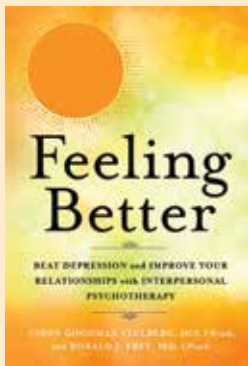


book review By Terry Chriswell

# Feeling Better: Beat Depression and Improve Your Relationships with Interpersonal Psychotherapy

By Cindy Goodman Stulberg, DCS, CPsych,  
and Ronald J Frey, PhD, CPsych

This helpful and interesting book offers a linear, easy-to-follow path for healing the symptoms of depression, like irritability or sadness, that arise from transitions, grief, conflict or isolation. It's a step-by-step exploration of your relationships and feelings within 8-12 sessions leading to a weekly goal. New topics, tools and resources help you understand that our relationships offer the most effective path to healing and happiness, according to the authors.



Their research-proven method called Interpersonal Psychotherapy is "an action-oriented treatment that teaches skills, step-by-step, to improve relationships and alleviate depression." Four subjects and their issues are presented, which illustrate the exercises and offer inspiring stories as well as pep talks and special "guy talk" sections for those who find it hard to express feelings.

Depression is highly treatable. This book can help you identify your next steps; help you develop the skills to make meaningful and supportive connections; identify areas needing change; and to alleviate your suffering.

## healing ways

# Finding Your Inner Warrior

In this fast-paced world it takes a new paradigm of working and operating to excel with any dream or goal. Most likely, you will need to reinvent yourself many times. You will not only need to be mentally fit, but also physically fit. You will need to tap into your inner warrior.



Your inner warrior power means cultivating and training your Inner Power (energetic frequencies) to transform yourself to go beyond the dimension in which you are currently operating; a resetting of the mind where you can tap into "simultaneous time" where all things come together at the same frequency along with the ability to change normal strength and energy into an invisible power.

Essentially, the mind - body absolutely must work together as one unit to build a strong foundation. Consider the duality between the mind and the body. Most are using the mind and body as two separate entities. The mind does the thinking. The body moves when you need to walk, bend over, or do something. Separating the mind and body is where you lose energy, power and clarity.

When you operate with the mind only, you become scattered easily, because you carry too many thoughts, called monkey mind. It's as if you become lost within your own mind. But, when you train to bring your body, mind and energy together as one, all at the same time, you become very powerful. You're actually conserving your energy for when you need the power to perform.

Breathing is one of the most important aspects of training your inner warrior power. The key is to learn correct breathing for energy cultivation, which will increase the pressure of oxygen within the body. The key point is to build on the internal power from the inside out, as opposed to the outside inward. Building from the inside makes your inner organs strong and healthy while at the same time you're building a mental focus. This is what builds a foundation and power that others will notice. You'll start moving differently, carrying yourself differently and your strong focus will be apparent.

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