Beyond Acceptance - Carolyn W. Griffin 2016-01-05
"Mom, Dad, I'm gay." When a parent hears these words, the initial shock is often followed by feelings ranging from anger and denial to fear and guilt. It's also the beginning of a difficult journey that, with understanding and emotional support, can lead to acceptance and beyond. Now fully revised and updated, Beyond Acceptance by co-authors Carolyn W. Griffin, Marian J. Wirth, and Arthur G. Wirth remains a groundbreaking book that provides parents the comfort and knowledge they need to accept the gay children and build stronger family relationships. Based on the experiences of other parents, this book lets them know they are not alone and helps them through the emotional stages leading to reconciliation with their children.

Beyond Acceptance - Carolyn Welch Griffin 1986
This book is a report of the experiences of twenty-three parents who worked together over a period
of years in a self-help organization called Parents and Friends of Lesbians and Gays (Parents FLAG).

**Living Beyond Your Pain**
JoAnne Dahl 2006-01-01
Using mindfulness-based techniques and cognitive behavioral tools, a leading expert on the use of acceptance and commitment therapy (ACT) teaches readers to transcend the experience of chronic pain by reconnecting with other, more valued aspects of their lives.

**Beyond Acceptance**
Premier's Commission on Future Health Care for Albertans 1988

**Finding Life Beyond Trauma**
Victoria M. Follette 2007
The principles of the revolutionary new acceptance and commitment therapy (ACT) help readers cope with the aftereffects of traumatic experience through the straightforward exercises in Finding Life Beyond Trauma.

**Living Beyond OCD Using Acceptance and Commitment Therapy**
Patricia E. Zurita Ona 2021-01-27
This user-friendly workbook provides adults with obsessive compulsive disorder (OCD), the tools they need to move beyond their disorder using Acceptance and Commitment Therapy (ACT) and it also serves as compact text for clinicians/practitioners to use with clients suffering from OCD at any point in treatment. The workbook offers readers hands-on ACT and Exposure Response Prevention (ERP) skills for taming disturbing obsessions and filling the gap of where one stands and where one wants to go. Dr. Zurita provides evidence-based exercises to guide adults through the process of ACT. This includes learning to step back from one’s thoughts and memories, opening up to all types of unwanted thoughts and feelings, paying attention to the physical world, observing one’s thoughts and feelings, getting rid of barriers to values-based
living, and developing consistent patterns of values-based behavior. Written from the office of a full-time therapist in a simple, uncomplicated, and unpretentious manner, this workbook will be useful for all clients suffering from OCD and for the therapists who work with them.

**Beyond Acceptance**-Carolyn W. Griffin 1997-11-15 Parents describe their relationships with their gay children

**Beyond Acceptance**-Porzia Danisi 2005-09-01 Porzia Danisi was born December 22, 1955, in Grumo Appula, Italy. She immigrated to America in April 1969, and was diagnosed with Friedreich's Ataxia, a slowly progressive type of neuromuscular disease, eight months later. She developed juvenile diabetes at the age of 21 and needed to use a wheelchair by the time she turned 24. Despite both chronic conditions, she earned a B.S. degree in business, management, and finance from Brooklyn College, and has lived a very satisfying, fulfilling, and interesting life. Her deep and unshakable faith has helped her to look beyond her existing limitations and hope for a better tomorrow. Her plans at the time of printing include moving back to her native country and starting anew. In her own words: "A new day is dawning."

**Beyond Acceptance: An Evaluation of the Safe Zone Project in a Clinical Psychology Doctoral Program**- 2004 Beyond acceptance: An evaluation of the Safe Zone Project in a clinical psychology doctoral program.

