



About the Book

Women plunge headlong into peril because we feel the pressure of obligations: to family, employers, friends; a desire to be helpful, to be a pleaser, to be everything to everyone, everywhere, and forevermore.

Psychological Nutrition is not a concept that most women have ever really contemplated. We don't consider our emotions and reactions within the context of nourishment. Consequently, we unthinkingly consume a diet of negative emotions and thereby allow no room for positive emotions.

Psychological malnutrition has a profoundly harmful effect: it keeps us in the same emotionally unsatisfying loop; one that is fed by a false sense of obligation that keeps us unsatisfied in our relationships, closes doors to opportunities through martyrdom, insincere niceness, and doing for others with resentment rather than love. It is not your best self.

Psychological fulfillment: This is the ultimate goal of psychological nourishment. It is living life with an emotional pyramid firmly set on the ground of self-actualization, and of atom splitting the creativity of others. Not just achieving your goals, but uplifting others in the spirit of feminine cooperation.

Don't get put off by these big statements: this is where we should all be living, fulfilling the best in ourselves and others, not bottom-dwelling in survival mode. How you go about doing that is the basis of this book. And what you achieve--for yourself and for those with whom you share your bounty—is the ultimate aim.

AUTHORS: The authors happen to be clinical psychologists; but more importantly, we are women in some stage of middle age at a turning point in our lives: to live a physically and mentally healthier and more enriched and giving life.



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Psychological Nutrition



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