



# **Peace in the Heart and Home: A Down-to-Earth Guide to Creating a Better Life for You and Your Loved Ones**

*Charlette Mikulka*

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2 MP3 CDs Most people find it very difficult to manage the emotions that they experience in their family relationships. Instead of home being a safe haven, a place of emotional support, it is too often a source of hurt and deprivation. Loneliness, disappointment, fear, frustration and stress take a high toll on people's functioning and quality of life. As a result, depression, anxiety, panic, phobias, compulsions, addictions and attention problems are practically epidemic in our society. Dealing with emotions in self-defeating ways is the norm and psychological trauma is more widespread than most people realize. It is common for the average person to turn to medications and over the counter substances to manage a wide range of mind-body symptoms. Serious health problems such as high blood pressure, heart disease, obesity, sleep disorders, migraines, irritable bowel syndrome, fibromyalgia and chronic fatigue interfere with feelings of competence, self-worth and peace.

Fortunately, scientific research and knowledge have been proliferating in the past few decades, helping us to understand the brain, emotions and attachment relationships and their interplay with physical and mental health. We now know how to prevent and heal the relationship trauma that is at the root of most of the above-mentioned conditions. Also, mental health and marriage and family practitioners have been learning how to help couples create secure attachment bonds with each other and their children.

*Peace in the Heart and Home* provides a clear and thorough explanation of the dynamics that overwhelm the average person, couple and family. It takes the mystery out of their struggles. The book then provides abundant, explicit advice and a wide array of effective skills, resources and methods for managing emotions, healing trauma, cultivating awareness and fostering effective and fulfilling relationships. *Peace in the Heart and Home* is the manual on life and relationships that so many have been wishing they had. A multitude of memorable anecdotes, metaphors and quotations bring the material to life and will resonate with readers' most meaningful experiences. This book will also be of great benefit to helping professionals in developing a deeper understanding of the most powerful dynamics and practices that undermine or foster well being.

One-stop shopping handbook for life...folksy, straight-talking...a wise and comforting hand. --**ELANA KATZ, LCSW, LMFT** Senior Faculty member, Ackerman Institute for the Family

A wonderful book...offers hard-won, useful lessons about inner well-being and outer harmony that drip with authenticity.--**RICK HANSON, PhD**, neuropsychologist and author of *Buddha's Brain*

A profoundly important book...an inspiration to all readers...delivers much-needed healing and will likely change the lives of many.--**GEORGE FALLER, LMFT** Director, New York Center for Emotionally Focused Therapy

Charlette Mikulka has written a deeply insightful and compassionate book...textured with heartfelt stories and ways in which we can address our own pain and suffering...a book of wisdom and immense helpfulness. An uplifting and empowering book.--**PAUL GILBERT, PhD** Mental Health Research Unit, Kingsway Hospital, Derby, United Kingdom and author of *The Compassionate Mind*

A highly readable, accessible and very practical guide to living a more emotionally fulfilling life, both with

oneself and in relationships.--**ALAN S. GURMAN, PhD** Emeritus, Professor of Psychiatry, University of Wisconsin School of Medicine

This meaty book describes the variegated sources of contemporary stress and provides practical tips on how their adverse emotional and somatic effects can be avoided or significantly alleviated.**PAUL J. ROSCH, MD** President of The American Institute of Stress

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People live in this new moment of lifestyle always try and and must have the extra time or they will get wide range of stress from both lifestyle and work. So , once we ask do people have time, we will say absolutely indeed. People is human not just a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer will probably unlimited right. Then do you ever try this one, reading guides. It can be your alternative throughout spending your spare time, often the book you have read will be Peace in the Heart and Home: A Down-to-Earth Guide to Creating a Better Life for You and Your Loved Ones.

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