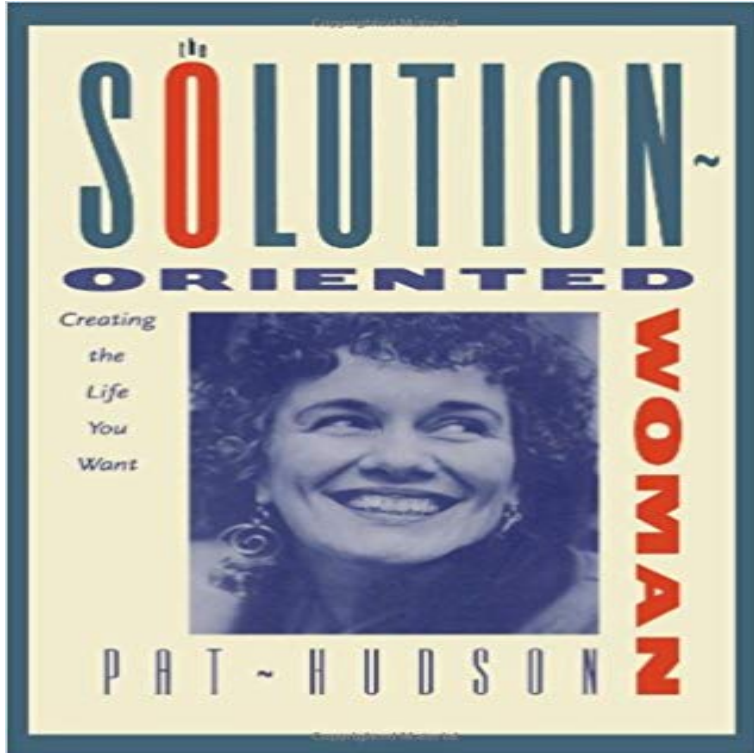


## The Solution-Oriented Woman: Creating the Life You Want



Pat Hudson distills her twenty-plus years of psychotherapy and radio counseling down to four essential solutions that can help women create the lives they want. These are the thinking solution, the action solution, the dreaming solution, and the feeling solution. The thinking solution focuses on the questions you ask yourself about problems, helps you identify the stories you construct around them, and guides you to ways to alter those stories or create new ones. The action solution operates from the assumption that the way to change your life is to communicate for actions, change what you do, and change your patterns with others. The dreaming solution teaches you how to use imagery, self-hypnosis, and dreams to engage your unconscious mind in change. The feeling solution, used when you feel sad or unresolved about an issue, involves creating a ritual to leave the past behind and embrace the future. Hudson offers examples of how to apply these solutions to the main aspects of a woman's life: relationships, parenting, and work. She also covers the more difficult challenges of recovering and escaping from violations and violence.

Welcome to the blog of Joan le Grande. I'm changing the blog to english so forgive me the dutch articles before. I already translated a few, keeping it up! Anyway, stay tuned for lifestyle articles and reviews about games or other nerdy stuff. Enjoy! Categories Comics Games Playstation 4 Wii U Lifestyle Posted by Joan le Grande in Games, Playstation 4 Leave a comment Tagsexperience, first look, Games, Playstation 4, Playstation VR review, ps4 VR review, virtual reality YES YES YES. I'm super hyped about the VR, but you obviously knew that already because of my last blogpost. There were a few hiccups because I ordered it online and I was working during the time it came. I stressed, freaked, jumped and finally gave up on the thought I got to play on the day it came out. But luck was on my side and when I got home, 20 minutes later the VR glasses arrived! In this post I will take you with me on my first experience with virtual reality. Was it as awesome as I hoped? Or is nauseating and not really my cup of tea? Read and find out!

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