



MAKING A CHANGE FOR GOOD

A GUIDE TO COMPASSIONATE
SELF-DISCIPLINE

REVISED EDITION



CHERI HUBER & ASHWINI NARAYANAN

AUTHORS OF THE BIG BAMBOOZLE

DESIGNED & ILLUSTRATED BY JUNE SHIVER

Making A Change For Good A Guide To Compassionate Self Discipline

Rebecca E. Williams, Julie S. Kraft



Making A Change For Good A Guide To Compassionate Self Discipline:

Making a Change for Good Cheri Huber, 2007-01 In her new book Huber takes on the topic of changing ourselves how do we break bad habits and start good ones whether it s in the realm of exercise eating shopping or committing ourselves to a spiritual practice such as meditation Huber points out that we ve all been led to believe that if we were only a little better in some way we d find happiness We re always thinking Life isn t the way it should be and it s my fault But Huber explains no amount of self punishment will ever make us happy or bring us control over life s problems The happiness and peace we are looking for is ultimately found only in self acceptance and kindness **MAKING A CHANGE FOR GOOD** encourages us to focus on what is true for us in this moment so that our experience can be authentic awake honest and joyful with no need to hide out in addictive behaviors or run away from reality by using substances or other habitual escapes This book includes a guided thirty day program of daily meditation contemplation and journaling *Making a Change for Good* Ashwini Narayanan, Cheri Huber, 2024-06-05 **Making a Change for Good** will assist anyone to make a change of any kind whatever the area diet fitness stress addictions unskillful behaviors anxiety finances spiritual practice Kind compassionate encouragement for confronting personal issues head on and supportive tools for addressing the struggle are the differences in approach this book offers Readers realize that lack clarity is the hindrance to addressing an issue not lack of self discipline Rather than being caught in self hating and self blaming loops that veer us off course we can learn to mentor ourselves and this book teaches us how The 30 day retreat at the end of the book provides a structure for practicing compassionate self discipline **Making a Change for Good** Cheri Huber, Ashwini Narayanan, 2021-10 Self discipline a lucky few can dial it up at will but the rest of us struggle I try hard but I just can t be disciplined about certain things But Huber writes Trying hard to change is self rejection and will never result in self discipline Acceptance and kindness are what we need This book is for those who are ready for an effective way of making changes but haven t succeeded Guided by our innate intelligence we learn compassionate self discipline When present and aware we are not lost in distracting addictive behaviors If we practice paying attention to what is here in this moment we can be authentic awake honest and joyful Bringing awareness to how we are talked out of keeping our commitments is key to compassionate self discipline as is having a coach that is kind wise and firm encouraging us along the way This book provides a 30 day program of awareness exercises that will help show how addiction and distraction interfere with our ability to keep commitments to ourselves The powerful technique of Recording and Listening is included with suggestions on how to use audio recordings in our own voice as support for **Making a Change for Good** **Sweet Zen** Cheri Huber, 2020-09-15 **Sweet Zen** is an impressive compendium of clear and inspiring teachings showcasing Zen Buddhist approaches to spiritual practice Offering the unusual perspective on the softness and sweetness to be discovered in the Zen path which has long been associated with formality and even harshness this book includes the traditional rigor of Zen practice but is balanced and eased with ever growing compassion for the self and for the suffering caused by the delusion

that we are separate from all that is Trained in the Soto tradition of Zen Buddhism Cheri Huber has taught meditation for more than 20 years *The Big Bamboozle* Cheri Huber,Ashwini Narayanan,2019-03-11 Zen techniques from a renowned Zen teacher to derive greater satisfaction from life Are you making choices that are supposed to give you what you want but leave you feeling unfulfilled and disappointed This new book is based on the Buddha s teachings and the practice of Zen and breaks down the structures of this karmic process Written in a humorous and lighthearted style it illustrates through essays stories and examples what keeps us from choosing well being love happiness and joy as our life experience In addition the book contains a full year of practical exercises and nuggets of wisdom from those who have practiced with these teachings

