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Tunnel Vision

A FOCUSED LIFE

Isadora Feline Beauregard

Tunnel Vision A Focused Life

Andrew J. Roth



Tunnel Vision A Focused Life:

Tunnel Vision Isadora Fokine Beauregard,2015-01-20 There exist new and creative ways to successfully cushion lives surrounded by violence There are ways to speak to act and to focus in order to promote positive energy flow and to enjoy a healthier and less troubled post trauma life A learned behavior pattern Tunnel Vision is utilized to reduce the likelihood of the perpetuation of trauma Self empowerment brought about by consistent nurturing and loving support backed with a disciplined imagination and focus will lead to a more stable and violence free life Saving one individual at a time from the affects of violence trauma and abuse is the paramount objective of this book Outcomes utilizing Tunnel Vision methodology are simple to implement yet profound in how consistent implementation and follow through will positively affect each life it touches This goal to save children and adults from violence will be met for all those that embrace Tunnel Vision

Phenomenal Vision Eyesight to Life Sight Rev. Dr. Leonidas A. Johnson Optometrist,2021-03-16 Vision what is it Vision is a physical mental and spiritual phenomena of enlightenment Phenomenal Vision Eyesight to Life Sight is an intriguing exploration of Rev Dr Leonidas A Johnson s pioneering insight into the relationship between eyesight and the various ways we view and process information in life The aim of this book is not only to help teach how to process information about our world that encompasses a biblical worldview but also to help develop a biblically sound decision making strategy According to him next to life itself God s most precious gift is sight the window to this thing called life Poor life sight is a preventable tragedy Why view life through a dirty or fogged up window Poor life sight is correctable Dr Leonidas has spent a lifetime helping people to see In these last days he has written this book to help you to see To live a phenomenal life you must have phenomenal vision To have phenomenal vision you must have phenomenal life sight How is your eyesight and more importantly how is your life sight For an answer read this book it s key 2 Page Discovering Balance Robyn Raye Gosbee,2019-04-15 Robyn Raye Gosbee often made the wrong choices when she was younger Decades later she examined what she d accomplished and realized she was living a life that didn t fulfill her spirit Despite the trappings of success she wasn t making a difference in a way that mattered With some soul searching she realized that understanding her own adult values were critical to success in life and that they had taken a backseat in her decision making In this self help guide to coming to terms with the past and heading in a new direction she draws on the teachings of Dr Wayne Dyer and others to help you create a strong foundation of self to build resilience confidence and a greater feeling of self worth take charge of your life to achieve greater happiness and fulfillment navigate daily life with kindness calm and grace If you re feeling overwhelmed with all that life is throwing at you and you want to enjoy a fuller healthier and more fulfilling journey then it s time to Love Yourself into Balance *The Holistic You Workbook* Rabbi Daniel Lapin,Susan Lapin,2023-09-20 An essential companion to The Holistic You In The Holistic You Integrating Your Family Finances Faith Friendships and Fitness Workbook the renowned Rabbi Daniel Lapin delivers a practical companion and accompaniment to

his widely read *The Holistic You* If you were inspired by the idea of holistic life renewal but aren't sure of the next step this book is for you In the workbook you'll find practical strategies for implementing the 5F crosslinks into your personal and business lifeplans Exercises include Explorations and descriptions of how characteristics such as punctuality zeal and humility can be used to enhance every aspect of one's life Additional study materials for readers who wish to become 5F trainers Developing each F even when one is introverted or otherwise handicapped Restoring relationships after years of neglect Replacing passivity with ambitious activism Implementing the power of partnership into every part of life An indispensable and hands-on resource for people who want to get the absolute most out of the already powerful *The Holistic You* this workbook is a can't miss source of wisdom perfect for investors entrepreneurs parents and anyone looking for applicable and relevant advice they can apply immediately at home at work at school and anywhere else

