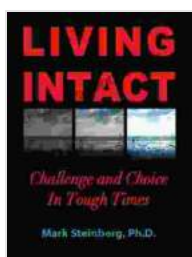


Living Intact: Challenge and Choice in Tough Times

In a world that is increasingly complex and challenging, it is more important than ever to find ways to live intact. This book offers a roadmap for doing just that, providing readers with the tools and insights they need to navigate the challenges of modern life and emerge stronger and more resilient.



Living Intact: Challenge and Choice In Tough Times

by Mark Steinberg

★★★★☆ 4.1 out of 5

Language : English

File size : 1513 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 454 pages

Lending : Enabled



Drawing on the latest research in psychology, neuroscience, and spirituality, *Living Intact* offers a comprehensive approach to personal growth and well-being. The book is divided into three parts:

1. **The Challenge:** This section explores the challenges that we face in modern life, including stress, anxiety, depression, and addiction. The authors provide a clear-eyed look at the challenges we face, but they also offer hope and inspiration.

2. **The Choice:** This section explores the choices we have in the face of challenge. The authors show us how we can choose to live with intention, purpose, and meaning, even in the midst of difficult circumstances.
3. **The Path:** This section provides a roadmap for living intact. The authors offer practical tools and exercises that can help us to develop resilience, mindfulness, self-care, and emotional intelligence.

Living Intact is a must-read for anyone who is looking to live a more fulfilling and meaningful life. The book is full of wisdom, compassion, and practical advice. It is a valuable resource for anyone who is facing challenges, or for anyone who simply wants to live a more conscious and intentional life.

Reviews

"*Living Intact* is a powerful and inspiring book that offers a roadmap for navigating the challenges of modern life. The authors provide a clear-eyed look at the challenges we face, but they also offer hope and inspiration. This book is a must-read for anyone who is looking to live a more fulfilling and meaningful life."

- **Jack Kornfield**, author of *A Path with Heart*

"*Living Intact* is a timely and important book. The authors offer a comprehensive approach to personal growth and well-being that is both practical and inspiring. This book is a valuable resource for anyone who is facing challenges, or for anyone who simply wants to live a more conscious and intentional life."

- **Tara Brach**, author of *Radical Acceptance*

"*Living Intact* is a must-read for anyone who is interested in personal growth and well-being. The authors provide a wealth of wisdom, compassion, and practical advice. This book is a valuable resource for anyone who is looking to live a more fulfilling and meaningful life."

- **Jon Kabat-Zinn**, author of *Wherever You Go, There You Are*

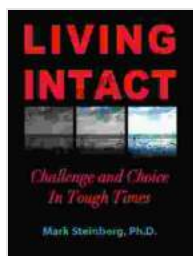
About the Authors

Dr. Rick Hanson is a neuropsychologist and author of several books, including *Buddha's Brain* and *Hardwiring Happiness*. He has been a pioneer in the field of positive psychology, and his work has been featured in the *New York Times*, *Time*, and *The Atlantic*.

Dr. Forrest Hanson is a clinical psychologist and author of several books, including *Resilience* and *Thriving as an Empath*. He has worked with individuals and groups for over 20 years to help them develop resilience, mindfulness, and self-compassion.

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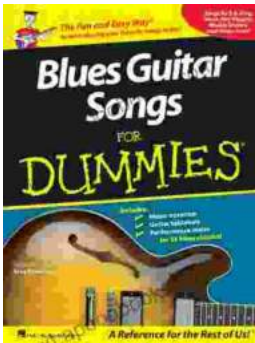
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