

## MATURING IN CELIBATE INTIMACY

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

The commitment to a celibate life brings with it a wide range of challenges, and throughout life we are faced with the need to understand and deal with these situations. As we grow older we are confronted with a whole new realm of emotions, questions and doubts.



Continuing on from her earlier releases, *Becoming a Celibate Lover*, Dr. Carole Riley leads us to examine many of the situations and questions, which may be foremost in the emotional processes of the committed celibate. In a reflective nature she discusses topics of loneliness, grief, anger, depression, failure, and how the celibate can manage them.

As we learn to clear a path through our emotional boundaries we can develop stronger faith commitments through intimacy with God and others. Invaluable for those who desire to deepen their understanding of their celibate commitment.

The two-hour presentation is in four parts:

**PART 1: Chaos and Creativity of Celibate Intimacy**

**PART 2: When Broken Boundaries Challenge Choice**

**PART 3: Healthy Conflict and Communications**

**PART 4: Aging in Celibate Commitment: Crises of Meaning**

DVDAH340 - (4) 30-minute presentations on 1 DVD -- \$12.95

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Sr. Carole Riley, cdp, PhD, LPC, is Executive Director of the West Virginia Institute for Spirituality where she participates in spiritual training programs in Charleston, West Virginia.

Formerly Professor and Executive Director of the Institute of Spirituality, at Duquesne, she is currently professor at Duquesne University in Pittsburgh where she was recently honored as distinguished Alumni. Dr. Riley has addressed both national and international audiences, and is in demand as a lecturer and retreat director.

## FORMING THE HUMAN HEART THROUGH INTIMACY

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

This seminar provides guidelines for assessing our heart present to our family, our wounded world and yourself. Focusing on the development of intimacy, steps to understand and embrace a growth process in INTRA and interpersonal relationship are presented using the developmental theorist with van Kaam, Hendricks and Richo. Dynamics of intimacy, sources of inner strength, and affinity of friendship are addressed.

### GOALS

Participants will be able to:

1. Define intimacy as a way of forming the human heart.
2. Describe the development of intimacy in adult relationships.
3. Reflect on sources of inner strength and obstacles to intimacy and friendship.
4. Acquire resources for networking and ongoing personal development of intimacy.

### MUSIC CREDIT

*MAY WE BECOME THE COMPASSION OF GOD*

By Kathy Sherman, CSJ Used by Permission of the artist.

*ALL I DO TODAY*, copyright 2016 by Jan Novotka's Music LLC. All rights reserved.

Used with permission.

CDAH628 = - 3CD's - \$24.95

## Self-Esteem and Spiritual Growth

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

This seminar addresses the relationship between self-esteem and spiritual growth; how to awaken self-love that heals fear and shame within us; responding to criticism; roots of my core beliefs; cognitive distortions; accurate self-assessment; humility and self-effacement; Christian concepts particularly challenging for persons with low self-esteem. FACT: *Spiritual growth is enhanced recognizing that at my core 'I am Good'.*

CDAH627 - 3 Cds, outline, 3 hrs. -- \$24.95

MUSIC: Album: "Ever with You", Song: I Feel You Everywhere, Jan Phillips

[www.janphillips.com](http://www.janphillips.com) [used with permission]

## Spirituality and Healing from Physical, Emotional and Sexual Abuse.

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

This program will address the spirituality helpful to adult survivors of physical, emotional and sexual abuse. Tips on building a support system, identifying a network and resolving abusive relationships are addressed. Therapist 'checklist' and resource materials will be distributed.

### GOALS

At the conclusion of this seminar participants will be able to:

1. Define spirituality helpful for adult survivors of abuse.
2. Identify 3 ways of building a support system for survivors.
3. Name 4 checklist items that insure adult survivors have a plan for intergration.
4. List colleagues for networking.
5. Give 3 theorists for ongoing study.