Think Like a Stoic Lucius Marcus Grant, 2025-04-04 Transform Your Mindset Master Emotional Control with Timeless Wisdom Step into a world where emotions are mastered perceptions are sharpened and adversity becomes a stepping stone to greatness In a time where chaos seems constant *Think Like a Stoic* Emotional Mastery for Every Day offers a beacon of hope and control through the age-old philosophy of Stoicism Discover the timeless influence of Stoic philosophers whose teachings have empowered individuals to lead lives of virtue and tranquility From understanding perception as the architect of reality to avoiding the pitfalls of cognitive distortions this book sheds light on the profound impact of Stoic principles in the modern era Imagine facing life's challenges with resilience and grace where control is clearly defined and external noise becomes irrelevant This book will guide you through the art of emotional detachment the pursuit of intentionality and the nurturing of resilience With each chapter weave Stoic wisdom into your daily routine cultivating habits that promote self-discipline and fortify mental toughness Embark on an introspective journey that not only enriches your personal life but also enhances your professional interactions Learn to manage stress communicate effectively and thrive in ever-changing environments The teachings of revered figures like Epictetus and Seneca are distilled into practical applications crafting a comprehensive toolkit for emotional mastery The path to inner peace and sustained joy is within reach Embrace Stoicism's teachings to turn obstacles into opportunities find balance in all spheres of life and foster relationships built on compassion and mutual support Your Stoic journey begins here Are you ready to transform adversity into an advantage and carve a life of profound virtue and harmony

Mindfulness-Oriented Recovery Enhancement Eric L. Garland, 2024-08-07 The opioid crisis arose in part due to the attempt to relieve chronic pain Meeting a huge need this is the authoritative presentation of Mindfulness Oriented Recovery Enhancement MORE for chronic pain and opioid use MORE is one of the few evidence-based treatments shown to simultaneously reduce opioid use and/or addiction pain and co-occurring emotional distress MORE integrates mindfulness training with principles of cognitive behavioral therapy and positive psychology In a convenient large-size format the book provides everything needed to set up and run MORE groups Treatment developer Eric L. Garland supplies session by

session guidelines sample scripts clinical pointers guided practices and psychoeducational resources including 16 reproducible handouts that can be photocopied or downloaded Managing Prostate Cancer Andrew J. Roth,2015-11-02 The statistics are sobering over 200 000 men in the United States are diagnosed with prostate cancer every year With this diagnosis men are expected to psychologically combat the worry practical concerns and the emotional and physical changes during an immensely trying time How to help In Managing Prostate Cancer A Guide for Living Better Dr Andrew J Roth a psychiatrist specializing in psychological support for cancer patients provides the emotional skills and strategies necessary to help patients deal with the challenges a prostate cancer diagnosis brings to everyday life These tools which Dr Roth terms Emotional Judo effectively teach patients to identify what their fears are rooted in how to distinguish the rational and irrational aspects of their thoughts and behaviors make healthier choices to promote a more positive approach and ultimately transform their lives into a more fulfilling and peaceful journey Undeniable Cameron Hanes,2025-05-06 THE INSTANT NATIONAL BESTSELLER You become the best you can be by learning from others That is how bowhunter and ultramarathoner Cameron Hanes approaches each day in his pursuit of greatness in this essential guide to finding success I like people who put themselves in a position to become undeniable at what they do You might not like me but you cannot deny the work I put in and the results to show for it You can say whatever the f k you want but I want to be undeniable and how it makes you feel is no factor Endure Cameron Hanes New York Times bestselling book demonstrated how to push beyond your physical limits to improve yourself In Undeniable Hanes brings together outliers of today men and women who are experts in their field to share their unique and motivating perspectives on reaching the pinnacle of success and remaining there From popular neuroscientist Andrew Huberman to ultramarathon runner Courtney Dauwalter you will hear how undeniable individuals have obtained their winning mindset Many books show how to pursue a dream and successfully make it happen but few spotlight what to do when you ve reached the pinnacle After fighting so hard and reaching your goals how do you stay on top In his pursuit for greatness Cam has trained with and interviewed track athletes MMA fighters NFL Super Bowl champions and experts in other disciplines All of them legends who have earned their names What makes them tick How do they remain undeniable In Undeniable Cam reveals the lessons he has learned from truly exceptional people By examining their unique traits and abilities you will earn an edge from these greats and add tools on your own journey toward greatness How To Have A Baby: Overcoming Infertility Anirudha Malpani,2003-09-16 In This Comprehensive But Easy To Understand Book The Authors Who Are India S Leading Infertility Specialists Explain Clearly And Lucidly What Is Infertility How It Is Caused How It Can Be Treated And How Infertile Couples Can Cope With It Effectively Through This Book The Authors Hope To Educate Not Only The Infertile Couple But Also The General Public About The Magnitude Of The Problem The Acute Agony And The Sense Of Helplessness That It Engenders And How Treatment Can Help In Tackling This Problem The Most Important Point That This Book Seeks To Drive Home Is That Infertile Couples Should Not Lose Hope And Should

