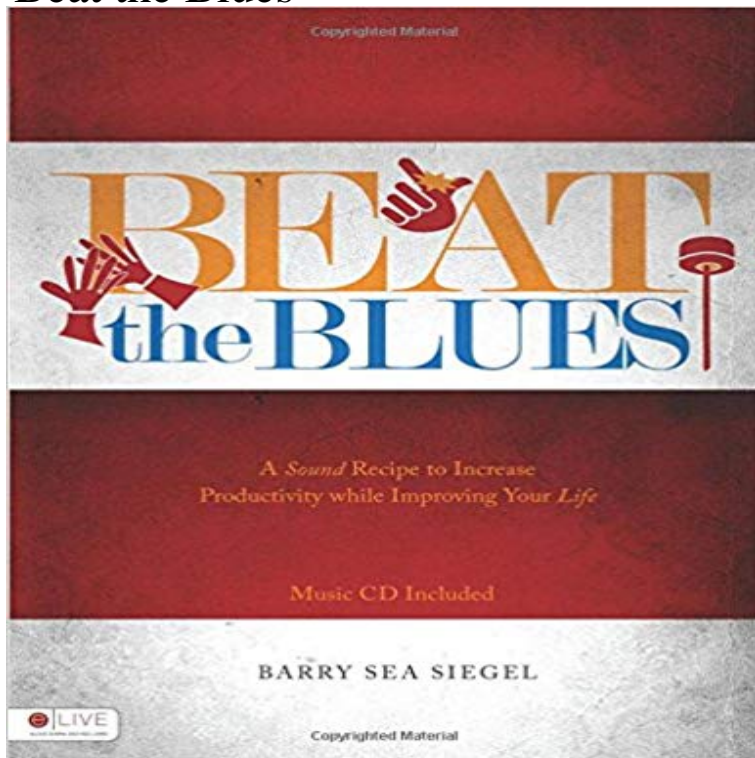


## Beat the Blues



Beat the Blues is an instructional manual and tool kit that provides a sound recipe to increase productivity and improve lives. Barry Sea Siegel has gathered some of the finest success achievement principles formulated over the past four thousand years, updated them to include computer terminology, generated his own original theories, and added the unusual element of blues music. Beat the Blues provides a soundtrack of original music with specific lyrics created to help us learn and remember the lucky seven components of the program, while reprogramming a section of our subconscious minds Siegel metaphorically identifies as the success GPS. The process of reading the book, filling out the forms in the First Will and Testament of the appendix, and listening to the music is enjoyable and uplifting. More importantly, it may just help us identify purposeful goals and map out the most efficient route to achieve them.

Agradable ruta realizada junto al Bilbao Alpino que parte desde la localidad alavesa de Guinea, en la vertiente Sur de la sierra de Arkamo y que discurre por las cimas de Olvedo, Pelistornes y Cantoblanco.

Desde Guinea el camino es muy evidente, ya que las dos primeras cimas están muy cerca y separadas por un pequeño collado. Su subida es corta y casi directa y está señalizada justo a la salida del pueblo.

Al Olvedo se llega relativamente rápido. A pesar de que las nubes a veces nos impiden apreciar las vistas, el paisaje se intuye precioso.

2017-01-22\_10-36-17

Para pasar del Olvedo al Pelistornes tan sólo tenemos que cruzar el collado y llegaremos en apenas 10 minutos a nuestra segunda cima del día.

2017-01-22\_10-53-02

Una vez coronadas las cimas anteriores hay que continuar la travesía en dirección a la al Cantoblanco, que se asciende tras un durillo cortafuegos.

20170122\_123405

Desde la cima tenemos justo en frente el Montemayor, máxima altura de la vecina sierra de Arkamo.2017-01-22\_13-00-09

Finalmente, iniciamos el descenso hacia la curiosa localidad de Salinas de Añana...

20170122\_142807

...donde podremos completar la ruta con una visita a las propias Salinas.

20170122\_142812

Una ruta de unos 15 kilómetros sin dificultades reseñables. Únicamente se hace necesaria logística de vehículos. De no tener esta facilidad entonces es mejor realizar únicamente la subida al Olvedo y Pelistornes.

Tu voto:

Publicado en Araba, Rutas fáciles | Deja un comentario

Los Retos de 2017

Publicado el 01/24/2017 por 12meses12montes

Bueno, un nuevo año que ha pasado y uno nuevo que acaba de comenzar. 2016 fue un año muy intenso, si bien los retos que nos marcamos en un principio sólo se vieron cumplidos en una tercera parte. No fue un buen año para ellos, ésta vez la alineación de planetas se generó en pocas ocasiones.

