

2016

RESOURCES / RECURSOS



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Tabla de contenido

Recommended Reading / Libros Recomendados	2
Daily Meditations www.wilddivine.com newsletters@wilddivine.com >.....	3
Andy Stanley	3
Ask It Series ,.....	3
The New Rules for Love, Sex and Dating	3
GUARDRAILS Also available in youtube	4
Intimacy with God	4
Staying in Love	5
Marriage	5
Poemas de Facundo Cabral.... excepcional	5
Pastor Mark Gungor	5
Pastor Mark Gungor mm	6
Tale of Two Brains Duration: 2 hours.....	6
Your Move 30 minutes each, also available in youtube.....	6
John Bradshaw The Family	7
Bradshaw on Family Secrets - 26 minutes	7
Bradshaw on Homecoming: Healing your Inner Child	7
Bradshaw on The Family InnerVIEWS Special (abbreviated version)	9

Daily Meditations	Andy Stanley	Ask it Series	The New Rules for Love, Sex and Dating	GUARDRAILS	Intimacy with God	Staying in Love
Marriage	Poemas de Facundo Cabral	Pastor Mark Gungor	Tale of Two Brains	Your Move	John Bradshaw The Family	Bradshaw on Family Secrets
Bradshaw on Homecoming: Healing your Inner Child	Bradshaw on The Family					

Recommended Reading / Libros Recomendados

Libro / Autor
Reinventing your Life - Jeffrey E Young
Co-dependent No - Melody Beatty
Toxic People - Lillian Glass
Emotional Blackmail – Susan Forward
Children of the Self Absorbed – Nina W Brown
The dance of Anger – Harriet Lerner
The dance of Intimacy – Harriet Lerner
Adult Children of Alcoholics - Janet Woititz
Mothers who love too much - Anne F. Grizzle
Positive Discipline - by Jane Nelsen Ed.D
Feel the Fear and do it anyway Susan Jeffers
The Family – John Bradshaw
Family Secrets – John Bradshaw
Homecoming – John Bradshaw
Finding the love you want – Hendricks
Keeping the love you find – Hendricks

Andy Stanley

<http://yourmove.is/full-episodes/>

- He has a program on the channel UPLIFTMENT TV on Sundays AT 8AM and 8:30am.
- In Comcast is channel 386.
- You can also see his latest broadcasts in you tube.
- You can also download the mp3 to save in your cell phone or USB.

This One Thing "What if there is a way to actually follow through on your new year's resolution?"

<http://yourmove.is/episode/this-one-thing-2/>

Also available in YouTube. 1 episode: Duration: 30 minutes

Ask It Series

This series has 6 episodes, 30 minutes each Also available in youtube

Decision Making. There's a question that makes the answers to other questions easy.

"In light of my past experiences, In light of my current circumstances, In light of my future hopes and dreams, What's the wise thing for me to do?"

Part 1 - Question Everything "There is a question that answers just about any other question"

<http://yourmove.is/episode/question-everything/>

Part 2 - Musical Chairs" Wise people know what they don't know" <http://yourmove.is/episode/ep2-musical-chairs/>

Part 3 - Time over Time "You can overeat, overspend and overachieve. But you can't overlive".

<http://yourmove.is/episode/ep3-time-over-time/>

Part 4 - Edged Out "What's at stake is not forgiveness. What's at stake is consequence". <http://yourmove.is/episode/ep4/>

Part 5 - Hold my Hand "Why is that we can see trouble coming in other people's lives, but not our own?"

<http://yourmove.is/episode/ep5-hold-my-hand/>

Part 6 - The Beginning "Wisdom takes you beyond questions of good versus bad."

<http://yourmove.is/episode/ep6-the-beginning/>

The New Rules for Love, Sex and Dating

30 minutes each. Also available in youtube

Part 1 - The right person myth "It's not about finding the right person. It's about finding the right person."
<http://yourmove.is/episode/the-right-person-myth/>

Part 2 - Gentleman's Club "Are Jesus's teachings about women still relevant?"
<http://yourmove.is/episode/gentlemans-club/>

Part 3 - Designer Sex "Myth - Sex is just Physical" <http://yourmove.is/episode/designer-sex/>

Part 4 - Final message for Series <https://www.youtube.com/watch?v=kErMFz2qWp8>

GUARDRAILS Also available in youtube

Ever wonder what it would be like to have guardrails in your life in areas like friendships, finances, and marriage? Maybe your greatest regrets could have been avoided if you had established guardrails in your life.

