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559 - PIERRE YULIANA

The principles of the revolutionary new acceptance and commitment therapy (ACT) help readers cope with the aftereffects of traumatic experience through the straightforward exercises in Finding Life Beyond Trauma.

Chronic childhood trauma, such as prolonged abuse or family violence, can severely disrupt a person's development, basic sense of self, and later relationships. Adults with this type of history often come to therapy with complex symptoms that go beyond existing criteria for posttraumatic stress disorder (PTSD). This important book brings together prominent authorities to present the latest thinking on complex traumatic stress disorders and provide practical guidelines for conceptualization and treatment. Evidence-based assessment procedures are detailed, and innovative individual, couple, family, and group therapies are described and illustrated with case vignettes and session transcripts.

Explores the causes and symptoms of dissociative identity disorder and offers advice on living constructively with multiple personalities

This gives me an immense pleasure to announce that 'RED'SHINE Publication, Inc' is coming out with its third volume of peer reviewed, international journal named as 'The International Journal of Indian Psychology. IJIP Journal of Studies' is a humble effort to come out with an affordable option of a low cost publication journal and high quality of publication services, at no profit no loss basis, with the objective of helping young, genius, scholars and seasoned academicians to show their psychological research works to the world at large and also to fulfill their academic aspirations.

Understanding the Paradox of Surviving Childhood Trauma offers clinicians a new framework for understanding the symptoms and coping mechanisms displayed by survivors of childhood abuse. This approach considers how characteristics such as suicidality, self-harm, persistent depression, and anxiety can have roots in behaviors and beliefs that helped patients survive their trauma. This book provides practitioners with case examples, practical tips, and techniques for applying this mindset directly to their most complex cases. By depathologizing patients' experiences and behaviors and moving beyond simply managing them, therapists can reduce their clients' shame and work collaboratively to understand the underlying message that these behaviors conceal.

Women Survivors of Childhood Sexual Abuse is a detailed discussion of the theoretical and philosophical underpinnings involved in conducting group psychotherapy with women who have experienced childhood sexual abuse. Offering the practical "how to's" of conducting a thirteen-session group, this unique book emphasizes the discovery of solutions, strengths, and internal/external resources and highlights the temporal nature of "being a victim"

and "being a survivor" at theoretical and clinical levels. The book's integration of theory and clinical intervention provides a thorough basis for addressing some of the key themes in the resolving of sexual abuse. In Women Survivors of Childhood Sexual Abuse, you'll uncover topics related to healing such as: the theoretical rationales for group treatment, which include the Ericksonian approach, the feminist perspective, narrative therapy, and the solution-oriented approach resiliency- and resource-based approaches the importance of language in recovery from sexual abuse how to deal with issues such as relationships, telling one's story of abuse, building safety/boundaries, spirituality, cultivating a future, dealing with flashbacks A practical guide for students in counseling practicums, Women Survivors of Childhood Sexual Abuse provides you with a systematic method with which to conceptualize and conduct group work. Experienced counseling practitioners in psychology, social work, psychiatry, and nursing will also benefit as you gain a session-by-session account of how to conduct group work. In today's institutional setting, private practice, and professional climate in general, there is growing interest in how to do more with less, how to maximize financial and professional resources, and how to take care of our therapist selves. This book will help you achieve these goals through leading clients to personal empowerment, self-compassion, and resourcefulness.

Golding's iconic 1954 novel, now with a new foreword by Lois Lowry, remains one of the greatest books ever written for young adults and an unforgettable classic for readers of any age. This edition includes a new Suggestions for Further Reading by Jennifer Buehler. At the dawn of the next world war, a plane crashes on an uncharted island, stranding a group of schoolboys. At first, with no adult supervision, their freedom is something to celebrate. This far from civilization they can do anything they want. Anything. But as order collapses, as strange howls echo in the night, as terror begins its reign, the hope of adventure seems as far removed from reality as the hope of being rescued.

This book explores how an individual can help themselves resolve a wide variety of ordinary, everyday life problems and improve their mental health. It is designed as a self-help aid for people with depression, anxiety, or with issues of low self-esteem.

