

# DAILY REMINDERS FOR LIVING A NEW PARADIGM

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## ANNE WILSON SCHAEF

**A year of themed reflections to help us remember what we know deep in our souls - and start taking action to live fully for ourselves, one another and our world.**

### DESCRIPTION

As a species, says author, teacher and healer **Anne Wilson Schaefer**, we humans aren't functioning very well. In fact, the societies we've created are actively destructive, not only to themselves but to all life on this planet and even to the planet itself. Clearly it's time for a change. We need a new paradigm, and we need a way to live it.

This new paradigm isn't something we can outline clearly and implement programmatically. To arrive at a new way of living with ourselves, one another, and the planet is a journey that requires faith, because we can't see exactly where it will lead. Quite frankly, where it will lead is, at this point, beyond our imagination.

However, we do have some resources to bring to the table. Schaefer, explains that deep within ourselves we have the ancient knowledge we need to find our way. We simply need to be reminded of what we already know - and this book is written to help us remember. Schaefer takes 30 themes, one for each day of the month (months with 31 days get a 'wild card' day), and offers a cycle of reflections on each theme that expands and deepens over the course of the year. Through insightful reflections on Beliefs and Assumptions, Honesty, Entitlement, Accepting Our Humanness, and Walking in Beauty, we enter a process that broadens our perspective and opens our minds so we can live fully into a new future.

### SALES AND MARKETING

- Anne Wilson Schaefer is the author of 15 books with over six million copies in print, many of them bestsellers in many countries, including a *New York Times* bestseller (*When Society Becomes an Addict*) and a two-million plus bestseller (*Meditations for Women Who Do Too Much*).
- Anne has developed her own approach to healing the whole person, coming out of the ancient teachings of her ancestors (a line of Cherokee medicine women), which she calls the Living in Process. In the last 20 years, she has taught this approach to healing, in particular healing from addiction, throughout the world.
- Anne is internationally respected as a speaker, consultant and seminar leader.
- Anne has been described as 'one of the most important thinkers of our time', always 'cutting edge' and 'way ahead of her time'.

### AUTHOR BIOG

**Anne Wilson Schaefer** has a PhD in clinical psychology and an honorary doctorate in Humane Letters. After practising for many years, she left the field of psychology and psychotherapy in 1984, and developed her own approach to healing, called the Living in Process, which she has been teaching for over 20 years. She is the bestselling author of *When Society Becomes an Addict* and *Meditations for Women Who Do Too Much*. [www.annewilsonschaefer.com](http://www.annewilsonschaefer.com)

HAY HOUSE UK

Tel: 0203 675 2450 Fax: 0203 675 2451  
Email: [info@hayhouse.co.uk](mailto:info@hayhouse.co.uk)



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