

A man with dark hair and glasses, wearing a dark suit jacket over a light-colored shirt, is sitting on the ground. He is looking down with a distressed expression, his hands clasped together near his face. The background is a blurred, dimly lit indoor space.

*You only struggle because
you're ready to grow but aren't
willing to let go.*

Let Go Of The Struggle

June Saruwatari



Let Go Of The Struggle:

Mindset & Reset Collection: Complete Edition L. S. Winsen, 2025-08-13 Step into a transformative journey of self discovery emotional clarity and mental resilience Mindset Reset Collection Complete Edition brings together the full spectrum of L S Winsen s empowering insights designed to help you break through mental blocks reframe limiting beliefs and cultivate a mindset that thrives in the face of challenge Whether you re navigating burnout seeking inner peace or simply craving a fresh start this complete edition offers practical tools reflective prompts and soulful encouragement to reset your inner compass It s not just a book it s a companion for every season of growth Inside you ll find Actionable mindset shifts for everyday clarity Emotional reset strategies to restore balance Guided reflections to deepen self awareness Tools for breaking cycles and building new habits Perfect for readers who are ready to stop surviving and start thriving **Soberful** Veronica Valli, 2022-01-25 How to stop drinking stay stopped and develop emotional skills for a life of excitement and connection without the hangover No thanks I m not drinking tonight In a culture that equates alcohol with enjoyment and social acceptance making this simple statement can make us feel like we re depriving or even punishing ourselves When we realize we don t want to drink anymore or can no longer drink safely it can feel like the only choices are to spiral out of control or embrace a joyless life says psychotherapist and sobriety expert Veronica Valli But it s not true Sobriety can be a path filled with fun excitement belonging relaxation and romance Soberful offers a practical and straightforward program on how to get sober and stay sober by increasing your self worth energy and participation in life Valli begins by debunking widespread beliefs about alcohol and sobriety including the illusion that alcohol itself is the problem Then she takes you into the heart of her method for building an alcohol free life that works the Five Pillars of Sustainable Sobriety Movement Taking care of your body for physical and emotional health Connection Using self compassion as a foundation for creating healthy and authentic relationships Balance Learning how to disarm the triggers that make you want to drink Process Validating honoring and accepting the past to move forward into the future Growth How to keep changing keep learning and keep choosing to stay sober throughout the journey of your life When we change how we experience the world we can stop trying to escape our feelings with alcohol Valli says As a leader and pioneer in the field with 21 years of sobriety Valli now shares the same steps that worked for her and her clients Written with gentle humor and compassion Soberful provides a road map to a life beyond drinking one that is expansive fulfilling and joyously free **UNBREAKABLE MINDSET** L. S. Winsen, 2025-07-08 Success is not a matter of chance or talent it is built on the strength of your mindset Unbreakable Mindset offers a science backed action driven guide to developing elite mental resilience Through insights from neuroscience performance psychology and real world strategies this book will help you Strengthen emotional control under pressure Replace self doubt with consistent disciplined action Train your brain to thrive in high stakes environments Create daily systems that support long term excellence Build a personal and professional legacy grounded in impact Inside you will find practical drills self assessment

tools and a full 30 day mindset challenge designed to turn powerful ideas into lasting behavior This is not simply a book to read it is a manual to apply Readers who are committed to growth transformation and courageous leadership will find a blueprint for life long performance inside these pages

The Present. Jason Paul Jelicich,2016-12-27 When is the last time that you did nothing for 10mins Not reading not watching TV not even thinking For many this seems an impossible feat Life is just too busy We have become so consumed by our work smartphones and gossip that we have lost touch with our natural selves This disconnection is the root cause of much of the pain we suffer a pain that arises from our resistance to what is You likely have been thinking about doing something about this for a while now knowing that your current trajectory leaves little left in the tank for self care Like most of us you have experienced that feeling of restlessness that keeps your mind whirring even in moments of repose The world just keeps on getting faster and you find yourself struggling to keep pace to stay on top of things to stay centred The Present is written for people just like you It is a laypersons guide to mindfulness offering insights and practices on how to be less tangled up in your thoughts about the past and or future and become more present After all when you are present you are happy in fact it s impossible to be happy and not to be present You re bound to get at least one idea that resonates with you and sets you on a path towards more peace and contentment in your life Perhaps the best news of all is that it can happen right here right now

