

## Waking Up Is Hard To Do (Book CD)

Drawn on interviews with fifty survivors, a study of suicidal behavior documents the various events that can lead to an attempt to take one's own life, while exploring the healing that can occur afterwards. Reprint. Tour.

This book exposes the key trends that lead to personal financial disaster. It explains the habits and information required to attain financial independence. Gives you the power to control your wealth in an ever-changing financial world. Why are over 70% of people in the western world failing in their financial planning? We have demanded control over our own money and now we are getting it, but how many of us actually knows how to manage our own finances? Do we really understand how the ongoing evolution in the investment world affects us and what new opportunities are available? Why do we allow personal debt to spiral out of control? Why does understanding of risk and asset classes today determine whether we succeed or fail in our financial goals? And why is waking up to wealth pivotal in our financial journey? Recognising these key issues is the first step to achieving financial independence. As a member of the UK ' s Chartered Insurance Institute, Chartered Institute for Securities & Investment, and London Institute of Banking and Finance, Sandeep Ghosh has provided financial advice to thousands of high net-worth individuals in the last ten years across Europe and the Middle East. His understanding of the key psychological barriers and behaviours in the face of a rapidly changing financial landscape has allowed him to take a holistic

approach to creating a robust financial plan for his clients.

Internationally recognized coach and New York Times bestselling author Cheryl Richardson has toured the world empowering others to make lasting change. But when Richardson ' s own life no longer worked as it once had, a persistent, inner voice offered unmistakable guidance: it was time to reevaluate her life to uncover what really mattered. *Waking Up in Winter* is the candid and revelatory account of how at midlife, Richardson found renewed contentment and purpose through a heroic, inward journey. The unfolding story, told through intimate journal entries, follows Richardson from the first, gentle nudges of change to a thoughtfully reimagined life – a soulful, spring awakening. With an experienced coach ' s intuition and an artist ' s eye, Richardson reexamines everything – her marriage, her work, her friendships, and her priorities – gracefully shedding parts of the self that no longer serve along the way. In the end, she not only discovers what really matters at midlife, she invites readers to join her in the inquiry process by providing thought-provoking questions designed to usher them through their own season of transformation.

Offering up Richardson ' s most powerful teaching tool yet – her own life – *Waking Up in Winter* takes readers on a brave, spiritual adventure that shows us all how to live a more authentic and meaningful life.

One of the most popular songs in music history becomes one of the most delightful children's books ever. Rise and shine! It's morning time. The alarm clock's ringing, the birds are singing. Everything's saying: get up, get

going! Breakfast is warming, school is calling. The street's are bustling, all the world is stirring. It's sure to be a happy day with this bright and sunny picture book, with new lyrics based on the hit song by Neil Sedaka and Howard Greenfield. Daniel Miyares's delightful art opens the eyes with its vivid colors, playful details, and adorable collection of animal characters. Warm and friendly and full of fun, this is a musical and visual celebration of the everyday joys of home, family, and neighborhood.

Fatigue: When Waking Up Is Hard to Do

The Descent, the Suicide Attempt, and the Return to Life

How to wake up from a full-stop life and find hippie happiness

Waking Up to the Dark

A Handbook of Change with Memoirs of Recovery & Hope

Waking Up Is Hard to Do

*Handsome Colombian men and life-threatening danger were not normally a part of Nikki's auditing job, but this assignment was anything but normal. Despite her emotional wounds, she accepts the challenge as a way to overcome the loss of her young son in a tragic event. In the midst of the male-dominated business world in Colombia, she investigates mismanagement allegations and uncovers a sinister plot involving fraud . . . and possibly murder. She also discovers an attractive man who seems to*

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*have feelings for her. As her relationship with him grows deeper, so does the level of danger she finds herself in. When the guns come out, Nikki realizes it will be up to her to find a way to survive . . . but is she up to the task?*