MUSIC: the "Servant Song" from the album "Instruments of Salvation", COPYRIGHT 1977, Liturgy Arts Group, Boston College, MA

CDAH626 - 3 Cds, outline, 3 hrs. -- \$24.95

## Be-ing a Peaceful Presence to the World: A Spirituality of BE-ING

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

Using her extensive pastoral experience, her academic research and natural sense of humor, Sr. Riley presents a program of meditation, relaxation techniques and self reflection to help the listener become more peaceful and wholesome in the midst of all the stresses life poses.

She demonstrates how simple every day gestures such as opening a door and taking a drink of water can be utilized to instill a sense of peace in the individual. She guides the listener in examining his or her words, gestures, and imagination in order to reduce the violent tendencies that exist in all of us. These violent tendencies frequently assault the person's own self esteem as well as degrading others.

She teaches how "mindfulness" can be combined with the spirituality of Ignatius and Van Kaam to transform the listener into a peaceful presence in the world enabling the listener to have a healthy sense of self-love and to live in more perfect harmony with others. Throughout her presentation she suggest numerous books and articles that the listener can benefit from and deepen the process that this program lays the groundwork for.

The anxieties and fears, the conflicts and stored emotions, the mental torment and the self-hatred are all addressed by Dr. Riley in such a way that the listener will be confident that self-empowerment and wholeness is possible.

CDAH625 - 3 Cds, 1hr. 40 min. -- \$24.95

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## MARY IN THE NEW TESTAMENT AND IN CHRISTIAN LIFE

### Biblical Reflections for Contemporary Spirituality

*Rev. Donald Senior, CP, Ph.D.*

Fr. Donald Senior, cp, paints a picture of Mary as the premier disciple of Christ.

He gives his listeners a deeper look into the life of Mary by focusing on the Gospel writer's individual, yet diverse, portraits of her within the historical biblical context.

By studying the various Marian passages that are within the Gospels, along with parallel passages of Jesus, he weaves a multi-faceted approach to Mary, both in the New Testament and in the Christian life. Fr. Senior also takes more than a passing glance at the historical experience of Mary from the Protestant perspective. By emphasizing the evangelist's portrayal of Mary as the primary focus for this presentation, Fr. Senior provides the quintessential experi-

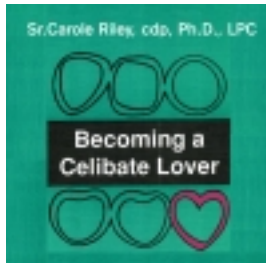
ence for his listeners to discover Mary as Theotokos, the God-bearer. Mary is depicted as a disciple of her Son, and as an activist of God's holy word, and as the destiny of God's holy people.

CDAH606 - 10 CDs, 9 hours & 50 minutes, plus outline - \$48.95



## BECOMING A CELIBATE LOVER: Promises and Pitfalls

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW



**Celibacy as a process begins with a call by God** and gradually develops through the arc of a person's life. Of course, this way of life is replete with challenges, difficulties and problems, as is any working out of one's sexuality and relationships. As a celibate or aspiring celibate passes through the stages of compliance, identification and internalization, there is a deepening of this unique attitude toward life. Celibate living becomes a way of loving and a way of being in the world.

One has to constantly reaffirm the call, taking into consideration one's needs, capacity for silence and solitude, and self-knowledge. The celibate person is called: to move from sex and passion to intimacy to deal with infatuation and romance and to

arrive at *agape* love.

The program presents a list of important helps and suggestions for a healthy celibate loving.

Good for discussions and fostering sharing among members of a community or group of friends on this delicate and often tabooed topic. Also for private viewing for those who need a better direction in and understanding of one's own sexuality and feelings in his/her celibate commitment

*... I appreciate the justice you gave to BECOMING A CELIBATE LOVER.*

*I found your presentation to be practical, down to earth and extremely timely. Carole, I think what I appreciate the most was the process of becoming a celibate over a lifetime. It's obvious to me that you know what you are talking about.*

Sr. Linda Hylla, cdp, Licensed Clinical Social Worker

**DVDAH210 - Four 30-minute programs on 1 DVD - \$12.95**

## MOVING TOWARD GOD WITH OUR FEARS

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

Fears affect our lives. We are afraid of many things - physically, psychologically, and emotionally, but also spiritually. It can create pain, a sense of helplessness, depression and a general paralysis of normal living.