What You Practice Is What You Have Cheri Huber,2024-11-02 Our lives are the result of what we practice For example if we practice chasing after money or I m overwhelmed with work or things should be different that s the life experience we will have Focusing on something wrong and not enough will create a life of lack or failure If we want our lives to be different we must practice the difference we want To have a different practice we must 1 recognize our current practice 2 clarify the practice we want instead and 3 learn to practice moment by moment what we choose The sequel to Cheri Huber s perennial best seller *There Is Nothing Wrong with You* Going Beyond Self Hate this book further exposes with clarity and humor the antics of mental conditioning and self hate It introduces the powerful practice of Recording and Listening with tools and techniques to develop the relationship with the Wisdom Love and Compassion that allow us to transcend self hate *I Don't Want To, I Don't Feel Like It* Ashwini Narayanan,Cheri Huber,2024-05-29 Whether it s a choice such as a class we ve signed up for or a chore we feel we have no choice about resistance a voice in the head saying I don t want to I don t feel like it can rocket us from commitment to inaction in a matter of seconds Employing the tenets of Zen Awareness Practice the book provides numerous exercises and tools for working through resistance It reveals how the voice of resistance operates in everyday life the many forms it takes and how to be free of it Transcending resistance is a practice of recognizing it as a process that happens to everybody and not taking it personally *Suffering Is Optional* Cheri Huber,2024-03-20 *Suffering Is Optional* Three Keys to Freedom and Joy centers around three basic aspects of Zen practice pay attention believe nothing and don t take anything personally As ending suffering requires that one sees how suffering happens the book urges readers to be willing to be quiet and pay attention to the process of suffering in an effort to see each moment as an opportunity to step beyond illusion into freedom It also argues that examining beliefs abandoning them and returning attention to the present is essential to ending suffering as is living in the awareness that nothing in the universe is personal **Leadership in a VUCA World** Michael Fuchs,Jochen Messner,Robert Sok,2018-08-02 VUCA is not just another acronym Originally coined by the American military to describe a situation fraught with a variety of challenges it now has a permanent place in the realms of strategic leadership Those who have made it into an enterprise management role are finding that their leadership skills are truly being tried and tested on account of the volatile uncertain complex and ambiguous environment we are in Agility is now

the name of the game Developing one's leadership skills to match this requirement and to not only surmount the challenges posed by the VUCA world but do so in a mature and authentic way is what this book is all about It gently submerges the reader into an impressive tank of knowledge that the authors experts in the field of personal development have amassed during their careers Psychology mythology and examples of real life enterprises are accompanied by the excellent analogy of one of our best known heroes Luke Skywalker of the Star Wars films to illustrate that there is nothing to fear that we all have the potential to act courageously At regular intervals throughout the book the reader is presented with thought provoking questions and statements the answers to which will help them eventually resurface with a clear picture of how to use their skills and talents to motivate themselves and others to proceed wisely in the corporate landscape Contents An expert guide from three vastly experienced and accomplished executive coaches Learn effectively at your own pace any time and anywhere Convincing background knowledge and examples *Recovery—The Sacred Art* Rabbi Rami Shapiro, 2013-10-19 Deepen Your Capacity to Live Free from Addiction and from Self and Selfishness Twelve Step recovery is much more than a way to escape the clutches of addictive behaviors Twelve Step recovery is about freeing yourself from playing God and since almost everyone is addicted to this game Twelve Step recovery is something from which everyone can benefit from the Introduction In this hope filled approach to spiritual and personal growth the Twelve Steps of Alcoholics Anonymous are uniquely interpreted to speak to everyone seeking a freer and more God centered life This special rendering makes them relevant to those suffering from specific addictions alcohol drugs gambling food sex shopping as well as the general addictions we wrestle with daily such as anger greed and selfishness Rami Shapiro describes his personal experience working the Twelve Steps as adapted by Overeaters Anonymous and shares anecdotes from many people working the Steps in a variety of settings Drawing on the insights and practices of Christianity Judaism Buddhism Taoism Hinduism and Islam he offers supplementary practices from different religious traditions to help you move more deeply into the universal spirituality of the Twelve Step system **The Mindfulness Workbook for Addiction** Rebecca E. Williams, Julie S. Kraft, 2012-08-01 Most addictive behavior is rooted in some type of loss be it the death of a loved one coming to terms with limitations set by chronic health problems or the end of a relationship By turning to drugs and alcohol people who have suffered a loss can numb their grief In the process they postpone their healing and can drive themselves further into addiction The Mindfulness Workbook for Addiction offers readers an effective program for working through their addiction and grief with cognitive behavior therapy CBT dialectical behavior therapy DBT and acceptance and commitment therapy ACT Created by a psychologist who works for the Department of Veterans Affairs and a marriage and family therapist who works for Sharp Mesa Vista Hospital this mindfulness training workbook is effective for treating the emotion dysregulation stress depression and grief that lie at the heart of addiction No matter the loss the mindfulness skills in this workbook help readers process their grief determine the function their addiction is serving and replace the addiction with healthy coping

