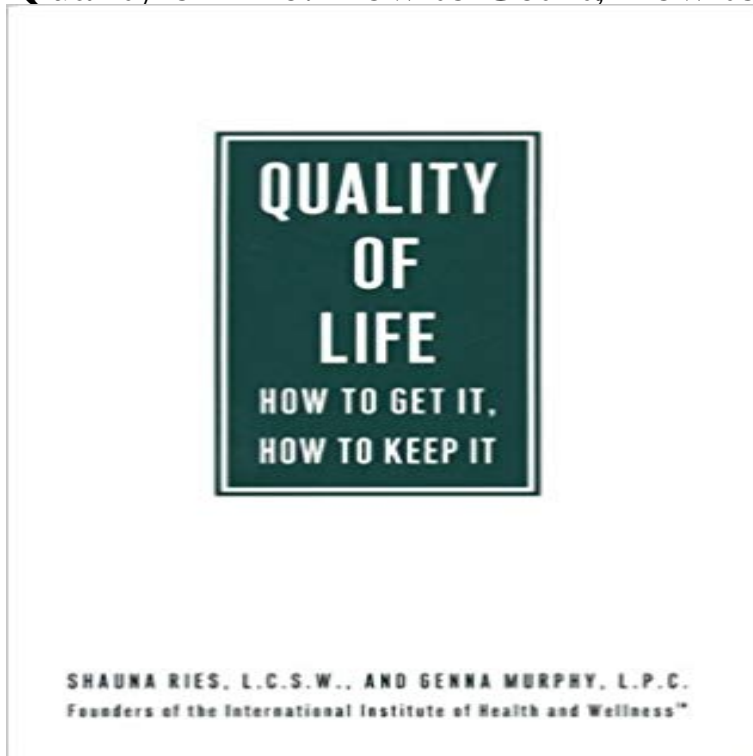


## Quality of Life: How to Get It, How to Keep It



Modern life is full of stress, and while we may have more material possessions than ever before, the satisfaction we feel in ourselves and in our work seems to be diminishing. Using case studies and anecdotes from their Family Matters Counseling Center, Ries and Murphy, two practicing counselors in Boulder, Colorado, present exercises and strategies for getting the quality of life that you are seeking. They take aim at the modern inconveniences, like fax machines, cell phones, and beepers, that make you too accessible to everyone else's schedule. Their program teaches you how to identify and achieve the life you envision, but also how to keep it once you have it by following the seven principles of a quality life. The seven principles include: \* Life Is a Process, Enjoy the Journey \* It Is Not as Simple as Simplifying \* Lasting Change Happens One Degree at a Time \* Every Change Affects a Larger System \* Love Is More Than the Golden Rule \* Practice Curiosity Instead of Judgment \* Life Happens-Only You Can Choose How You See It

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This principle is one of seven offered by two Colorado family counselors who combine their expertise **Quality of life : how to get it, how to keep it** **Mojo: How to Get It, How to Keep It, How to Get It Back if You Lose It** [Marshall There is no more important lesson in business or in life! . at this type of verbal communication because he has the rare quality to do this with the written word. **Quality of Life : How To Get It, How To Keep It by Genna - eBay** But he is getting so big and strong that I was physically almost helpless. 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