Actively Participate In Medical Treatment Of Their Infertility **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 Emotions Manage 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 **Artificial**

Intelligence and Soft Computing Leszek Rutkowski, Rafał Scherer, Marcin Korytkowski, Witold Pedrycz, Ryszard Tadeusiewicz, Jacek M. Zurada, 2021-10-04 The two volume set LNAI 12854 and 12855 constitutes the refereed proceedings of the 20th International Conference on Artificial Intelligence and Soft Computing ICAISC 2021 held in Zakopane Poland in June 2021 Due to COVID 19 the conference was held virtually The 89 full papers presented were carefully reviewed and selected from 195 submissions The papers included both traditional artificial intelligence methods and soft computing techniques as well as follows Neural Networks and Their Applications Fuzzy Systems and Their Applications Evolutionary Algorithms and Their Applications Artificial Intelligence in Modeling and Simulation Computer Vision Image and Speech Analysis Data Mining Various Problems of Artificial Intelligence Bioinformatics Biometrics and Medical Applications

Reflections of Life Kenneth D. Williams, 2016-05-21 Reflections on Life is a semi biography of my lifes experiences I found that poetry was my best outlet for expressing my thoughts on many of my personal experiences and most of them are inspired by either an individual or a life event that I felt a need to capture and share Many people may have had similar experiences and can relate with my words I hope that my penned words can be an inspiration or can offer solitude or gratification to others Writing is a gift from God and I hope that my gift will be a present to your presence and a pathway to individual peace Is It You, Me, or Adult A.D.D.? Gina Pera, 2022-03-31 Winner of four national book awards Revised First Edition 2022 Is It You Me or Adult ADHD has helped thousands of readers worldwide to understand how this highly variable syndrome affects them Professionals and couples who have elevated their lives with its wisdom recommend it to others In this highly endorsed clearly written and comprehensive guide Gina Pera guides you in making sense of your own Adult ADHD

Roller Coaster She helps you to View ADHD as a variable syndrome affecting individuals not clones Realize how a later in life ADHD diagnosis creates additional issues Revise misinterpretations of symptoms forged long ago that can thwart progress now Heal poor coping responses and dysfunctional interaction cycles as individuals and couples Implement practical supports to completing routine tasks and reaching long term goals with teamwork Appreciate how poorly managed ADHD can also negatively affect the spouses and other loved ones Delve into denial's dual nature physiological and psychological and reach through it Adopt proven approaches that remain extremely rare in clinical settings The science has been clear since 1994 when Adult ADHD was declared a medical diagnosis Still the public harbors misconceptions and that means millions suffer needlessly That includes millions of couples who can't understand why their lives together are so hard often despite many attempts at therapy The simple truth is Everyone knows someone with adult ADHD Yet we often misattribute the symptoms to anxiety depression or even laziness selfishness addictive personality or moodiness Some assume that ADHD means little boys with ants in their pants In fact childhood hyperactivity goes underground as the person matures resulting in a mentally restless state Meticulously researched and written by Gina Pera *Is It You Me or Adult ADHD* helps you recognizing the behaviors where you least expect them and developing compassion for everyone wrestling with unrecognized ADHD symptoms It also offers Explanations from preeminent experts Plenty of real life details Easy to understand detailed advice on the best treatment options and practical solutions The revolutionary message is one of hope for millions of people and a joyous opportunity for a better life

Beyond The Bullshit: Cipher's Life Hacks For Gen Z Cipher,2025-02-01 This book is not your typical positive thinking manual filled with cringeworthy techniques that require you to stand in front of the mirror shouting I am great I can win It dives into the world of economics and absolute sciences to draw analogies to shed light on the human nature and offer relatable and practical solutions

David's Walk with God Lonny E. Young,2019-04-12 In 1 Samuel 13 14 and later in the book of Acts 13 22 David is called a man after God's own heart This intrigued me I sought to do a study of David's life using 1 Samuel 16 through 1 Kings 2 and walk with David and try to learn why King David had this title

