



Turning Me to We: The Art of Partnering with Mindfulness: Shifting Competition and Narcissism (Me) to Collaboration and Connection (We) (Paperback)

By Beth Gineris

Createspace Independent Publishing Platform, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Turning ME to WE: The Art of Partnering with Mindfulness, by author Dr. Beth Gineris, provides the keys and innovative techniques to create healthy, successful relationships in an easy to implement step-by-step model. Written in an accessible, engaging format, the simple, yet highly effective tools offered in this insightful book teach how to shift relationships from competitive to collaborative and estranging to connected. Readers will find the skills necessary to allow all of the partnerships in their life to flourish. Dr. Gineris asserts that by developing an attitude of mindfulness one can integrate spirit, mind and body to positively shift communications and relations with the outside world. All interactions with others- from family, work, and love life- become harmonious from this more balanced perspective. Turning Me to We: The Art of Partnering with Mindfulness provides invaluable information about how and where relationships go awry and what steps to take to successfully change disempowering and dissatisfactory relationships. The information in this book will have a positive impact on the reader s lives and partnerships. This is a companion book to Turning NO to...



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