PULITZER PRIZE WINNER • A "vivid and devastating" (The New York Times) portrait of an indomitable girl—from acclaimed journalist Andrea Elliott "From its first indelible pages to its rich and startling conclusion, Invisible Child had me, by turns, stricken, inspired, outraged, illuminated, in tears, and hungering for reimmersion in its Dickensian depths."—Ayad Akhtar, author of Homeland Elegies ONE OF THE TEN BEST BOOKS OF THE YEAR: The New York Times • ONE OF THE BEST BOOKS OF THE YEAR: The Atlantic, The New York Times Book Review, Time, NPR, Library Journal In Invisible Child, Pulitzer Prize winner Andrea Elliott follows eight

dramatic years in the life of Dasani, a girl whose imagination is as soaring as the skyscrapers near her Brooklyn shelter. In this sweeping narrative, Elliott weaves the story of Dasani's childhood with the history of her ancestors, tracing their passage from slavery to the Great Migration north. As Dasani comes of age, New York City's homeless crisis has exploded, deepening the chasm between rich and poor. She must guide her siblings through a world riddled by hunger, violence, racism, drug addiction, and the threat of foster care. Out on the street, Dasani becomes a fierce fighter "to protect those who I love." When she finally escapes city life to enroll in a boarding school, she faces an impossible question: What if leaving poverty means abandoning your family, and yourself? A work of luminous and riveting prose, Elliott's *Invisible Child* reads like a page-turning novel. It is an astonishing story about the power of resilience, the importance of family and the cost of inequality—told through the crucible of one remarkable girl. Winner of the J. Anthony Lukas Book Prize • Finalist for the Bernstein Award and the PEN/John Kenneth Galbraith Award

Patricia A. McKnight: Author "My Justice" In this amazing new book "Beyond Survivor", the very talented author, Jan Frayne, takes his readers into the arena of childhood sexual abuse recovery, battles and conquests. As one of the rare published novels from a Male Childhood Sexual Abuse Survivor, Mr. Frayne allows his readers to feel the depth of shattered mind, body and soul. "Beyond Survivor" will take you into the hurricane of emotion and strength as this boy conquers the demons and nightmares of his past. Readers will ride the rollercoaster of success as they travel through the many nightmares. This expertly written novel shows the path of standing strong and achieving what all mankind desires; retrieving the happiness once destroyed by the wicked. This collection of outstanding poetry and prose is a must read for all as inspiration to prevail against the challenges put forth in the battle to obtain our own freedom.

Wouldn't you love to sit down with an experienced homeschooling mom and pick her brain? "Beyond Survival" gives you the preparation and working plan for a successful homeschooling experience. With confidence and compassionate humor, Diana Waring leads you on a joy-filled educational journey.

Posttraumatic Growth reworks and overhauls the seminal 2006 *Handbook of Posttraumatic Growth*. It provides a wide range of answers to questions concerning knowledge of posttraumatic growth (PTG) theory, its synthesis and contrast with other theories and models, and its applications in diverse settings. The book starts with an overview of the history, components, and outcomes of PTG. Next, chapters review quantitative, qualitative, and cross-cultural research on PTG, including in relation to cognitive function, identity formation, cross-national and gender differences, and similarities and differences between adults and children. The final section shows readers how to facilitate optimal outcomes with PTG at the level of the individual, the group, the community, and society.

"Grounding is a recovery-focused skill that offers powerful help towards managing and reducing symptoms related to trauma, including feeling too much or too little"--

"The book's first section, *Developing Basic Tools For Managing Stress*, is devoted to establishing a safe framework for trauma resolution. The second section, *Acknowledging and Regulating Your Emotions*, helps the trauma survivor to make sense of overwhelming emotional experiences. The final section, *Being and Functioning in the World*, focuses on self and relational development, leading into the future"--Publisher's website.

This is the first book to offer structured skills training for those suffering from dissociative disorders as a result of trauma. Boone, Steele, and van der Hart draw upon a practical integration of cur-

rent and important theories and therapies for trauma and dissociation. They offer a helpful combination of short educational pieces, homework sheets, and exercises that promote essential emotional and life skills in individuals who suffer from dissociation, and which can be used in either group or individual treatment.