*Waking Up Unafraid is a book title that was so real to Ayesha Saunders. She realized early on that it took time, patience, understanding, and growth to master certain events in our lives. The mercy of God helped her deal with herself as well as others. Sometimes, we allow certain people, events, and situations within ourselves, thinking it is making us grow and then our growth becomes dormant. In Matthew 6:23 it states, "So if the [very] light inside you [your inner self, your heart, your conscience] is darkness, how great and terrible is that darkness!" It takes understanding, patience, and God's mercy to push us to understand what is inside us that we have not dealt with. In this book, Ayesha has some events that you may be able to relate to and some events that you can realize that it could have been so close to your reality. We all want to have the understanding of how to wake up unafraid.*

*A unique offering of a book and CD recorded by Neil Sedaka, one of the most*

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popular songs in music history becomes one of the most delightful children's books ever. Rise and shine! It's morning time. The alarm clock's ringing, the birds are singing. Everything's saying: get up, get going! Breakfast is warming, school is calling. The street's are bustling, all the world is stirring. It's sure to be a happy day with this bright and sunny picture book and CD, with new lyrics based on the hit song by Neil Sedaka and Howard Greenfield. Daniel Miyares's delightful art opens the eyes with its vivid colors, playful details, and adorable collection of animal characters. And to make waking up just a little easier, there's a CD with Neil Sedaka singing this happy song, plus two new songs with lyrics and music by Neil written especially for this CD: LIGHTNIN' JIM and SING. Warm and friendly and full of fun, this is a musical and visual celebration of the everyday joys of home, family, and neighborhood.

Recounts the story of a young mother who underwent an intense near-death experience after she became unresponsive during a medical emergency, as she discusses the hardships of her past and the impact of the experience on her life.

A Guide to Spirituality Without Religion  
Volume 3 of the When Will I Wake Up Series

*Waking Up in Medellin*

*Long Quiet Canadian Highway: Waking Up In Canada*

*Waking Up Happy*

*Life Lessons and Other Holy Adventures*

Adversity. A fancy word for "tough times." While it's true that we all face challenges and hardships during our lives, it seems that more and more of us are faced with them right now. And, we all know that we're most likely to feel what others around us are feeling. If those around us are feeling lost, hopeless, and pessimistic about the future, then guess what? We're going to feel that way too. It's this "herd mentality" that comes to haunt us, again. We don't like to think of ourselves as members of a herd, but let's face it, our society can be seen as one. "Herd mentality," of course, describes how people are influenced by their peers to adopt certain behaviors, follow trends in action or thought. Currently the trend is toward 'negative thinking,' which can be contrasted to the optimistic thinking of the 1950 post-war era in America, where prosperity and all was thought to be both possible and probable. It was Friedrich Nietzsche, the German philosopher, who coined the phrase. These human herds could be divided into two groups. One group assumes a religious point-of-view, and their beliefs dictate their actions. The other group is influenced by the media and their actions are based upon what others perceive as 'right.' Today, 'right' thinking includes the opinions of media pundits, stock market analysts, and others who claim that the American Dream

is dead, or at least terminally-ill. And where there's one negative thinker, there can be a dozen who are influenced by them. While Nietzsche saw these examples of group thinking to be reflections of weakness in the human spirit, he did create the concept of the "Superman," the person who overcomes the values of the herd. That's who you're going to re-create yourself into; that Superman or Superwoman who rejects the common thinking of others in their reality. Only by discarding that negative thinking can you truly wake up to the opportunities around you and take advantage of them."

This is the story of a little girl who ran away from her life and ended up in a faraway land, seeking and longing for love and happiness. She had been sexually abused by her evil stepfather from a young age. Born in a very poor environment, she lived every day as a survivor. She left her family and worked as a slave, just to flee from the abuse.

