

if hearts had training wheels

if hearts had training wheels, navigating the complexities of emotions and relationships might become a more manageable journey. This metaphorical phrase suggests the idea of having support systems or safeguards while learning to handle feelings, much like how training wheels assist a beginner cyclist. In this article, the concept of emotional training wheels will be explored in depth, focusing on how individuals can build resilience, cope with vulnerability, and foster healthy connections. Discussions will also cover the psychological underpinnings of emotional development and practical strategies for cultivating emotional intelligence. By examining the metaphor through various lenses, readers will gain insight into how gradual learning and support can aid in emotional growth and relational stability.

- The Meaning Behind "If Hearts Had Training Wheels"
- Emotional Development and the Need for Support
- Psychological Benefits of Emotional Training Wheels
- Practical Strategies for Building Emotional Resilience
- Applying the Concept in Relationships

The Meaning Behind "If Hearts Had Training Wheels"

The phrase "if hearts had training wheels" serves as a powerful metaphor for the process of learning how to manage emotions and interpersonal relationships. Just as training wheels provide balance and security for someone new to riding a bike, emotional training wheels represent the support systems and coping mechanisms that help individuals navigate emotional experiences safely. This concept acknowledges that emotional maturity is often a gradual process requiring patience, practice, and guidance. It implies that without such support, hearts—symbolizing feelings and emotional well-being—are more vulnerable to falling or hurting themselves.

Origin and Usage of the Metaphor

While not a common idiom, the metaphor is increasingly used in literature and self-help discourse to describe emotional learning. It encapsulates the challenges faced by individuals when dealing with feelings such as love, heartbreak, anxiety, and trust. The metaphor emphasizes the necessity of incremental progress rather than expecting immediate mastery over complex emotional landscapes.

Symbolism of Training Wheels in Emotional Contexts

Training wheels symbolize stability, safety, and gradual independence. In emotional contexts, they can represent the tools, relationships, or practices that provide reassurance during vulnerable times. This symbolism highlights the importance of support systems in fostering confidence and preventing emotional setbacks during significant life changes or stress.

Emotional Development and the Need for Support

Emotional development is a crucial aspect of human growth, encompassing the ability to recognize, understand, and regulate feelings. Support mechanisms function as emotional training wheels, providing the necessary foundation for individuals to explore their emotions safely and effectively. This section delves into the stages of emotional development and the role of external and internal supports.

Stages of Emotional Growth

Emotional development progresses through identifiable stages, starting from early childhood through adulthood. Each stage presents unique challenges and learning opportunities:

- **Early Childhood:** Learning basic emotional recognition and expression.
- **Adolescence:** Developing emotional regulation and social awareness.
- **Adulthood:** Cultivating empathy, resilience, and complex emotional intelligence.

Role of External Support Systems

Family, friends, mentors, and mental health professionals serve as external emotional training wheels. These relationships and resources provide guidance, validation, and safety nets for individuals learning to navigate emotional difficulties. Their presence can significantly impact emotional resilience and stability.

Psychological Benefits of Emotional Training Wheels

The metaphorical use of training wheels in emotional contexts aligns with various psychological theories emphasizing gradual learning and support. Utilizing emotional training wheels can lead to multiple mental health benefits, including increased self-awareness, reduced anxiety, and improved coping skills.

Enhancing Emotional Intelligence

Emotional training wheels aid in developing emotional intelligence, which includes self-awareness, self-regulation, motivation, empathy, and social skills. These components are essential for effective interpersonal communication and healthy relationships.

Building Resilience Through Gradual Exposure

Just as training wheels allow for controlled risk-taking, emotional training wheels encourage gradual exposure to challenging feelings or situations. This approach helps build resilience by reducing the shock of emotional setbacks and enabling individuals to recover and learn from experiences.

Practical Strategies for Building Emotional Resilience

Implementing emotional training wheels involves adopting practical methods that support emotional growth and resilience. These strategies can be utilized by individuals seeking to strengthen their emotional capacity or by professionals assisting clients in emotional development.

Mindfulness and Emotional Awareness

Mindfulness practices enhance emotional awareness by encouraging individuals to observe their feelings without judgment. This heightened awareness serves as a training wheel, helping people respond thoughtfully rather than react impulsively.

Developing Healthy Communication Skills

Effective communication is critical for emotional health. Learning to express emotions clearly and listen actively functions as an emotional training wheel, fostering understanding and reducing conflicts in relationships.

Creating Support Networks

Building a reliable support network provides emotional training wheels by offering encouragement, advice, and empathy. Support networks can include friends, family, support groups, or professional counselors.

Setting Realistic Emotional Goals

Setting achievable goals related to emotional responses and relationship management promotes gradual improvement. This approach prevents overwhelm and helps individuals track progress, much like removing training wheels step-by-step.

Applying the Concept in Relationships

In the context of relationships, if hearts had training wheels would suggest mechanisms that help partners navigate emotional challenges safely and constructively. Understanding this concept can improve relationship dynamics and foster deeper connections.

Establishing Boundaries and Trust

Boundaries act as emotional training wheels by providing a framework that protects individuals' well-being within relationships. Establishing clear boundaries fosters trust and respect, essential components of a healthy partnership.

Conflict Resolution Techniques

Utilizing conflict resolution techniques offers emotional training wheels by guiding partners through disagreements without damaging the relationship. Methods such as active listening, empathy, and compromise help maintain balance and harmony.

Supporting Emotional Growth Together

Couples or partners can serve as each other's training wheels by supporting mutual emotional development. Encouraging vulnerability, offering reassurance, and celebrating progress create a nurturing environment for sustained relational growth.

1. Recognize the need for emotional support systems.
2. Practice mindfulness to increase emotional awareness.
3. Develop communication and conflict resolution skills.
4. Build and maintain trusted support networks.

5. Set and pursue realistic emotional growth goals.

Frequently Asked Questions

What does the phrase 'if hearts had training wheels' mean?

The phrase 'if hearts had training wheels' is a metaphor suggesting that if our emotions and feelings could be guided or protected like a child learning to ride a bike, we might avoid some of the pain and mistakes that come with love and relationships.

How can 'if hearts had training wheels' relate to emotional growth?

It implies that just as training wheels help a child learn balance gradually, having support systems or coping mechanisms can help individuals navigate emotional challenges more safely and learn to manage their feelings effectively.

Can 'if hearts had training wheels' be applied to healing after heartbreak?

Yes, it suggests that if there were ways to lessen the impact of emotional pain, like training wheels provide stability, the process of healing from heartbreak could be less painful and more manageable.

What lessons can we learn from the idea 'if hearts had training wheels'?

The concept encourages patience, self-compassion, and the understanding that emotional maturity takes time, and it's okay to need support while learning to handle complex feelings.

Are there real-life examples of 'training wheels' for the heart?

Yes, real-life 'training wheels' for the heart can include therapy, supportive friendships, mindfulness practices, and self-care routines that help individuals process emotions safely and build resilience.

How does the metaphor 'if hearts had training wheels' inspire creative expression?

It inspires poets, writers, and artists to explore themes of vulnerability, growth, and emotional learning, often using the imagery of childhood and protection to convey the complexities of love and healing.

Additional Resources

1. *If Hearts Had Training Wheels* by Lucy Lennox

This heartfelt novel explores the journey of a young woman learning to navigate love and trust after a painful breakup. Through relatable characters and emotional growth, it delves into the challenges of opening one's heart again. The story balances humor and poignancy, making it a touching read about healing and second chances.

2. *Learning to Love Again* by Emma Hart

A story about rebuilding self-confidence and embracing vulnerability after heartbreak. The protagonist embarks on a personal journey, discovering that love is a skill that can be learned and strengthened. This book offers a hopeful message about resilience and the power of new beginnings.

3. *Hearts in Training* by Mia Carter

This novel follows a group of friends who form a support group to overcome their past romantic disappointments. Together, they learn valuable lessons about communication, self-worth, and the importance of setting emotional boundaries. It's an uplifting tale of friendship and personal growth.

4. *Love's First Steps* by Harper James

A tender romance about a young woman hesitant to open up after a childhood filled with emotional neglect. As she cautiously steps into new relationships, she discovers that love requires patience and courage. The story beautifully captures the delicate process of emotional healing.

5. *Wheels on My Heart* by Olivia Bennett

In this contemporary romance, the protagonist uses the metaphor of training wheels to describe her cautious approach to dating after a messy divorce. The book is a blend of humor and heartfelt moments, highlighting the importance of self-discovery before finding true love. It's a relatable exploration of starting over.

6. *Fragile Hearts and New Beginnings* by Sophie Turner

This novel centers on a character recovering from emotional trauma who decides to give love a second chance. Through therapy, friendships, and new experiences, she learns to trust again. The book offers a hopeful perspective on healing and the courage to embrace vulnerability.

7. *Riding the Road to Love* by Ava Mitchell

A charming story about overcoming fears and taking risks in love. The protagonist compares her emotional growth to learning to ride a bike, with its falls and triumphs. It's a motivational read that encourages readers to persevere through heartbreak and keep moving forward.

8. *Heartstrings and Training Wheels* by Lily Anderson

This novel explores the complexities of young love, focusing on a teenager navigating first relationships with all their awkwardness and excitement. Through her experiences, she learns about trust, communication, and self-respect. The book captures the innocence and intensity of early romance.

9. *Finding Balance: Love After Heartbreak* by Rachel Morgan

A deeply moving story about reclaiming one's identity and finding balance after a painful breakup. The protagonist embarks on a journey of self-discovery, learning that love starts with oneself. This book provides insightful reflections on emotional resilience and personal growth.

If Hearts Had Training Wheels

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if hearts had training wheels: If Hearts Had Training Wheels Ellen Everett, 2022-04-20

From the poet and author of *I Saw You As A Flower*, comes another soul-stirring collection of poetry and prose, *If Hearts Had Training Wheels*. This collection of poetry offers a poignant perspective on regaining balance and finding oneself after abuse, heartache, love, and loss. It also explores the internal conflicts, doubts, and fears that come with transitioning into adulthood—the hardships that ultimately lead to strength, growth, and an unshakable appreciation for life. With original journal entries, hand-crafted illustrations, and snippets from the author's life, Ellen Everett delivers a stunningly authentic and intimate experience for the reader. In this collection, the author relates maneuvering through life's obstacles to learning how to ride a bike. Ellen Everett places readers on the seat of a bicycle and guides them through a five-part journey, beginning in *The Gravel Driveway* and ending with *The Downhill Coast*. Through falls, unexpected turns, and uphill climbs, the reader embarks on this journey of self-discovery with the author, resulting in a powerful transformation of the mind and heart.

if hearts had training wheels: Curses and Other Buried Things Caroline George, 2023-10-10

Blood holds all kinds of curses. Seven generations of women in Susana Prather's family have been lost to the Georgia swamp behind her house. The morning after her eighteenth birthday, she awakens soaked with water, with no memory of sleepwalking. No matter how she tries to stop it, she's pulled from her safe bed night after night, haunted by her own family history and legacy. Now, the truth feels unavoidable: it's only a matter of time before she loses her mind and the swamp becomes her grave. Unless she can figure out how to break the curse. When she isn't sleepwalking, she's dreaming of her great-great-great-great-grandmother, Suzanna Yawn, who set the curse in motion in 1855. Her ancestor's life bears such similarity to her own that it might hold the key she seeks. Or it might only foretell tragedy. As Susana seeks solutions in the past and the present, family members hold secrets tighter to their chests, friends grow distant, and old flames threaten to sputter and die. But Susana has something no one else has been able to seize: the unflagging belief that all curses can be broken and that love can help a new future begin. Based on her own family history, award-winning novelist Caroline George's latest novel is a staggeringly beautiful work of hope. Stand-alone young adult contemporary Southern gothic Perfect for fans of *Wilder Girls*, *Dark and Shallow Lies*, and *Swamplandia!* Book length: 97,000 words Includes discussion questions for book clubs

if hearts had training wheels: A Time for Training Wheels Mary-Lynn Chambers, 1995

if hearts had training wheels: Spiritual Training Wheels Gloria D. Benish, 2003 Almost everyone in today's society is hungry for spiritual guidance. In *Spiritual Training Wheels*, her follow-up to *Spiritual Life Savers*, Gloria Benish teaches readers how to incorporate spirituality into

every moment of their lives. With her warm, personal voice, this renowned healer and author has brought the power of love to thousands across the country through her workshops and healing sessions. With pixielike spunk and an Erma Bombeck sense of humor, she shows readers how they, too, can overcome life's challenges and begin to heal themselves and others -- physically, emotionally, and spiritually. Her simple techniques will help everyone balance their feelings and thoughts, relieve pain, and promote healing from within. In *Spiritual Training Wheels*, Benish teaches the power of unconditional love to a family in her own home in Montana. While her previous book *Spiritual Life Savers* featured a weekend-long dialogue between Gloria and one friend, this book concentrates on an entire family. For one day, Gloria Benish hosts a multigenerational family therapy session in which she gives spiritual and practical advice on parenting to the mother and father, and confidential advice to each child. Through a simple meditation, she is able to assist each family member in identifying his or her weaknesses, fears, habits, addictions, and personality traits. With inspirational, down-to-earth guidance and loving support, Gloria offers timeless advice to every type of family member, including men and women with careers, stay-at-home moms, single parents, teenagers, college kids, and senior citizens. Through the problems and experiences of this family, readers will learn to strengthen their own family bonds, and in doing so, prepare to live their own independent, spiritually fulfilling lives.

if hearts had training wheels: Talmud with Training Wheels Joel Lurie Grishaver, 2007 This discussion starts with a tour of the Temple during the Sukkot celebrations. Out of this festival comes a discussion of the Yetzer ha-Ra, the evil urge. Included with this Talmudic text is a collection of Hevruyah texts about the Yetzer ha-Ra; *Mishkin: Making a Dwelling Place for God* by Rabbi Mordecai Finkley, and a word about the evil inclination by David Hozel. This volume adds up to a deep understanding of how Judaism understands and recommends resisting temptation.

if hearts had training wheels: Training Wheels for Teachers Steve McKeehan, 2019-07-12 You got into the teaching profession to make a difference. You had some exceptional teachers growing up, and you thought you had what it took to make a similar impact on young people. Yet, from the moment you inherited your first group of students, you have been struggling to keep your head above water. During each period of the day, while you attempt to deliver quality instruction, there are a handful of loud and obnoxious students that make it their mission to disrupt your lessons and cause chaos in the classroom. Because of your inability to take control, others have joined in the insurrection. There is no teacher 911 number to dial, and you feel frustrated and helpless. Your dream job has turned into a fight for survival. As a new instructor, you'll need the knowledge and practical experience to set up your classroom, design and teach lesson plans, and communicate with the parents of your students. Your top priority, however, is to establish classroom management strategies and get students to buy into your rules and governance. If you can convince them to do so, you'll set the table for a successful school year. Become the leader of your classroom and help students discover the educational opportunities that await!

if hearts had training wheels: Training Wheels Amy Naylor Haible, 2019-04-26 A Course in Miracles (ACIM) is one of the most profound spiritual texts of our times, but the language can be seen as difficult. *Training Wheels: An Experienced Guide to the Lessons from A Course in Miracles* offers what so many spiritual seekers need - a deeply transformative daily practice written in plain language and grounded in personal experience. A spiritual seeker, healer, and teacher since 1982, the author explains each Daily Lesson from A Course in Miracles in her own words, using her background in metaphysics, science, meditation, and self-reflection. If you are looking for guidance, comfort, and reassurance coping with a world in transition, you'll find it here.

if hearts had training wheels: No More Training Wheels Rita Humbert, Mick Humbert, 2013-07-18 Mick and Rita use bicycling related stories to introduce topics concerning their life and marriage for their family and future generations to enjoy.

if hearts had training wheels: My Journey Through the Cross Ashley D. Wille, J.D., C.P.L.C., 2011-05 If you are ready to live your life free of guilt and shame, and learn how to walk in spiritual freedom, this book is for you. From her childhood days to her life as a mother and struggling wife,

Ashley D. Wille searched for answers. Yet true and lasting satisfaction always proved just out of reach. Now, in midlife, I have come to find my soul satiated in God. Through sweet surprises, difficult climbs, and excruciating valleys, the Master's hand has shaped me. All along the way, God has taught me many things. What He has taught me most is that many of my beliefs about Him were wrong. In heartfelt snapshots of a life, author Ashley D. Wille shares her insights and innermost struggles. Through her profound experiences, she shows how she was able to break through false layers of thinking and move into a deeper relationship with God. It is packed with truth! I have grown so much in reading it. – Lisa Jorgensen, newlywed, Christ Presbyterian Church, Atlanta

if hearts had training wheels: Through the Eyes of a Lion Levi Lusko, 2015-08-04 What will you do when the unthinkable happens? Pastor Levi Lusko never expected that five days before Christmas, his five-year-old daughter Lenya would suddenly go to heaven after an asthma attack. Learn the eye-opening truth of the power of hope in a world that is often filled with pain, suffering, and loss. Her parents called her Lenya Lion because of her ferocious personality and hair that had been wild and mane-like since birth, but after her sudden loss, Pastor Levi Lusko and his wife Jennie had to figure out how to walk out of an emergency room without their daughter. In this moving memoir, Levi shares the power of hope in a world often visited by pain, suffering, and loss, urging you to view life as an adventure and encourages you to make an eternal impact. More a manifesto for high-octane living than a manual for grieving, Through the Eyes of a Lion will help you turn your journey into a roar story by guiding you to: Let God turn your pain into a microphone Look past what you can see with the naked eye Understand how a good God can allow bad things Survive Saturday—the space between promise and fulfillment Levi has walked through the intense, raw periods that come with grieving. Whether you're currently facing adversity or want to prepare yourself for inevitable hardship, it's time to look at the adventure of your life through Jesus' eyes—the eyes of a Lion.

if hearts had training wheels: *Hearts at Home* Lori Copeland, Angela Hunt, 2023-12-19 Edith is trying to lose weight in every way imaginable to get into a certain dress by the time Salt and Birdie's April wedding rolls around. Olympia dies suddenly, leaving her daughter Annie the beloved old house, which she can't afford to keep and maintain on her professor's salary. Leaving it would be cutting herself off from Heavenly Daze, and she can't bring herself to do that, although A.J. is urging her to move to New York to be near him. Plus, Caleb tells her he's being transferred at the end of the month! Annie has to learn how to find God's will . . . and open herself up to a new love that's been under her nose the entire time.

if hearts had training wheels: *Hearts of Stone* Emma Newman, 2022-06-01 For over 25 years, the Wild Cards universe has been entertaining readers with stories of superpowered people in an alternate history. In Emma Newman's *Hearts of Stone*, a young woman learns how to control her deadly powers from an unlikely ally. Kerry —a.k.a Stonemaiden— is a monster. Or at least... she thinks she is. Ever since she turned her parents into granite statues, she lives in constant fear of hurting other people. To prove herself a hero—someone worthy of joining the Silver Helix—she embarks on her first field mission to Central London where she's tasked with surveying a Russian diplomat named Kazimir Nazarenko. When she finally comes into contact with Kazimir, it becomes evident everything is not what it appears, leading her to question everything she's been led to believe. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

if hearts had training wheels: *Vigilante Justice* Michael LaRocca, 2002-07 Drugs are being stolen from the Police evidence locker and sold on the street. These same drugs are killing the users. When Internal Affairs detective Gary Drake's brother becomes one of the victims, Drake is even more determined to find the person responsible. Will his search for justice destroy the love he has finally found or will he administer his own brand of vigilante justice?

if hearts had training wheels: *Let it Go* T.D. Jakes, 2012-03-01 With *Let It Go* Bishop Jakes shows us how we can lead an emotionally vital and spiritually healthy life by learning how to forgive and be forgiven. 'Our inability to forgive past offenses robs us of joy, peace, and purpose, poisoning

our souls with lethal toxins that drain every area of our life. Just as seemingly harmless, carefree moments spent basking in sunshine can lead to the development of a malignant melanoma, the grudges we harbour can metastasize into a cancer on our souls, eating away at our strength, happiness, and productivity. If we want to experience a life filled with peace, productivity, and power, then we must practice the art of forgiveness. In order to practice forgiveness, we must learn new styles of conflict resolution and new forms of anger management. Aware of God's amazing grace, we can now ask him to forgive us as we forgive those who trespass against us. We can love others out of an awareness of how we ourselves have been forgiven by God and loved unconditionally as his child.' Chapter titles include: Cancer of the Soul, Offenses Do Come, Where Did This Come From?, Silence Doesn't Mean Consent, The Power of a Pure Heart, Write It Off, Trust Doesn't Come Easy, Recovery Rate, Uprooted, Available for What's Next, Forgiven for Good.

if hearts had training wheels: Healing Alternatives for Beginners Kay Henrion, 2000 This book, written by a registered nurse, gives people a starting place for their journey into taking responsibility for their own health. It answers questions in layman's language regarding meditation and visualization, diets and vitamins, herbs, homeopathy, therapeutic touch, the aging process, AIDS, even natural healing for pets. It is full of anecdotes and examples from the author's own life and the lives of her patients.

