



Appreciate the Fog

Embrace Change with Power and Purpose

By Stephen Harrison

Find out how to embrace change with power and purpose in ***Appreciate the Fog***, a self-help and leadership book written by *Stephen Harrison*.

Life can be experienced as a rich, colour-filled, intricately detailed tapestry. When you are full of joy, love, and energy, and freely express yourself with passion and spontaneity, the positive energy seems to grow and expand of its own accord. The flipside is the discomfort that may be experienced when you encounter fog in life, whether the fog is a dull grey gentle mist, the denseness of a thick and blinding cloud bank, or the angry and tumultuous blackness of a raging storm. Then, your positive aspirations and outlook on life may be tested, or evaporate all together.

Fog is a natural phenomenon, impartial to who you are. Everyone gets caught in it. Your perception and choices when encountering a fog can have a marked impact on your experience.

Primary Audience

- Anyone interested in navigating periods of life that are filled with fog (spiritual, mental and emotional turbulence, uncertainty, chaos and confusion).
- Anyone interested in accessing and presenting their authenticity and personal power.
- Anyone interested in developing greater purpose in life, emotional intelligence, and shifting from a reactive place based on fear.

Published

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Availability

Books are available from Harrison International (www.harrison.co.nz) or from [Amazon](#), [Xlibris](#), [Barnes and Noble](#), and [Book Depository](#).

Book Contents

Introduction

- Engulfed in Fog
- Life is a Journey ... Enjoy It!
- Pivotal Life Concepts

Lost!

- 'Life is Bleak and Awful'
- Survive Reactions

Get Intimate with Yourself

- Deciphering your Internal State
- Develop Self-Love
- Befriending Pain
- Developing Personal Power
- Allowing Your Essence to Emerge

Ready to Move

- Purposeful Forward Movement
- Appreciating the Fog

Appreciate the Fog offers some suggestions that may provide quick payback in life with the intent to acknowledge that there are deeper processes with wonderful, lasting benefits that are available as the lifelong process of self-discovery opens. It encourages embracing the fog as it rises and developing a meaningful, authentic, and intimate relationship with the inner self. Some themes include:

- thriving amidst change

- performing adequately in new situations
- manifesting your personal power
- engaging with your inner self in a more meaningful, authentic, and intimate relationship.
- consciously shifting from a fear-based, survival reactions to power-based thrive responses
- finding the meaning in and working with strong emotions

Book Formats

'Appreciate the Fog' is available in hardback, paperback and as e-book in ePub and Mobi editions. Details are:

- **Paperback:** ISBN 1-4797-2393-2 / ISBN-13:978-1-47972-393-5
- **Hardback:** ISDB: 1-4797-2394-0 / ISBN-13: 978-1-47972-394-2
- **E-Book:** ISBN 1-4797-2395-9 / ISBN-13: 978-1-47972-395-9

The E-Book is available these formats:

- **ePub:** Used on: Sony® eReader, Kobo eReader, NOOK™, iBooks (iPad/iPhone/iPod), Stanza, Bluefire (iOS & Android).
- **Mobi:** Used on all versions of the Kindle, and all versions of the Kindle app.

Refer to the official book website (www.appreciatethefog.com) for more details about the book on obtaining your copy.

Book Reviews

Full versions of the following reviews are available from either the [Harrison International web site](http://www.kirkusreviews.com) or from the web sites of the respective reviewers.

Kirkus Review

In this self-help guide, Harrison offers a plan of action for overcoming psychological obstacles to living life fully.

The "fog" of the title "represents those times you are stuck, confused, bewildered." The author has drawn on his readings of classical psychiatrists, such as Carl Jung; Daniel Goleman's work; as well as his own life and intimate personal journals, to develop his approaches to clearing the fog. Harrison provides a model of personality development based on seven "chakras," or "energy centres," and he discusses how each can manifest itself in one's behavior. He goes on to consider what he calls "survive reactions," or ineffective ways of dealing with problems. To the classic "fight" and "flight," the author adds "freeze" and "fabricate." After describing the Freudian model of personality and the Jungian idea of "the shadow," Harrison illustrates the power of the shadow by detailing the confusion he felt after his first divorce. He follows this with ideas considerably more abstract; he advises that readers "acknowledge the

diligence and sincerity of the protective self." Harrison recounts one of his own epiphanic experiences, and he goes on to explore what he calls "thrive responses," or useful ways to deal with fog. These are again alliteratively categorized as "assert," "attend," "act," and "authenticate" and followed by subheadings and further definitions. The guide notes that analyzing one's feelings of frustration and depression can lead to self-acceptance and optimism, which Harrison calls "positive framing." Throughout, the writer is honest in presenting his own experiences.

Readers may indeed find several useful blueprints for resolving their own problems.

Kirkus Indie, Kirkus Media LLC, 6411 Burselson Rd., Austin, TX 78744 (web site: www.kirkusreviews.com, email: indie@kirkusreviews.com.)

BlueInk Review

Stephen Harrison defines "fog" in his inspirational self-help book as "those times you are stuck, confused, bewildered, and uncertain about what to do or where to go, where your connection to your purpose, direction, and sense of being lacks clarity." Harrison believes that people become paralyzed with fear at certain junctures in their lives but that there are ways to cope with this paralysis through such tried-and-true responses as getting in touch with your internal state, learning to love yourself, developing your personal power and allowing who you really are as a person to come to the fore.

Harrison, currently involved in life coaching and group facilitation in his native New Zealand, has experienced the fog of fear and anxiety in his own life and wrote this book around those episodes, including two failed marriages. His underlying anxiety stemmed from a fear of sexuality and intimacy. He reveals his struggles to achieve successful relationships with women, which gives the book a personal slant that is admirable. His willingness to write openly about his struggles makes his book more approachable than it might otherwise be.

Harrison also relates stories of others facing life crises and cites additional instances in his life when he was stuck and how he overcame those episodes. There is a riveting description of walking blindfolded on a beam 40 feet above the ground, and he even tried bungee jumping to work through his fears. He doesn't necessarily recommend these methods to everyone, but he found them liberating and in line with his admonition to "Embrace your fears." The book has a message of hope from an author writing out of his own hard-won experience.

(BlueInk, web site: www.BlueInkReview.com.)