Hidden in the darkness is an ancient secret suppressed every aspect of our light-drunk modern world—there is the Great Mother from the bottom of time who has always guided us through perils and calamities. Now is the hour of Her return. "An exigent, affecting summons to rediscover the night."—Kirkus Reviews Is darkness synonymous with ignorance and evil? Or is it the original matrix from which all life emerges, and the Mother to whom it returns? Higher and higher levels of artificial illumination have suppressed our contact with the numinous since the Industrial Revolution, with dire

consequences for society, our planetary ecology, and our souls. This mystical testament weaves together paleobiology, memoir, history, science, and spiritual archaeology to lead readers back into the lost mysteries of the dark. Not since *The Teachings of Don Juan* or *Ishmael* has a book diagnosed with such urgency and cultural coherence the problems at the heart of modern life. In *Waking Up to the Dark*, Clark Strand offers penetrating insight into the spiritual enrichment that can be found when we pull the plug on our billion-watt culture. He argues that the insomnia so many of us experience as "the Hour of the Wolf" is really "the Hour of God"—a wellspring of rest and renewal, and an ancient reservoir of ancestral wisdom and inspiration. And in a powerful yet surprising turn, he shares with us an urgent message for the world, received through a mysterious young woman he calls Our Lady of Climate Change (aka THE VIRGIN MARY), about the challenges we all know are coming.

Description

Climbing Through the Darkness

The Work of Charlotte Selver

Waking Up Is Hard To Do

Wake Up and Die Right!

Waking Up: 8 Questions That Will Shift Your Life (Or Help You Do Nothing)

Waking Up White, and Finding Myself in the Story of Race

The Book of Waking Up invites you to wake to your coping

mechanisms, find the why behind your pain, and walk into the Divine Love of God. The inevitable pain of life gives us many reasons to check out--and many ways to do it. Alcohol, entertainment, pills, shopping, porn, chasing success, cashing checks, and collecting social media "likes"--these and so many other things anesthetize us from the wounds of everyday living. As Seth Haines wrote in his award-winning book, *Coming Clean*, "We're all drunk on something." In his compelling follow-up, *The Book of Waking Up*, Seth invites you into the story of healing. He invites you to see your coping mechanisms for what they are--lesser lovers, which cannot bring the peace, freedom, and wholeness you crave. Through guided reflections, sustainable soul practices, and stories from Seth's life and others, *The Book of Waking Up* points you toward the Divine Love of God that has the power to transform your life. As Seth writes, "Addiction is misplaced adoration." Now, join him on a journey toward the only Love worth adoring, the only Love that cures a soul. Join him on the journey to waking up.

How might it happen that a boy of five or six would be tortured by the question of the existence of God? How would this happen, even if that boy were raised to be an atheist by atheist parents? If the boy was never baptized and never taken to church? Was never told about any religion? This book records the spiritual autobiography of a boy who, raised in a household which discouraged belief in anything religious, nevertheless came at a young age to worry about the place of God in his life and family, and suffered from intense fears that he would be condemned to hell because he had not been baptized. Looking back, here is the way the author describes his early years: "I grew up in a household with no place for God or religion. My mother and father were atheists. They did not believe in any divinities, and certainly not in the divinity of Jesus. Perhaps like some of their intellectual friends, they

dismissed the idea that Jesus of Nazareth ever existed. This was in America in the 1930's and 40's, a time when scientists and intellectuals challenged the claims of Christianity. For my parents the questions of who Jesus was and whether he had actually walked the earth were irrelevant. "Is there a God in heaven? Is creation a gift to us from God? Does God love and care for his children? These were not questions my parents would entertain. Such statements had been denounced as meaningless by the scientists and the rationalists, who insisted that all discussions of God are pointless." The author recalls his childhood swept by the cold winds of atheism as especially painful because his mother, suffering from the loss of meaning of the atheist's vision, sank into a deep depression and then into madness. She suffered a series of nervous breakdowns and spent most of the author's early years in and out of mental hospitals. As a child the author felt "spiritually bankrupt." He felt he "counted for little in my parents' world. I counted for even less in the larger world. I looked out at the vast universe that the scientists described and saw it as a frightening place. Darkness and frozen space extended for millions of miles in all directions, and there was nothing out there to comfort us or give our lives meaning." The author was born into the Great Depression and went off to grammar school during World War II, both events exerting a terrible impact on his family, contributing to his mother's mental imbalance and his own feelings of insecurity. "I was four years old," the author writes, "when World War II began. As the war grew more widespread and destructive, I watched with terror the newsreel reports of Nazi bombings. I listened horrified to the newscasts on the radio. Every week fresh issues of Time and Life magazines entered our house, and they brought new images of cities in flames or bombed to smoking rubble. There were close-up photos of the dead on the battlefield, of soldiers bleeding to

death, of bodies on a beach. "I recall in particular a photo of a boy my age standing in the ruins of his apartment building somewhere in Europe. He looks lost, frightened, and utterly alone. He wonders if his mother, missing since the bombing, is alive in the ruins. Rubble and twisted metal are all that remain of the city street he had called his home. "Turning the pages of that Life magazine, a terrible fear and sorrow seized me. I identified with the boy. I feared what had happened to him would happen to me." The author speaks of how, from a source he could not name, powerful religious emotions, primarily fear of a God of Wrath, took hold of him and "initiated me into a secretive life I kept hidden from my father. The fears were brought into focus when I casually used words that had a religious meaning I didn't understand. The words were these: Cross my heart and hope to die.' "I had heard other kids utter these words when they wanted to impress one another with the truth of an assertion. They often said them when it seemed fairl

For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern

science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it. This first-of-a-kind book focuses on positive steps of recovery and change. Powerful and beautifully written, it describes turning points that changed people's lives, and their secrets to waking up happy, along with exercises you can follow to create a new life for yourself.

Spiritual Lessons from My Dog, My Kids, Critters, and Other Unexpected Places

Waking Up

A Memoir of Waking Up, Living Real, and Listening Hard  
In Search of What Really Matters at Midlife

A Zen Practice for Meeting Every Situation with Intelligence  
and Compassion

Hippie Kushi Waking up to Life

**EVERY DAY STARTS WITH A GOOD NIGHT'S SLEEP** Did you just suppress a yawn? Are you one of the walking weary—the 100 million Americans who suffer from occasional or chronic sleep problems? If so, you know how serious the problem can be: troubled sleepers can lead troubled lives. On an average, we spend one third of our lives sleeping—and how we sleep can make the difference between feeling tired all of the time and facing each day with a fresh, energetic attitude. This practical guide to healthy sleep by sleep expert Dianne Hales can help you get the rest you need to get the most out of life. It covers the latest discoveries of “sleep scientists”—whose probing of the mysteries of sleep has led to breakthroughs in treating sleep problems—and includes: • 101 mental maneuvers for putting yourself to sleep • New treatments for age-old complaints like snoring and sleepwalking • Effective methods for overcoming sleep rhythm disorders caused by jet lag or shift changes • New insights into how dreams can help you solve daytime problems • Simple self-tests to determine if you need

professional help—and where to turn if you do Your sleep problem is not insurmountable. You, too, can sleep like a baby and wake up ready for a healthy, active life.

If you suffer crushing fatigue, I understand because I have been there. I used to have to "ration" my energy. If I spent a day at the beach, the sun and heat would so exhaust me that I couldn't leave the house the next day. While working full time I was in tears by Wednesday because I just didn't think I could keep getting up and getting going every morning. Now at last I have enough energy to do what I want. This e-book reviews many different causes of fatigue and strategies to help you overcome it. I am uniquely qualified to present potential ways to regain your energy. My experience is rounded out with years of training in Holistic Health and certifications as a Master Herbalist, Nutrition Consultant, Holistic Health Practitioner, and Weight Management Coach. This ebook offers many practical methods for overcoming fatigue and restoring enjoyment to life. It is Christian based as I believe that is a major factor for health and happiness. Buy for yourself or as a gift for someone you love.

Helping moms and dads stay present, aware, and connected with their kids, this practical guide transforms day-to-day parenting into a positive and fulfilling relationship for both parents and children. A series of simple practices is provided, making it possible to cultivate three different types of awareness—self, relationship, and moment. With these parenting tools, this resource makes it possible to manage the daily pressures and challenges of parenting with ease, helping children to become capable of cultivating strong relationships independently. Additional topics covered include how to actively prevent the passing-down of negative relationship patterns; shifting children's moods, attitudes, and behaviors; and staying connected to children during disagreements, when giving consequences, or while setting

limits. Providing the skills, habits, and mindsets that will positively influence children for life, this handbook makes healthy parenting possible—without drama, debate, or the usual tug of war.

For twenty-five years, Debby Irving sensed inexplicable racial tensions in her personal and professional relationships. As a colleague and neighbor, she worried about offending people she dearly wanted to befriend. As an arts administrator, she didn't understand why her diversity efforts lacked traction. As a teacher, she found her best efforts to reach out to students and families of color left her wondering what she was missing. Then, in 2009, one "aha!" moment launched an adventure of discovery and insight that drastically shifted her worldview and upended her life plan. In *Waking Up White*, Irving tells her often cringe-worthy story with such openness that readers will turn every page rooting for her—and ultimately for all of us.

Waking Up Dry

The Book of Waking Up

Waking Up with a Rake

Waking Up to Wealth

Find Your Path, Face Your Shadow, Discover Your True Self

WAKE Up to Your Potential!

**"An Outstanding book that offers precise steps to take to wake up to the self-limiting habits of your personality, get out of your own way, and give yourself the gift of accessing more of your higher – more authentic – self." —Ian Cron, author of *The Road Back to You: An Enneagram Journey to Self-Discovery* A fresh approach to the Enneagram that encourages readers to embark on their own hero's journey for transformation. This is a personal transformation book rooted in the wisdom of the Enneagram system of personality types. It is a book about waking up and growing into the best version of yourself. It is a book that shows you how to discover who you are and what you can be. It is a book about finding your path, facing your**

shadow, and discovering your true self. It is a good news–bad news–good news story. The good news: you survived childhood. The bad news: in order to grow, you are going to experience some pain. The really good news: you can use your negative habits as a springboard to move beyond them. With a commitment to self-observation and reflection, you can develop greater self-awareness and open yourself up to a life filled with exciting choices and opportunities. Each of the nine chapters includes these features: The problematic perspective, the process of self-discovery, and the path forward for that type. How the main issues for that type get played out in 3 different ways—the 3 distinct sub-types of the main type (necessary for pinpoint accuracy in describing your personality and your path of growth) Chestnut and Paes, two leading Enneagram teachers, frame this approach to personality types in a way that is accessible, practical, and filled with possibility.

**Waking Up Is Hard To Do** is a poetic journal in which the author, James Valentic, writes to, at times, and at other times, about his Lord, his wife, and other relationships as well. In this book, you'll find poems relating to his faith, his at times turbulent marriage to his best friend, Sharon and a spotlight on some difficult strongholds James has had to overcome in the waking up of his heart and soul to his patient God, and his long-suffering wife, and his blessings and responsibilities as a believer in Christ, a husband, and a father. Throughout is a recurring theme of spiritual, mental, and emotional renewal and laying hold of the promises of God in Christ Jesus.

Life is rising up to meet us at every moment. The question is: Are we there to meet it or not? Diane Rizzetto presents a simple but supremely effective practice for meeting every moment of our lives with mindfulness, using the Zen precepts as tools to develop a keen awareness of the motivations behind every aspect of our behavior—to "wake up to what we do"—from moment to moment. As we train in mindfulness of our actions,

every situation of our lives becomes our teacher, offering priceless insight into what it really means to be happy. It's a simple practice with transformative potential, enabling us to break through our habitual reactions and to see clearly how our own happiness and well-being are intimately, inevitably connected to the happiness and well-being of everyone around us.

Josie finds the love of her life on vacation in Norway in Harry; a man of mystery with secrets to reveal. Leaving Josie with a what's left of her 2 week vacation to discover if whirlwind romance can blossom into an eternal flame.

