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I Already Am What I Want: A Letter to You from Me, James J. Sanders, Lumpkin & Bunkers Publishing Company, 1989, 0962182893, 9780962182891, . This book-letter facilitates right out of you a zest & motivation in your own life & work & lays it right there in your hands. It is an experience of self discovery in meeting him in his writings. (Tyler Kestal, THE REVIEW, June 1989). Written to you, this letter illustrates the vast ability that is already within yourself. Heartwarming & unique as the reader, it creates a direct self acceptance in a quite logical positive & solution oriented manner. With a slight Christian flavor James hypnotizes the reader to realize a full internal location of control in their own thinking & consequential feelings & behaviors. It perpetuates accountability as well as self & social responsibility. This book-letter confronts the reader that everything they do is a "want to" & not a "have to". Less is more & a simple life lends to easy living. James owns a private counseling practice while at the forefront of helping his readers & others in achieving self actualization & acceptance in this seemingly lonely world..

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We Love Each Other, But . . . Simple Secrets to Strengthen Your Relationship and Make Love Last, Ellen Wachtel, Feb 14, 2000, Family & Relationships, 224 pages. Shares advice to help couples strengthen already solid relationships and repair faltering ones, teaching them how to focus on the positive things that initially brought them

Fear of Intimacy , Robert Firestone, Joyce Catlett, Nov 1, 1999, , 358 pages. Written in clear and jargon-free language, "Fear of Intimacy" shows how therapists can help couples identify and overcome the messages of the internal voice that fosters

Disarming the Past How an Intimate Relationship Can Heal Old Wounds, John T. Gossett, 1999, Family & Relationships, 221 pages. .

The Bridge to I Am Rapid Advance Psychotherapy, Ellie Izzo, 2007, Self-Help, 132 pages. In this empowering guide to personal growth, renowned psychotherapist Dr. Ellie Izzo presents her Rapid Advance Psychotherapy (RAP) method: five concrete steps for reconnecting

Goodbye public and private , James Sanders, 2008, Poetry, 138 pages. Poetry. "GOODBYE PUBLIC AND PRIVATE is the work of a barbarian Thomas Edison--poems that are not simply wildly inventive but rather the end-result of a perpetual cycle of

I can't get over it a handbook for trauma survivors, Aphrodite Matsakis, Sep 1, 1996, Psychology, 395 pages. Discusses the causes and symptoms of post-traumatic stress disorder, tells how to identify situations that trigger attacks, and offers advice on recovering from rape, domestic

Destructive Relationships A Guide to Changing the Unhealthy Relationships in Your Life, Dr. Jill Murray, Sep 1, 2002, , 319 pages. Whether it's dealing with a critical parent, an unkind spouse, unappreciative children, or a demanding boss, Dr. Jill Murray presents way to help readers recognize the patterns

Sexual Detours The Startling Truth Behind Love, Lust, and Infidelity, Holly Hein, Apr 10, 2001, Family & Relationships, 272 pages. A thought-provoking new study examines the causes of love affairs, drawing on numerous case histories to explain how unrecognized needs can lead to infidelity and to offer

The Courage to Heal A Guide for Women Survivors of Child Sexual Abuse, Ellen Bass, Laura Davis, 2002, Adult child abuse victims, 495 pages. Based on the experiences of hundreds of child abuse survivors, The Courage to Heal profiles victims who share the challenges and triumphs of their personal healing processes

Evaluating School Programs An Educator's Guide, James R. Sanders, Carolyn D. Sullins, Nov 28, 2005, Education, 87 pages. This updated edition of the bestseller features a five-step NCLB-based process that demonstrates how skillfully administered annual program evaluations result in lasting

Boundaries When to Say YES, When to Say NO to Take Control of Your Life, Henry Cloud, John Townsend, 1992, Self-Help, 320 pages. Tells how to set limits and still be a loving person; discusses mental, emotional, and spiritual boundaries; and looks at the related teachings of the Scriptures..

Luke and scripture the function of sacred tradition in Luke-Acts, Craig A. Evans, James A. Sanders, 1993, Religion, 247 pages. .

Divorce Busting A Step-By-Step Approach to Making Your Marriage Loving Again, Michele Weiner Davis, Feb 1, 1993, Family & Relationships, 256 pages. In this ground-breaking book, Michele Weiner-Davis gives straightforward, effective advice on how couples can stay together instead of come apart. Using case histories to

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