behaviors *Love or Diet* Ani Richardson,2013-10-25 Are you doing battle with your body Do you desperately want to end your obsession with food emotional eating and yo yo dieting and come to a place of deep peace Are you ready to begin living in a new and empowered way not using food to keep you small Struggles with food and emotional eating are often a signal that something deeper is going on a kind of soul call Love or Diet will help you to follow that soul call safely and explore your eating patterns in a way that can lead to complete freedom and peacefulness with food In Love or Diet nutritionist and editor of www.nurturewithlove.com Ani Richardson aims to change your relationship with food but more importantly change your relationship with your deepest Self because when you are willing to courageously look at what you are attempting to stuff down with food you can begin to heal and shine light on the perceived darkness in our lives one delicious ray at a time

Teaching as If Life Matters Christopher Uhl,Dana L. Stuchul,2011-05-15 This book is an open letter to teachers offering guidance and encouragement for nurturing students in ways that make teaching and learning meaningful The authors promote an approach to teaching that fosters self knowledge creativity curiosity and an appreciation for our planet Central to their philosophy is the question of what we humans need in order to live meaningful lives and the answer lies in healthy relationships with ourselves each other and the world **Tricycle** ,2006 *Jeff Herman's Guide to Book Publishers, Editors & Literary Agents* 2007 Jeff Herman,2006-12 Presents a guide to the names and specialities of American and Canadian publishers editors and literary agents including information on the acquisition process and on choosing literary agents

The British National Bibliography Arthur James Wells,2007 *Goodness to Go* Fran I. Hamilton,2013 Goodness To Go A Handbook for Humanitarians is your personal guide to inspire clarify mobilize and sustain your compassion in action Self care is essential as you discover ways to contribute to your community and your world in enjoyable sustainable ways Proceeds from Goodness To Go support the missions of the Goodness To Go social enterprise including girl empowerment and brothel prevention programs of Child In Need Institute CINI in India To learn more please visit www.GoodnessToGo.org and ciniindia.org Author Bio Fran I Hamilton MD was born in Canada into a medical family and has practiced integrative medicine in Boulder Colorado since 1995 For decades meditation and mindfulness practices have been important elements of Dr Hamilton s daily life Her international service includes the development of new curricula at a girls school in Jamaica West Indies and volunteering on a mobile hospital bus in rural India Dr Hamilton s daughter Grace Shanti was born in Calcutta and the Goodness To Go social enterprise partners with Child in Need Institute in West Bengal India Proceeds from Goodness To Go support the missions of the Goodness To Go social enterprise including girl empowerment and brothel prevention programs of Child in Need Institute CINI in India keywords Goodness To Go Humanitarian Humanitarian Efforts Social Enterprise Human Trafficking Global Abolition Network Emancipation Networks Charity Involuntary Servitude *Library Journal* Melvil Dewey,Richard Rogers Bowker,L. Pylodet,Charles Ammi Cutter,Bertine Emma Weston,Karl Brown,Helen E. Wessells,2007 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library

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