Part 1 - Direct and Protect "Nobody plans to mess up their lives. And that is why we need guardrails."
<http://yourmove.is/episode/ep1-direct-and-protect/>

Part 2 - Why can't we be friends? "Friends pretty much determine the direction and the quality of our lives."
<http://yourmove.is/episode/ep2-why-cant-we-be-friends/>

Part 3 - Flee baby flee "Behind the scenes of any healthy relationship you will find guardrails."
<http://yourmove.is/episode/ep3-flee-baby-flee/>

Part 4 - Me and the Mrs. "Are you married, have you been married, or you want to be? Marriages need guardrails." <http://yourmove.is/episode/ep4-me-and-the-mrs/>

Part 5 - The Consumption Assumption "Greed is the assumption that is all for my consumptive."
<http://yourmove.is/episode/ep5-the-consumption-assumption/>

Part 6 - Once and for All. "In areas as finances and relationships, guardrails can feel like barriers to something good. But here's why they are worth having."

<http://yourmove.is/episode/ep6-once-and-for-all/>

Intimacy with God

1 episode, Duration: 30 minutes

"Have you ever had someone in your life, may be now, and you really wanted to take the relationship from where it was to a level deeper?"

<https://www.youtube.com/watch?v=aMpi0cXldnk>

Staying in Love

1 episode, Duration: 40 minutes

It's easier to falling in love than staying in love. To fall in love you only need to have a pulse. Is it worth shooting for falling in love and staying in love?

<https://www.youtube.com/watch?v=kGOoTuyOxkY>

Marriage

Part 1 - <https://www.youtube.com/watch?v=G-Z-WeQkYKk>

Part 2 - <https://www.youtube.com/watch?v=iCPf33QAx2k>

Part 3 - <https://www.youtube.com/watch?v=tTifaS-7F9M>

Poemas de Facundo Cabral... excepcional

No estas deprimido, estas distraído [Shefali-Tsabary-How-to-Raise-a-Conscious-Child](https://www.youtube.com/watch?v=Shefali-Tsabary-How-to-Raise-a-Conscious-Child)

9 minutos - espaniol

Pobrecito mi Patron <https://www.youtube.com/watch?v=fOHKT60Xf58>

7 minutos

No soy de Aqui ni soy de Alla <https://www.youtube.com/watch?v=2JL-NK4w04s>

11 minutes

Pastor Mark Gungor

He is one of the most sought-after speakers on communication in the country. Each year, thousands attend his seminars, and corporate keynote speeches. Mark's candid and comedic approach uses unforgettable illustrations to teach proven principles that are guaranteed to strengthen and enhance relationships and communication.

Here I am including links to the three main sessions of his conference "Laugh Your Way to a Better Marriage". I can honestly tell you that after watching these videos I have a much better understanding of the differences between man and women. The insight I have gained from them have given me the opportunity to look at the differences with humor and enjoy them as part of who we are.

Yo Mamma The #1 Key to incredible Sex <https://www.youtube.com/watch?v=a9BJ7I33dqs>

Duration: 1 hour, 15 minutes

How to stay married and not kill your spouse. If you want to see how easy it is to keep a marriage working smoothly, check out this video. Mark Gungor is a funny, witty man with great advice.

Part 1 <https://www.youtube.com/watch?v=sXKDJcGkYbE&list=PLoaiTqKfSaSjS3rcQNv6IjdWb4ydPEGHr>
Duration: 35 minutes

Part 2
<https://www.youtube.com/watch?v=6thgVHJ3WV4&index=6&list=PLoaiTqKfSaSjS3rcQNv6IjdWb4ydPEGHr>
Duration: 45 minutes

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Tale of Two Brains Duration: 2 hours

In this entertaining film, marriage expert Mark Gungor provides a great explanation on the differences between mens' brains and womens'.

<https://www.youtube.com/watch?v=814eR5K7KD8>

Your Move 30 minutes each, also available in youtube.

Throughout our lives, we are confronted with decisions we never anticipated having to make. So what do you do when it's your move and you aren't sure what to do?

Part 1 – Really "We have all made decisions in our lives that make us look back and say, How could I have been so dumb?" <http://yourmove.is/episode/ep1-really/>

Part 2 - The Story of Your Life "Is your story one you want to tell?" <http://yourmove.is/episode/ep2-the-story-of-your-life/>

Part 3 - Pay attention to the tension "Here is something to have in mind when you need to make a decision quickly." <http://yourmove.is/episode/ep3-pay-attention-to-the-tension/>

Part 4 - Pass It On "Do you ever wonder if there's more to this life?" <http://yourmove.is/episode/ep4-passin-it-on-2/>

John Bradshaw The Family

Psychologist and family therapist who demonstrates a great understanding of family systems and dynamics

Bradshaw On: The Family Based on the public television series of the same name is John Bradshaw's seminal work on the dynamics of families that has sold more than a million copies since its original publication in 1988. Within its pages, you will discover the cause of emotionally impaired families. You will learn how unhealthy rules of behavior are passed down from parents to children, and the destructive effect this process has on our society.