**A Critical Approach to the Social Acceptance of Renewable Energy Infrastructures**- 2021 This book provides a critical approach to research on the social acceptance of renewable energy infrastructures and on energy transitions in general by questioning prevalent principles and proposing
Specific research pathways and lines of inquiry that look beyond depoliticised, business-as-usual discourses and research agendas on green growth and sustainability. It brings together authors from different socio-geographical and disciplinary backgrounds within the social sciences to reflect upon, discuss and advance what we propose to be five cornerstones of a critical approach: overcoming individualism and socio-cognitivism; repoliticisations recognising and articulating power relations; for interdisciplinarity; interventions praxis and political engagement with research; and overcoming localism and spatial determinism: As such, this book offers academics, students and practitioners alike a comprehensive perspective of what it means to be critical when inquiring into the social acceptance of renewable energy and associated infrastructures. Susana Batel is an environmental psychologist at the University Institute of Lisbon interested in peoples engagement with energy transitions and associated social justice issues. She has published in journals like the Journal of Environmental Psychology, Energy Policy and Energy Research & Social Science, and is co-editor of Papers on Social Representations. David Rudolph is a human geographer at the Technical University of Denmark with an interest in just, inclusive and equitable low-carbon energy transitions. He has published in journals such as Antipode, Environment and Planning C and Energy Research & Social Science.

Driver Acceptance of New Technology - Tim Horberry
2017-06-12 Acceptance of new technology and systems by drivers is an important area of concern to governments, automotive manufacturers and equipment suppliers, especially technology that has significant potential to enhance safety. To be acceptable, new technology must be useful and satisfying to use. If not, drivers will not want to have it, in which case it will never achieve the
intended safety benefit. Even if they have the technology, drivers may not use it if it is deemed unacceptable, or may not use it in the manner intended by the designer. At worst, they may seek to disable it. This book brings into a single edited volume the accumulating body of thinking and research on driver and operator acceptance of new technology. Bringing together contributions from international experts from around the world, the editors have shaped a book that covers the theory behind acceptance, how it can be measured and how it can be improved. Case studies are presented that provide data on driver acceptance of a wide range of new and emerging vehicle technology. Although driver acceptance is the central focus of this book, acceptance of new technology by operators in other domains, and across cultures, is also investigated. Similarly, perspectives are derived from domains such as human computer interaction, where user acceptance has long been regarded as a key driver of product success. This book comes at a critical time in the history of the modern motor vehicle, as the number of new technologies entering the modern vehicle cockpit rapidly escalates. The goal of this book is to inspire further research and development of new vehicle technology to optimise user acceptance of it; and, in doing so, to maximise its potential to be useful, satisfying to use and able to save human life.

**Handbook of Research on Digital Learning**
Montebello, Matthew
2019-10-11 Education has gone through numerous radical changes as the digital era has transformed the way we as humans communicate, inform ourselves, purchase goods, and perform other mundane chores at home and at work. New and emerging pedagogies have enabled rapid advancements, perhaps too rapidly. It’s a challenge for instructors and researchers alike to remain up to date with educational developments and unlock the full potential that technology could have on this significant profession. The Handbook of
Research on Digital Learning is an essential reference source that explores the different challenges and opportunities that the new and transformative pedagogies have enabled. The challenges will be portrayed through a number of case studies where learners have struggled, managed, and adapted digital technologies in their effort to progress educational goals. Opportunities are revealed and displayed in the form of new methodologies, institutions scenarios, and ongoing research that seeks to optimize the use of such a medium to assist the digital learner in the future of networked education. Featuring research on topics such as mobile learning, self-directed learning, and cultural considerations, this book is ideally designed for teachers, principals, higher education faculty, deans, curriculum developers, instructional designers, educational software developers, IT specialists, students, researchers, and academicians.

**Finding Life Beyond Trauma**-Victoria M. Follette 2010-02 The mystery of life is not a problem to be solved, but a reality to be experienced. - Zen saying While the pain and suffering of trauma can seem unbearable, every day we see examples of people who have found a way not only to survive their experiences but also to really live their life to the fullest. This book is about finding your way back to your valued life. In Finding Life Beyond Trauma we hope to help you to move toward living a vital, rich, and awake life.

**Beyond Central, Toward Acceptance**-Central High School Memory Project (Little Rock, Ark.) 2010-01-01 Interview essays written by 9th grade Civics students for the Central High School Memory Project.

