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## Conquering Life's Mountains Together!

Personal Life Coaching

December 2006

### Greetings!

Have you ever thought about just what David was doing when he was called on to soothe King Saul with his harp? It seems other people have been thinking about this...and doing something as well.

Today we include a link to a fascinating live interview audio recording by Israel National Radio with the Harrari Harp creators. The interview is about half an hour long about the idea of researching and re-creating harps as they were in David's time, as well as examining some of the medical evidence that is coming in about the restorative powers of such music.

While we can't test these assertions directly ourselves, we thought it was worth our attention and prayerful consideration.

Which one of us would object to someone like then-shepherd David playing his harp when we feel the need to return to joy and peace!

You can go to [H arrari Harps website](#) and you will see the link to the live radio interview in the center of the page.

Teaching articles by Barb and Marilyn will be among those of other Christian Coaches in the [Christian Coaching Journal Today site](#). You can [click here to go to the site](#), or to sign up to receive it directly.

Be blessed and encouraged!



***Barbara Klika and Marilyn Guffey, Personal Life Coaches***

One way to keep joy flowing is to be certain that there is variety in your daily routine. If you do heavy physical activity routinely, find a way to rest physically and do mental work such as reading. On the other hand, if you have a desk job that is quite sedentary, a balance can be kept by intentionally choosing physically active hobbies.

***Keeping Your Joy Full!***



For me, my daily involvement is usually with language, either spoken or written. I have found that taking the time to relax with something that involves color, shape and texture rather than verbal skills brings me rest and refreshment which leaves me better able to keep my joy. One option for this is to relax with a jigsaw puzzle. I much prefer one that is a beautiful picture of some part of creation, and not one that is intentionally frustrating, like the all one color puzzles.

Recently, I have found an online free jigsaw site that offers puzzles by email on a daily basis if you sign up. You can also [just go to the site](#) and pick a puzzle, the number of pieces, and even the shape of the pieces. Your solution time is kept and you can compare to others doing the same puzzle. You can even submit your own photos to use for puzzles.

Be careful! Use it for a break, and not to hide out for hours. Enjoy. (BK)

### *Changes of a Woman's Life Survey*

Marilyn Guffey is conducting a survey on the Life Changes of Women. Please take a moment to submit one important question that's on your mind. Marilyn plans to use the answers for future articles and eventually an e-book. Thank you for your input! [Click here to ask your question.](#)

### *ABOUT US*

**Barbara L. Klika, MSW, LCSW, Personal Life Coach** is a licensed mental health professional and founder of Set Apart Ministries, Inc., who is trained to help people learn new skills and make significant behavior changes. She is a trained Bible Study teacher and has been mentoring people in their spiritual growth for many years. She has completed Life Coaching training through Mentor Coach, Inc. She is here to offer her skills in the areas of faith development, communication, problem-solving, and behavior change.

**Marilyn T. Guffey, lay counselor, Personal Life Coach**, worked in a church setting for ten years before joining Set Apart Ministries, Inc. in January 2003. She has received instruction through a variety of Christian lay counseling courses as well as working alongside pastors and professional mental health therapists. She has also completed Life Coaching training through Mentor Coach Inc. Marilyn has worked extensively supporting women --spiritually, emotionally and practically--through encouragement and prayer.

In Coaching, you come for help to make decisions and then implement them, in order to achieve goals that you have chosen for yourself. May we come alongside and encourage you along the way?

## *National Association for the Self Employed*



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Call Susan Knoche at 920-471-6554 in Wisconsin. Otherwise, call 1-800-232-6273. You can also click on the NASE logo for more information.

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