Sr. Carole gives us an understanding of these fears. She shows how they are molded for us - the roles we learn, the ways of resolving problems we have developed and how we keep repeating them again and again. Often our limited view of God creates a distorted image of sin and creates a devastating fear.

This liberating program is excellent for anyone shackled by fears of any type.

*"We were immediately captivated by the energy and confident clarity of Sr. Carole's speech. The rich overtones of her voice resulted in a quality that was engaging and at same time, comforting. The natural unaffected flow of ideas with always the right word at her command gave us the feeling that she was speaking directly to us".*



Professor and Director of Graduate Studies, Duquesne University, Pittsburgh, PA

**CDAH323 - - - 4 - CDs - - - \$27.95**

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## FOSTERING INTEGRATION:

### Acceptance and Commitment On the Spiritual Journey

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

This seminar will focus on Acceptance and Commitment Therapy techniques proven to be effective for depressions, anxiety, stress, addictions, eating disorders and borderline personality disorders. The 6 techniques of ACT will be presented with extensive bibliographical resources. Some experiential worksheets will concretize the theory.

At the conclusion participants will be able to:

1. Define and describe Acceptance and Commitment therapy.
2. Identify the six core techniques of Acceptance Commitment Therapy.
3. Have a plan to apply ACT to two therapeutic issues.
4. Understand defusion and emotional blocks.

**CDAH623 - - 3 CDs - - TIME 3 1/2 hrs. - - \$24.95**

## FORGIVENESS: SPIRITUAL PASSAGE

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

Forgiveness is a gift we give ourselves. This seminar will present 4 stages in the forgiveness process, identity denial, anger, indignation, integration as common experiences. Resources to address the 'victim' within, and experiential therapeutic processes to facilitate forgiveness and letting go will be addressed.

Goals and objectives

• Participants will be able to:

- 1. Define Forgiveness as a healing process
- 2. Identify 4 stages of forgiveness
- 3. Clarify denial and a victim stance toward past hurts
- 4. Name 4 strategies to release the anger of the indignation stage of forgiveness
- 5. Provide resources and 3 experiential processes to attain forgiveness

**CDAH622 - - - 3 CD's plus outline - - - \$24.95**

## JOURNALING:

### SELF CARE AND THE HELPING RELATIONSHIP

Sr. Carole Riley, Ph.D., LPC, AAPC- Fellow

Using the Principle of mindfulness spiritual practice, this seminar will focus on strategies for healing the caregiver. Techniques of journaling, therapeutic writing, mindfulness practice and spiritual integration will provide the participant with necessary tools of self-care.

**CDAH621 - - 2 CD's plus outline - - \$19.95**

## MUSIC AND INNER HEALING

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

*There is a crack in everything. That is how the light gets in. (L. Cohen)*

This seminar will present principles and practices for tuning the mind, body and spirit. Participants will learn sound-based techniques for selfhealing—techniques that anyone can use, whether facing life-threatening disease or simply seeking relief from the stresses of daily life. Music, vocalization, breathing and meditation techniques will be used. Suggestions for playing healing music at the bedside of the sick and dying will be given. Use music, whether (sung, played, live, recorded) as healing sound power.