Trauma can turn your world upside down--afterward, nothing may look safe or familiar. This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives. Full of practical strategies for coping and self-care, the book guides you toward reclaiming a solid sense of safety, self-worth, trust, and control, as well as the capacity to be close to others. The focus is on finding the way forward in your life today, no matter what has happened in the past. The updated second edition has a new section on managing emotions through mindfulness and an appendix on easing the stress of health care visits. Dozens of step-by-step questionnaires and exercises are included; you can download and print additional copies of these tools for repeated use.

Combining years of research, teaching, and experience treating trauma survivors, Dr. Jon G. Allen offers compassionate and practical guidance to understanding trauma and its effects on the self and relationships. *Coping With Trauma* is based on more than a decade of Dr. Allen's experience conducting educational groups for persons struggling with psychiatric disorders stemming from trauma. Written for a general audience, this book does not require a background in psychology. Readers will gain essential knowledge to embark on the process of healing from the complex wounds of trauma, along with a guide to current treatment approaches. In this supportive and informative work, readers will be introduced to and encouraged in the process of healing by an author who is both witness and guide. This clearly written, insightful book not only teaches clinicians about trauma but also, equally important, teaches clinicians how to educate their patients about trauma. Reshaped by recent developments in attachment theory, including the importance of cumulative stress over a lifetime, this compelling work retains the author's initial focus on attachment as he looks at trauma from two perspectives. From the psychological perspective, the author discusses the impact of trauma on emotion, memory, the self, and relationships, incorporating research from neuroscience to argue that trauma is a physical illness. From the psychiatric perspective, the author discusses various trauma-related disorders and symptoms: depression, post-traumatic stress disorder, and dissociative disorders, along with a range of self-destructive behaviors to which trauma can make a contribution. Important updates include substantive and practical information on Emotion and emotion regulation, prompted by extensive contemporary research on emotion -- which is becoming a science unto itself. Illness, based on current developments in the neurobiological understanding of trauma. Depression, a pervasive trauma-related problem that poses a number of catch-22s for recovery. Various forms of self-destructiveness -- substance abuse, eating disorders, and deliberate self-harm -- all construed as coping strategies that backfire. Suicidal states and self-defeating aspects of personality disorders. The author addresses the challenges of healing by reviewing strategies of emotion regulation as well as a wide range of sound treatment approaches. He concludes with a new chapter on the foundation of all healing: maintaining hope. This exceptionally comprehensive overview of a wide range of traumatic experiences, written in nontechnical language with extensive references to both classic and contemporary theoretical, clinical, and research literature, offers a uniquely useful guide for victims of trauma, their family members, and mental health care professionals alike.

Growth is a continuous process that begins at conception. Come,

let us review the history events from a past life. As we take this walk together through time, think with expectation of a growing process.

Insights into dealing and handling trauma and severe stress. Two chapters with tools for dealing with trauma and tools for living a life after trauma.