**Understanding Agile Software Development Assimilation Beyond Acceptance**-Corey Wayne Baham 2016
The Philosophisation of Acceptance - Cometan
2019-11-27

The Philosophisation of Acceptance is the one-hundred and twenty-second instalment in the Little Blue Book Series and comprises the first and second discourses of the Hendecadoxy, which is itself the eleventh disquisition of the Omnidoxy, Astronism’s founding tome. The first segment of this publication consists of an Introduction to Quillitology, the inclusive discipline representing the eleventh omnidoxical disquisition. The Philosophisation of Acceptance explores the Astronist approach to the concept of acceptance and its applicability in a number of scenarios as well as its connection to the Astronist systems of ethics. The Little Blue Book Series was created and first published by Cometan himself as a way to simplify and commercialise the immensity of the two million word length of the Omnidoxy into smaller, more bite-size publications. A successful series from its very first published entry, the Little Blue Book Series has gone on to become a symbol of Astronist commercial literature and a way for Cometan’s words to reach readers of all ages and abilities who remain daunted by the beauty and yet the sheer extensiveness of the Omnidoxy as the longest religious text in history.

Acceptance and Commitment Therapy for Anxiety Disorders - Georg H. Eifert
2005-08-01

Acceptance and commitment therapy, or ACT (pronounced as a word rather than letters), is an emerging psychotherapeutic technique first developed into a complete system in the book Acceptance and Commitment Therapy by Steven Hayes, Kirk Strosahl, and Kelly Wilson. ACT marks what some call a third wave in behavior therapy. To understand what this means, it helps to know that the first wave refers to traditional behavior therapy, which works to replace harmful behaviors with constructive ones through a
learning principle called conditioning. Cognitive therapy, the second wave of behavior therapy, seeks to change problem behaviors by changing the thoughts that cause and perpetuate them. In the third wave, behavior therapists have begun to explore traditionally nonclinical treatment techniques like acceptance, mindfulness, cognitive defusion, dialectics, values, spirituality, and relationship development. These therapies reexamine the causes and diagnoses of psychological problems, the treatment goals of psychotherapy, and even the definition of mental illness itself. ACT earns its place in the third wave by reevaluating the traditional assumptions and goals of psychotherapy. The theoretical literature on which ACT is based questions our basic understanding of mental illness. It argues that the static condition of even mentally healthy individuals is one of suffering and struggle, so our grounds for calling one behavior 'normal' and another 'disordered' are murky at best. Instead of focusing on diagnosis and symptom etiology as a foundation for treatment-a traditional approach that implies, at least on some level, that there is something 'wrong' with the client-ACT therapists begin treatment by encouraging the client to accept without judgment the circumstances of his or her life as they are. Then therapists guide clients through a process of identifying a set of core values. The focus of therapy thereafter is making short and long term commitments to act in ways that affirm and further this set of values. Generally, the issue of diagnosing and treating a specific mental illness is set aside; in therapy, healing comes as a result of living a value-driven life rather than controlling or eradicating a particular set of symptoms. Emerging therapies like ACT are absolutely the most current clinical techniques available to therapists. They are quickly becoming the focus of major clinical conferences, publications, and research. More importantly, these therapies represent an exciting advance in the treatment of mental illness and, therefore, a real
opportunity to alleviate suffering and improve people's lives. Not surprisingly, many therapists are eager to include ACT in their practices. ACT is well supported by theoretical publications and clinical research; what it has lacked, until the publication of this book, is a practical guide showing therapists exactly how to put these powerful new techniques to work for their own clients. Acceptance and Commitment Therapy for Anxiety Disorders adapts the principles of ACT into practical, step-by-step clinical methods that therapists can easily integrate into their practices. The book focuses on the broad class of anxiety disorders, the most common group of mental illnesses, which includes general anxiety, panic disorder, phobias, obsessive-compulsive disorder, and post-traumatic stress disorder. Written with therapists in mind, this book is easy to navigate, allowing busy professionals to find the information they need when they need it. It includes detailed examples of individual therapy sessions as well as many worksheets and exercises, the very important 'homework' clients do at home to reinforce work they do in the office.

