

The Integrated Life: A Blueprint for Balancing Passion with Career, Diet with Health and Sexuality with Relationship (Paperback)



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(Retha Frami V)

THE INTEGRATED LIFE: A BLUEPRINT FOR BALANCING PASSION WITH CAREER, DIET WITH HEALTH AND SEXUALITY WITH RELATIONSHIP (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.I ve written this blueprint because I ve observed that in the pursuit of economic survival, bodily sustenance and social acceptance: (1) people often disregard their passion in order to focus on a practical career, (2) people often allow their diet to undermine their health, and (3) people often deny their sexual and gender wiring in order to conform to societal concepts of relationship. Therein lies the majority of unhappiness in our modern life. Instead of the usual choices above, however, it is possible to live what I refer to as an integrated life--a life in which your passion is integrated into your means of securing financial survival; your food choices actually help your body stay young, reverse aging and heal itself, and your choice of partners and relationship structure supports your deepest desires, honors your fantasies and affirms your gender wiring; a life in which it is recognized and honored that each of these areas complements and facilitates the other two. That s right. The Integrated Life is not just about balancing passion with career, diet with health and sexuality with relationship as three separate areas of your life. It is also about recognizing, honoring and optimizing the interrelationships among each of the unique pairs of ideas. It s a tri-laterally supportive construct. Your passion-centered career feeds your health and your relationships. Your food-based diet and health facilitate the pursuit of your passion and improves your relationships. Your transparent relationships support your health and can facilitate your passion-centered career. This blueprint will map out a strategy for making it happen.

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