Beyond Survival: Reclaiming Self, the third and final segment of the trilogy series exemplifies the true meaning of individuals and community working together. You will experience through another's eyes the pain and healing power in the form of imagery, poetry, short stories, and lyrics, all of which can be instrumental in the healing journey of incest and sexual assault. "Beyond Survival the last of Cathy Brochu's trilogy about struggle and rebirth, shows us that, for Ms. Brochu, life is about more than surviving. For her, it is about growing to become an advocate and activist for those suffering in a nightmarish world that society chooses to deny. This compilation of stories, poems and narratives-some in illustration rather than words-gives a voice to many who have endured violence and degradation by the very people who should have protected and loved them. Encouraging patients to tell their stories is an important tool in medical diagnosis and an important therapeutic tool in healing wounds of the psyche. Listening, truly listening to the storyteller is a skill that develops in the best health professionals. The author gives us the opportunity to hear something very profound about how people can heal. But, if we listen carefully, through these writings, we might learn to recognize those in need of advocacy and begin to break this societal cycle of distress. I feel that Ms. Brochu's trilogy *Lost Innocence*, *New Beginnings* and now *Beyond Survival*, should be required reading for health care professionals. We cannot really begin to help until we are able to hear the voices of those struggling to break free. The author, once again, has made an important contribution by letting these stories speak for themselves. We just need to listen!" Wendy S. A. Edwards, MD Chief, Section of Palliative Medicine Department of Medicine and Faculty John Conley Department of Ethics St. Vincent's Hospital Manhattan "Like Homer's ill-fated, absurd hero, Sisyphus, the author of *Lost Innocence* and *New Beginnings* mastered her fate by embracing it with courage and lucidity. Now in *Beyond Survival*, the final offering in her life-affirming trilogy, the author provides other victims laboring in the underworld of sexual experience an opportunity to give voice to their mastery of fate and fury in poems, stories and other public expressions of private pain and healing. Superbly conceived and executed, 'Beyond Survival: Reclaiming Self' is a rich, rewarding read for anyone attuned critically to the irrepressible drama of human triumph over excruciating intrapsychic experience." Carl P. Ellerman, Ph. D. Psychotherapist Syracuse, New York "The combined voices of countless survivors of childhood abuse join together to offer hope and healing in *Beyond Survival: Reclaiming Self*. Through prose, poems, and drawings, the reader is provided with abundant examples of survival and recovery from childhood trauma. By sharing their experiences, the contributors grant the reader a look inside their anguish, but more importantly, into their recovery and victory over childhood abuse. *Beyond Survival* offers hope to those recovering from childhood abuse, affirming that they are not alone, and triumph over trauma is possible." Jennifer Cornish Genovese, ACSW, LCSW Psychotherapist specializing in the treatment of traumatized children Syracuse, New York "Cathy Brochu's book, *Beyond Survival: Reclaiming Self*, the third in a trilogy, gives voice to many adults who have survived sexual assault and incest. The book offers a unique opportunity for the reader to examine the artistry displayed in poems, stories, photos and lyrics of survivors' works. This candid documentation of the healing journey one takes from 'victim' to 'survivor' and eventually to 'advocate for social change' inspires and encourages each of

us to join collectively in doing our part to end violence. Cathy's work exemplifies the power of hope, compassion

'Beyond Survival' breaks new ground in the ongoing debate about health finance and financial protection from the costs of health care. The evidence and discussion support the need to consider financial protection, in addition to health status, as a policy objective when setting priorities for health systems. This book reviews the Latin American experience with health reform in the last 20 years and the fundamentals of health system financing, using new evidence to show the magnitude and mechanisms that determine the impoverishing effects of health events (diseases, accidents, and those of the life cycle). It provides options for policy makers on how to protect, and help household to protect themselves, against this impoverishment. The authors use empirical evidence from six case studies commissioned for this report, on Argentina, Chile, Colombia, Ecuador, Honduras, and Mexico. This book provides policy makers with a solid conceptual basis for decisions on the contents of mandatory health insurance benefit packages, choices of financing mechanisms, and the roles of public policy in this field. 'Beyond Survival' provides an in-depth analysis of, and organizational alternatives for, risk pooling and health insurance for financial protection. It analyzes the urgent need to extend risk pooling to the informal sector, the challenges for current social insurance arrangements, and options for policy makers to effectively extend risk pooling to the informal sector.

Surviving Kidnappers is a detailed guide from conflict expert Olav Ofstad which takes readers through the process of kidnap survival, guiding them through the critical steps from assault through captivity to freedom. What would you do if you were kidnapped? Starting with the assault, this book explains the mindset required to stay calm and make intelligent decisions. Moving on to the often gruelling transportation phase, advice is offered on how to brave it and pick up on crucial information. For the phase of captivity this book offers practical advice as well as mental activities that can reduce the risk of being traumatised. The author identifies closely with you as the reader, explaining in simple terms the practical application of social psychology, influencing the captor to your advantage and relating to angry and violent kidnapers. Protection tools and how to apply 'diplomacy' if violence occurs are presented.

