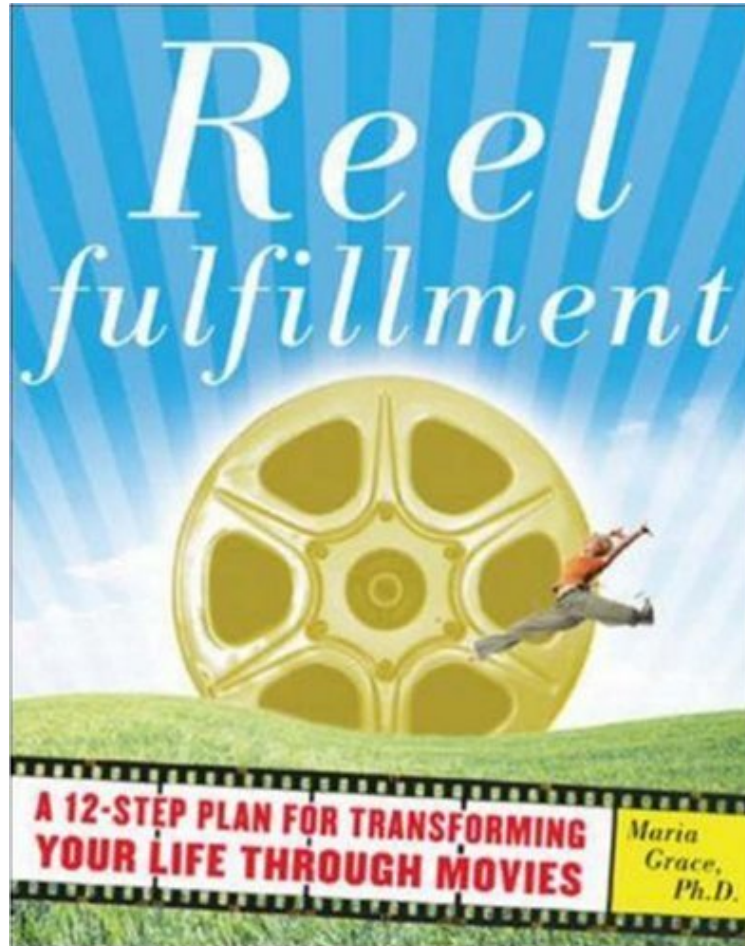


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Reel Fulfillment: A 12-Step Plan for Transforming Your Life Through Movies

Maria Grace

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#1424969 in Books 2005-09-12Original language:EnglishPDF # 1 9.10 x .75 x 7.30l, #File Name: 0071459073256 pages | File size: 70.Mb

Maria Grace : Reel Fulfillment: A 12-Step Plan for Transforming Your Life Through Movies before purchasing it in order to gage whether or not it would be worth my time, and all praised Reel Fulfillment: A 12-Step Plan for Transforming Your Life Through Movies:

1 of 1 people found the following review helpful. Deep, sensible information and advice. I highly reccomend this book.By BraidwoodI'm surprised at the common sense and bracing (in a good way) advice that I've read so far in Reel Fulfillment.I bought this book several years ago because it looked fun and interesting (which it is) but I never really read it until now. I've been watching a lot of movies lately and I also need to get unstuck from my current situation, so I looked on my shelf and this book seemed like a good fit.Every chapter has1. some helpful information about life,2. a list of movies to go with the particular theme of the chapter, and3. exercises to do.I've skimmed the whole book, and I've read and done the exercises up to chapter two. The author, Maria Grace, really has my number. I'm finding it very

personally helpful. I also think its broadly applicable and I think this book would be helpful for anyone who isn't currently living their dream life. I started reading the book three days ago. Results in my life so far: a more optimistic attitude, I've gotten a lot more done these last few days, and an uplifting dream. I think that's pretty good for three days. Ideas, exercises, and affirmations that I've been finding particularly helpful from the first couple chapters: "I look forward to what will be" "What three things do I look forward to accomplishing today?" "I look forward to the things I am willing to do to become happy, and the opportunities that will arise." "I use concrete actions and cooperate with reality to pursue my dreams." "I am letting go of expectations and looking forward to whatever life hands me." "Keeping the body healthy and reasonably fit is essential to anyone who is serious about being happy." "Living the life you dream is a matter of taking action to bring your dreams into the world of reality." "You awaken to your dream life when you connect to your inner needs and take proper action to fulfill them in the real world." "I deserve to live the life of my dreams and I can achieve this only if I stop daydreaming and wake up to reality. Only I can do it." This is just a sample of the words that resonate most with me. There is a lot more to each chapter, and the exercises and movies have helped me really take in the particular advice that I need to hear. Incorporating just the main ideas of the first couple chapters into my life is probably going to take awhile. I'll keep affirming and practicing these new ways of thinking and doing things as I go through the rest of the book. I'm already finding them helpful.

