



Stepping Stones 10 Steps to Seizing Passion and Purpose

By Timothy Sams

iUniverse, Inc. Paperback. Condition: New. 120 pages.
 Dimensions: 8.8in. x 5.9in. x 0.4in. Combining vivid imagery and soaring prose with humor and down to earth advice, Dr. Tim Sams weaves a tale of principles that lead to living and loving effectively and joyously. Among other things, you will learn how to: Blend hedonism and sensuality into a busy day Develop a Mastery Map for true self-reliance Overcome the barriers to physical health Improve your relationships Inoculate yourself against depression and anxiety Take risks and embrace change Use the STAR and STIM techniques to fully engage with nature Recognize and practice spiritual love Travel each of the four paths to life's meaning Encourage the insight and awe of a Nexus event Use APEX healing to forgive yourself and others The 10 steps in this book culminate three decades of education in psychology, anthropology, biology, religion, and peak performance. Dr. Sams has refined these steps through 20 years experience as a life coach and health psychologist with over 10,000 clients. Dr. Sams received his B. A. from The University of Michigan and his Ph. D. in Psychology from Michigan State University. He has been on staff at dozens of hospitals and taught at major universities. His clients include homemakers, firemen, the terminally...



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