Overcoming Emotional Trauma: Life Beyond Survival Mode is a balance of personal stories and perspective that is interwoven, and it works! Travis humanizes how trauma can play out in an individual for a deeper understanding. This book will help you look at other factors, besides just behaviors and symptoms. *Overcoming Emotional Trauma* is not only for professionals working with those who have experienced trauma, but for those who have experienced trauma themselves. The information included in this book can also have a wide spread application for the many systems we navigate in our daily lives, and for anyone who is interested in self-awareness and growth. Travis' story encapsulates what many of those operating in "survival mode" are actively living, which is sometimes difficult to put into words or describe. ~Alyssa Shepard, LMSW, Children and Family Therapist -Iowa Trauma can turn your world upside down--afterward, nothing may look safe or familiar. This compassionate workbook has already helped tens of thousands of trauma survivors start rebuilding their lives. Full of practical strategies for coping and self-care, the book guides you toward reclaiming a solid sense of safety, self-worth, trust, and control, as well as the capacity to be close to others. The focus is on finding the way forward in your life today, no matter what has happened in the past. The updated second edition has a new section on managing emotions through mindfulness and an appendix on easing the stress of health care visits.

Dozens of step-by-step questionnaires and exercises are included.

#1 New York Times bestseller “Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society.” —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller *Trauma is a Fact of Life*. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world’s foremost experts on trauma, has spent over three decades working with survivors. In *The Body Keeps the Score*, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers’ capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain’s natural neuroplasticity. Based on Dr. van der Kolk’s own research and that of other leading specialists, *The Body Keeps the Score* exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

Explores the healing role that faith leaders can play in the lives of those who have suffered a trauma and discusses how one can use growth-promoting relationships to support the needs of one's charge.

A complete manual for those tormented by the linear nature of daily chores features a design created to accommodate those who have difficulty reading a book cover to cover, with easy-to-use flaps offering instant access to needed sections. Original.

"This authoritative reference on complex traumatic stress disorders (CTSDs) and their assessment and treatment has now been significantly revised with more than 75% new material reflecting a decade of advances in the field. Leading experts delve into ways to understand, engage, assess, and treat adults with complex trauma histories, whose symptoms often include but may go well beyond those of posttraumatic stress disorder. The volume presents cutting-edge theory and research on CTSDs, considers diagnostic controversies, and identifies core elements of effective, culturally responsive treatment. Established and emerging therapies specifically tailored to this population are described and illustrated with vivid case examples. Other highlights are chapters on transtheoretical treatment, the crucial role of professionalism and training, and recognizing and managing vicarious traumatization. Subject areas/Key words: complex trauma, complex posttraumatic stress disorders, CPTSDs, developmental trauma disorder, interpersonal trauma, psychological trauma, child sexual abuse, childhood abuse, chronic maltreatment, disturbances of self-organization, dissociation, evidence-based treatments, assessments, diagnosis, psychotherapy, cognitive-behavioral therapy, CBT, developmental psychopathology, victimization, individual therapy, couple therapy, family therapy, borderline personality disorder, reactive attachment disorder, ICD-11-CM Audience: Clinicians and researchers in clinical psychology, psychiatry, social work, nursing, and counseling, and couple and family therapy"--

Transformative justice seeks to solve the problem of violence at the grassroots level, without relying on punishment, incarceration, or policing. Community-based approaches to preventing crime and repairing its damage have existed for centuries. However, in the putative atmosphere of contemporary criminal justice systems, they are often marginalized and operate under the ra-

dar. *Beyond Survival* puts these strategies front and center as real alternatives to today’s failed models of confinement and “correction.” In this collection, a diverse group of authors focuses on concrete and practical forms of redress and accountability, assessing existing practices and marking paths forward. They use a variety of forms—from toolkits to personal essays—to delve deeply into the “how to” of transformative justice, providing alternatives to calling the police, ways to support people having mental health crises, stories of community-based murder investigations, and much more. At the same time, they document the history of this radical movement, creating space for long-time organizers to reflect on victories, struggles, mistakes, and transformations.