**CDAH609 - 3 CDs - 3 hrs. plus outline - - - \$22.95 3**



## LIVING WITH DEPRESSION A Call to Compassion

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

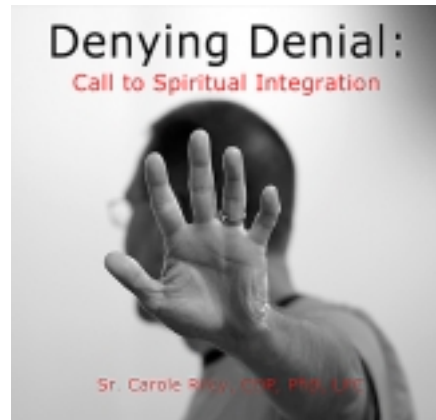
*God is love and loves us even when we are not feeling good and feel that we are abandoned.*

Perhaps the most life changing program that you can purchase for yourself or a friend.

Sr. Riley analyzes many types of depression rooted in emotional, physical and spiritual problems. For those who are suffering various forms of clinical depression and receiving professional help this will prove a valuable support tool.

For people who simply struggle with self-doubt, desperate thoughts, a general sadness, the simple techniques presented here will prove life changing. All people know there are certain almost obsessive thoughts that can plunge us into sadness and rob us of the joy that should come from being alive and a child of God. Drawing on a lifetime of study, teaching and pastoral practice, Sr. Riley presents proven techniques to aid the individual to develop realistic and objective ways of looking at their lives that can be full of hope. The numbers of mental traps that can enslave us are multiple and her solutions to many of the ideas that wreak havoc with our emotions are amazingly effective. Having worked with children, adolescents, and adults that battle unhealthy thought processes, Sr. Riley takes depression in its various forms seriously and teaches the listener how to grow in compassion towards others and themselves.

The key to her program is the virtue of humility.  
CDAH601 - 3 CDs, 2 1/3 hrs with outline \$25.95



## DENYING DENIAL

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

In this triple-disc set, Sr. Carole attempts to address the painful reality of **denying denial**. **Denial** is basically a defense mechanism in which a person is faced with facts that are too uncomfortable to accept and ultimately rejects them, insisting that they are not true, despite what may be overwhelming evidence to the contrary.

The concept of **denying of denial** involves thoughts, actions and behaviors, which bolster confidence that nothing needs to be changed in one's personal behavior. Sr. Carole's presentation reminds the listener that denial is particularly important to the study of addiction. Through a series of personal exercises, Sr. Carole orients her listeners toward a deeper understanding of the whole concept of **denial** and its consequences, and proposes a solution, which ultimately is the call to spiritual integration and wholeness.

She also provides a multitude of written bibliographical and presented resources that are available for one's own therapeutic work. Sr. Carol demonstrates how many choose to live in **denial**, rather than face reality of life. In this gripping and involved presentation, she addresses all aspects of **denying of denial** and its ramifications from the early stages of human growth into adulthood.

Sr. Carole Riley is currently the Executive Director of the WV Institute for Spirituality in Charleston, WV.  
CDAH612 - 3 CDs, 2 1/2 HRS. outline - \$22.95

## WHEN I FEEL GUILTY: Experiencing God

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

Guilt is an inevitable part of the human experience and sometimes we do not know how to heal it. Explains how to bear guilt gracefully and prevent it from poisoning our relationships. Sr. Carole guides us to a loving understanding of the sources and manifestations of guilt. She helps us to explore strategies for the appropriate release of the guilt that hinders our spiritual development. She shows us how we can heal ourselves with God's help.

CDAH526 -- 2 CD's, 2 hrs. of lectures plus outline -- \$22.95

## CHILDREN OF DIVORCE: Some Spiritual Helps

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

Communication, forgiveness, honesty and love are essential when dealing with children whose parents are in the process of a divorce. Included are meaningful tips to keep the lines of communication open. Understanding the sense of loss and dealing with the life-long issues that remain after divorce allow spiritual growth and healing.



CDAH365 -- 3 CD's with outline -- \$22.95

## MOVING FROM INFATUATION TO CONSCIOUS LOVING

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

As we attempt to live in imitation of the perfect love that Christ had for his people, we begin to envision a pure and complete love as the ideal of our commitment to community and family. Understanding love in its creative, fulfilling, and affirming nature's means going beyond the confining aspects of love that are made real by infatuation. Sr. Carole Riley leads us through a study of infatuation and develops a technology for transforming its limiting and incomplete nature into a comprehensive and universal expression that is constructive in its scope and authenticity. We will learn how to recognize the phases and signs of infatuation, and how to develop the skills necessary to move out of self-limitation and into resolution as conscious loving then begins to thrive.