3 of 3 people found the following review helpful. NO MORE MOVIE-ADDICT GUILT By Donna Remmert "Reel Fulfillment" A 12-Step Plan For Transforming Your Life Through Movies Maria Grace, Author McGraw Hill, Publisher ISBN 0-07-145907-3 Reviewed by Donna Van Straten Remmert, Author of "The Littlest Big Kid" and "The Jitterbug Girl" If you love movies as much as I do, "Reel Fulfillment" is an insightful guidebook that will entertain as well as transform you. It will explain why you love some movies enough to see them over and over again, and why you laugh or cry your heart out each time. Psychotherapist and author Maria Grace is well known in Austin for her live, standing-room-only movie reviews that humorously and poignantly probe into our psychological make-up and help us realize truths about ourselves, as reflected by characters in the movies. She is also well known at SCN for her fabulous Be Our Guest presentation. If you've witnessed Maria's gigs, I know you haven't forgotten how delightful they were. The same is true about "Reel Fulfillment". It's delightful. Maria moved to New York City a few years ago, and she has already received a great deal of praise and recognition for her inspiring book, her seminars, and her ezine that I highly recommend as a way to continue analyzing your responses to movies after you've read "Reel Fulfillment". Each week's ezine is about something new and different and it's always fun and thought provoking. This week's challenge, for instance, is to watch movies that are about food cravings. She tells you some of her secrets for relating to food in a more healthy way, learned from having attended a spa in Brazil, she invites you to click onto her 60-minute seminar "Eating Without Guilt: The Joy of Conscious Eating" and she asks you to watch two fabulous movies about food to better understand yourself: "Chocolat" and "Real Women Have Curves". Go to [...] to learn about Maria's adventures and to read more about the ezine that's free for the asking. Subscribe! Thanks to "Reel Fulfillment", I can now say it right out- I am a movie addict! I watch at least one, sometimes two, movies a day. In the privacy of my bedroom where I can laugh or cry to my heart's content. I'm obsessed, and I now know that I don't need to feel shame or guilt for spending so much relaxation time in bed, because through my obsession and with the help of Maria's 12-step plan for transforming my life through movies, I accomplish major self-awareness fetes. There is a Questions to Answer section in each chapter of "Reel Fulfillment". I glance at these questions in advance of watching a movie recommended by Maria in that chapter. Then, as I'm watching, I think about possible answers to these questions, viewing the movie as if it were a story about my life. Metaphorically, it usually is! After my movie(s) for the night is over, I sink into my unconscious for a good night of dreaming. When the movies I've seen are especially relevant to my life, they often trigger fantastic dreams that reveal things about me that I'd otherwise not know consciously. What a gift! Imagine all of the un-lived lives I've been able to experience through this process! I am so in love with Maria's work that I flew to NYC to attend one of her seminars. She's better than ever, and what a good excuse for having fun in The Big Apple. Reading "Reel Fulfillment" is like being with Maria again. Order an autographed copy and browse her other learning tools at her online store at [...]

1 of 1 people found the following review helpful. WHAT A UNIQUE, HELPFUL WORK - AND SO THOUGHTFULLY WRITTEN! By D. Blankenship Life should be as happy as we can make it. Life should be as fulfilling as we can make it. Life should be as free of fear and doubt as we can make it. No one book, no one program can provide all these needs. But this work, Reel Fulfillment, is certainly a tool you will want to add to your tool box. If you are building a house, you cannot do it with only a hammer. You must have saws, screwdrivers, rulers, pliers, and on and on. To build a full life you must have many tools also. Most certainly, this work, I feel, can be one of those tools, quite an important tool, actually. What a unique and fascinating concept...using movies to help analyze your life and help correct those little and big blimps and bumps in life that we all encounter. This is not a just a book about "going to a movie and feeling good." It is far more. The author, Dr. Grace, gives us a twelve step plan or program for truly changing the way we perceive ourselves and the way we meet and treat the various crises and challenges we all encounter. The subjects, Gaining Inner Clarity, Emotional Health, Joy, and Gaining Spiritual Fitness, are all more or less hung on a unique framework, on the concept of movies, on the stories that we can relate our own experiences to, and learn from, which we see on the screen. We can and, indeed, do learn from these stories. Movie, of