Prepare your home and family for any life-threatening catastrophe with this step-by-step survivalist guide filled with techniques, strategies, and DIY projects from a lifelong prepping expert The preparation you make for a hurricane, earthquake or other short-term disaster will not keep you alive in the event of widespread social collapse caused by pandemic, failure of the grid or other long-term crises. Government pamphlets and other prepping books tell you how to hold out through an emergency until services are restored. This book teaches you how to survive when nothing returns to normal for weeks, months or even years, including: Practical water collection for drinking and hygiene Storing, growing, hunting and foraging for food First aid and medical treatments when there’s no doctor Techniques and tactics for fortifying and defending your home Community-building strategies for creating a new society

Surviving a traumatic experience is difficult and takes time to move on from, but this book makes the argument that with proper care and understanding, survivors can grow and reshape their lives in a positive way. For the past twenty years, pioneering psychologist Stephen Joseph has worked with survivors of trauma. His studies have yielded a startling discovery: that a wide range of traumatic events—from illness, divorce, separation, assault, and bereavement to accidents, natural disasters, and terrorism—can act as catalysts for positive change. Boldly challenging the conventional wisdom about trauma and its aftermath, Joseph demonstrates that rather than ruining one's life, a traumatic event can actually improve it. Drawing on the wisdom of ancient philosophers, the insights of evolutionary biologists, and the optimism of positive psychologists, *What Doesn't Kill Us* reveals how all of us can navigate change and adversity—traumatic or otherwise—to find new meaning, purpose, and direction in life.

This insider's guide is filled with successful strategies, coping techniques, and helpful ways to increase the day-to-day functioning of adult survivors of Dissociative Identity Disorder in relationships, work, parenting, self-confidence, and self-care.

Understanding the Paradox of Surviving Childhood Trauma offers clinicians a new framework for understanding the symptoms and coping mechanisms displayed by survivors of childhood abuse. This approach considers how characteristics such as suicidality, self-harm, persistent depression, and anxiety can have roots in behaviors and beliefs that helped patients survive their trauma. This book provides practitioners with case examples, practical tips, and techniques for applying this mindset directly to their most complex cases. By depathologizing patients’ experiences and behaviors, and moving beyond simply managing them, therapists can reduce their clients’ shame and work collaboratively to understand the underlying message that these behaviors conceal.

Re-enchanted your life with this book of rituals, ceremonies, and practices for personal growth—anchored in the hidden power of everyday things. “We all have a deep capacity to make magic and to do it as easily as we breathe or open our eyes. This is

not a matter of belief. You can discover your own capacity for magic in your own direct experience.” —Briana Saussy When you think of magic, do you imagine something supernatural, extraordinary, or beyond your everyday reality? Many of us are drawn to magic because we think there’s something “out there” that can bring enchantment and wonder back into our lives. Yet there’s a secret to real magic: the extraordinary is much closer than you may think. With *Making Magic*, expert teacher Briana Saussy invites you to discover a practice of magic that will bring a new depth and power to each moment, act, and choice of your life. Through teaching stories, wisdom from a wide variety of world traditions, and no-nonsense practices you can easily weave into your daily routine, Briana will help you reconnect with the wild and creative force of magic that is always around and within you, waiting for you to remember. As you explore this path of transformation, you’ll discover resources of magic that permeate your

life, including:

- Doors and thresholds—ways we “cross between worlds”
- Communication—creating magic with your voice, body, intentions, and relationships
- Holy helpers—ancestors, angels, saints, and spirit beings who guide and support you
- Water and washing—access the revitalizing energy of water when you drink or bathe
- Textiles and threads—how to loosen, mend, or bind up supportive energies
- Candles and fire—elemental power to bring light to darkness and burn away what no longer serves you
- Kitchen magic—using food to nourish your whole self and reconnect you with nature
- Talismans—infuse your beloved objects with sacred purpose and supportive power

“Magic is the most real part of any ‘real life’—the spark illuminating the authentic core of every experience,” writes Briana Saussy. If you are ready to enter a world that is ripe with possibility and rediscover the electric wildness of your life, here is an essential resource for *Making Magic* as only you can.