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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Intro -- Half Title -- Dedication -- Title -- Copyright -- Contents -- MindYourSelf -- Praise for Rewriting Our Stories -- Foreword -- Acknowledgements -- 1. Storytelling in a Time of Fear -- We do storytelling -- Inhabiting our stories -- Empowerment through stories -- Transforming how we feel -- 2. A Culture of Fear -- Everyone experiences fear -- Fear affects our well-being -- Beyond the pill bottle -- 3. Scarcity Narratives -- We are enough -- The fear industry -- Building a sustainable global story -- 4. Seeing Belief Systems as Stories -- Oppressive belief systems -- Exposure to other stories -- Shattering the illusion -- Stories of love -- 5. Shifting the Paradigm -- Conscious perception -- Overcoming Opposition -- Reframing language -- Thinking too much -- 6. Intuitive Learning -- Multiple intelligences -- Somatic intelligence -- Observational intelligence -- Emotional intelligence -- Our intuitive sense -- Expecto patronum -- 7. Acceptance and Surrender -- Accepting impermanence -- Yielding instead of resisting -- Processing shame and guilt -- 8. Living Is Our Story -- We are stories -- Fictional fear stories -- Real and imagined stories -- Metaphors of meaning -- 9. Being Our Stories -- Narrative empathy -- Living moment by moment -- No change is too small --

Conscious storytelling and oneness -- 10. REWRITE Our Stories -- The process of REWRITE -- Recognise who you are -- Embrace your stories -- Witness the fear -- Reinforce what you want -- Integrate a new story -- Tell this story -- Enhance your creativity -- 11. Inviting Stories of Gratitude -- The power of thanks -- Benefits of gratitude -- One story ends, another begins -- Appendix: REWRITE Your Story -- Glossary -- Other Resources -- Other Reading -- Index -- Backcover.
