

**TAKE CONTROL  
OF YOUR LIFE**



# Taking Control Of Your Life

**Tunishai Ford**



## **Taking Control Of Your Life:**

**Take Control of Your Life** Pauline Parsons,2011-05-04 This book is about Money Matters and Health Matters If you want to get out of debt and save more money this book is a must read If you have difficulty saving money this book offers some great ways to cut back on your spending and in such a way that you can still enjoy some of the pleasures in life And this book addresses health issues associated with smoking cigarettes Many times we have heard how bad smoking is but do you really know what cigarette smoking does to your body I feel that knowledge is power and if more people were aware of the negative effects of smoking on their body they would stop smoking or even better never want to begin smoking cigarettes at all I hope you find this book enlightening and gives you the desire to take control of your life *Take Control of Your Life*

Brad Garrett,2018-05-29 Nobody gets through life without feeling stress The question is What do you do when you feel it How do you deal with anger anxiety depression and a host of other negative emotions Do your emotions lead to bad behavior Is bad behavior leading to some negative consequences in your life Take Control draws on twenty three years of experience working with adolescents and adults whose lives had become involved in criminal behavior and drug addiction and who had developed mental health issues and emotional problems This book will show you how to take back control of your life by learning how to overcome difficult emotions including stress replace problem behavior with new behavior overcome addictions and change your negative thinking Problems are only problems needing to be solved How you think about those problems determines how you will feel Take Control teaches you how to take control over these areas of your life In addition to the psychological principles behind emotions and behavior change there are several chapters dedicated to what the Bible has to say about emotions thinking and making changes in problem behavior The book began as a Manage Your EmotionsManage Your Life presentation done for 250 juvenile probation officers in Las Vegas Nevada The class was well received and had a positive impact in the lives of many people who attended the classes I hope this book does the same for you

**Taking Control of Your Life from the Inside Out (book)** Tunishai Ford,2015-04-09 This book is motivational and informative in the areas of improving your personal life and work habits It is has a workbook that goes with her book and a workshop in which Dr Tunishai Ford touches on topics in the areas of health and wellness self improvement job productivity and more

**Taking Control of Your Life From the Inside Out Workbook Perfectbound** Tunishai Ford,2015-02-03 This workbook is motivational and informative in the areas of improving your personal life and work habits It is used for a workshop in which Dr Tunishai Ford touches on topics in the areas of health and wellness self improvement job productivity and more

Take Control of Your Life Gail Ratcliffe,2015-08-15 Based on the Five Step Life Plan this is a method of life planning and stress management that has been developed and refined in clinical practice for over 13 years *The Esoteric*

Hiram Erastus Butler,1888 The Take Control Diet Ian Smith,2001 Discusses the causes of obesity health concerns in dieting exercise programs for various fitness levels and the role of metabolism and genetics in weight control **The**

**Evangelical Episcopalian** ,1908      **The Valve World** ,1921      **The Theosophist** ,1930      *Younger by the Day* Victoria Moran,2009-10-13 Wouldn't it be wonderful to love your life through every age and stage of it Appreciate yourself every step of the way And have such vitality that even though you're perfectly proud of the age you are people routinely think you're several years younger This happy state is the promise of *Younger by the Day* a one year program for aging in reverse with results that start as soon as you do and you can start any day of the year Victoria Moran was baffled when midlife seemed to change everything from the shape of her body to her visibility in society She began a four year journey asking these questions Why do some women blossom with age while others wither How can you accept yourself as you are and still nurture yourself into becoming the best you can be How can you draw from your inner wisdom everything you need to deal with the uncertainties of life as well the certainty of growing older Victoria found the practical answers and they are distilled here for you to put into use one day at a time      Psychology and Personal Growth Nelson Goud,Abe Arkoff,1997 A collection of essays articles excerpts from longer works drawings and photo essays selected to apply psychology to personal development organized by themes of identity human communication growth dynamics feelings and emotions human relationships and a quality life Discussion questions f      **Take Control of Your Life** 50minutes,2017-08-25 Change is only 50 minutes away Find out everything you need to know about taking control of your life with this straightforward guide You have a university degree A good job A great social life So why do you feel that something is not quite right that you have missed out on something very important You have probably realised that while theoretically you should be happy you actually do not feel fulfilled Thanks to this guide you can take practical steps to change that and feel in control of your own life In just 50 minutes you will be able to Learn why you should not set objectives in your life Accept change and make choices Take your life into your own hands and learn how to stay in control of it ABOUT 50MINUTES COM HEALTH AND WELLBEING The Health and Wellbeing series from the 50Minutes collection is perfect for anyone looking to be healthier and happier in their personal life Our guides cover a range of topics from social anxiety to getting ready for a new baby and provide simple practical advice and suggestions to allow you to reduce stress strengthen your relationships and increase your wellbeing      Take Control People 3 Weeks Or Less Borders Addison-Wesley Longman, Incorporated,James K. Van Fleet,1999-11  
*Town Journal* ,1926      **The Insurance Age** ,1890      **The Standard** ,1917      **In the Outer Court** Annie Besant,1914  
**Nursing World** ,1927      (vol. I-II) Revolutionary and subversive movements abroad and at home New York (State). Legislature. Joint Legislative Committee to Investigate Seditious Activities,1920

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