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Inspirational Guide And Journal For Mindfully
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Sacred Motherhood: An Inspirational Guide And Journal For Mindfully Mothering Children Of All Ages

Journey of the Awakened Heart contains messages and lessons that provide a road map to remember who you are and discover your talents and gifts. In this process you will then realize your passion and purpose in this lifetime.

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This book gives you the tools you need to release old habits patterns and rituals so you can live a highly enjoyable and self mastered way of life.

In today's western cultures, the typical pregnancy focuses on the baby to the exclusion of the woman herself, so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all

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of the changes that creating a new life brings. Sacred Pregnancy was written to help the pregnant woman journey within herself to prepare for the birth of her baby. Sacred Pregnancy is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy. With beautiful professional photos that correspond to each topic, Sacred Pregnancy also features a journal space

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for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to name a few. Mothers-to-be are invited to look deeply at the issues

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unique to their journey and find a centered, peaceful place to live their pregnancy fully. Lastly, Sacred Pregnancy includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women. "From the spiritual (how to visualize your perfect birth) to the practical (a large section on birthing options), this pregnancy journal is a spiritual adviser and

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supportive doula all in one.” –Fit Pregnancy magazine For more information, visit the Sacred Pregnancy website.

No other job so deftly merges the transcendent with the tedious as motherhood. And mothers would be the first to admit they could always use a little support and guidance. So, in honor of all the moms in the world, here's the Mother's Wisdom Deck. This beautiful kit features a full-color

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book plus a deck of 52 cards whimsically illustrated with universal symbols of empowered motherhood. Arranged into four suits--Natural Mother, Animal Mother, Ancestral Mother, and Divine Mother--these cards can either reveal a message (like Tarot) or simply provide moms with inspiration and wisdom for their lifelong journey.

The Book of Questions for New Parents is a collection of 300 questions and

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*scenarios that will challenge you to
explore yourself and your loved one as
new parents of young children.*

Put Some Shoes on

*Awakened and Empowered Subconscious
Mind*

*A Holistic Guide and Journal for Caring
for Your Family Naturally-Recipes,
Tips, and Practices*

*The Book of Questions for New Parents
Dimensions of Being*

A Kid's Guide to God's Supernatural

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Power

A Journey into the World Within

"Buy the "Reset: Control, Alt, Delete" paperback and download the eBook for only \$0.99 - 0.64." Learn how to rise from the ashes of defeat. Get self-help, Embrace positive thinking, Live a happier life, and Find your destiny. No one can defeat you. You can only defeat yourself. No one can truly save you. You must save yourself. There is hope and a way out! Help yourself by reading Reset: Control, Alt, Delete find answers and change your life for the better. RESET: Control, Alt, Delete, unlike other self-help books is written specifically to help you to find the encouragement, strength, and personal growth that you will need to change your perspective with positive thinking so you can live a hopeful life that creates a path

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allowing you to find your destiny. Take action by getting yourself a copy of Brian's book. You will be so grateful you did! "Tags: self help, positive thinking, self-help books, self-help happiness, personal growth book, self-help books, depression""

This Year Will Be Different is a book for and about entrepreneurial women; a practical guide for everyone who wants to start their own business or become a freelancer. It's filled with tips, tricks, stories and interviews with women who are now making money as bloggers, designers, consultants, photographers and many more great professions within the creative industries.

Written for mothers seeking to fulfill their soul's work while simultaneously raising future generations, Sacred Motherhood offers women on the path of motherhood a guide back to themselves. It will help you embrace the reality that this is your

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spiritual life—every moment of every day, whether you are at the grocery store, changing diapers, arguing with your partner, snuggling with your baby, or dyeing your teenager's hair pink. Greet the moments when you fall down as awakening opportunities, every bit as holy and powerful as the moments you can drop in and bliss out. Spanning the sacred and the mundane, Sacred Motherhood is both a guide and a journal, enticing you to pause momentarily to reflect and write, and then return to your mothering tasks armed with a fresh perspective, renewed vision, practical tips, and creative ideas for enriching family life. For fifty-two weeks—a year of sacred motherhood—the chapters illuminate subjects that are likely to arise as the mothering journey unfolds, and present thoughtful prompts and helpful reminders relating to you, your soul, and your child. From the Trade Paperback edition.