Sin embargo, no decaemos. Cogemos el testigo y no vamos a desistir en su intento, por lo que los retos que no conseguimos cumplir en 2016 serán los que tratemos de realizar en 2017, más algunos otros, a ver qué os parecen. Seguir leyendo

[\[PDF\] L2 Diploma in Hairdressing. Candidate Handbook \(Including Barbering Units\)](#)

[\[PDF\] Ya Gotta Believe!: The 40th Anniversary New York Mets Fan Book](#)

[\[PDF\] Instruments and the Imagination \(Princeton Legacy Library\)](#)

[\[PDF\] Unleashed Leadership: Maximizing Talent and Performance by Opening the Gates of Opportunity](#)

[\[PDF\] Dear Tooth Fairy: A Harry & Emily Adventure \(Holiday House Reader: Level 2\)](#)

[\[PDF\] Jane Goodalls Animal World Chimps](#)

[\[PDF\] Nature Detectives: Pack A \(Little Nippers: Nature Detectives\): Pack A \(Little Nippers: Nature Detectives\)](#)

**Beat the Blues Online Programme** Aware Beating the Blues is an eight-session computerised Cognitive Behavioural Therapy programme that helps you to identify and change unhelpful ways of thinking. **What is it? - Introduction - Beating the Blues** the owner of well-loved brands including Cadbury today signed a three year partnership with Aware to raise funds for Aware initiatives including Beat the Blues. **Images for Beat the Blues** Want to feel better and get more out of life? Beating the Blues US is an online program that helps you feel less stressed and more confident. Its convenient, easy **BBC NEWS UK Magazine 10 ways to beat the blues?** Beating the Blues is an effective, proven treatment for sufferers of depression and anxiety. **Beating the Blues with EFAP BC** Beating the Blues is an online Cognitive Behavioural Therapy (CBT) treatment programme for depression and/or anxiety in primary care. It brings all the **Free Online Cognitive Behavioural Therapy - MoodCafe** About Beat the Blues Online. Aware has designed this online programme to help young people aged 15-18 learn new ways to deal with concerns and **Ten ways to beat the blues at any age Psychology Today** A mental health charity says the government needs to promote ways for people to look after their own mental health. What simple things can we **Beating the Blues** is a computerised cognitive behavioural therapy (CBT) programme for depression and anxiety, recommended National Institute of Health **10 Simple Ways to Beat the Blues Sorting Out Your Life** Seven secrets to beating the blues. DEPRESSION is on the rise with millions of us suffering but experts say medication is often ineffective. **Free Positive Mental Health School Programme Beat The Blues** Beating the Blues is a computer-based self-help programme which uses Cognitive Behavioural Therapy (CBT), consisting of 8 sessions, which normally take **Beating The Blues - Home** No purchase required. Open to Canadian residents over the age of majority. Visit /BeatTheBlues between January 16-February 26, 2017 to enter for **Beating The Blues - Elament** Beat the Blues. Portlaoise - Student Bag Pack in Tesco - post with final figures raised in Oct. Thank you to the 600+ students who volunteered to help with **Beating the blues HealthPartners** Beating the Blues is accessed through ManageMyHealth. First time users, activate Beating the Blues. If already registered, login on ManageMyHealth. **Beat the Blues - Beating the Blues SLAM: Improving Access to Psychological** In order to use Beating the Blues you need to be logged in. If you are not a member yet and have been given a activation code then please activate your account. **How to Beat the Blues: 11 Steps (with Pictures) - wikiHow** Everyone feels down once in awhile. But you dont have to stay that way! Here are 10 easy things to do to feel better quickly. **Seven secrets to beating the blues Health Life & Style** Downloads. To help you understand what the program is all about here is some information you can download. Read more. **Beating The Blues - About Beating The Blues** Beat the Blues is a free positive mental health programme brought to secondary schools throughout Ireland by Aware. **Beating The Blues - What is Beating the Blues? Beating The Blues - Patients** If youre a HealthPartners member or patient, visit Beating the Blues. Youll need your insurance ID number and an activation code to get started. If you dont **Login - Beating the Blues** Beating the Blues: This NHS Service is available in many areas of Scotland, including Fife. It provides Cognitive Behavioural Therapy (CBT) for people **Beat The Blues Aware** Blues dancing is all about connection, musicality, partnership and having fun! It can range from upbeat to sad to gritty to soulful and anything in between. **Beating the Blues** Beating the Blues is an online treatment program for eligible people in BC experiencing mild to moderate depression and anxiety. Contact us today to enroll. **Beating the Blues - NHS Tayside**

## Beat the Blues

Ten ways to beat the blues at any age. Flossing, not chocolate, is the key to beating depression. Posted Apr 27, 2010. SHARE TWEET EMAIL MORE. **Beat The Blues Mental Health Ireland Aware** Everyone gets the blues from time to time. In fact, according to the National Institute of Mental Health, major depressive disorder (also known as depression)