course, are art. Who has not been emotionally changed by a great piece of literature, a great painting, a wonderful photograph, a deeply felt and written poem or one of the world's great paintings. Most of us can be driven to either tears or great joy by any of these. Movies are no different. More importantly, with movies, we can learn from the stories these artists, the movie makers, writers and actors bring us. We can relate. I dare say that not one person reading this review has ever not been moved, in some way, after watching some film story at some time in their life. Dr. Grace has given order to this. Each chapter includes a wonderful section of self examination, profound questions, which, if answered truthfully by the reader, can indeed shed great light on our inner being. She has been able to articulate what most of us actually know, but we simply did not know we knew. She has given us a tool and then explained how to use that tool effectively. Now, this work, like any work in this particular genre, is only effective if you actually DO IT! I wonder how many "self help books" are purchased, skimmed, shelved and forgotten. You actually have to work through the program for it to help. Folks, there are no free lunches...you get out of something just about what you put into it. This book is no exception. On the other hand, if you want to purchase it, skim it and then shelf it, that is okay too. As an added bonus, even if you don't work through the doctor's program, you will certainly pick up some great tips to make your movie going far more pleasurable. You really cannot lose with this one. I highly recommend! Recommend you add this one to your library.

A powerful program based on the popular standing-room-only Learning Annex course to forge personal fulfillment through the movies. This original new approach to personal happiness teaches you how watching your favorite movies can radically improve your life. Using interactive prompts and work sheets, you will learn how silver-screen fantasies from such diverse movies as "Working Girl," "Star Wars," and even "Shrek" can uncover the self-imposed obstacles and unrealistic expectations that get in the way of realizing your dreams. With tips on how to create a realistic life script, Reel Fulfillment will guide you to a happily ever after.

From the Back Cover "Dr. Maria Grace has written an intelligent and inspirational book teaching self-help techniques through the magic of popular movies. Using dynamic film metaphors, she shows readers how to take away life lessons from the successes and failures of movie characters. For that person dealing with the ups and downs of life, which is to say most of us, her work is timely and fresh and clear. I plan to use it as homework with my own patients."--John W. Hesley, Ph.D., Co-author of *Rent Two Films* and *Let's Talk in the Morning* "Dr. Maria Grace reminds us that movies are much more than entertainment; they are inspirational life stories, images that are genuine guiding lights. A step by step guide, Reel Fulfillment is a motivating self-exploration for those who seek a richer, more enlightened life."--Gary Solomon, Ph.D., Author of *The Motion Picture Prescription*, *Reel Therapy* and *Cinemaparenting*. "For anyone who views movies as more than mere entertainment, Maria Grace has written the ultimate cinema guide--one that will open your heart and illumine your soul. Accept her loving (and insightful) invitation. You will see movies and yourself with new (more open and perceptive) eyes."--Forrest Church, author of *Freedom from Fear: Finding the Courage to Act, Love and Be* "Dr. Maria Grace's book is insightful, truthful, and with tremendous spiritual depth. Her method is thoroughly enjoyable and a powerful catalyst of personal growth for people searching for meaning, faith, and happiness."--Dr. Arthur Caliendo, Senior Minister of Marble Collegiate Church, author of *Lost and Found* and *Simple Steps Find your happily ever after with help from the silver screen's biggest hits* Everything's possible in the movies. Now you can gain inner clarity, emotional health, spiritual fitness, and joy in just twelve weeks--all while watching popular movies. Self-fulfillment expert Dr. Maria Grace gives you dozens of films to choose from as she leads you through the life lessons they offer. Within weeks, you can wake up to your dream life with *Under the Tuscan Sun*, acknowledge your true needs with *My Big Fat Greek Wedding*, break free from guilt and shame with *Sideways*, fight for your dreams with *Working Girl*, and find joy in creativity with *Chocolat*. With soul-searching questions to guide you, you will learn how to: Correct self-defeating patterns in five simple steps Gain freedom from anger, fear, shame, guilt, envy, hatred, greed, and apathy Stop living for the present and start living in the present Face life's challenges in a lighthearted way Bring joy into your life and the lives of others About the Author Maria Grace, Ph.D., is a Fulbright scholar, experienced psychotherapist, and frequent speaker.