**Beauty of Acceptance - Tathata** - Addittya Tamhankar 2020-07-09 When Buddha asked his disciples, “How long is life?” - nobody could answer. Buddha then revealed, “Life is but a breath.” Life is momentary and one who lives moment to moment with acceptance and by realizing the ‘Suchness’ of reality - is sure to progress in life. A man who accepts all that life provides with a sense of gratitude becomes a Buddha. Spirituality is being who you are - what you are - and simply accepting every fragment of your being. In this Book, you will learn about: - Importance of Living with Acceptance - Overcoming Anger, Adversities, Rejections - Dealing with Insults and Offensive People - Transforming Adversities into Abundance - Finding the Source of Happiness

**Managing the Graduate** - 109.74.196.70 on November 23, 2021 by guest
School Experience—Mark H. Rossman 2015-06-29 This book provides graduate students with the tools they need to understand and complete a graduate degree, regardless of how the degree is offered—online or on-campus. It also encourages them to take control of the graduate school process as much as possible and negotiate with faculty and the administration regarding all aspects of the program.

Radical Acceptance—Tara Brach 2004-11-23 For many of us, feelings of deficiency are right around the corner. It doesn’t take much—just hearing of someone else’s accomplishments, being criticized, getting into an argument, making a mistake at work—to make us feel that we are not okay. Beginning to understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully. —from Radical Acceptance “Believing that something is wrong with us is a deep and tenacious suffering,” says Tara Brach at the start of this illuminating book. This suffering emerges in crippling self-judgments and conflicts in our relationships, in addictions and perfectionism, in loneliness and overwork—all the forces that keep our lives constricted and unfulfilled. Radical Acceptance offers a path to freedom, including the day-to-day practical guidance developed over Dr. Brach’s twenty years of work with therapy clients and Buddhist students. Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations. Step by step, she leads us to trust our innate goodness, showing how we can develop the balance of clear-sightedness and compassion that is the essence of Radical Acceptance. Radical Acceptance does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves,
we are free to live fully every precious moment of our lives.

To Me With Love: Looking Beyond the Pain of the Past to Find Self-Acceptance—Tambre Ross 2020-03-06

Sometimes the strongest souls come from the toughest adversities. After facing years of verbal and physical abuse and repression at the hands of those whom she loved the most, Tambre Ross had nowhere else to turn—except to her angels. After breaking free from the toxic bonds of abuse, Tambre was finally able to fully immerse herself in the love of the angels around her. When her guardian angel gave her a foreboding warning about pain to come, she had no choice but to hone her gift, trust in God, and learn to find her purpose in the journey so she could perhaps once again be hopeful for tomorrow.

The Power of Acceptance: Beyond the Law of Attraction—Arden Rembert Brink 2015-02-26

Have you struggled to put the Law of Attraction into reality in your life? Have you worried that you're just not capable of keeping your vibration high all the time and might be jinxing yourself? Are you frustrated that sometimes you experience the circumstances and situations that you want in your life, but other times not and you can't figure out what you're doing differently each time? Do you "do the work" and make your vision boards, meditate, visualize, affirm, and during the half-hour that you're doing that, everything seems great. But then what happens the other 23-1/2 hours of the day? Do you feel like you're out of alignment with what you're trying to create during too much of that time? Do you feel like you're missing something? That "something" you're missing is likely to be an understanding of what our creative power really is and how to use it to consciously and deliberately create what you want in your life. Learn how to use the power of acceptance to stay in alignment with what you want and thereby experience it faster! In "The Power of Acceptance," the authors have
intriguingly wrapped two books into one, each one helping you tap into a different way of interacting with and understanding this power. Part One draws you into the lives and struggles of Allison Montgomery, Jason Coulter, Dianne Sanchez, and Martin VanElton and their partners and families. You'll come to know them as their stories unfold—maybe even finding someone who seems to be wrestling the same alligators you are! Experience the unique Lagniappe Bookshop and the wisdom that owner, Marjorie Parker, shares drawing on her many years of using the principles she learned from a very special book. After seeing how those principles and practices impacted the lives of Allison, Jason, Dianne, and Martin, you'll want to dive into Part Two and get deeper insight into the nuts and bolts of the power of acceptance. Learn how resistance is keeping you in a state of being that holds you apart from your natural abundance and the dramatic power in learning a simple practice to release that resistance. Dozens of real-life examples help open your eyes to the potential for moving beyond the law of attraction in your own life and embracing the tools of conscious creation and learning to manifest the life you want deliberately! Whether you've read many other books on the Law of Attraction or this is your first one, you'll get to the last page of this book with the satisfaction of knowing you finally understand. From the Prologue: "What if the "power" were really within me? What if the power to be, to do, to have, to know anything were inside of me and all I had to do to awaken it was to simply acknowledge it and allow it to give me all I ever wanted?.... What if I actually consciously used this power to create my life? What if?... What if I were willing to consider that all the "what ifs" might be true? That the power is within me, right now? That I could create a life I love? What if I changed, "What if" to "Why not?" How would my life change if I were willing to consider why not? ... How do I start now? "