DVDAH810 -- Four 30-minute presentations on 1 DVD -- \$12.95

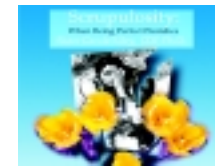
## SCRUPULOSITY:

## WHEN BEING PERFECT PUNISHES

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

A practical guide those afflicted with the life draining condition of scrupulosity. Listener guided through a self-evaluation that pinpoints when scrupulosity is dominating the person's life. She gives spiritual exercises designed to help the person live in the moment, let go of past events, accept the forgiveness of God, and finally be forgiving to oneself.

CDAH498 - 2 CD's, four 30 min. talks -- \$20.95



## INTERPERSONAL CONFLICT: A Spiritual Challenge

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

As relationships deepen in healthy encounters, conflicts emerge. This seminar addresses the call to resolve through noticing, analyzing, discerning self-reflection and dialogue. Part One addresses conflicts in intimate relationships. Part Two will focus on the role of teachers, church leaders, organization leaders in creating a safe space for conflicts to emerge.

Some concepts of Parker Palmer will be used to investigate 'truth' as truth in its communal dimension.  
CDAH561 -- 2CDs, 2 hrs. 15 minutes -- \$19.95

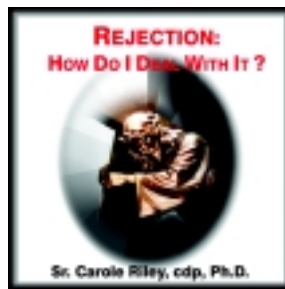


## “COMING HOME: UNION WITH GOD”

**SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW**

In this seminar, principles of authenticity will be presented. Participants will be guided in describing their presence and modes of being in personal, interpersonal, faith and professional relationships. Fowler, Ford, Grabowsky, Clinebell, and Oates models of revisioning will be discussed as they relate to self-realization and the unity of the self.

**CDAH580, 2 CDs, 1Hr. 50 min. with out. \$19.95**



## REJECTION: HOW DO I DEAL WITH IT?

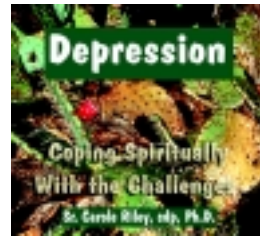
**SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW**

Dealing with the need for approval, how to handle abandonment, and what forgiveness achieves are explained. Special kinds of rejection involving family and friends, being fired from a job, not making the grade etc. are examined.

**CDAH456 -- 2 CDs -- \$20.95**

**The songs WELCOME GOD © Copyright 2000  
and**

**A SIGN OF HOPE © Copyright 1997 by Sr.  
Charlene Schaaf, cdp, Used with permission.**



## DEPRESSION

### Coping Spiritually With the Challenges

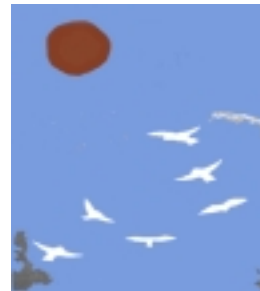
**SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW**

Explores the dynamics of depression in the Church. Offers insights into this dark reality and gives practical suggestions for dealing with depression. Shows how physical activity, prayer, ritual, meditation, music, friendly support and counseling can aid in lifting a person out of the darkness.

**CDAH494 -- 3 CD's, 3 hours of talks -- \$30.95**

**Music from the album “Morning Breaks”,  
Copyrighted (C) 2001 by Fr. Jim O’Connor /  
Used with permission.**

**EMAIL: fatherjimo@aol.com**



## ANGER: ITS USE IN RECOVERY

**SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW**

The roots of anger: power, self-sufficiency, personal significance and perfection are defined and again she applies the theory to everyday living enabling the listener to apply the principles to her/his own healing. She also treats the handling of anger in spiritual direction.

