If you think that entrepreneurs are born and not made, it may be because you've never learned the steps to starting a business. John B. Vinturella, Ph.D., who has more than forty years of experience as an entrepreneur, explores how to sharpen business skills, identify opportunities, and take an orderly approach to business planning in this guide to becoming your own boss. Learn how to: cultivate an entrepreneurial mindset; conduct market research and feasibility analyses; write a comprehensive business plan; and overcome obstacles business owners face. Drawing on his own experiences running a successful small business for twenty years, Vinturella lets you know what to expect as you start a business. He also shares numerous case studies based on actual companies to help you identify common mistakes and best practices in building a business. Whether you already have a business idea, want to find one, or are considering career options, you'll be more likely to succeed when you learn the 8 Steps to Starting a Business. For more information visit: www.jbv.com/8steps

FINANCIAL AID MADE EASY! This concise, easy-to-follow guide breaks the confusing college financial aid process down into 8 simple steps to help you afford your education. Alas, not everybody started saving for college when their kid was in diapers. But there's still hope—and help! This friendly guide distills the confusing financial aid process into 8 clear, actionable steps you can take **RIGHT NOW** to help afford college. The underlying message is simple: Parents and students who understand how to apply for financial aid get more financial aid. Armed with the checklists, timelines, and info in

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this book, you'll be able to:

- Figure out what colleges actually cost
- Understand grants, loans, work-study, and other forms of aid
- Get to know the FAFSA® and CSS Profile(TM)
- Research scholarship opportunities
- Quickly compare financial aid offers from different schools
- Find creative ways to lighten your debt load

Note: This book is designed to be a quick primer covering the most useful core financial aid information. For students and parents looking for comprehensive, A-Z guidance—including long-term strategies and step-by-step help on the forms—check out *Paying for College*, The Princeton Review's classic and definitive guide to the A-to-Zs of financial aid.

With a fresh approach to a common problem, this self-help guide to overcoming back pain advocates adopting the natural, healthy posture of athletes, young children, and people from traditional societies the world over. Arguing that most of what our culture has taught us about posture is misguided—even unhealthy—and exploring the current epidemic of back pain, many of the commonly cited reasons for the degeneration of spinal discs and the stress on muscles that leads to back pain are examined and debunked. The historical and anthropological roots of poor posture in Western cultures are studied as is the absence of back pain complaints in the cultures of Africa, Asia, South America, and rural Europe. Eight detailed chapters provide illustrated step-by-step instructions for making simple, powerful changes to seated, standing, and sleeping positions. No special equipment or exercise is required, and effects are often immediate.

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8 Steps to a Winning Workers Comp Program is a simple grass roots risk management method used to help small to medium sized employers control their losses, contain claims costs and save on insurance premiums. It centers around consistent communication and promoting the employers involvement in all aspects of their risk management and claims activities

"Faith-based advice underscored by a powerful story of suffering and perseverance. A book for our times, indeed, for all time, ourselves and our families." - Admiral Bill Owens, US Navy (Ret), Former Vice-Chairman, Joint Chiefs of Staff No one escapes adversity in this life. At times we all struggle with personal pain that can seem unfair and overwhelming. How do we move forward without turning to self-destructive ways of coping or simply giving up? Christopher Greco's dynamic and faith-inspired book, 8 Steps to Overcoming Everyday Adversity, offers a concise roadmap on how to overcome whatever hardship we face, whether it's dealing with failure, illness, loss and grief, difficult life choices, anxiety about the future, or other challenges. Drawing heavily from his own personal experience, Greco describes how he overcame the event that changed his life and affected him and his family for many years. Rather than become a statistic, Greco sought to improve himself by leaning on his faith, learning in the process that dealing head-on with adversity, hardship, and suffering are necessary parts of the human experience and essential for personal growth. Greco believes we are put on this earth with a mission and lessons to be learned. How we handle

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adversity can help others find the strength to cope with their challenges as well. The path to a fulfilling, balanced life is possible no matter the circumstances, and this book will show you the way. christophergreco.org

The steps you need, for the results you want. There's no shortage of advice out there on how to perform better, and better than others, at work. The problem is knowing which methods are actually proven to work--and how you should act on them to get the best results. In *8 Steps to High Performance*, talent expert and bestselling author Marc Efron cuts through the noise with his signature "science-based simplicity" approach to identify what matters most and show you how to optimally apply your time and effort to boost your performance. It turns out that higher performance comes from doing many things well--but some of those things are not in your power to change. Efron reveals the eight key factors you do control and practical steps for improving yourself on each one. You'll learn: How to set goals that create higher performance Which behaviors predict higher performance in different situations How to quickly develop the most important capabilities Who to connect with and why How to understand and adapt to your company's strategy Why you sometimes shouldn't be the "genuine" you How to best manage your body to sustain your performance How to avoid management fads that distract you from high performance Research-based, practical, and filled with self-assessments, tools, and templates to support your performance goals at work, this short, powerful book will help you and anyone on your team deliver outstanding results.