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If you are looking for new ways to manage stress, improve mood, enhance creativity, increase mental focus, and sustain your overall sense of vitality in as little as 2 minutes, then this book is for you. In Genius Breaks, Dr. Suzie Carmack will teach you her easy 4-step system for designing your own mindful movement mini-breaks, so that you will know how to sneak self-care into your workday -- even if you only have 2 minutes between conference calls. Now you can learn the same system that Dr. Carmack has shared with the Pan American / World Health Organization as a keynote wellness week speaker (2013-2015), and with over 2000 corporate wellness programs, k-12 educators, clinicians and yoga teachers worldwide. Learn more about how you and your team can move to well-being and join the Genius Break community at www.DrSuzieCarmack.com

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The Mommys of Multiples Guide to Pregnancy

The 7 Breakthrough Keys How a Single Former Welfare

*A Guide to Understanding, Growing and Eating Phytonutrient-rich,
Antioxidant-dense Foods. Vegetables*

Sacred Motherhood

The Insightful Guide to Becoming a Freelancer

21 Days to Feminine Magnetism

Genius Breaks

21 Days to Feminine Magnetism is a book created to help you discover how shifting your energy and mindset is the key to attracting the man of your dreams. Each day you will do inner work that will help you get closer to your happily ever after. This workbook is an inspiring 21 day

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journey that will show you how feminine magnetism will get you #wifedup. Angela challenges you with her "wifed up assessments" and exercises to dig deeper into your old energetic programming and change your beliefs so that you may attract the type of man you truly deserve. You probably have never understood how powerful you are in your feminine energy but this book will help you to use that power to your advantage.

A heavenly shade of blue was always in her eyes and her innocent smile captured the hearts of many. But even a beautiful smile can cover the ugliest of things. Who would've ever known that the beautiful and loving Princess Marris would fall victim to a very dark and

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hostile scheme, conjured up by something that is as old as time? No one did—not even Tairren, who was one of Marrisa's dearest friends. Overtaken by Marrisa's beauty and charm, Tairren was very much in love with her and would do anything for her—even if that meant facing the overwhelming powers of darkness... It was on Marrisa's long awaited sixteenth birthday, her engagement to Prince Phillip and the day before her enthronement to the kingdom of Ishkar, when it happened. When Marrisa is abducted by someone she had always trusted, she is forced into the Forbidden Lands of Minslethrate and awakens upon a plot that would shake the world. With the company of his very different comrades, the

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unconventional Lady Natalia and the arrogant Prince Phillip of Ishkar, Tairren travels across the uncertain lands of Minslethrate to rescue Marris. They begin to realize that their precarious situation is dealing with more than just a kidnapped princess—that's just the beginning... They must trust in the unseen God of Light and have faith in a legend that they don't even understand. While their beloved princess awaits a terrifying fate, they must become awakened by light if they are to face their own dark quest... Prophecy stirs, blood spills, light burns and darkness screams—revealing The Last Legend...

The twentieth anniversary edition of a transformative

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blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women's bodies and souls “This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one.”—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love,

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wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

Take a journey through Consciousness as it unfolds in time and space to reveal ever more novel forms of Self-expression. Your guide, Eugene Allende, will take you to your deepest core, revealing a fundamental Truth that has been known by Mystics for millenia and is recently being rediscovered by our leading-edge sciences. This fundamental Truth, that all of existence springs forth from a Unified Field that is timeless and ever-present, will be the foundation of your journey. From this Unified Source,

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you will explore the various stages and levels of Cosmic and individual evolution and development, and see how these levels and dimensions come together to create your current experience. Your host will take you on an intellectual, visionary, and experiential journey through the various dimensions of your collective and individual Being, and in that journey, help you discover who you truly are. Through this discovery you will once again remember the true creative power that lies dormant in the depths of your Being, awakening to the reality that we can transform and heal ourselves and our world. Take advantage of this life time to probe the depths of what it is to be conscious, and in that Consciousness,

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discover your fundamental connection to all that is.

Love Me Gently

Live Like a Queen

*A Practical Guide to Raising Whole Children in a Broken
Generation*

The Well-Being Guide

*Intimate Stories of Women Experiencing the Power and
Transformation of Birth Plus a Guide to Proactive Self
Care.*

The Sacred Fire of the Phoenix

A Loving Guide and Journal for Expectant Moms

This textbook explores the relationship

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between the natural world and psychological well-being. It draws upon a wide context, brings the experience of our existence as part of the wider natural world to the forefront throughout, and relates it to therapy practice in mainstream settings.

Author Arlene Karian opens the door to success for millions of parents now - and in the future. In "Mentoring Your Child To Win: The 7 Breakthrough Keys How A Single Former Welfare Mom Raised

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A Multi-Millionaire Kid", Arlene - "The Parenting Mentor" - provides you with a proven plan she created for herself and is now available to all who shape a child's consciousness. Easy and enjoyable to follow, parents will find the tools to create a bond with their children in an exciting new way.

Recently validated by science, Arlene's system will open a whole new world of possibilities, empowering you to raise extraordinary children and also uplift

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you and your entire life in the process. The simple secret: Arlene became a mentor to her son by following a simple original system. Now you can use Arlene's "Road Map to 21st Century Parenting" system to help your children avoid negative outside influences and achieve great things, so they become what they were meant to become. In "Mentoring Your Child To Win: The 7 Breakthrough Keys How A Single Former Welfare Mom Raised A Multi-Millionaire

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Kid," you'll discover:

- The 7 Keys to 21st Century Parenting
- The 3 Scientific Research Secrets about Parenting
- How To Mentor Your Child to Excel
- How to Raise an Extraordinary Child
- How To Get Your Kid To Say 'No' to Outside Influences

Plus a lot more detailed, step-by-step guidance, inspiration, and help for parents and guardians to modernize parenting with a new breakthrough approach to interface with these troubled times. In addition,

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the book reveals:

- Detoxing Your Mind: An Innovative Way to De-stress
- How To Effortlessly Organize Your Day
- Keeping The Love Alive In Spite Of Dishes, Laundry and Texting

"Mentoring is the new way," Arlene says. "I raised my son to excel while on welfare. It's because I blended parenting with mentoring that my son became so extraordinary, successful, and a living role model of my work. Helping all parents bring out the best in their

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children, whatever that might be, is now my passion." Arlene believes that true wealth comes from the wisdom of the one who is shaping a child's life. Her book will guide you on an incredible new journey toward that end. *Mentoring Your Child To Win: The 7 Breakthrough Keys - How A Single, Former Welfare Mom Raised A Multi-Millionaire Kid* brings solutions for parenting in the 21st Century. *Creative Stress* reveals with precision

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how we can and must transmute negative stress so that we can evolve individually and collectively. It offers the reader a steady climb to the higher reaches of human creativity and fulfillment, and is packed with compelling stories from O'Dea's exceptionally rich experience. The world is simpler than it seems. Everything that happens occurs because of cause and effect. Eliminate the cause of relationship problems,

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poverty, health issues, and disharmony- and you change the effect. Too often, though, we look for external causes, when the true cause lies within our own all-powerful and divine subconscious minds. The universe is made up of interconnected energy-and what are our thoughts if not pure energy? Change the workings of your inner mind, and you can quite literally change your life. In *Sixth Sense*, noted holistic success coach Eugene N. Nwosu provides a set of

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deceptively simple tools designed to help you "rewire" your subconscious mind, change your life, and acquire the enlightenment and wisdom vital for true balance, equilibrium, and success.

Nwosu' s practical affirmations help harness the mind's ability to operate in harmony with the unchanging rules of the infinite, divine universe. Simpler and easier to incorporate into everyday life than The Secret and its complexities, Sixth Sense frees you

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from the limitations of entrenched thought patterns, creating instead full engagement in your passions and dreams. Once properly aligned with the universe, you will succeed-all the time.

The Old Soul's Guide

Sacred Woman

Healing from the Death of a Child

Excellence Lifestyle Guide & Workbook

A Path for Evolving Souls Living

Through Personal and Planetary Upheaval

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Possess the Land

Sacred Pregnancy Journey Deck

Marina Slayton and her husband, Gregory, best-selling author of *Be a Better Dad Today*, reveal the secrets to finding true joy in the sacred role of motherhood. Using story, humor, empathy, common sense, and straight talk—grounded in reality and personal experience—*Be the Best Mom You Can Be* helps readers from the best and most influential mothers in history. The book centers on a mother's desire for wisdom and her commitment to the wellbeing of her husband and children and provides six time-

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tested principles (the Six Secrets) for being a truly great mom. In the tradition of Stormie Omartian's and Barbara Rainey's books, the Slaytons offer value-based inspiration, a warm and personal tone, and insightful secrets to both educate and equip moms to be the best mothers they can be. This book will help any mom who wants to grow in her sacred role. Women who need encouragement or advice or who feel ill-equipped to be mothers will find the straight-forward evangelical perspective and practical advice life-changing. Is the person you love most in the world actually destroying you? Sometimes, it's not so simple

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for individuals in abusive relationships to just break free. Author Tracy S. Deitz, a trained advocate for victims of domestic violence, tells the story of Lydia, a survivor of an abusive marriage who offers a lifeline to anyone who feels trapped in a destructive home. Break the Cycle: Healing from an Abusive Relationship is Lydia's profoundly honest and hopeful guide to gaining the strength, insight, and resources necessary to inspire anyone who wants to forge a new and positive path in life. Encouraging and easy to read, this invaluable book will help both victims and those who care about them to break through the confusion of this complex

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emotional struggle. By sharing Lydia's personal account about many years on a relational roller coaster, the author offers a vital perspective to individuals who are torn between keeping their covenant vow and trying to survive in a dysfunctional relationship with an unrepentant spouse. Integrating research, Scriptures, and personal anecdotes, the text illustrates practices for healing and finding clarity. From discussing isolation to awakening courage, each chapter identifies challenges and solutions, culminating with study questions for individual reflection or small-group discussions. The guide tackles issues surrounding alcoholism,

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Christianity and what the faith community teaches about honoring a vow, with daily illustrations of the challenges victims face. While illuminating the dilemmas of loving someone who is an abuser, Break the Cycle: Healing from an Abusive Relationship offers those suffering from this national epidemic a chance to find security, confidence, and peace. Millions of people in this country desperately need to discover the hope that is available to them through a personal relationship with God, rather than religiosity. This poignant, inspiring guide can do just that. Written for mothers seeking to fulfill their

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soul's work while simultaneously raising future generations, Sacred Motherhood offers women on the path of motherhood a guide back to themselves. It will help you embrace the reality that this is your spiritual life—every moment of every day, whether you are at the grocery store, changing diapers, arguing with your partner, snuggling with your baby, or dyeing your teenager's hair pink. Greet the moments when you fall down as awakening opportunities, every bit as holy and powerful as the moments you can drop in and bliss out. Spanning the sacred and the mundane, Sacred Motherhood is both a guide and a journal, enticing you to pause

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momentarily to reflect and write, and then return to your mothering tasks armed with a fresh perspective, renewed vision, practical tips, and creative ideas for enriching family life. For fifty-two weeks—a year of sacred motherhood—the chapters illuminate subjects that are likely to arise as the mothering journey unfolds, and present thoughtful prompts and helpful reminders relating to you, your soul, and your child.

There's a sacred and hidden path inside each one of us, a path of mysteries and amazing manifestations, where nothing is impossible, not even our wildest spiritual creations. This is the

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realm of impossibilities, where imagination is carried away by a spiritual insight, which is here referred as the phoenix. The allegory inside this book takes us to a subconscious realm, that can lead us to the most uplifting and unknown side of ourselves, but also to other realities as well, namely, the ones that are parallel to ours, and also other dimensions and galaxies. It is with this allegory of the phoenix that we understand the role of the dragons and serpents of our planet, and how they interfere in the Tao of our existence. As a dance of forces, vibrations of different natures, these symbols and concepts take us to the deepest truth within, of who we

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are and how far can we go. This is a book about the adventures of our soul, the journey within that so many Shamans live to explore. It's also about a path that all spiritualists and gurus have experienced, a path that some have called nirvana, enlightenment or awaking, but few have ever had the ability to fully describe in a way that can be perceived by the common mortal. The Native Americans have often told us about the spirit of the eagle that keeps guard over the spiritual world. This eagle, or big bird, is representative of another living force, which is the phoenix, the bird of fire. This is why many mystics of ancient times believed that only fire

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could take souls to another world. The fire purifies the body, but the most potent fire comes from within, as an energy that we burn with our conscious awareness. This is the fire that Buddhists, Taoists and Hindus persist in awakening from within, commonly using disciplines created specifically for this purpose, such as yoga, chikung and meditation. This fire represents the power of our own spirituality, which most people are unaware to possess. As mortals and genetically manipulated slaves of a few alien species, we've lost the physical capability to ignite it. But the phoenix can help us reach it, through the spiritual nature that is

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within each one of us. The one who can ride the phoenix, can travel very far, to amazing lands. And these are the ones that often come back, when they choose to, as our prophets and religious leaders. This book describes their journey to Valhalla, Heaven, Paradise, or more simply, the Laboratory of God.

Birth Unhindered

Reset

Awakened

The Sacred Wound

Adventures in Motherhood: More Poems and Prose

Be the Best Mom You Can Be

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An inspirational guide for holistic family wellness, Sacred Medicine Cupboard presents seasonal insights, practical knowledge, recipes, projects, and journal prompts for a sacred medicine practice—broken down into 36 chapters. Beautifully designed, with an abundance of full-color photographs, this book cultivates skills and tools for readers navigating an increasingly complicated world. Organized by topic of the week, such as Awakening, Blossom, Spicy, Glow, and Rest, Sacred Medicine Cupboard

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provides a treasury of tools—from medicinal teas and elixirs to sacred practices to creative projects—to nurture and rejuvenate the entire family, along with journaling spaces at the end of each section to write, reflect, and develop a way of life rooted in peace and natural health. Anni Daulter has teamed up with Jessica Booth and Jessica Smithson, who bring a wealth of knowledge and experience to the narrative. They share a commitment to encouraging mothers to practice their own skills, listen to their innate

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knowing, and explore redefining what health and wellbeing mean for their family. The practical tips and creative ideas presented here put readers back in touch with simple time-tested practices that bring wholeness and wellbeing out of the cupboard. Medicine, they show, can be a well-timed hug, a reassuring hand, or a thoughtfully prepared meal. Echoing the core tenets of the Sacred Living Movement, this book reveals the power and insight we possess when our body, mind, and soul communicate in harmony.

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Possess the Land: The Believer's Guide to Home Buying parallels the journey that the Children of Israel took with the journey of home buying. This step by step guide will teach you how to apply biblical principles to conquer the giants that have inhabited your promised land, increase your credit scores, decrease debt, and grow your savings account so that you can walk in the authority of God and receive the property that He has promised you. Transparency is vital to the building and strengthening of every relationship and

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every ministry. It allows people to see you as approachable and to feel safer when talking to you. Transparency is a gateway to trust, and trustworthiness is an important quality which people seek in a good, ministerial leader. They want to know: Is this person trustworthy? Is this person honest? How do I know I can talk to this person without fear of condemnation? It is with this in mind that Rohini Townsend approaches writing, friendships, ministry, and life itself. Her desire to see people healed and whole

