



Gaining Positive!

Issue #09
Feb/Mar
2011

From the Editor

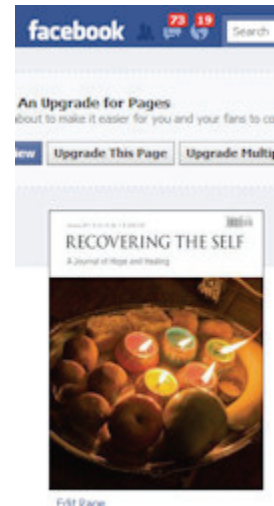
A warm albeit belated welcome to all in the year 2011! Owing to overwhelming occupation by our publishing work, GP had to be put off for some time. Many of you have been in touch and those who haven't were missed a lot. I would like to mention here my [live interview with Judyth Piazza](#) on her radio show *The American Perspective*). Hope you all enjoy it. Write to us for your feedback, comments, suggestions, and positive aspirations. Enjoy reading GP issue # 9!

Happy Reading!

[Ernest Dempsey](#), Associate Editor

GP News

- LHP's journal *Recovering the Self* has got a Facebook page now. Credit goes due to Vincent Sobotka, who has joined RTS as a marketing director. Visit the [RTS Facebook page](#) and click on the "Like" button to be part of the page.
- Be sure to check in every Friday night on www.RecoveringSelf.com for guest editorials by LHP authors and some special guests.



Twelve Tips for a Terrific 2011!

1. "Don't complain. Half the people don't care, & the other half think you've got it coming!"
Dirk Chase Eldredge, author of [You've Gotta Fight Back! Winning with Serious Illness, Injury or Disability](#)
2. "Learn to listen without interrupting. Don't tell the other person what you think about this or that issue. Ask what that person thinks. Then get the person to clarify. You'll avoid arguments. Better still, you'll connect more with others"
Larry Hayes, author of [Mental Illness and Your Town: 37 Ways for Communities to Help and Heal](#)
3. "Lingering under our hurt feelings are unmet expectations. Set reasonable expectations, adjust them when needed, and let go of the rest."
Holli Kenley, author of [Breaking Through Betrayal: And Recovering the Peace Within](#)
4. "Learn to respond to people in your life instead of reacting to them; reactivity is always toxic

to relationship.”

William Krill, author of [*Gentling : A Practical Guide to Treating PTSD in Abused Children*](#)

5. “Hug as many friends and relatives as you can!”

Barbara Sinor, author of [*Tales of Addiction and Inspiration for Recovery*](#)

6. “Be mindful and present in everything you do and peace will naturally flow into your life.”

Richard A. Singer, Jr. author of [*Your Daily Walk with the Great Minds*](#)

7. “Start the New Year with a new journal—journaling is akin to your daily vitamin, as it heals, detoxifies and is essential for optimal health.”

Diana Raab, author of [*Healing With Words: A Writer’s Cancer Journey*](#)

8. “Take a walk; whether around your kitchen or neighborhood, endorphins make you happier, pumping blood makes you healthier, moving muscles makes you stronger.”

Sherry Jones-Mayo, author of [*Confessions of a Trauma Junkie*](#)

9. “Be here now. Be friendly with and respect each and every moment of your life - no matter what's happening.”

Leslee Tessmann, author of [*Sacred Grief: Exploring a New Dimension to Grief*](#)

10. “Take 10 - 20 deep slow breaths, morning and evening; costs nothing, does wonders.”

Marian Volkman, author of [*Life Skills: Improve the Quality of Your Life with Metapsychology*](#)

11. “Remember, you don't know anything, neither does anyone else! Relax!”

Shaman Elder Maggie Wahls, author of [*The Shaman Speaks: How to Use the Power of Shamanism to Heal Your Life Now*](#)

12. “Identify at least one negative attachment to release and clarify at least one goal to achieve.”

