

The Positive Psychology Of Personal Transformation

[DOWNLOAD HERE](#)

1;The Positive Psychology of Personal Transformation;3 1.1;Preface;5 1.2;References;9 1.3;Acknowledgments;11 1.4;About the Author;13 1.5;Contents;15 1.6;Chapter 1: Walking with Hope and Dharma: Are Dogs Enlightened? Are Humans?;17 1.6.1;References;37 1.7;Chapter 2: The Costs and Benefits of Obliviousness: Growing Up in the 1950s;38 1.7.1;References;56 1.8;Chapter 3: Nine Bad Things That Almost Happened, and Many More That Did: Getting to the Other Side of Trauma;58 1.8.1;References;77 1.9;Chapter 4: What Is the Opposite of Trauma? The Positive Power of Transformational Grace;79 1.9.1;References;94 1.10;Chapter 5: Can There Ever Be Enough Me? Narcissism and the Positive Death of Self;95 1.10.1;References;114 1.11;Chapter 6: What Does It Mean to Live an Extraordinary Life? ;116 1.11.1;References;130 1.12;Index;132 EAN/ISBN : 9781441977441 Publisher(s): Springer, Berlin, Springer Science & Business Media Format: ePub/PDF Author(s): Garbarino, James

[DOWNLOAD HERE](#)

Similar manuals: