



## Path to Hope: Journal for the Body and Mind (Paperback)

By Bogonko Achenchi

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I started writing this journal to help those who are struggling with mental illness, but the material and arrangement slowly evolved and included other aspects of life. The Journal consists of 31 segments reflecting several strategies and elements that represent holistic, evidence- based, and integrated approach to personal and interpersonal effectiveness, and that, more than in the personal strategies themselves, the real key lies in the relationship among them and how they are arranged. Each day presents a new concept, followed by a segment that allows you to evaluate your understanding, express your views, and relate the segment to your personal struggles. This way, each day, you are given an opportunity to enhance and, in real time, track your progress along the way. Most of the segments consist of habits that we can develop to help us grow. Understand: A habit in its bare sense is a combination of knowledge, skills, and desires that has been developed over a long period of time. Knowledge on the other hand is, understanding what to do and why to do it. Skill defines the how...

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