**CDAH247 - Three CD's with outline -- \$15.95**

## INNER RHYTHMS:

### *The Spiritual Call and Challenge of Anger*

**SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW**

**“ANGER “ - ONE LETTER AWAY FROM “DANGER”.**

This program will help you to: identify positive and negative anger; identify precursors to inappropriate anger escalation; verbalize strategies to express feelings of emotional pain appropriately; name resources for anger management, conflict management and emotional pain resolution. Using scripture, poetry, music, pictures, discussion, and personal experiences Sister Carole will guide you through the process. She will provide you with many resources for anger management, including an extensive bibliography. The roots of anger: power, self-sufficiency, personal significance and perfection are defined and applied to everyday living enabling you to apply the principles to your healing process.

This program will help spiritual journey-ers, counselors, therapists, and caregivers confronted with their emotions, disappointment and frustration.

**CDAH619 --- 3CDs -- 2 ¾ hrs. Plus outline & bibliography --- \$22.95**

## MUSIC AS PERSONAL PRAYER

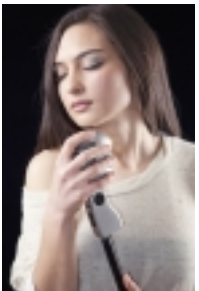
**SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW**

St. Augustine describes music as praying twice. This seminar addresses the types and styles of music that may foster and deepen personal prayer practice.

Principles of music selection, duration and genres supportive of praying with the body, quieting the mind, and touching the heart will assist individual seekers of a variety of spiritual traditions to quiet anxiety, lessen depression, develop mindfulness and prepare for the spiritual journey.

Mental health professionals, clergy, spiritual directors, RCIA leaders will be provided tools for teaching the use of music for personal prayer. No prior music experience needed.

**CDAH611 -- 3 CDs, 2 hours & 20 minutes, plus outline --- \$22.95**



Sr. Carole Riley, cdp, PhD, LPC, is Executive Director of the West Virginia Institute for Spirituality where she participates in spiritual training programs in Charleston, West Virginia.

Formerly Professor and Executive Director of the Institute of Spirituality, at Duquesne, she is currently professor at Duquesne University in Pittsburgh where she was recently honored as distinguished Alumni. Dr. Riley has addressed both national and international audiences, and is in demand as a lecturer and retreat director.

## GRIEF RECOVERY: ONE STEP AT A TIME

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW



This Seminar will explore seven stages of grief: personal-ity, family, culture. Through lec-ture and reflection, participants will synthesize past experiences and assess positive and negative impacts on the grieving process.

Resources will be provided with assessments for patho-logical grieving and strategies for healthy resolution of stressors.

CDAH604, 2 CD's 114 minutes - - - \$22.95



## COMPANIONING CHILDREN In Terminal Illness And Dying

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

Dr. Carole Riley offers specific information and strategies to all who know, work with or minister to the sick and dying and/or their families and friends. This program teaches you to face the reality of death and to go on with life. This presentation teaches you to identify and use strategies to talk about illness and death; provides a resource list that will help you further examine and study the process of dealing with death; as well as a guided imagery process. We are reminded "Every small step makes a difference."

CDAH564- 2 CD's, 1 ¾ hrs. With outline \$14.95

## GUIDED IMAGERY: LOSS, BEREAVEMENT AND NEW HOPE

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

Dr. Riley discusses the psychological and spiri-tual process of grieving after a major loss and guides the grieving person to come in contact with his fears and feelings. This is a program for those who are coming to grips with their loss or grieving, as well as for their caregivers.