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has led to a candor and openness that is sure to tug at the heartstrings of the despondent. Put Some Shoes On, is an emotional and gripping story of one little girl's journey through heartache, rejection, abuse, and turmoil. Chronicling her path from scared child to broken, rebellious teen to powerful, anointed woman of God, the author shares the most intimate moments of her life with refreshing transparency and soul stirring honesty. It is not only a story of past hurts, it is a story of learning, growing

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and seeking a deeper relationship with God -- the steps and sacrifices that are required for that level of depth and connection to the Father. Raw, poignant, and insightful, Put Some Shoes On was written to heal. It was written with your salvation in mind. This is a story of overcoming and, while on that walk, discovering who you are, and more importantly, WHOSE you are. Every step you take was conceived in the mind of the Father to guide you towards recognizing the spiritual gifts He has placed in you.

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Be not weary in well doing. Do not allow your circumstances to define you. Do not be consumed by trials and heartache. Take your experiences and let God use them to mold you into a powerful Kingdom citizen. Put some shoes on and walk boldly in your Godly identity.

A unique translation from the original Greek of the second century spiritual master Origen, developed and handed down by a reknown Scottish scholar and made available nearly one hundred years later in memory of Dr. Charles Ashanin whose

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last days were devoted to this project. From the book: Who would not say that it is impossible for man to trace out things in heaven? Yet this impossible thing, by the surpassing grace of God, becomes possible; for he who was caught up unto a third heaven traced out things in the three heavens through having heard unutterable utterances which it was not permitted for man to speak. Who can say that it is possible for the mind of the Lord to be known by man?

Control, Alt, Delete

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An Explorer's Guide to Consciousness

The Believer's Guide to Home Buying

Inspirational Guidance for Your Pregnancy

The Last Legend

The Mother's Wisdom Deck

A Handbook for a Joyous Existence

A tool to help gain momentum and clarity in the sometimes-confusing maze called life and work. The book covers subjects as diverse as parenting, finances, relationships, career, and more.

ATTENTION TRAINERS: It's Not About YOU - It's About the LEARNER! What is the biggest mistake a trainer can make? Quite simply, it is focusing all of their efforts on

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themselves and not their students! Many inexperienced trainers fall into this trap, but it doesn't have to happen to you! This book provides easy-to-execute examples that, when utilized, will make any rookie trainer look like a seasoned pro in just one day! You will learn how to structure the classroom experience in such a positive way that I guarantee it will make a difference in your professional life and in the lives of your participants. The techniques outlined in this book will help you to become the Great Trainer you have always wanted to be - because although good trainers may know these methods, Great Trainers make it happen! Inside, you will discover how to: -Create an inviting physical and emotional learning environment for your students. An

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inviting learning environment leads to higher levels of participation, retention, and on-the-job application! -Be less of an instructor and more of a "Tour Guide." Utilizing tour guide techniques will make your class anything-but-ordinary, causing people to look forward to your next event! -Utilize Great Trainer techniques whether you're facilitating a 5-day course, a 60-minute training session, or a 15-minute presentation! -Apply the techniques that will help you go WACCO for your participants - without spending a dime! Get on the road to continuous training improvement and start reading!

Joe Urbach, the creator and publisher of GardeningAustin.com and the Phytonutrient Blog provides readers with a how-to guide to growing and

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purchasing the most healthy, most nutritious, most antioxidant-dense fruits and vegetables. Offers gardening and nutritional information, including how to improve your soil, your garden, and your health, allowing you to get the biggest nutritional bang for your gardening or shopping buck.