Chapter 1; ½ sometime you get 9 minutes at a time

https://www.google.com/?gws_rd=ssl#q=john+Bradshaw+youtube+the+family

Bradshaw on Family Secrets - 26 minutes

Therapist and author John Bradshaw says in his new book "Family Secrets: What You Don't Know Can Hurt You", that it is not always a bad thing for families to have secrets. Some secrets are healthy; some, the ones Bradshaw calls "dark secrets" have the potential to disrupt the family dynamic, possibly for generations.

<https://www.youtube.com/watch?v=8lgmz7LoKYw&index=10&list=PLSD8ojBKBDBYNWJqkUAiBdUJjWiFShmKT>

Bradshaw on Homecoming: Healing your Inner Child

Have you ever heard of your inner child? Well, this is the classic book that started it all.

In 1987, Charlie Whitfield's breakthrough concept of the child within; ½ that part of us which is truly alive, energetic, creative and fulfilled; ½ launched the inner child movement. *Healing the Child Within* describes how the inner child is lost to trauma and loss, and how by recovering it, we can heal the fear, confusion and unhappiness of adult life.

<https://www.youtube.com/watch?v=bCIMK5rNBSc>

This is the first 14 minutes.

On the right of this page you will find the additional segments. Each one indicates if it is 1, 2, 3 and so on.

John Bradshaw - Healing The Shame That Binds You (Part 1) all other parts are found on same page.

"I used to drink," writes John Bradshaw, "to solve the problems caused by drinking. The more I drank to relieve my shame-based loneliness and hurt, the more I felt ashamed."

Shame is the motivator behind our toxic behaviors: the compulsion, co-dependency, addiction and drive to superachieve that breaks down the family and destroys personal lives. This book has helped millions

identify their personal shame, understand the underlying reasons for it, address these root causes and release themselves from the shame that binds them to their past failures.

<https://www.youtube.com/watch?v=5q2tZa1gp8Q&list=PLrbGCSw-PjV9vX7g9e3wVDTOfuYHds56>

Other videos found on the previous page on the right hand side

[**John Bradshaw - Bradshaw On: Homecoming Sample Meditation on the Healing the Inner Child**](#)

[**Bradshaw: Heal Your Inner Child \(1\) / aProfessorMystic**](#)

[**John Bradshaw Oprah Childhood Wounds Seminar pt1b**](#)

[**John Bradshaw on Eating and the Body / aupcycle**](#)

[**John Bradshaw - Oprah - Childhood Wounds Seminar -- pt2b.wmv**](#)

[**Meditation: Embracing Your Inner Child**](#)

[**John Bradshaw - Oprah - Childhood Wounds Seminar -- pt2a.wmv**](#)

[**John Bradshaw - Healing The Shame That Binds You \(Part 5\) / ObsKure7Glo0oM**](#)

[**John Bradshaw Healing The Shame That Binds You Part 3 / franz karl**](#)

[**John Bradshaw - Bradshaw On: The Family - pt2.wmv**](#)

[The Meadows of Wickenburg Az Presents: John Bradshaw - Family Systems in Treatment
hemeadowswickenburg](#)

[John Bradshaw - Oprah - Childhood Wounds Seminar - pt3.wmv](#)

[The Meadows of Wickenburg Az Presents: John Bradshaw - Addiction Treatment Recovery Process /
themedowswickenburg](#)

[John Bradshaw/Alan Hutner - Moral Intelligence \(1 of 6\) / Bob Keeton](#)

[John Bradshaw - Healing The Shame That Binds You \(Part 2\) / ObsKure7Glo0oM](#)

[Revelation's 1000 Years- \(Pastor John Bradshaw\) / 11:11 Ministries](#)

[John Bradshaw - Bradshaw On: The Family - pt4.wmv](#)

[The Power of Forgiveness \(It Is Written with John Bradshaw\) / It Is Written](#)

[The Meadows of Wickenburg Az Presents: John Bradshaw- Inner Child Deep Feeling Work /
themedowswickenburg](#)

[John Bradshaw - Bradshaw On: The Family - pt3.wmv](#)

[John Bradshaw/Alan Hutner - This Something Settled \(6 of 6\) / Bob Keeton](#)

[Read Healing The Shame That Binds You by John Bradshaw / The Confident Man Project](#)

[The Meadows of Wickenburg Az Presents: John Bradshaw - Family Systems / themeadowswickenburg](#)

[Dr. Ruth and John Bradshaw discuss self-esteem / drruth](#)

[John Bradshaw on Extraordinary People \(FORGIVENESS\) - Part 1](#)

[John Bradshaw/Alan Hutner - Rigid Systems & Addictions \(5 of 6\)](#)

Bradshaw on The Family InnerVIEWS Special (abbreviated version)

HoustonPBS

[John Bradshaw - Bradshaw On: The Family - pt9.wmv](#)

[John Bradshaw - Bradshaw On: The Family - pt6.wmv](#)

[John Bradshaw - Bradshaw On: The Family - pt10.wmv](#)

[John Bradshaw Bradshaw On: The Family pt8](#)