

Whole Life Workbook

Contributors

Foreword

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How to use this Workbook

Introduction to the Whole Life Approach

What is Well-being?

The 'Principle-Based Approach'

Playing it Forward

Teen Talk

The Emperor's New Clothes?

Self Management

The Whole Life Recovery Plan

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What's your problem?

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Strategies for Living

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Personal account of Recovery

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Me, my BPD and God

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1. BPD or Spiritual Crisis?

2. Taking a spiritual history

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'Moving On': A Self Management Programme for Individuals

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So What is 'Social Inclusion' and Why Does it Matter?

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Personal Account of Recovery

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My life as a Social Inclusion worker

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Social Inclusion and Choice

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The Challenge Starts Here

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Tips for calming the mind

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Seeing Differently, Thinking Differently

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Whose voice should you listen too?

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