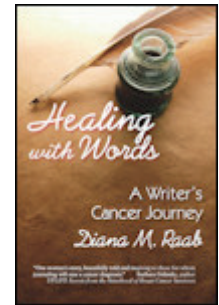
Diane Wing, author of [*The True Nature of Tarot*](#)

Author Chat

- LHP author **Chynna T. Laird** was [interviewed at Its Your Health Network](#) about her book ***Not Just Spirited***. Listen to her discussion on the Sensory Processing Disorder
- Poet and writer **Sweta Srivastava Vikram** had an interview at about her poetry work at Savvy Verse and Witt. [Read the interview online](#) .
- Carole Tollen chatted with psychologist and LHP author **Diane Wing**, author of ***The True Nature of Tarot***, about the esoteric arts of tarot and astrology. [Listen to this exciting interview online](#)

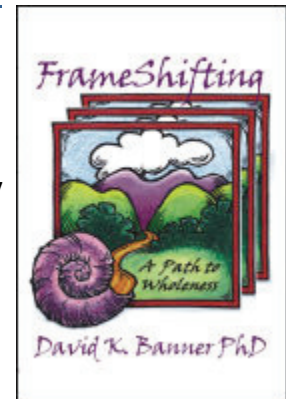
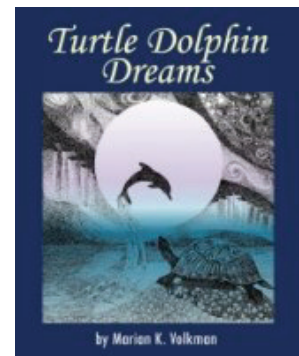


- Cancer Free Radio did an interview with **Diana Raab**, author of *Healing With Words: A Writer's Cancer Journey*. [Listen to her interview online](#).



New Reviews!

- [Turtle Dolphin Dreams](#): "**Marian K. Volkman** gives us the unique opportunity to interact with other species and enlighten us to the possibilities of connecting on a different level. I would **highly recommend** this book to older children and adults. It is a great experience of thought provoking, literature." -- Michelle Poe for [ReviewTheBook.com](#). [Read the full review online](#)
- [FrameShifting: A Path to Wholeness](#) by **David K. Banner**. "For those of you who have been searching for a while, this book may be a refresher. For those new to the a path of wholeness, this book will show you another's path while giving you knowledge on how to start on your own." -- Lee Merrigan for [ReviewTheBook.com](#). [Read the full review online](#).
- [How to UnBreak Your Health: Your Map to the World of Complementary and Alternative Therapies, 2nd Edition](#) by Alan E. Smith. "...opens your eyes to the possibility of better health, and may even help you discover a therapy that is just right for you and will heal you. There are other options to conventional medicine. You want to know what they are? This is the perfect reference. It's easy to read, well organized, and a smart addition to any home library." -- Laura Fabiani for [ReviewTheBook.com](#). [Read the full story](#)



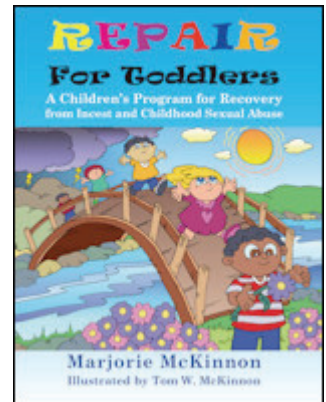
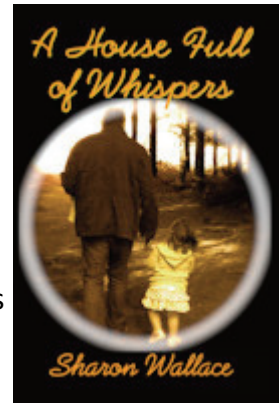
Hot Off The Press

Loving Healing Press, and its subsidiary Modern History Press, have just published the following titles to its credit:

- [A House Full of Whispers](#) by **Sharon Wallace**: the long-awaited prequel to *Surviving a House Full of Whispers*. "This is the story of one girl's fear and battle to survive the emotional traumas and deprivation of her past. I can thoroughly recommend this book which will help anyone who is, or has, suffered abuse." -- Lynda Bevan, author of *Life After Betrayal*
- [Repair For Toddlers: A Children's Program for Recovery from Incest](#)

[and Childhood Sexual Abuse](#) by Marjorie and Tom McKinnon. This book targeted for kids ages 2 to 6 builds self-esteem, courage, and optimism and break free from false shame, with art therapy, songs, and more. This is the third and final book of Margie's acclaimed R.E.P.A.I.R. series.

- [King Arthur's Children: A Study in Fiction and Tradition](#) by Tyler R. Tichelaar, PhD. A literary investigation into one of Western culture's oldest mythical leaders and his legacy.
- Coming Soon to a bookstore near you: [The Whole Youth Worker: Advice on Professional, Personal, and Physical Wellness from the Trenches, 2nd Ed.](#) by youth minister, teacher, and dad Jay Tucker.




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