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Shepherd's celebrated less-is-more approach permanently links what's most profitable for your business with what's most pleasurable for you. Shepherd's 8 Steps have been road tested by thousands of small business owners with phenomenal results.

This new edition includes a Foreword by Jon Kabat-Zinn, how to run an Eight Step Recovery meeting, and how to teach a Mindfulness Based Addiction Recovery programme, including teacher's notes and handouts. All of us can struggle with the tendency towards addiction, but for some it can destroy their lives. In our recovery from addiction, the Buddha's teachings offer an understanding of how the mind works, tools for helping a mind vulnerable to addiction and ways to overcome addictive behaviour, cultivating a calm mind without resentments.

Here are eight concrete steps, akin to building a house, to help parish leaders do more effective planning-for every project being planned. He says by switching the planning to a "systemic" model, everything fits into the wider picture of who the parish is. These easy-to-follow guidelines are invaluable for effective parish planning.

Demonstrates the Gokhale method--a technique for alleviating back pain--using eight steps, and includes illustrations, exercises, and tips on how to deal with issues that might arise while learning each step.

Do your characters fail to bring your story to life? Are they flat, boring or have no depth? Is your story lacking a little cohesion or sparkle? In 8 Steps to Side Characters, you'll discover: + A step-by-step guide for creating side characters that bring your story alive

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+ The main types of side characters and what you should do with them + The key to crafting character depth that hooks readers + How to harness your character's voice to deepen your reader's experience + Tips and tricks for using details to enhance characterization + Methods for killing characters that will help deepen plot, theme and story + Dozens of ideas for creating conflict with your side characters + Tactics for differentiating characters and making them feel real to your reader + Character archetypes and functions + The most common pitfalls and mistakes to avoid

8 Steps to Side Characters is a comprehensive writing guide that will help you create the side characters your story needs. This book is packed with tips and tricks for polishing characters for writers at any level. If you want to power up your characters, eliminate dull and lifeless archetypes, and perfect your characterization, this is the book for you. By the end of this book, you'll know how to strengthen your characters to give your story, prose and plot the extra something special it needs to capture a readers and fans for life. If you like dark humor, learning through examples and want to create better side characters, then you'll love Sacha Black's guide to crafting supporting roles with intention, purpose, and power. Read 8 Steps to Side Characters today and start creating kick-ass stories.

Offers advice on how to lead an organization into change, including establishing a sense of urgency, developing a vision and strategy, and generating short-term wins. Don't wait until tomorrow for the life you want today. Dr. Creflo A. Dollar illuminates

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eight steps to the magnificent life you crave! Confidence, peace, and abundant life--we all long for these things. In this life-changing book, author and renowned pastor Dr. Creflo A. Dollar challenges readers to stop wishing for a satisfying life. Instead, Dr. Dollar proclaims, we should be claiming the success that God promises today. We do not have to be defined by past failures or mediocrity; we must move forward into the richness available to us right now. God has designed a glorious destiny for each of us, and all we have to do is take hold of it. In order to seize our destiny, each of us must be willing to radically transform our lives. "If you don't like the way you feel," says Dollar, "you've got to change the way you think." By taking manageable steps along the way, each of us can achieve life to the fullest--until it overflows.

Even in the best of times, every company needs money to fund their operations, but few know how to go about obtaining those funds. This book provides 8 steps any company can follow to become the company that investors want to invest their hard earned money into.

ABOUT THE BOOK Negotiation is a word that first appeared in France around the 15th century. It comes from the Latin verb *negotari*, which means to do carry a business, public or private, or act as a banker. Until recently, negotiation often carried the meaning of conflict, or battle. Nowadays, the complexity and inter-connectivity of both the business and personal world is clearly showing that it becomes extremely difficult, if not impossible, to achieve one's objectives alone. In this context, the meaning and the

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objectives of negotiation is shifting from a conflictual approach to a collaborative approach. In this workshop, you will work to gain then skills and confidence to • Use Negotiations as a Platform to Win with Business Partner, gain Market Shares and Supporters • Develop an understanding of the differences between Selling and Negotiating • Implement a systematic and professional Negotiation Process • Improve the preparation of the Negotiations • Identify and implement Negotiation Tools for local success and regional synergy

