

Pransky

AUDIO LIBRARY

The titles below offer simple, practical wisdom and perspective on nearly every aspect we encounter on humans. The metaphors, stories, and teachings within this vast library will stick with you and expand your understanding of the principles and life.



PERSONAL GROWTH

Anxiety Attack
Awakening the Health Within
Being Realistic
Bother
Busy Mind
Confidence: Own it or Rent it
Decisions
Desires, Wants & Needs
Doing Down Well
Ego
Faith & Insight
Fault Finding
Fear
Forgiving Life
Grief & Loss
Habits
Hawaii 1990
Healthy Psychological Functioning
Healthy Thinking, Positive Thinking & Denial
Human Being & Human Doing
Humility, Compassion & Contentment
Insecurity & Imagination
INSIGHT Lecture Series
Investment vs Involvement
Learning from Mistakes
Levels of Well Being
Listening
Living in Mental Well Being
Moods
Nature of Thought
Nature of Perception
Our Unhealthy Normal
Peak Performance
Peer Pressure Proof
Personal / Impersonal Thought
Psychological Boogiemen
Self Esteem
Slowing Down from Within
Some Fun, No Fun, All Fun
Spiritual Change
Stop Worrying
The Compassion Factor
The Foundations of Mental Well Being
The Game of Life & Living
The Obvious, Wisdom & Genius
The Real Source of Stress
Two Psychological Lifestyles
Uncertainty & Change
What Even Tempered People Know that Angry People Don't
What to do About Traumas
You & Your Thinking

RELATIONSHIPS

A Discussion on Relationships
Dating & Selecting a Mate
Divorce is Not the Answer
Emotional Reaction Spirals
Forgiveness
Goodwill & Understanding
Impact Listening
Maintenance Free Relationships
Mental Traction Factor
Productive Conversations
Puzzling Conversations
Relationship Quicksand
Relationship Set: Forgiveness & Goodwill
Separate Realities
Talker Friendly Listening

PARENTING

Commonsense Parenting Series
Growing a Healthy Child

BUSINESS

From Red to Black
Hidden Variable
Job Evolution
Job Intensity
Keeping Your Cool
Labor of Love
Leveraging the Human Dimension in Business
Rapport & Coercion
Taking on Roles

COACHING

Practitioner Wisdom w/ Linda Pransky