The Mindfulness and
Acceptance Workbook for Self-Esteem-Joe Oliver
2020-09-01 You are more than you think. With this evidence-based guide, you’ll learn to break free from the self-critical stories you’ve created about yourself, and develop the self-compassion and self-acceptance you need to reach your full potential. We all have stories we’ve created about ourselves—some of them positive and some of them negative. If you suffer from low self-esteem, your story may include these types of narratives: “I’m a failure,” “I’ll never be able to do that,” or “If only I were smarter or more attractive, I could be happy.” Ironically, at the end of the day, these narratives are your biggest roadblocks to achieving happiness and living the life you deserve. So, how can you break free from these stories—once and for all? Grounded in evidence-based acceptance and commitment therapy (ACT), this workbook offers a step-by-step program to help you break free from self-doubt, learn to accept yourself and your faults, identify and cultivate your strengths, and reach your full potential.

You’ll also discover ways to take action and move toward the life you truly want, even when these actions trigger self-doubt. Finally, you’ll learn to see yourself in all your complexity, with kindness and compassion.

The Moral Injury Workbook-Wyatt R. Evans
2020-06-01 A lifeline for healthcare workers in the midst of moral pain during the COVID-19 crisis On the front line of the COVID-19 response are thousands of healthcare providers working in strained systems with limited resources. Difficult decisions will be part of the experience of working under these circumstances. The moral dilemmas that providers may face in this crisis will undoubtedly lead to moral distress and emotional pain. Providers may have to make decisions about life and death, determining who gets life-saving equipment and attention and who does not. Working long and stressful hours may lead to accidental mistakes, oversights, or inaction. Providers working in overburdened or under-
resourced systems may experience a sense of being thwarted in their effort to keep their oath and live their values. For providers who hold values such as service, caring, or protection, these potentially morally injurious events may have lasting consequences. Anger, guilt, and shame may plague those suffering from these seemingly impossible situations. If providers become mired in this moral pain, they may find their personal and professional lives become increasingly burdened by moral injury. The Moral Injury Workbook was developed to facilitate healing for people who have experienced a variety of moral violations and addresses a wide range of moral emotions—from guilt and shame to contempt and anger. It offers a step-by-step program to help readers move beyond their moral pain, reconnect with a fuller sense of self, and re-engage with deeply held values. This workbook is a lifeline for healthcare providers in the midst of moral pain. Oriented toward and guided by values of caring and compassion, the content of this workbook may be meaningfully applied to and engaged in the personal and professional practices of all who read it. The six core processes of acceptance and commitment therapy (ACT) are broadly addressed in the workbook to apply to a range of moral injuries. They may be used in service of the healing needed by those suffering in the presence and aftermath of this pandemic.

