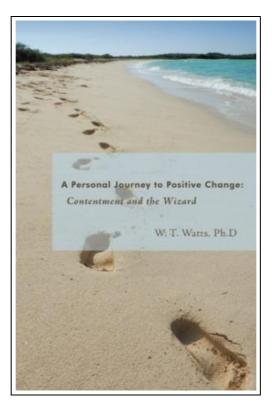
Contentment and the Wizard: A Personal Journey to Positive Change (Paperback)



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CONTENTMENT AND THE WIZARD: A PERSONAL JOURNEY TO POSITIVE CHANGE (PAPERBACK)



Trafford Publishing, Canada, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. My goal is to bring substance and understanding to the lives of my readers based on my thirty year career specializing in counseling and psychotherapy. Herein I decipher and define those qualities of mental health which empower an individual to escape the grips of spiritual and psychological distress. Each of the basic attributes necessary to achieve this goal (humility, gratitude, acceptance/forgiveness, patience/trust) is discussed in addition to obstacles and opportunities presented by life. Practicing the attributes while circumventing obstacles and maximizing opportunities for growth will result in a life perspective dominated by love, wisdom and courage. The reader s journey is not unlike that of Dorothy from Kansas who is unpredictably severed from the security of all that she has known to be confronted with the ultimate change (Friends, environment, culture, life goal etc.). The Wizard of Oz by L. Frank Baum is an allegory of self-discovery and empowerment. As she overcomes all obstacles Dorothy and her friends learn that genuine power lies within and all else is illusion. Both themes are combined to present a relevant and hopefully, engaging treatise on living the good life. My hope is that all readers benefit and evolve for the good of all.

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