

**TO BE IN HARMONY WITH YOURSELF,
OTHERS AND THE WORLD**
(first edition 1999) by Ewa Bialek

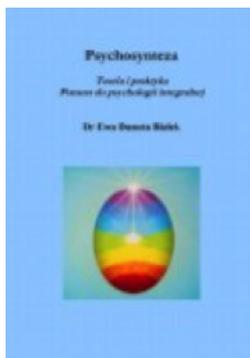


Guide of self-education by descriptions and specific exercises. The author shows signs to how to be in harmony with oneself, others and the world, which allows you to build healthy relationships with them. Without inner harmony, we can only create “sick families and sick relationships” and thus to implant and strengthen the existence of the physical symptoms of disease, described as “psychosomatic.” So in order to live a healthy and happy life, you need to start with yourself. You can change you and yourself only, and it radiates to others and the world around us. Recommended for all with no exceptions. Available as e-book.



**LECTER
TO THE DIRECTOR**

**PSYCHOSYNTHESIS. THEORY
AND PRACTICE.**
Bridge to Integral Psychology
by Ewa Bialek



The book is a summary of nearly 8 years of workshops. It includes the basic theory about psychosynthesis and more over opinions of participants (mainly teachers, psychologists, pedagogs and doctors) in workshops preparing to become a coach/educator of psychosynthesis. Plenty of valuable descriptions of individual experience and life wisdom, “discovered” by the participants during classes. Recommended to all who wish to know psychosynthesis and to personal and spiritual development, in order to balance both dimensions. A very practical book which is a description of methods/techniques of individual working, with oneself and a group, according to the principles of psychosynthesis. Extremely simple techniques lead to the sensational discovery of own abilities / potentials, understanding oneself, as described on nearly 180 pages. Recommended for psychologists, teachers of health education. The evaluation was made by teachers participating in the activities of the “Education for health in the family, school and the world” program, conducted by the Association “Education for the Future” in 1997-2004.

THERAPY OF CHILDREN AND ADOLESCENTS
Methods and techniques in psychopedagogy assistance
Edited by Iwona Dabrowska-Jablonska



In this book, edited by Iwona Dabrowska-Jablonska, 4 authors present their approach to the treatment of children and adolescents. Among them there is a chapter by Ewa Bialek “Psychosynthesis approach to the treatment of children and adolescents.” It is unique by having overall look at health, but not through the disease, so the child and the young person is seen as one inseparable individual (including spiritual part). The uniqueness of this approach, above all, emphasizes the preparation of the teacher - his own psychosynthesis - to understand what psychosynthesis and health seen as a whole means. Indeed, he must be alone integrated, and it involves own psychosynthesis and a new way of teacher training - by being an authority, being what he teaches.