Forgiveness Robin Casarjian,2010-01-13 Drawing on the philosophy of A Course in Miracles Casarjian gives a new and surprising definition of forgiveness and provides original exercises and meditations that acknowledge our hurt even as they lead us beyond it The book explores special cases involving family members crime victims self forgiveness and forgiveness of God

The Worry Trap Chad LeJeune,2007-03-01 Grounded in the powerful new acceptance and commitment therapy ACT this book will help you get relief from chronic worry and even generalized anxiety disorder GAD by learning to stop controlling your feelings and avoiding life and to start living it in a way that really matters to you

ACT for Musicians David G. Juncos,Elvire de Paiva e Pona,2022-06-16 While it is widely recognized that music contributes to the health and well being of societies the reverse is not necessarily true Being a professional musician is a rewarding yet challenging occupation and the results of newer survey studies show musicians experience psychological challenges like depression and anxiety at much higher rates than adults in the general public This book introduces Acceptance and Commitment Training ACT as an intervention for addressing some of the most common problems facing student and professional musicians across the world A broadly applicable model for behavior change ACT can be used by professionals in both clinical and non clinical settings with adequate training Thus this book is intended for musicians and practitioners from various backgrounds including psychologists music teachers performance coaches and others who are looking for an evidence based approach for enhancing music performance treating performance anxiety managing pain and recovery from injury and coping with other issues like perfectionism procrastination shame burnout and career uncertainty Written by a clinical psychologist performance coach and a singing teacher vocalist in

a conversational yet highly informative style this book provides a detailed discussion of ACT and the research supporting it and it gives step by step instructions for using it to treat those common problems INSIDE THIS BOOK YOU LL FIND Practical guides on how to apply the six processes of ACT Mindfulness Acceptance Defusion Self as Context Values Committed Action to enhance performance overcome performance anxiety and improve well being Exercises techniques metaphors and worksheets you can use as a musician or a practitioner Exclusive interviews with leading experts in psychology and music performance about how they use ACT and similar strategies within their practice Foreword by renowned performance enhancement coach Phil Towle WORDS OF PRAISE An amazingly thorough and carefully crafted book ACT for Musicians never talks down to the reader or skips over material that is harder to explain It s like having an instructor who refuses to give up on you Highly recommended Steven C Hayes PhD Foundation Professor of Psychology University of Nevada Reno NV Originator of Acceptance and Commitment Therapy and author of A Liberated Mind ACT for Musicians is a ground breaking book full of useful techniques and interventions that will help musicians and performers tackle performance anxiety Musicians and their teachers will find the ACT approach explored in this book invaluable In addition other helping professionals who work in this field including coaches psychotherapists and psychologists will gain insight and knowledge into how ACT can be applied so that musicians can also improve their performance quality David Juncos and Elvire de Paiva e Pona are to be congratulated for writing this trailblazing book Stephen Palmer PhD Professor of Practice at the Wales Academy for Professional Practice and Applied Research University of Wales Trinity Saint David UK This phenomenal resource is written with an acute awareness of musicians as students performers and teachers The authors integration and application of their expertise in performance psychology and education enables an explanation of the theory and practice of ACT in a thorough and accessible way Extensive exercises and examples are clearly formulated to entice musicians to immediately and compassionately incorporate the strategies into their practice As a consulting psychologist university lecturer and researcher specialising in music performance anxiety I have seen firsthand how the material contained in this book has enabled students and patients to reach new levels of their potential This book will be my go to resource for using ACT to help musicians at all levels and stages I encourage you to make it yours too Margaret Osborne PhD Registered Psychologist Senior Lecturer in Psychology and Music University of Melbourne Australia Conductors often hit a wall when trying to understand how musicians cope with personal constraints This happens because they fail to address the underlying physical and psychological issues that manifest in musicians Both conductors and musicians lack the knowledge of the tools needed to cope with the pressure of musical performance This magnificent book brings thorough insight and a valuable path to finally create a healthy and productive environment to make music in small or large ensembles This process not only helps single performers but also conductors who need to be aware of their fellow musicians performance struggles Bravo Dr Juncos and Ms De Paiva e Pona Paulo Vassalo Lourenco DMA Conductor Head of Choral Conducting Program