Gene Technology and Social Acceptance-Walter P. von Wartburg 1999
Communications specialists from large drug companies take genetic engineering as an example of a new technology to explain the issues that rise in society when a new technology emerges. They survey the economic, legislative, environmental, social, ethical, and philosophical responses. Primarily they are concerned with how to facilitate social acceptance, a process they say all sectors of society must take part in and that must address the fears of all sectors. Annotation copyrighted by Book News,
Points of Grace - Stuart Cedrone
2020-09-30
Points of Grace: Empowerment for Hard Times, answers many profound questions: - Why does God seem like a “hard man” to some people? - Why are we incapable of crying out to God in authentic ways except during times of extremity? - How does God get past our self-defense mechanisms? - Does God accept us as we are—with our sin? - Have we messed up so badly that there is no fixing it? - Can we honestly face our feelings of remorse, bitterness, anger, fear, and insecurity? - Is it possible to have a biblically based assurance of our being truly born again? - What good is outward obedience if our hearts are lusting after the things of the world? - What do we do when we don’t feel like doing what we know we ought to do? - Why would God want to restore our miserable lives when He could let us die? This book helps readers understand how God’s grace works in the life of the believer, illuminating the practical steps needed for an authentic relationship with God. It is illustrated with the author’s own experience of rising from the darkness of doubt and self-loathing into the light of honesty and assurance.

Records and Briefs New York State Appellate Division-

Acceptance - Jeff VanderMeer
2014-09-02
It is winter in Area X, the mysterious wilderness that has defied explanation for thirty years, rebuffing expedition after expedition, refusing to reveal its secrets. As Area X expands, the agency tasked with investigating and overseeing it--the Southern Reach--has collapsed on itself in confusion. Now one last, desperate team crosses the border, determined to reach a remote island that may hold the answers they've been seeking. If they fail, the outer world is in peril. Meanwhile, Acceptance tunnels ever deeper into the circumstances surrounding the creation of...
Area X—what initiated this unnatural upheaval? Among the many who have tried, who has gotten close to understanding Area X—and who may have been corrupted by it? In this last installment of Jeff VanderMeer's Southern Reach trilogy, the mysteries of Area X may be solved, but their consequences and implications are no less profound—or terrifying.

**Dancing Boys** - Zihao Li
2016-11-14 The challenges that young women go through in order to be successful in the world of dance are well known. However, little is known about the experiences of young men who choose to take dance classes in non-professional settings. Dancing Boys is one of the first scholarly works to demystify the largely unknown challenges of adolescent males in dance. Through an ethnographic study of sixty-two adolescent male students, Zihao Li captures the authentic stories and experiences of boys participating in dance classes in a public high school in Toronto. Accompanied by the boys’ artwork and photographs and supported by a documentary-style video, the study explores their motivations for dancing, their reflections on masculinity and gender, and the internal and external factors that impact their decisions to continue to dance professionally or in informal settings. With the author’s reflections on his own journey as a professional dancer woven throughout, Dancing Boys will spark discussion on how and why educators can engage adolescent males in dance.

**Reports of Cases Argued and Determined in the English Courts of Common Law** - Great Britain. Bail Court 1864

**Report of cases argued and determined in the English courts of common law** - 1874

**The Deepest Acceptance** - Jeff Foster 2012-11-01 How can we bring an effortless yes to this moment? How do we stop running from “the mess
of life”—our predicaments, our frustrations, even our search for liberation—and start flowing with all of it? In small venues throughout the UK and Europe, a young teacher named Jeff Foster is quietly awakening a new generation of spiritual inquirers to the experience of abiding presence and peace in our ever-shifting world. His informal gatherings, blogs, and kitchen-table video posts have created a rising tide of interest in his teachings. With The Deepest Acceptance, Jeff Foster invites us to discover the ocean of who we are: an awareness that has already allowed every wave of emotion and experience to arrive. While Jeff delightfully admits the irony of writing a book to convey something that is beyond words to teach, here he confirms his ability to guide us in unexpected new ways to a space of absolute acceptance and joy, no matter what’s happening in our lives. Candid, thoughtful, humorous—and deeply compassionate toward those searching for a way out of suffering—this refreshing new luminary inspires us to stop trying to “do” acceptance ...

