

# Creating CALM

3 Powerful Models for Navigating  
the Rough Seas of Midlife



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## Creating Calm: 3 Powerful Models for Navigating the Rough Seas of Midlife



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Create calm and sail onward in convenience and pleasure! In *Creating Calm*, Vickii Engel Thomas gives three simple and effective models to help you understand and sail through these transformative years, creating a calm, even passage instead of a crisis. Laced with insights from her personal adventures, Engel Thomas also shares antidotes from her function guiding customers through midlife. When tossed about by emotion or swimming in thought, *Creating Calm* outlines apparent self-care strategies that guide you home to the body and align you together with your spirit. Through tale and example, these models can help you navigate your personal midlife journey's murky waters. When midlife turns your world upside down, *Creating Calm* can demonstrate how to make friends with transformation & overhaul outdated beliefs with the Mobius Shift of Midlife, launch the waves of emotion & quiet the whirlpools of thoughts utilizing a Boat and a Breeze, and totally free yourself from the Drama Triangle. The nature of existence is change and the rough waters of midlife demand more conscious change than any other period of life.



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Calming Thoughtful, helpful read. Succinctly Provides calm and understanding of this sometimes difficult time of lifestyle. This book transformational. This book is a great resource for anyone seeking the equipment to create calm within their lives by consciously examining believed/emotional patterns and interactions and returning to your body through practical self-care techniques. This book invited me to examine and challenge some of my limiting beliefs, while allowing for a change in perspective regarding my romantic relationship to self among others.. This book transformational. Vickii is a very wise and uniquely particular woman, who I feel blessed to have encountered, as I navigate my life path. It'll provide guidance and calm during a time when our life appears chaotic and crazy! Joy and possibility beckon. Practical teachings for seeing the larger picture, dissipating the countless 'storms,' and cultivating equanimity in one's life. Like many others, I uncovered that I just didn't allow myself authorization to make self-care a priority, and I noticed that some of my subconscious patterns of thought and emotion were not serving me well any longer.. In doing so, new ideas and opportunities were able to emerge that I previously believed difficult. The models discussed in this book provide a visual and clear context within which to explore our thought patterns, belief systems, and the dynamics of our relationships - along with discussing the importance of returning our focus to your body to re-center and balance our lives through self-care. I really like the visual imagery of the boat on the sea in the Boat and the Breeze Model, and how well it integrates with the Mobius Change and the Drama Triangle to bring recognition back to the body and what it is experiencing in today's moment. I appreciate how practical and easily accessible these models are, mainly because I have already been experiencing the need to "get back my boat" over this past year. Vickii is an extremely wise and . Navigating the rocky seas of midlife. I've had the enjoyment of dealing with Vickii within my midlife crisis! These are versions are simplistic but powerful! During my problems of my midlife crisis, I have used the techniques that Vickii describes in her book "Creating Calm". All the best and enjoy! Powerful and Helpful Vickii elegantly and effectively offers 3 helpful images for each of us to use while beacons once we navigate our lives. I recommend this reserve to any reader that is amid what may be the most demanding times of our adult existence. Simple, sweet, concise. Practical, effective models to create conscious change This year I turned 40, and experienced a re-emergence of self which caused me to have a closer look at my life, my choices and my thinking.



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