



Dr. Ani Kalayjian
Phone: 201-941-2266
drkalayjian@meaningfulworld.com
MeaningfulWorld.com
DrKalayjian.com

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FORGET ME NOT

7 Steps for Healing the Body, Mind, Spirit, Soul, and Mother Earth

Here are the 7 important agreements for health and happiness:

1. Transforming our beliefs and identifying our ethical values
2. Exercising our will and perseverance
3. Maintaining continuity and consistency in practicing our healthy habits
4. Using SMART goals and revising them as we evaluate our goals
5. Being mindful of our attitudes and interpretations: positive, kind, loving, non-assumptive, non-judgmental, and forgiving
6. Thinking critically and creatively: seeing all the colors between black and white, good or bad, and seeing it from outside the box

TESTIMONIALS:

Dr. Kalayjian's *7-Steps for Healing Our Body, Emotions, Spirit, and Soul* is three things: a powerful memoir, an enlightening self-help book and an immeasurable gift to bestow upon your loved ones and yourself. ~Dr. Susan Furhman, President of Teachers College, Columbia University, New York, NY

This book comes from Ani Kalayjian's heart. Its message is a memorable and practical blend of the personal and professional. Dr. Kalayjian is a world-class expert on the immediate and trans-general effects of trauma, loss, and victimization. She brings to these topics a readable and knowledge-based presentation based on an adult lifetime of hands-on experience. She has conducted workshops, trained others, and helped people on sight at most of the world's mass disasters – nature caused and human caused – for over the past quarter century. This includes helping victims of war, earthquakes, tsunamis, and floods. The book begins with a brief (and very relatable) description of the traumas she faced coming from a family that survived mass killings. As the book makes the transition to the longer, substantive material based on her professional work in the field, it explains helpful ways to experience trauma, face it without faking it, and come through standing vertical on the other side of the process. Highly recommended for all who care. ~Raymond F. Paloutzian, Ph.D., Professor Emeritus of Psychology, Westmont College, Santa Barbara, CA, Co-Editor with A. Kalayjian of *Forgiveness, and Reconciliation*.

Dr. Ani Kalayjian
Board Certified Expert in Traumatic Stress
Fellow of New York Academy of Medicine
Adj. Professor of Psychology, Teachers College, Columbia University
President, Association for Trauma Outreach & Prevention
United Nations Representative