



# The Ripple Effect' Process: An Introduction to Psycho-Emotional-Education

*Maxine Harley*

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## **The Ripple Effect' Process: An Introduction to Psycho-Emotional-Education** Maxine Harley

Here you will find an introduction to 'The Ripple Effect' Process, which can improve your life by means of a comprehensive programme of twelve psycho-emotional-educational modules which fill in the gaps not adequately covered by existing counselling, coaching, or psychotherapy services. 'The Ripple Effect' Process will enable you to: Learn how to balance your mind, body, and weight. Learn about yourself and why you are the way you are. Learn about your emotions and moods and how to regulate and balance them. Learn how to improve the ways in which you think and behave. Learn about healthy relationships and how to attract and nourish them. Learn what it takes to improve and sustain your overall level of happiness. Learn how to change your self-concept and raise your self-esteem. Learn how to be assertive and deal with difficult people. Learn how to achieve your personal goals and ambitions. Learn how to find, rescue, and re-parent your inner child, and to play and have fun again. Become acquainted with and find the balance between the different aspects of your personality. Become more in touch with your inner world and your own intrinsic needs. We are all a form of energy, and we can change ourselves. It only takes this one major insight and then the right opportunity for us to learn about how to make such changes. 'The Ripple Effect' Process is this opportunity! When you fill in the gaps in your life and learn how to change yourself, you will have a better relationship with yourself and live a more meaningful, balanced, and rewarding life. This positively affects everyone around you, and they too will change in response to you. This is the power of 'The Ripple Effect' You owe it to yourself and to others to be all that you can be!

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