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Your Life as a River: Reflecting on the Past to Create a Strengths Based Future (Paperback)

By Dr Therese Lask

Createspace, United States, 2012. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.We have all had times in our lives when we needed to find the strength to navigate a path through difficulties. But where does that strength come from? How are we able to call on it to help us deal with those kinds of situations? And perhaps most important, can we draw on it to help us achieve our potential in other areas of our lives? The answer to these questions is essentially what this book is about. Your Life as a River provides an innovative approach to a topic explored in previous books on the topic of strengths. Through the life stories of nine first generation college students, four key concepts emerge: relationships and talent development; the interaction of our talents; the contradictory nature of talents; and how talents are used to navigate life's challenges and difficulties. Providing stories for reflection, Your Life as a River examines how talents are used in the context of the four key concepts in order to determine positive, effective strategies for in the future. Chapters One and Two present a...



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