This work is an invitation and guide for young people to bring the realm of Heaven to earth. As children discover their identity through the revelation of the Father's love, they are released to fulfill their Royal Mission: to demonstrate the Kingdom of God by living a life of miracles. Each chapter explains and identifies the inheritance that God's sons and daughters possess, such as the Father's love, the anointing and indwelling of

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the Holy Spirit, faith, prayer, and the keys of power and authority. This book is not only a companion for the "journey", but also provides a meeting place for children to encounter God's presence that will transform their hearts and lives.

Reigning in Real Life

Here Comes Heaven!

This Year Will Be Different

A Guide to Healing the Feminine Body, Mind, and Spirit

The Inspirational Guide That Answers Your Many Questions When Pregnant with Twins, Triplets, and Higher Order Multiples

Journey of the Awakened Heart

Sixth Sense

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Sacred Relationship is a practical and spiritual guide and journal for couples to rekindle the love spark that started their fires and to maintain a steady heat for years to come. Following the format of Anni Daulter's popular Sacred Series books, it is beautifully designed and illustrated, with chapters focusing on thirty-two weeks—each with meditations and exercises on topics that couples are likely to encounter on their journey together. Husband-and-wife team Anni and Tim Daulter offer both useful tips and creative ideas for enriching life together, and the weekly encounters provide couples with helpful information and thoughtful prompts for journaling that invite both members of the couple to take an intentional look at the relationship and adopt a

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practice of personal reflection and soul nourishment. As anyone in a long-term relationship knows, the intense high that accompanies the beginning of love can fade over time unless the relationship receives proper care and attention. Sacred Relationship shows how intentional love brings more happiness, deeper joy, and greater fulfillment than the initial love spell and can steer each member of the couple into more profound personal growth. The book serves as a toolkit with answers to a wide variety of relationship questions and as a handbook for crafting daily practices that will raise the vibration of the relationship. Parents will find solace in topics that shed light on maintaining loving relationships, sex, and passion once children join the family. Busy couples who

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want to discover more about themselves and each other, find soulful solutions to everyday issues, and nourish a healthy and happy relationship year after year will find an invaluable resource in this book.

What happens when Cooper, a newly adopted puppy, takes up residence in Henry's home? The little pooch sure is adorable, but who knew he had so much to learn! Love Me Gently is a kid's guide to man's best friend. It captures the everyday challenges of raising a pup through a child's eye. But who is teaching who? Henry may be coaching Cooper, but he is also discovering valuable lessons about responsibility, unconditional love, patience, and kindness along the way!

This study of God's Word and the story of Esther gives

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perspective to frazzled moms. Perfect for a woman at any life season, the study offers encouragement for seeing the hidden hand of God at work behind the scenes. Pregnancy is always an exciting time of change and anticipation. But when you find out you are having multiples, the emotions you experience can double (or triple...or quadruple). For this reason, Ramany Brown launched MoMs, a multiples brand with a mission to encourage, support, and educate women during their pregnancy. There are numerous resources out there for women who are pregnant with one child but not as many for women pregnant with multiples. That is where The Mommys of Multiples Guide to Pregnancy comes in! This inspirational and informative guide to a safe and

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enjoyable multiples pregnancy will provide you with the encouragement you need during this thrilling season of life. Written by a health-care professional-one who went through a multiples pregnancy herself-this relatable book answers all the many questions you may have. And it invites you to explore your own strength as well. Each chapter provides a free space where you can jot down your secret concerns, your innermost thoughts, and your most sacred dreams. The last thing you should feel during this exciting time is alone. The Mommy of Multiples Guide to Pregnancy will help you feel informed and supported, allowing you to get back to what matters-preparing for all the little lives you are about to welcome into the world. This book is a must have for every woman

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pregnant with multiples!