and start falling in love with “what has already been allowed.” "Wise, spacious, and loving. Teachings that can free the heart." —Jack Kornfield, author of A Lamp in the Darkness and A Path With Heart "There is a transmission in this book: an alive, compassionate presence that invites awakening right here, this very moment, no matter what is going on in our lives." —Tara Brach, PhD, author of Radical Acceptance and True Refuge "A beautifully written guide to the fearlessness and simplicity of living fully immersed in each moment of our lives. The Deepest Acceptance rings with the power and authenticity of Jeff Foster's deeply felt, deeply lived wisdom. His affirmation of life and compassion for the full range of human experience is a much needed contribution." —Judith Blackstone, PhD, author of Belonging Here and The Intimate Life "Jeff Foster is an honest seeker who has unraveled the many trappings of seeking through his faithfulness to the humble ground of being here, now, and his book is a gentle and helpful companion on the
journey." —Mark Nepo, author of Staying Awake and Seven Thousand Ways to Listen

"The Deepest Acceptance is the story of a merciful awareness, which offers us the heart’s inborn destination we were born to discover. Love is the highest form of acceptance. Judgment is the mechanics of non-acceptance." —Stephen Levine, author of A Year to Live

"The Deepest Acceptance is a multi-faceted spiritual gem. Every page transparently illuminates our real nature as naturally accepting, centerless awareness. Jeff has performed a great service in revealing awareness as the already-present source for living our lives in the most loving and meaningful way possible. I am immensely grateful to Jeff for bringing forth the essence of his teaching with such great power, love and sensitivity. A timeless classic through which numberless people will connect with the source of ultimate fulfillment." —Peter Fenner, PhD, author of Radiant Mind and The Edge of Certainty

"Jeff has achieved something wonderful with this honest and insightful book - something that benefits all of us and sheds much-needed light on the mystery we call life." —Stephen Gawtry, Managing Editor, Watkins Mind Body Spirit magazine

"Throughout The Deepest Acceptance, Jeff Foster offers sentence after sentence that penetrate the mind and heart in a fresh, thrilling, life-changing way." —Raphael Cushnir, author of The One Thing Holding You Back and Surfing Your Inner Sea

The Mindfulness and Acceptance Workbook for Moral Injury-Wyatt R. Evans

2020-07 The Mindfulness and Acceptance Workbook for Moral Injury is the first workbook to offer an evidence-based approach grounded in acceptance and commitment therapy (ACT) to help readers manage the trauma, anger, and depression associated with moral injury--an enduring psychological and spiritual suffering that results from witnessing, perpetuating, or unwittingly participating in events that violate deeply held moral beliefs. With this guide,
readers will learn powerful skills for moving beyond moral pain to embrace a values-based life.

Finding Meaning—David Kessler 2019-11-05 In this groundbreaking new work, David Kessler—an expert on grief and the coauthor with Elisabeth Kübler-Ross of the iconic On Grief and Grieving—journeys beyond the classic five stages to discover a sixth stage: meaning. In 1969, Elisabeth Kübler Ross first identified the stages of dying in her transformative book On Death and Dying. Decades later, she and David Kessler wrote the classic On Grief and Grieving, introducing the stages of grief with the same transformative pragmatism and compassion. Now, based on hard-earned personal experiences, as well as knowledge and wisdom earned through decades of work with the grieving, Kessler introduces a critical sixth stage. Many people look for “closure” after a loss. Kessler argues that it’s finding meaning beyond the stages of grief most of us are familiar with—denial, anger,
and powerful tools that will help those experiencing loss. Finding Meaning is a necessary addition to grief literature and a vital guide to healing from tremendous loss. This is an inspiring, deeply intelligent must-read for anyone looking to journey away from suffering, through loss, and towards meaning.

