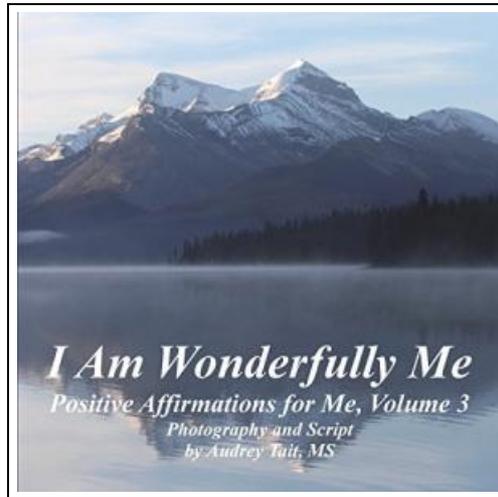


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Inspirational Insights Counselling, Inc., 2016. Paperback. Condition: New. First Softcover ed.. Language: English . Brand New Book ***** Print on Demand *****. Where Is Your Focus in Life? Is it on others or on yourself? Do you look after yourself first, before others, so that you can give freely and not be giving out of guilt or looking for love in return? This book can be used in many ways for personal growth. It helps us change the negative thought patterns that we have learned along the path of life and offers affirming statements to use instead. Our lives become better and healthier when we learn to love ourselves in healthy ways. It is then that we are able to reach out to others and, ultimately, help create a better world. Tait's photos and affirmations will be helpful for people struggling with the negativity and destructive messages that can infiltrate our lives-whether those people are in the recovery and mental health communities or are others simply looking for a way to develop positive thinking. This book is a helpful tool in the journey toward healthier living. Patrick Carnes, PhD, author of *Facing the Shadows* Audrey Tait brings her personal and professional experience to all of her writing in order to connect with her readers. She has a love of photography and has a master's degree in Addiction Counseling and a bachelor's degree in Dietetics. She is a Canadian Certified Counsellor; Certified Sex Addiction Therapist, candidate; Certified Multiple Addiction Therapist, candidate; and Registered Dietitian, Alberta, Canada. In addition, she is a member of the Canadian Counselling and Psychotherapy Association; College of Dietitians of Alberta; and the Alpha Chi Honors Society. She has specialized training in trauma, character, and developmental issues along with cognitive therapy. She is owner/president of...



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