Making the Most of Life and Work

Creative Stress

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Optimize Your Workday Performance and Well-Being

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life of mediocrity And what s amazing is you re equipped with everything you need to make that lifestyle yours. You can reach your goals. You can live your dreams. You already have what it takes to be happy and successful right inside of you. ...so, why aren t you?! Making changes is one of the hardest things any of us ever tries to do. It s so easy to get stuck, using strategies that don t work anymore and not knowing what to do to keeping moving in the right direction. If you re frustrated with where you are in your life... If you re tired of getting the same old results... If you re ready to do what it

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takes to create your life as you want it to be... Then, The Excellence Lifestyle Guide may be just what you're looking for. Discover how you can * Stop counting on "luck" to get you where you want to go in life * Start proactively doing what it takes to have more, do more and be more * Take advantage of simple, effective principles for living the life of your dreams - principles they never taught you in school! You have tremendous control over the path your life is on but, like many people, you may not have any idea how to use it to your advantage! That's where The Excellence Lifestyle Guide can help. Author Jan

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Marie Mueller shares insights on many topics, including * How the world really works...and why people struggle achieving the success they desire * Why most people never achieve a life of excellence...and how you can be different * How to harness the amazing power of your thoughts to guide your life in the direction you want it to go * The importance of knowing who you really are - and what you can do to figure it out * How to master your mindset and use it to achieve the life of excellence you deserve to be living * The one key resource you need to succeed at anything - and how to get it (Tip:

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It s more important than either time or money!) *
Three of the BIGGEST secrets to success...and much, much more! What you think and believe about yourself and the world around you defines your reality. Learning to effectively use the principles outlined in The Excellence Lifestyle Guide will help you transform your life in ways you ve only dreamed of up until now. Everyone can have success. Everyone can enjoy the excellence lifestyle. If your life isn t quite where you believe it should be, Jan Marie challenges you to discover the secrets to becoming your best self and start putting the skills

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she shares to work in your life today. Life is too short for constant struggle and frustration. Use the principles inside this book to begin living the lifestyle of excellence you deserve! Scroll up and get your copy today.

About this book No more powerful transformation is available to a woman than that of the unhindered birth of her child. As a woman's body opens to the life of her baby, so too is she opened to the rawness and beauty of woman-hood. At the culmination of an unhindered pregnancy and birth, a woman is left with an increased sense of strength and confidence as a

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woman and a mother. This often fearful and dreaded event of childbirth is largely misunderstood and shrouded in mystery. The harmful routines and common procedures performed during pregnancy, labor and birth more often than not strip the mother of her ability and right to birth spontaneously and with the joy and love possible. By lessening fear and increasing awareness, a woman is able to come through her journey of natural childbirth as a new and stronger woman and mother. The book Birth Unhindered will help increase confidence, peace and acceptance of this transformative time in life as well

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as allow the reader to participate in the journeys of other women just like her. Tara McGuire is a speaker and author on the topics of pregnancy, birth, personal growth and empowerment. She has a history as a Certified Childbirth Educator and CCE Trainer through Birth Works(c) Inc., as well as acting as a birth attendant. Currently, Tara co-owns and operates Epidavros Center for Wellbeing and Epidavros Yoga Studio with her husband, Don. In addition to these activities, Tara is a home-schooling mother of four children and surrogate mother to one. This is an account of one of life's most painful

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experiences--the sudden death of a child. A mother's anguish compels her to examine beliefs about what comes after death and to explore ancient healing methods in Mexico, Brazil, and Bali. At its core a spiritual odyssey, *The Sacred Wound* is about creating meaning from life-shattering events--events which can utterly destroy us or serve as a call to extraordinary courage and growth. A life-shattering event is a modern day "sacred wound," a wounding so profound that it pierces the soul and penetrates the veils of who we are and what we think life is about. Like a mythological hero, we will emerge from

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the ordeal another person. As the author says, "For three years grief was my consort, it became my teacher." This inspiring and searingly honest book is about more than survival following the death of a loved one; it is about the gift in tragedy's other hand. It is about discovering the truth that love is the central experience of life and not simply mortality, and that this truth can emerge in ways we can never predict or expect

Healing from an Abusive Relationship

Health, WellBeing and the Natural World

Great Trainers Make It Happen

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The Nature of Existence

Heart Work for Couples--Daily Practices and

Inspirations for a Deeper Connection

Sacred Relationship

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