**Beyond Beliefs**—Melanie Joy
2018-03-15
Vegans, vegetarians, and meat eaters can feel like they’re living in different worlds. Many vegans and vegetarians struggle to feel understood and respected in a meat-eating culture, where some of their most pressing concerns and cherished beliefs are invisible, and where they are often met with defensiveness when they try to talk about the issue. They can become frustrated and struggle to feel connected with meat eaters. And meat eaters can feel disconnected from vegans and vegetarians whose beliefs they don’t fully understand and whose frustration may spill over into their interactions. The good news is that relationship and communication breakdown among vegans, vegetarians, and meat eaters is not inevitable, and it is reversible. With the right tools, healthy connections can be cultivated, repaired, and even strengthened. In Beyond Beliefs, internationally recognized food psychology expert and longtime relationship coach Dr. Melanie Joy provides easy-to-understand, actionable advice so you can:

- Learn the principles and tools for creating healthy relationships
- Understand how to communicate about even the most challenging topics effectively
- Recognize how the psychology of being vegan/vegetarian or of being a meat eater affects your relationships with others, and with yourself

**The Duty to Obey the Law**—William Atkins Edmundson
1999
The question, 'Why should I obey the law?' introduces a contemporary puzzle that is as old as philosophy itself. The puzzle is especially troublesome if we think of cases in which breaking the law is not otherwise wrongful, and in
which the chances of getting caught are negligible. Philosophers from Socrates to H.L.A. Hart have struggled to give reasoned support to the idea that we do have a general moral duty to obey the law but, more recently, the greater number of learned voices has expressed doubt that there is any such duty, at least as traditionally conceived. The thought that there is no such duty poses a challenge to our ordinary understanding of political authority and its legitimacy. In what sense can political officials have a right to rule us if there is no duty to obey the laws they lay down? Some thinkers, concluding that a general duty to obey the law cannot be defended, have gone so far as to embrace philosophical anarchism, the view that the state is necessarily illegitimate. Others argue that the duty to obey the law can be grounded on the idea of consent, or on fairness, or on other ideas, such as community.

**Not What I Expected**-Rita Eichenstein PhD 2015-04-07 Finalist for a Books for a Better Life Award A pediatric neuropsychologist presents strategies to help parents of special-needs children navigate the emotional challenges they face. As diagnosis rates continue to rise for autism, ADHD, learning disabilities, and other developmental differences, parents face a maze of medical, psychological, and educational choices - and a great deal of emotional stress. Many books address children’s learning or behavior problems and advise parents what they can do to help their kids, but until Not What I Expected: Help and Hope for Parents of Atypical Children there were no books that explain what the parents are going through - and how they can cope with their own emotional upheaval - for their own sake, and for the wellbeing of the whole family. With compassion, clarity, and an emphasis on practical solutions, Dr. Rita Eichenstein's Not What I Expected: Help and Hope for Parents of Atypical Children walks readers through the five stages of acceptance (similar to the stages of grief,
but modified for parents of special-needs kids). Using vivid anecdotes and suggestions, she helps readers understand their own emotional experience, nurture themselves in addition to their kids, identify and address relationship wounds including tension in a marriage and struggles with children (special-needs and neurotypical), and embrace their child with acceptance, compassion and joy.

**Massachusetts Reports - Massachusetts. Supreme Judicial Court 1900**

**Massachusetts reports - 1900**


"One of the most fruitful aspects of the encounter between classical Buddhist knowledge and modern science has been the emergence of new therapeutic and educational approaches that integrate contemplative practice, such as mindfulness, and contemporary psychology methods, such as those of cognitive therapy. The systematic approach of this book, wherein the insights of both classical Buddhist and contemporary psychology are integrated, represents a most beneficial and powerful method of ensuring a healthy mind and heart." —His Holiness the Dalai Lama

"What has been missing in the midst of partisan battles between orthodox CBT therapists and enthusiastic proponents of newer acceptance/mindfulness approaches is a reasoned, scientifically grounded discourse that would help researchers and clinicians alike sort through the various claims and counterclaims. This book, skillfully conceived and edited by James Herbert and Evan Forman, provides just such a sober and open-minded appraisal of a trend that has sometimes suffered both from too much hype from one side and too sweeping a..."
rejection by the other. This volume encourages careful consideration of both positions and can advance evidence-based psychosocial therapy both conceptually and procedurally to the benefit of all." —From the Foreword by Gerald C. Davison, PhD, University of Southern California Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies brings together a renowned group of leading figures in CBT who address key issues and topics, including: Mindfulness-based cognitive therapy Metacognitive therapy Mindfulness-based stress reduction Dialectical behavior therapy Understanding acceptance and commitment therapy in context