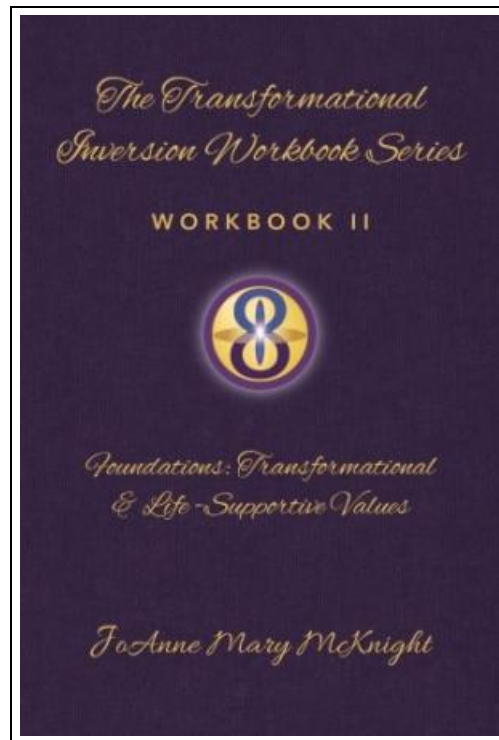


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FOUNDATIONS: TRANSFORMATIONAL AND LIFE-SUPPORTIVE VALUES (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Have you ever felt stuck in life? You know what you have been doing is not working and something has to change. Jo Anne McKnight s Foundations: Transformational and Life Supportive Values provides tools needed to do the work of change in our lives. McKnight invites us to take an inventory of where we are investing our time and emotional energy in our daily lives. She outlines how to take an honest look at the people, places, conditions, and things and assess whether they are life-supportive or not. She gives us the courage to look into the mirror and see our lives. McKnight reminds us of our value as human beings to be connected and to be in community. Exploration of values that bring out our greatest good is the main theme of this workbook. McKnight shows us how to embrace our personal core values and to seek those values that are life-supportive. She also makes us aware of anti-values, a term she coined to mean anything that works against our greatest good. Embracing anti-values can cause us to self-destruct. It takes great courage to change and be transformed by the renewing of your mind. JoAnne McKnight encourages us to gain the inner strength needed through a daily spiritual practice of spending time with God in quietness and stillness. She reminds us to breathe and remember the Breath of Life. Transformation: To change from the inside out. What a daunting and daring task it is to undergo transformation, but to move forward in life with a sense of wellness and wholeness, change is necessary. Foundations: transformational and Life-Supportive Values is a must have to make the necessary changes in your life! By...



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