

Martial Arts Psychology: A Journey in Personal Growth and Development, Volume 1, Edward Overchuk, National Institute of Martial Arts & Sciences, 2006, 0978523008, 9780978523008, . .

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Full Catastrophe Living Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, Jon Kabat-Zinn, Thich Nhat Hanh, Jul 22, 2009, Self-Help, 512 pages. Stress. It is everywhere around us. Even worse, it gets inside us: sapping our energy, undermining our health, and making us more vulnerable to anxiety, depression, and disease

Martial Arts Dynamic Marketing and Management Seminar Book , Byung Kon Cho, 1999, , 450 pages. The Best Martial Arts Marketing & Management Seminar Book Ever Written! THE MARTIAL ARTS DYNAMIC MARKETING & MANAGEMENT SEMINAR BOOK is an excellent instruction manual

The martial spirit an introduction to the origin, philosophy, and psychology of the martial arts, Herman Kauz, 1977, Sports & Recreation, 141 pages. Emphasis is on mental training and the philosophical, psychological, and spiritual elements of the martial arts in this comparison of the various martial-arts systems and mind

Official AAU Tae Kwon Do Rules, Amateur Athletic Union of the United States, 1977, Sports & Recreation, . .

Casebook for a Spiritual Strategy in Counseling and Psychotherapy, P Scott Richards, PH.D., Allen E. Bergin, 2004, , 329 pages. In Casebook for a Spiritual Strategy in Counseling and Psychotherapy, leading therapist-authors mine their rich case histories to present valuable teaching tools for

Methamphetamine Use Clinical and Forensic Aspects, Sandra B. McPherson, Harold V. Hall, Errol Yudko, Jun 26, 2003, Law, 336 pages. A man is accused of attempted murder of a former crystal meth addict. He claims he shot in self-defense, responding to the extremely aggressive behavior the victim was

Taking Part Introducing Social Skills to Children, PreK-grade 3, Gwendolyn Cartledge, James Kleefeld, Jan 1, 2009, Education, 369 pages. This curriculum provides step-by-step strategies and activities for teaching 33 skills that are essential to childrenĐ'Ñ—s social development. Animal characters/puppets are used

Self-esteem the puzzle of low self-regard, Roy F. Baumeister, 1993, Psychology, 265 pages. Summarizing and integrating the major empirical research of the past twenty years, this volume presents a thorough review of the subject, with a special focus on what sets

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Life, Debbie Rosas, Carlos Rosas, 2005, Health & Fitness, 324 pages. Introduces the innovative principles and workouts of the Nia (Neuromuscular Integrative Action) technique of mind-body health and fitness, detailing its unique blend of martial