Waking Up, Alive

Waking Up With Dr. Off-Limits

Waking Up the Karma Fairy

On Being Human

Waking Up to What You Do

Is Hard to Do

***A self-help guide designed to assist children in conquering bedwetting.***

***This book is a transmission from a gifted therapist. His generosity and comprehensive sharing in this book can be a rich guide to anyone fascinated with their own and other's development. Marlene Z. Roberts, MA, MFT, is the cofounder of the Anapamu Counseling Center and is a psychotherapist, hypnotherapist and credentialed teacher. Psychotherapy is co-creative art. Therapists and clients create healing cultures. Dr. Witt takes us into the minds of therapists and into psychotherapy sessions where multiple***

***perspectives and dozens of techniques come alive. We feel the pleasures of helping individuals and couples wake up to greater joy, health, and intimacy.***

***An inspirational memoir about how Jennifer Pastiloff's years of waitressing taught her to seek out unexpected beauty, how hearing loss taught her to listen fiercely, how being vulnerable allowed her to find love, and how imperfections can lead to a life full of wild happiness. Centered around the touchstone stories Jen tells in her popular workshops, On Being Human is the story of how a starved person grew into the exuberant woman she was meant to be all along by battling the demons within and winning. Jen did not intend to become a yoga teacher, but when she was given the opportunity to host her own retreats, she left her thirteen-year waitressing job and said "yes," despite crippling fears of her inexperience and her own potential. After years of feeling depressed, anxious, and hopeless, in a life that seemed to have no escape, she healed her own heart by caring for others. She has learned to fiercely listen despite being nearly deaf, to banish shame attached to a body mass index, and to rebuild a family after the debilitating loss of her father when she was***

***eight. Through her journey, Jen conveys the experience most of us are missing in our lives: being heard and being told, "I got you." Exuberant, triumphantly messy, and brave, On Being Human is a celebration of happiness and self-realization over darkness and doubt. Her complicated yet imperfectly perfect life path is an inspiration to live outside the box and to reject the all-too-common belief of "I am not enough." Jen will help readers find, accept, and embrace their own vulnerability, bravery, and humanness.***

***Retired bank manager George Pearmain is, apparently, dead. According to the behavior of everyone around him, it would seem that he is no more. Not only that, but his mother has also passed away too - and on the eve of her 99th year, poor dear. Not only that, it could be that they were both murdered. He feels fine otherwise. As George's family gather for the birthday-celebration-that-never-was, he hovers around the house, watching and listening, entirely unseen. As a result, he makes all sorts of discoveries about himself, his wife Esmeralda, and his supposedly happy family . . . One of internationally bestselling author Nigel Williams' best books to date, Waking Up Dead is both a screamingly funny cozy mystery and***

**startlingly strange ghost story asking the question: What would you do if you could bear witness to your own demise?**

**The Black Madonna's Gospel for An Age of Extinction and Collapse**

**A Parent's Guide to Mindful Awareness and Connection**

**Waking Up in Heaven**

**How to Sleep Like a Baby, Wake Up Refreshed, and Get More Out of Life**

**WAKING - UP - UNAFRAID**

**coming into the light**

*Wise recalls her near fatal suicide attempt following the death of her young husband from Lou Gehrig's Disease. This account of the entire process navigated through therapy is told from the rare perspective of the patient, yet is written for people who sit on both sides of the couch.*

*In this collection of 40 essays, Meg Barnhouse writes about everyday events such as dropping stuff off at the thrift shop or watching TV with the kids--and she transforms them with her offbeat humor and infectious hopefulness. We meet characters like Julia Hill, who set up camp atop an old-growth redwood in order to stop the loggers: "Maybe she's a saint. Maybe she's nuts. I don't have to decide." And Mike, who parks his Chevy Silverado in vacant lots next to a homemade sign. On the day Barnhouse found him, his sign read: "Mom and Dad, are your children saved? The devil is after their souls." "One of my hobbies," Barnhouse says, "is talking to people who aren't going with the flow." Barnhouse puts her faith in the Karma Fairy, who is "here to show us that we are not safe in our*

*righteousness, our intelligence, our careful nutrition, our common sense, our hip and groovy walk in the Tao. She is here to give us deep, full hearts. She is here to show us that we have it in us to make as big a mess as the next person. If we are ever going to find a cure for self-righteousness, the root of all separation, of all cruelty, we need her touch."*