The author of this volume presents the theory that innovation is something outside the organizational framework and shows how the capability to innovate can be built into the fabric of an organization in eight steps. He offers a model that managers can adopt and implement in their organizations, using case studies and examples to give practical advice that can easily be adapted into practice. Some of the practical concepts in innovation for organizations discussed include: knowledge capability; attitudinal capability; creative capability; building blocks of innovation; and renewing capabilities. Are you living the life that you want? Or, are you living the life that someone else thought that you should have? If you aren

Donalyn Miller says she has yet to meet a child she couldn't turn into a reader. No matter how far behind Miller's students might be when they reach her 6th grade classroom, they end up reading an average of 40 to 50 books a year. Miller's unconventional approach dispenses with drills and worksheets that make reading a

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chore. Instead, she helps students navigate the world of literature and gives them time to read books they pick out themselves. Her love of books and teaching is both infectious and inspiring. The book includes a dynamite list of recommended "kid lit" that helps parents and teachers find the books that students really like to read.

This is not just a workbook! Here is what is also included when you purchase 8 Steps: * 49+ Videos * 12+ Webinars/Podcasts * PDF Version also available * Downloadable Business Plan, Marketing Plan, and Strategic Plan * 8 Live Training Sessions (live & recorded) Learn from one of the Nation's Best Selling Authors and an actual Attorney and CPA on How to Start Your Business Today! Ever thought of starting your own small business- but thought it was too hard or had no idea where to start? Then this is the workbook for you! Listen to invaluable legal and tax advice given by Best Selling author and CPA/Attorney Mark Kohler, all which are geared toward helping you succeed in your dreams of being your own boss- and live well while doing so! No matter what your age, income, or current status in small business 'start-up' mode you will find material here to be truly invaluable and guaranteed to save you thousands in lawsuits, issues with the government or IRS and general heartache. Buy with confidence knowing we offer a 100% 30-day money back guarantee!

Your Definitive High Angle Rope Rescue Guide! The fourth edition of High-Angle Rope Rescue Techniques: Levels I & II provides comprehensive coverage of all aspects of high-angle rescue, including planning, PPE and equipment, medical considerations,

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evacuations, and special rescue operations. Based on the 2013 edition of NFPA 1006, Standard for Technical Rescuer Professional Qualifications, High-Angle Rope Rescue Techniques: Levels I & II provides a broad overview of all rescue techniques to meets the needs of fire service, search and rescue, and many other rope rescue professionals. The fourth edition has been updated to include: Coverage of new protective equipment, terminology, rescue products, and techniques. All new Skill Drills that provide step-by-step instruction on how to execute important skills and procedures. Separation of High-Angle Rope Rescue I and II Level content throughout the textbook and instructor resources.

Want to be successful? Healthy Wealth Wise? 8 Simple easy steps you can do Daily to increase productivity, success, positivity and health in your life. Short and straight to the point. Incorporate these in your daily life and see the change.

If you want to: * Know how to have more profitable customer conversations * Know how to deepen trust and build more effective customer relationships * Know how to create predictable and explosive sales from your existing customers * Know how to deepen your influence with multiple key stakeholders * Increase your sales by more than 30% with no additional sales hours needed This book is for you. This book is your customer success guide. Based on the study of more than 200 customers and 150 successful key account managers, sales directors and customer success managers from 12 industries. You can be confident that this book will be practical and real world in its

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examples. You can take away key insights whatever industry you're in to improve the profitability and growth of your customer sales in 90 days. This is also the only key account management book to give away more than 10 free resources to support your customer success. Start your journey to transforming your customer relationships today.

Mohit Sharma is a Genpact Certified Master Black Belt, ASQ Certified Black Belt and Motorola Certified GB. He brings his wealth of experience into this book and shares information, insights, tips and case studies. 8 Steps to Problem Solving – Six Sigma is targeted at top and middle level management professionals. The objective of this book is to give the readers an overview on how to drive continuous improvement within their organisations. The author says in his introduction, “It is my sincere effort to provide readers real-time scenarios to make the learning process more practical. This is why the examples illustrated in this book are from real-life projects, either executed or mentored by me, in the past 15 years.” 8 Steps to Problem Solving – Six Sigma is a handy book for those who want to enhance their careers and their organisations. The real-life case studies and the solutions to problems organisations face have been succinctly outlined by Mr. Sharma to help readers drive persistent change and enhancement.