Escola Superior de Música de Lisboa Portugal It has always struck me as odd that of the thousands of hours that we in the performing arts devote to cultivating our craft so few of those are dedicated to perhaps the most essential skill of all how to execute that craft under pressure As a longtime sufferer of MPA finally a name for this thing that I've been enduring for so long nothing was more frustrating to me than not being able to demonstrate on stage that which I was fully capable of in the practice room as a result of an unlucky biochemical response to stress I felt I simply could not control But of course therein lies the essential paradox clarified so eloquently and so helpfully in this wonderful book Years of trying to control my anxiety by denying it fighting it faking it til I made it except I never quite did in effect made my anxiety far worse Applying some of the basic tenets of ACT in recent years has shown me that the somewhat counterintuitive process of accepting and acknowledging my fears and mindfully attending to them has yielded more successful and more enjoyable performances Having recently pivoted to the role of educator I am so grateful to be able to add this comprehensive evidence based and ever accessible resource to my pedagogical toolkit It is a wonderful feeling to know that I will be able to offer hope to a new generation of performers who may in the past have felt doomed to a lifetime of subpar performances on account of anxiety Thank you Dr Juncos Ms De Paiva e Pona and as we say in the opera world Bravissimo Kiera Duffy MM Soprano Head of Undergraduate Voice Studies University of Notre Dame South Bend IN It is rare to find decent research that merges Psychology and Musical performance As a professional singer with a degree in Psychology I found ACT for Musicians very enlightening in this field that still holds so many questions Fascinating practical and with an empirical curiosity that approaches a much needed field of research I highly recommend any performer to read it and benefit from the many tools to help navigate the mind an ingredient so vital and yet neglected to a successful music performance Nuno Queimado BA Professional Actor and Singer based in London West End credits include Hamilton Jesus Christ Superstar and From Here to Eternity The effectiveness of previously available music performance anxiety treatments was always questionable in my experience A shift in focus from intervention to therapy based on the ideas of acceptance and commitment is the way forward not only for being an approach for addressing performance anxiety in conceptual and practical terms but also for becoming a healthier more complete individual This shift is supported by the data presented where we see once anxious shaken musicians with nowhere to turn now being able to face their fears and achieve success In my forty years of performance experience I've utilized various methods of reducing performance anxiety mostly by trying to suppress those uncomfortable feelings but this book is rooted in compassion and acceptance and in the understanding of the psychological complexities involved in the world of the performing arts It also provides practical exercises and solutions and is without a doubt a game changer Any musician that reads it I have no doubt will agree but I would go as far as to say that any musician coach or professor of music should read this book because philosophically conceptually and statistically there is no doubt it can change the struggles of music performance for the better Pablo Cohen DMA Classical Guitarist Associate Professor of Music