CDAH239 - - Four CD, with outline - - \$15.95

## GOOD MOURNING:

### Helping Children to Grieve Death and to Move Toward Healing

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

How do you tell a child about the death of a parent, sibling, close relative, or friend? Once that death has been made known, how do you answer children's questions about what caused the person to die, and what happens next? Then, as the grieving process begins, what are some constructive ways for chil-dren to express strong reaction to loss?

Sr. Carole shares insights regarding which behaviors are normal responses to death, and which may be cause for concern. While she advocates giving children enough space in which to grieve in their own way, Sr. Carole also stresses the importance of help-ing grieving children celebrate the present.

CDAH559 - - 2 CD's -- plus outline - - \$17.95

## SPIRITUALITY AND DIVORCE

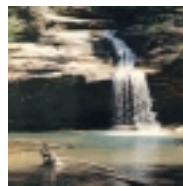
SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW

In this reflective, prayerful presentation, Sr. Carole Riley gently leads those broken by divorce through the stages of grief that are so much a part of separa-tion, allowing the Spirit to bring healing through ac-ceptance, forgiveness, and through a stronger union with God..

CDAH357 - - 2½ hours on two CD's - \$17.95

## INNER SIMPLICITY: A Call to Harmony and Integration

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOW



A fresh awareness of God's presence in life is cultivated by simplicity. Attentiveness to the present moment and embracing the simple joys of being human cleanses our minds and vision.

Program gives ways to be de-tached from selfishness.

CDAH383 - - 2 CD's with outline - - \$23.95

## SPIRITUALITY OF ADULT RELATIONSHIPS

SR. CAROLE RILEY, C.D.P., PH.D., AAPC-FELLOWSR.

Basing the presentation on her own life time worth of experience and the works of Fowler, Chapman,



Bowen, Au and Libert, Sr. Carole Riley describes what healthy spiritual re-lationships are and how to establish them. The presenta-tion also covers how to heal broken or dy-ing relationships and how to end essen-

tially destructive relationships.

The skills presented here are immediately appli-cable and can change both the dynamics of how indi-viduals interact and how the Christian community as a whole gels in its life in the Lord. She presents the four keys to mindful loving, 1- the nature of conflicts, and 2- the dangers of distancing, 3- over functioning and 4- under functioning. She gives techniques to come to terms with our emotions and ways to deal with temptations. All of this revolving around our faith, desire for God, and our prayer life. She spells out 10 misconceptions that can defeat relationships and ten ways to promote success in adult relationships. From simple talking, to journaling, to Haiku.

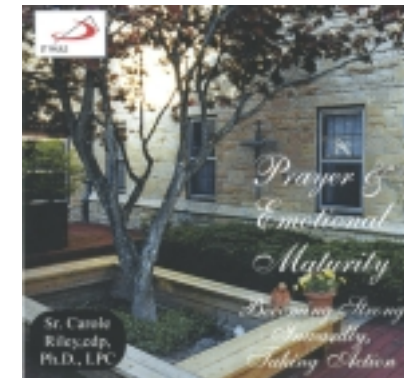
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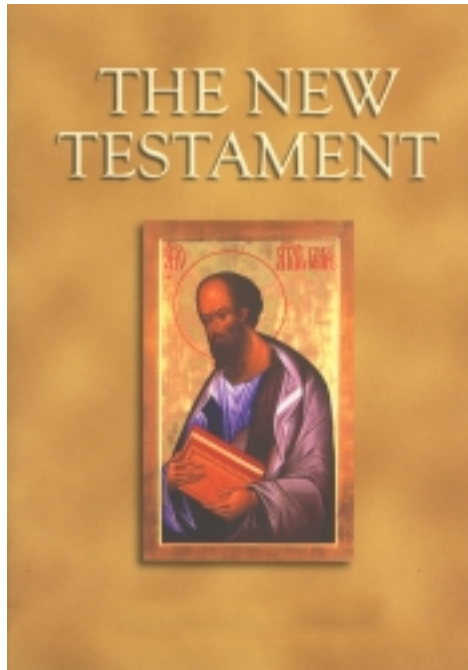
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