The Inner Edge Joelle K. Jay,2009-08-10 An esteemed executive coach shows managers and leaders how they can achieve personal and professional success and leave a mark on the world Dr Joelle Jay's *The Inner Edge The 10 Practices of Personal Leadership* draws on timeless principles and Jay's experiences with hundreds of leaders from America's most successful and admired companies setting out ten essential components of leading well and living well In *The Inner Edge* Dr Jay offers customized coaching to help leaders overcome challenges leverage opportunities and maximize their talents teams and time Through vivid examples conversations with accomplished leaders insightful perspectives on leadership and thought provoking questions and exercises Jay shows readers that leadership is not just a label but a way of life Finding your edge gaining clarity focusing and taking action expanding your knowledge under Jay's training these and other principles become concrete achievable assets for living and leading The result is an essential resource for helping leaders get results for their

organizations in a way that capitalizes on and enriches their own unique identity Instinct Combat Shooting Chuck Klein,2016-08-05 While much has been written about instinct shooting with long guns very little had been published on doing so with a handgun until this publication Written by a pioneering author of the concept Instinct Combat Shooting Defensive Handgunning for Police now in its fourth edition is not about winning target shooting competitions but purports surviving real life firefights by examining testimonies of shootout survivors and carefully analyzing firefights that prove shooting instinctively is not only crucially fast but also equally accurate The book defines instinctive combat shooting as The act of operating a handgun by focusing on the target as opposed to the sights and instinctively coordinating the hand and mind to cause the handgun to discharge at a time and point that ensures interception of the projectile with the target The concepts behind instinct combat shooting discussed in this book are now being integrated into some of the most progressive police academies in the United States and around the world New chapters provide valuable material dispelling myths on indexing laser sights and other trick shooting methods Intended to help officers survive close quarter combat conditions Instinct Combat Shooting is an essential tool for police looking to improve their close range shooting skills and enhance their firefight survival **Into the Storm** Dennis Perkins,Jillian Murphy,2012-10-23 Illustrated with examples from the story and compelling case studies this engaging book provides the resources and tools to support teams on their sometimes tumultuous journey to success In the face of turmoil and tragedy a crew of amateur sailors piloted their tiny vessel the AFR Midnight Rambler through a treacherous storm to achieve victory in a world renowned sailing competition Their triumph perhaps even their survival owes itself to their astonishing commitment to teamwork an alchemy of cooperation trust planning and execution The Sydney to Hobart Yacht Race is among the most demanding sailing competitions in the world Unpredictable seas make the approximately 630 nautical mile course grueling under the best conditions but the 1998 race proved to be the most perilous to date when a sudden and violent storm struck Six sailors perished and another 55 were saved in what became the largest search and rescue operation in Australia s history But even while bigger better equipped yachts attempted to maneuver around the storm Ed Psaltis and his crew on the AFR Midnight Rambler made the daring decision to head directly into its path Author Dennis N T Perkins chronicles their nearly four day ordeal and draws parallels to the world of business revealing how teams can work together to overcome obstacles Use teamwork to achieve goals and beat challenges And succeed during difficult times Into the Storm will help your team achieve extraordinary feats together

Gospel Identity Serge,2012-10-31 Gospel Identity focuses on the transformation of Christians by the power of the gospel Through ten sessions participants and leaders will discover just how deep their need is for Jesus examine the blessings given through our new identity and new life in Jesus and explain how those gifts change us and move us outward With user friendly **A Vietnam Trilogy, Vol. I** Raymond M. Scurfield,2004 Through the stories of numerous veterans and the author s own understanding as a mental health professional A Vietnam Trilogy studies the impact of war on veterans from

a psychiatric psychological social and cultural perspective both during and decades after the violence The book reflects Scurfield s three fold experiences in Vietnam in 1968 as an Army social work officer serving acute battlefield psychiatric casualties in 1989 when he co led the first Post Traumatic Stress Disorder therapy group of veterans back to Vietnam and in 2000 as co faculty for an award winning Vietnam history course including three combat veterans The book offers Vietnam veterans and other veterans a vicarious healing journey by relating the experiences of those who participated in these therapeutic efforts it offers recommendations to veterans and those who wish to help them and offers ideas on how some important understandings can be shared to the wider public

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Tunnel Vision A Focused Life Introduction

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