of Latin America Classical Guitar Whalen Center for Music Ithaca College Ithaca NY **Crazier Things Have Happened**
 Stacey Webber,2023-04-28 *Crazier Things Have Happened* is my memoir about my journey through the world of infertility and pregnancy loss and how it shaped my life choices and how I learned to live from love and not fear I hope to inspire my readers to find their own true path to follow their own inner compass and learn to tune into their intuition for guidance how to tell by how you feel whether you are going with your own desires or against them We all have inner guidance but it s up to each of us individually to silence our inner critic and amplify our inner champion by focusing on the blessings love and joy already present in our lives and in doing so allow more to naturally flow into our everyday experiences This is my story of a mother s enduring hope and eternal love and in sharing my story I wish to inspire others to believe in not just what is probable in life but to what is possible The Sustainable Soul Rebecca James Hecking,2011 This is a poignant and inspirational guide for a journey toward ecological spirituality and sustainable culture Each chapter contains an essay and spiritual practices designed for both group and individualized reflection *Handbook of Brief Cognitive Behaviour Therapy* Frank W. Bond,Windy Dryden,2005-01-14 Brief Cognitive Behaviour Therapy can be applied to the treatment of a wide range of problems in many different settings In this unique handbook Frank Bond and Windy Dryden have brought together a prominent cast of authors to discuss issues concerning the definition assessment and in particular the practice of brief Cognitive Behaviour Therapy CBT Contents include The difference between brief and regular CBT and evidence for its effectiveness How to use brief CBT in your own area of practice Applying brief CBT to emotional disorders anxiety workplace stress and more This handbook is accessible to a wide range of readers including academics practitioners psychotherapists counsellors and students training in CBT Shift Happens! Robert Holden, Ph.D.,2011-09-01 When you change your life your life changes Two caterpillars were crawling along a tree branch one day when a butterfly flew overhead One caterpillar said to the other You will never get me up in one of those things Shift Happens is about personal alchemy and inner transformation Some people go through life and other people grow through life Shift Happens celebrates your unlimited potential to grow blossom and evolve in spite of everything It is a book of hope The term personal alchemy describes the ability to take a piece of dirt roll it around a few times and fashion it into a pearl This is what an oyster does Personal alchemy is what your grandmother called turning lemons into lemonade It is what old wizards described as turning straw into gold Shift Happens is about staying open all hours for miracles Success love and happiness are only ever one thought away at most One new perception one fresh thought one act of surrender one change of heart one leap of faith can change your life forever Discover How to choose happiness and allow yourself to relax The route to forgiveness and releasing yourself from past traumas Harness stress to take you to new heights of success How to develop trust and let go of your fear Kickstart change in your life today The Haunting Silence Pasquale De Marco,2025-05-05 The Haunting Silence is an exploration of the many faces of silence It is a journey into the depths of our own silence and a search for the meaning and purpose of

silence in our lives Through stories poems and personal reflections this book will help you to Understand the different types of silence and their impact on our lives Learn how to use silence as a tool for growth and healing Develop a more compassionate and understanding relationship with silence Find your own voice in the midst of the silence Silence is a powerful force in our lives It can be a source of both pain and healing By understanding the power of silence we can learn to use it to our advantage and create a more fulfilling and meaningful life This book is for anyone who has ever struggled with silence It is for those who have felt the weight of unspoken words the burden of secrets or the fear of judgment It is for those who are searching for a way to connect with their inner wisdom to find their voice and to live a more authentic life If you are ready to explore the power of silence then this book is for you If you like this book write a review on google books

Buddhist Psychology and Cognitive-Behavioral Therapy Dennis Tirch, Laura R. Silberstein, Russell L.

Kolts, 2016-12-29 This user friendly guide to the basics of Buddhist psychology presents a roadmap specifically designed for cognitive behavioral therapy CBT practitioners It explains central Buddhist concepts and how they can be applied to clinical work and features numerous experiential exercises and meditations Downloadable audio recordings of the guided meditations are provided at the companion website Essential topics include the relationship between suffering and psychopathology the role of compassion in understanding and treating psychological problems and how mindfulness fits into evidence based psychotherapy practice The book describes an innovative case conceptualization method grounded in Buddhist thinking that facilitates the targeted delivery of specific CBT interventions *The Mindful Freak-Out* Eric Goodman, 2024-01-31 The Mindful Freak Out is written for people who are suffering during emotionally painful moments such as when You are facing anxiety or panic that seems to take over your life The ferocity of anger that you are feeling threatens to damage relationships Your life feels overwhelming like you just can't take it anymore When life serves you up an intensely distressing moment and life will find a way you are in a competition with your inner threat system for control over you Your threat system will try to take over and make you react impulsively When this happens you not only suffer from the painful emotion but are left with distressing consequences The Mindful Freak Out presents strategies from Acceptance and Commitment Therapy ACT and Compassion Focused Therapy CFT to give you the evidence based tools you need to face highly distressing moments The goal of these strategies is to soothe your suffering while giving you the inner strength wisdom and commitment needed to face the emotional pain in a flexible way that you feel good about rather than deeply regretting your words or actions later on Loaded with practical advice exercises and information this book will help you harness the power of mindfulness and compassion to live your best life even when intensely painful emotions show up