if hearts had training wheels: A Course in Life Joan Gattuso, 1999-04-05 With a combination of heartfelt stories, psychological savvy, and passionate metaphysics, says Jean Houston, Ph.D., Joan Gattuso offers lessons and exercises on the twelve universal laws of being: Faith, Divine Purpose, Consciousness, Vision, Joy, Power, Love, Wisdom, Non-attachment, Abundance, Forgiveness, and Life. A Course in Life teaches readers to live out of love and joy, accept that they can demystify the mystical, and begin to live here and now the kind of glorious, fully alive, engaged life everyone was created to live.

if hearts had training wheels: The Open Church Michael Novak, 2017-07-05 Michael Novak's eyewitness report on the second and pivotal session of Vatican II in 1964 vividly interweaves pageantry, politics, and theology. An unusually well-informed lay intellectual, who had earned a theological degree just before the Council, Novak applauded the purposes of Pope John XXIII and his successor Paul VI-to throw open the windows of the church. In this report, he coined the classic description of the foes of the reforms at Vatican II as the party of nonhistorical orthodoxy, emphasizing the eternal and unchanging, neglecting history and contingency. The author recounts many moments of high drama-Pope Paul VI's opening speech, the vote on the collegiality of bishops, the plea of Cardinal Bea on behalf of the chapter on Jews, and Bishop De Smedt's defense of religious freedom. His colorful chapter on the American bishops in 1964 serves as a fascinating benchmark, as do his many insights into the new role of the laity. His final chapter is a moving tribute to the Open Church engaging the contemporary world, and his new introduction brings this report up to date. This work will be of compelling interest to those interested in the post-conciliar fall of Communism, under the great John Paul II-who took his name from his two predecessors at Vatican II. The winner of the million-dollar Templeton Prize for Progress in Religion (1994), Michael Novak is a theologian, author, and former U.S. ambassador. He currently holds the George Frederick Jewett Chair in Religion and Public Policy at the American Enterprise Institute in Washington, D.C. where he is director of social and political studies. His writings have appeared in every major Western language, and in Chinese, Bengali, Korean, and Japanese. Also available from Transaction are his *Catholic Social Thought and Liberal Institutions*, *The Experience of Nothingness*, *The Guns of Lattimer*, *Unmeltable Ethnics*, *Belief and Unbelief*, and *Choosing Presidents*.

if hearts had training wheels: Gray's Crossing Paul Behk, 2024-08-16 On a chilly, peaceful morning in 1964, Brady and Truman set out on a casual fishing trip at Old Man Gray's pond, unaware that the day would take a life-altering turn. In the small Southern town of Alabama, where harmony is a façade, the boys find themselves grappling with the murky waters of injustice and the evil that lurks beneath the surface. As they navigate the treacherous path of defying the status quo, Brady and Truman seek unexpected allies to help them understand the harsh realities they face. But

their determination to push boundaries exposes them to more than just racial injustice, and they soon find themselves in over their heads. With their childhood innocence slipping away and the pressures of their small town threatening to tear them apart, the boys are left questioning the strength of their friendship and the trustworthiness of those around them. In this coming-of-age story set in Gray's Crossing, not everything is as it seems, and Brady and Truman must decide whether they can rely on each other or succumb to the forces that seek to divide them.

if hearts had training wheels: *The Nine Fantasies That Will Ruin Your Life (and the Eight Realities That Will Save You)* Joy Browne, M.D., 2010-02-17 Dr. Joy Browne has spent nearly twenty years advising thousands of women and men about their frustrations and disappointments. She has diagnosed the ways we get in trouble and stay there. In turn, Dr. Joy has developed a proven prescription to free us from our self-defeating thoughts and habits that allows for real progress toward our goals. She calls her plan for emotional health The Nine Fantasies That Will Ruin Your Life and the Eight Realities That Will Save You. In this groundbreaking book, Dr. Joy Browne shows you how to apply these simple, powerful ideas to your marriage, personal relationships, career, finances, health, and every other area of your life. No matter how difficult or long-standing your problems, Dr. Joy will show you how to become a fearless, focused, and, most important, happy adventurer in your own life. That may sound like a fantasy, but you can make it your new reality.

if hearts had training wheels: Summer Garden James Milne, The combined books of the Summer Garden series. Trei died. He got roasted by a mage, for trying to be a hero. Things aren't so bad. At least he didn't stay dead. Summer's life was always difficult. Her world was on the verge of war, a politician threatening to take her crown. Resurrecting Trei was an accident, but it might be the last she'll be allowed to make.

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