Harden your business against internal and external cybersecurity threats with a single accessible resource. In 8 Steps to Better Security: A Simple Cyber Resilience Guide for

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Business, cybersecurity researcher and writer Kim Crawley delivers a grounded and practical roadmap to cyber resilience in any organization. Offering you the lessons she learned while working for major tech companies like Sophos, AT&T, BlackBerry Cylance, Tripwire, and Venafi, Crawley condenses the essence of business cybersecurity into eight steps. Written to be accessible to non-technical businesspeople as well as security professionals, and with insights from other security industry leaders, this important book will walk you through how to: Foster a strong security culture that extends from the custodial team to the C-suite Build an effective security team, regardless of the size or nature of your business Comply with regulatory requirements, including general data privacy rules and industry-specific legislation Test your cybersecurity, including third-party penetration testing and internal red team specialists Perfect for CISOs, security leaders, non-technical businesspeople, and managers at any level, 8 Steps to Better Security is also a must-have resource for companies of all sizes, and in all industries.

WordPress8 Steps To Setting Up WordPress From Scratch And Creating Your Own Blog Or Website In 30 Minutes Or LessAre you thinking about creating a blog or you need a website for your entrepreneur business?Do you want to know how to use WordPress as a beginner rather than having to wade through technical information for hours?Then you might want to pick up this book on the eight steps you'll need in order to get your WordPress blog or website started! You'll find valid information in this book

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that comes from a professional who has used WordPress, and you won't have to look up a hundred terms just to understand the contents. Here is a preview of what you'll learn: How to configure your settings. How to choose a theme and customize your theme if you want to get fancy. How to create a blog icon and what its purpose is. How to make your blog or website outline so that you know what will go on the site. How to create custom pages and menus on your site and organize them to your liking. And how to get started with your first post! Download your copy of "WordPress" by scrolling up and clicking "Buy Now With 1-Click" button.

“Hess and Goetz present a roadmap for how to avoid the things that can cause you to stumble and how to build a business the right way.” –JEFF ZEIGLER, CEO, TechTurn.com, Austin, TX “When I started my graphic design business, I knew I had enough talent to impress and keep my clients, but I struggled with the day to day running of the business. So, You Want To Start A Business? is the blueprint I needed to get organized and put all the right things in place.” –KORY BAILEY, Owner, Creative Counterpart Build the Successful Company You’ve Always Wanted to Own! Avoid the 8 disastrous operational mistakes that kill new businesses Walk step-by-step through the entire process of building a winning business Master 55 amazingly simple rules of business success For every entrepreneur and potential entrepreneur...no previous business experience necessary! Launch the winning business you’ve always wanted...or make more money in the business you’ve already started! More than

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5,000,000 new businesses are started each year...but 70% of them will fail. Now, two renowned experts on entrepreneurship identify the 8 “killer mistakes” that cause most business failures—and give you the knowledge, tools, and hands-on advice to avoid them, so you can build a business that thrives. Unlike other books on entrepreneurship, this book focuses on the crucial operational issues associated with consistent profitability. You’ll learn how to identify the right opportunities and customers; design winning products and services; set the right prices; overcome customer inertia; avoid common day-to-day management mistakes; find and keep good employees; and finally, smoothly manage growth. Throughout, the authors draw on real life entrepreneurial experiences, case studies, and leading-edge research. There’s nothing theoretical here: This is fast-paced, 100% practical advice you can use to make your business dreams and goals come true—starting right now. What really makes a successful entrepreneur? What they do, how they act...and how to find your best path to business success Get the 3 “Ws” right from the start What will you sell, who will buy it—and why will they buy it? 55 simple, indispensable rules for success What you must know about customers, competitors, and your employees The art and science of managing people, operations, and growth Create processes, set priorities, maximize quality, measure people—and improve every day

One of America’s leading brand strategists shares her step-by-step program for creating an unforgettable identity in today’s marketplace. Do you ever go to work

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and think to yourself “there must be more?” Or feel that your true talents and abilities aren’t being utilized, or even recognized? Are you a freelancer or entrepreneur who isn’t sure how to rise to the top in today’s competitive environment? Wouldn’t it be empowering to be able to work in a field you feel passionately about and be successful and well paid? In *Make a Name for Yourself*, Robin Fischer Roffer shows you how to develop a unique, personal brand strategy for success by identifying your extraordinary attributes, thinking about your values and passions, and by learning how to use them in today’s marketplace. In short, you’ll uncover a focused direction for your career that celebrates you. In the information age, brand marketing — the process by which a product creates an emotional connection with its audience and sets itself apart from the crowd — is more important than ever. Roffer knows that branding isn’t just for big corporations or products like Nike, Coke, or Yahoo. She is not only a pioneer in this field, she has used brand marketing strategies to catapult her own career. In *Make a Name for Yourself* she shows you how you can brand your own unique traits and talents for career success and personal fulfillment. In a step-by-step program she covers:

- * Unearthing your authentic self to develop a brand that reflects your natural talents, abilities, and passions
- * Defining your long-term career goals and dreams
- * Adapting and selling your brand to your

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target market * Identifying and overcoming personal roadblocks * Packaging yourself to reflect your chosen brand image * Launching, maintaining, and building your brand Inspiring case studies, analyses of well known brands, and thought-provoking exercises will help you create all the essential brand elements. And unlike other career advisors who simply push networking or other external tools, Roffer also offers methods for working on your inner self to overcome fears and decipher realities. Make a Name for Yourself is for anyone starting out in the workforce, beginning their own business, changing careers, or trying to make it in the corporate world.

8 STEPS TO INSTAGRAM SUCCESS is a book by model, actor, trainer, author and entrepreneur Richard Deere. He has described 8 steps to grow Instagram audience on the book. The book published in 2021.

Unforeseen problems... Unanticipated market changes... Unexpected organizational conflicts... No leader is immune to the shifting circumstances and events that can challenge or stymie their professional or organizational progress. Advance warning of these oncoming storms, together with adequate preparation, can mean the difference between disaster and success. Dr. Chand's book, 8 Steps to Achieve Your Destiny, is certain to become a necessary reference that will assist you in equipping your organization for future success. "Samuel Chand

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is one of the brightest lights on the horizon of the church today.” —Jack W. Hayford “In the words of my late father, Dr. Martin Luther King Jr., Dr. Chand is not a searcher of consensus but a molder of consensus.” —Bernice A. King

All organizations recognise the importance of strategy creation and execution: strategy is the process of developing the corporate future. Unfortunately, it often doesn't generate the required results. This book presents a new 8-step process for creating a strategy that really delivers. For each step, the book describes the key parts of the process, shows how to avoid the potential pitfalls, and points to the most useful strategic models and frameworks. Readers can see the process in action by following the intriguing case study that unfolds throughout the book. One of the critical determinants of strategic success is to see strategy not just as planning but as a process that involves dialogues with multiple stakeholders, both within and outside the company. This concept is integrated into every phase of the 8-step approach and is at the heart of its effectiveness in creating strategy that delivers in practice.

Based on the hit ABC TV series Making Australia Happy, this practical, everyday handbook shows you how to become a happier person in just eight weeks. The simple exercises and activities in 8 Steps to Happiness are profoundly effective and scientifically proven, and can lead to measurable physiological changes,

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from improved immune function to better sleep and increased physical strength. The 8 steps program gives you no-nonsense tools to make real change in your life. Using these techniques, you too can be on the road to a happier, healthier and more fulfilled life. And be warned: happiness is contagious!

8 Steps to Create the Life You Want The Anatomy of a Successful Life FaithWords Experience the miracle of healing with a unique step-by-step program for enhancing adult sibling relationships — created by siblings for siblings Much has been written about the relationships of parents and children. But the unsung chord in all of our adult relationships, professional and personal, is rooted in the sibling connection. In this extraordinary book based on their Sibling Revelry workshops, authors — and siblings — Jo Ann, Marjory, and Joel Levitt re-create the seminars that have helped many strengthen the bonds of their adult sibling relationships. In eight clearly focused steps, with added material for home study, the authors show how to transform sibling rivalry into extraordinary, nurturing adult bonds that will enhance all other relationships in your life. Now you can regain the closeness you and your siblings once shared, heal old wounds, and pave the way to a happier, healthier future. Learn how to: * Define your relationship — Unload the myths of your shared past...and discover who you are to each other now * Witness the effect of old rivalries — And use them as a

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springboard to great adult relationships * Envision a new future — Break the habits that hold your relationship firmly in place...and create a powerful new vision for yourself and your family * Explore new modes of contact — Examine the "role" you play in your family and free yourself from damaging old patterns * Heal wounds and misunderstandings — Resolve old conflicts as you sort through old issues of fear, anger, guilt, and hurt * Invent new family legends — Uncover the myths and legends that have shaped your relationship...then create new ones * Make room for differences — Clear out "sibling clutter" and accept your siblings exactly as they are * Honor your strengths — Celebrate the positive qualities each sibling brings to the relationship...and set the stage for a lifelong connection

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