


[DOWNLOAD](#)


How to be a Help Instead of a Nuisance: Practical Approaches to Giving Support, Service and Encouragement to Others (Paperback)

By Karen Kissel Wegela

Shambhala Publications Inc, United States, 1998. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Despite our good intentions to help others, we often hold back because we don't know what to do or are afraid to intrude. Even when we overcome our hesitations, we sometimes find that we have made things worse with our attempts to help. Karen Kissel Wegela combines the insights of traditional meditative practices and modern psychology to address these problems, concluding that the most important thing we can offer to anyone in distress is our mindful presence, without agendas or expectations. When we learn to cultivate this ability to be open-heartedly, compassionately present, we find that we can intelligently apply a variety of skills and techniques, including listening, being mindful companions, and forming supportive teams for individuals and families. We may find that our actions benefit us as much as they do the people we seek to help. This book provides concrete practical advice, with techniques and exercises for developing the capacity to serve, support, and encourage those in need--for people in the helping professions as well as for everybody else who wants to provide genuine help to others.



[READ ONLINE](#)
[5.78 MB]

Reviews

Great electronic book and valuable one. It really is simplistic but surprises within the fifty percent from the book. Its been printed in an extremely simple way in fact it is merely right after i finished reading this publication by which in fact modified me, change the way i really believe.

-- **Dr. Bethany Lindgren**

Completely one of the best publication I actually have ever study. I really could comprehend almost everything out of this written e publication. Your daily life span will likely be change as soon as you total reading this publication.

-- **Prof. Adolph Wisoky**

Other Books



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



The Next Seven Years: A Guide to Help Kids Be Non-Buzzkill, Unicorn Riding, Stand Up Christian Teens.

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Ready to have The Talk with your soon-to-be Teenager? No, of course not. None of us are really ready for...



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Games with Books : Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn - from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...