Learning to Live Shamarion Whitaker, 2014-03-10 In the classroom of life experiences are your instructor In all of life's experiences take a moment to ask the question Lord what do you want me to learn from this experience In Learning to Live author and speaker Shamarion Whitaker shares and offers lessons she's learned As you see yourself in many of the pages you

ll be inspired encouraged equipped and empowered to take life and living to a higher level Learning to Live will remind you of the boldness you possess your worth your uniqueness and your ability to create the life you were born to live Whether you re looking to put your life back together or simply see life from a different perspective Learning to Live holds the inspiration

The Darkest Hour Hiram Dorado,2019-11-27 Personal experiences during our darkest hours can be ranked as the most difficult defiant and relentless periods in our lives nevertheless they are the exact means to teach us the best manner we can inhabit this world All our defining moments have the potential to shift our essence from barely existing to fully living our own lives But the manner in which we honor our lives and honor the lives of others can ease those life threatening situations so life can be more rewarding and satisfying Disappointments and regrets are only the effects of struggling and misunderstanding our own darkest hours **Breathe In Calm** Domonick Wegesin,2021-12-01 In times of intense stress and anxiety readers

want instant relief In Breathe in Calm a neuroscientist and yoga expert teaches readers how to identify when anxiety is rising and use calming tools including yogic breathing mindfulness and acceptance to actively soothe their nervous system and regulate their physical and emotional state **Signs of the Times, and Doctrinal Advocate and Monitor** ,1904

Threefold Witness Pasquale De Marco,2025-08-11 Prepare to embark on a profound journey of self discovery and enlightenment as you delve into the pages of Threefold Witness a thought provoking exploration of truth perception and the complexities of human existence This captivating literary offering invites you to question your assumptions challenge your beliefs and embrace a deeper understanding of yourself and the world around you Within these pages you ll encounter a tapestry of introspective essays and insightful reflections that delve into the hidden truths that shape our lives Explore the intricate relationship between perception and reality as you uncover the ways in which our biases and preconceptions influence our understanding of the world Discover the power of empathy and compassion as you explore the depths of human connection recognizing the shared experiences that unite us all Unravel the complexities of moral dilemmas and ethical challenges navigating the fine line between right and wrong Confront the shadows of your own past uncovering the secrets and hidden wounds that may be holding you back Embrace the transformative power of forgiveness as you learn to let go of the burdens that weigh you down With each chapter Threefold Witness offers a fresh perspective on the human condition inviting you to question your own beliefs and explore new possibilities Through a blend of personal anecdotes philosophical insights and thought provoking questions this book challenges you to confront your fears embrace your strengths and live a life of purpose and authenticity Whether you re seeking solace in difficult times inspiration for personal growth or simply a deeper understanding of the human experience Threefold Witness is a literary companion that will ignite your curiosity expand your horizons and leave you forever changed Open your mind embrace the journey and discover the transformative power of truth and self discovery If you like this book write a review *Behind the Clutter* June Saruwatari,2015-02-24 The lifestyle coach and professional organizer shares her unique approach to decluttering your home head and heart in this

spiritual self help memoir Have you ever wanted to know the secret to creating a life you love How do you sift through the complexities of life to discern what s standing in your way In Behind the Clutter June Saruwatari opens her home and her heart to reveal her transformative decluttering methods an approach to life that has kept her in demand as a lifestyle business and relationship coach Part spiritual memoir part self help book Behind the Clutter is an account of June s own internal and external stuff through her unique fourfold lens of TruthLoveMeaningPurpose™ TRUTH What is the truth of my current situation LOVE Do I absolutely love this MEANING What is the meaning of this for me PURPOSE What purpose does this serve in my life As you go behind the clutter with June as your guide you ll discover that you are your own expert at designing your life learn to apply your own TruthLoveMeaningPurpose™ to all the stuff in your life and uncover the masterpiece of yourself that s been there all along

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