*Most people as they get older tend to forget about themselves. It seems to be a normal part of the process of life and it happens to the best of us. We forget to reach our own potential because we are far too focused on bringing up a family, working long hours to pay off the mortgage and bills, locked into the cycle of the never-ending treadmill of work and career. It is easy to lose our way and disregard our own existential well-being. Suddenly one day thirty years later, we say to ourselves, 'What happened to the person I used to be, what happened to my life? We used to be fun, go to parties, dance the night away at night clubs and have loads of crazy friends.' Your social life now consists of a bottle of wine at home watching TV. Your friends are getting fewer and fewer because over the years you have focused on everybody else except yourselves. My name is Stephen Cox, I am 55 years old and I describe myself as a modern hippie. I am spiritual, forward-thinking, a traveller of the world and a lover of life. I paint my brow with the colours of the rainbow, I wear bright multi-coloured clothes and beads and I dance with my whirly friends all through the night. I am happy! I have found hippie happiness, I have found Hippie Kushi and I would love it if you find it too.*

*What if we are stubbing our toes on the sacred every day and not realizing it? We are the most connected culture in history but arguably the most disconnected from the awareness of*

*God's presence. Waking Up Slowly is author Dave Burchett's personal challenge to live "in the moment" and find the everyday joys he misses in disconnected busyness. What moments of joy do we inadvertently miss as we stare at our screens? What performance idols destroy our ability to appreciate God's gifts? Dave Burchett sets out to find out how life might look differently if he awoke each morning consciously looking for the easy to miss "postcards from God." Waking Up Slowly is an intimate, warm, and touching story of discovering how to more fully appreciate living in the moment. During his discovery, the author finds regular reminders of daily joys from his Labrador pal, Maggie. Waking Up Slowly challenges the reader to recognize, appreciate, and celebrate the ways that God reveals himself daily. Through regular people, everyday situations, cuddly creatures, and stunning nature, God's presence is real and discoverable. We just need to wake up to it.*

*Waking Up Dead*

*Waking Up in Winter*

*Psychotherapy as Art, Spirituality, And Science*

*Coming Into the Light*

*Waking Up Slowly*

*A Mystery*

*The Fate of England's Monarchy Is In The Hands of Three Notorious Rakes. To prevent three royal dukes from marrying their way onto the throne, heroic, selfless agents for the crown will be dispatched...to seduce the dukes' intended brides. These wickedly debauched rakes will rumple sheets and cause a scandal. But they just might fall into their own trap... After he's blamed for a botched assignment during*

*war, former cavalry officer Rhys Warrick turns his back on "honor." He spends his nights in brothels doing his best to live down to the expectations of his disapproving family. But one last mission could restore the reputation he's so thoroughly sullied. All he has to do is seduce and ruin Miss Olivia Symon and his military record will be cleared. For a man with Rhys's reputation, ravishing the delectably innocent miss should be easy. But Olivia's honesty and bold curiosity stir more than Rhys's desire. Suddenly the heart he thought he left on the battlefield is about to surrender...*

*Although the practice of Sensory Awareness, the rediscovery of experiencing, is nonverbal, its essence can be distilled from the tape-recorded words of its seminal teacher, Charlotte Selver, in response to her students' actions and questions during her classes. This book is a lovingly selected and skillfully edited compilation of excerpts of more than two decades of Charlotte Selver's profound teachings, colorful sayings, and rich insights, arranged topically. They represent the heart of her teaching. Using only her own words, the text of each experiment feels like Charlotte Selver herself speaking not only to her class but to the reader. The reader is invited to try out some of the suggested experiments.*

*Fear of Waking Up*

*The Enneagram Guide to Waking Up*

*Discovering the Hidden Opportunities in Challenging Times*

*A Guide to Help Children Overcome Bedwetting*

*An Atheist Welcomes the Coming of the Cosmic Christ  
Experiencing the Divine Love That Reorders a Life*