

Read Book Be
Free Where You
Are Thich Nhat
Be Free
Hanh
**Where You
Are Thich
Nhat Hanh**

This book is about the starting point of all personal and spiritual growth, the realization of your own reality. Osho introduces George Gurdjieff, one

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of the most significant masters of this age. He used to say, "You are in prison." If you wish to get out of prison - the first thing you must do is realize that you are in prison... or you are the prison. Osho emphasizes this as something to be always remembered as one of the first principles for any seeker of truth.

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Hanh
From a series of OSHO
Talks titled: The
Invitation. This OSHO
Talk is complete in
itself. Recorded at the
Osho International
Meditation Resort,
Pune, India. The series
The Invitation is
available in audio
format.

If you were diagnosed
with a disease, would
you accept the idea that

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you must live with the
diagnosis? Or would
you research, educate
yourself, and seek
treatment, until you
found a cure? Why is
addiction any different?
Why would you believe
it is not
curable? Everyone's
burdens are different.
What is a "life crisis"
for one person, another
might call "nothing at

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all," and others experience more trauma, anxiety, depression, or health issues in their lives than one could ever imagine? We all have our cross to bear as they say. What separates us is the weight and size of it and how far uphill we have to haul it. The truth is, we are all

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addicted to something.

It might not be alcohol

or drugs. It could be

sex, gambling,

pornography, playing

video games, working,

exercising, eating,

shopping, hoarding,

cleaning, even pain?

The list goes on

Infinitum. The

promises found within

this book can be used to

overcome anything in

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your life once you understand them. If you complete the Steps as outlined in the pages of this book, you will find serenity, freedom, and peace as have thousands of men and women before you have. You will find a cure for addiction, depression, anxiety or life's difficulties

Have you ever

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questioned life and wonder why you? Can you hear yourself saying, "Is there more to life than this?" I can identify this with you. Did you know? Our brain process approximately 70,000 thoughts on an average day. Often many wonder why so many give up and quit in life. In this book I will show

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you how to rise above
mediocrity. No more
settling for less than
God's best and only
fantasizing about your
heart desires - Its time
you Rise Above, Now.
What does every mile
mean to you? When
you hit the trails, the
road, the track or the
treadmill, what does
each mile mean? A
group of runners and

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walkers from around the world share their stories as they let us know what every mile matters means to them. Get ready to be inspired.

Spotlight on the Art of Resilience

When You Can't Let Go

The Clutter Book

Prisoner of the Mind

Rise Above Now

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Remember Who You
Truly Are

"God hath not
given us the
spirit of fear;
but of power,
and of love, and
of a sound
mind." (2

Timothy 1: 7
KJV) This book
and the

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teaching it
contains clearly
demonstrate
how the power
of God can set
the captives free
and prepare
people for His
Glory. Drawing
on his many
years of
experience, Dr

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Smith explains how God can minister to the broken and enslaved. Ties that have bound people for years can be broken so that despair can be changed to joy. Lives can, he asserts,

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be changed
from fear,
desperation and
hopelessness to
ones that exude
fulfilment,
purpose and
happiness. Too
many people are
weighed down
by the sheer
volume of their

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difficulties and
appear to given
up on ever
finding peace.
This book will
inspire and give
cause for hope
as it so vividly
explains the
power of God to
set at liberty
those who are

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ensnared by the
wiles of Satan.

Using practical
examples, based
on his

international
ministry and
personal

experience, Dr
Smith shows
what it is
possible to

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achieve and
what an
awesome God
we are called to
serve. Carefully
study this book,
as it could
literally be a life-
changing
experience. Yes,
you can be
free...if you

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want to! Dr
James Wesley
Smith is known
for his versatile
blending of
musical genres
and the
powerful
message of
Jesus' healing
love and power
for deliverance

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and restoration.

His
publications,
teachings,
music tapes,
CDs and DVDs
facilitate the
ministry being
heard and
viewed in many
parts of the
world. His

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prophetic
declarations call
the Church to a
steadfast
commitment to
holiness and to
ministry setting
the captives
free. His ever-
expanding,
unique, and
anointed

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healing ministry
to the whole
person glorifies
God and brings
unity and
spiritual
renewal to
theBody of
Christ.

Music is
spiritual - find
out how. Learn

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about the power
of the intuitive
experience in
music; the link
between music,
sex, drugs, and
spirituality; the
role of music in
meditation and
prayer; music as
a universal
language; and

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so much more.

The perennially helpful guide to transforming our pains and difficulties into opportunities for genuine joy and personal growth, from the beloved Buddhist nun

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and author of
When Things
Fall Apart We
all want to be
fearless, joyful,
and fully alive.
And we all know
that it's not so
easy. We're
bombarded
every day with
false promises

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of ways to make
our lives
better—buy this,
go here, eat
this, don't do
that; the list
goes on and on.
But Pema
Chödrön shows
that, until we
get to the heart
of who we are

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and really make
friends with
ourselves,
everything we
do will always
be superficial.
In this perennial
self-help
bestseller, Pema
offers down-to-
earth guidance
on how we can

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go beyond the
fleeting
attempts to “fix”
our pain and,
instead, to take
our lives as they
are as the only
path to achieve
what we all
yearn for most
deeply—to
embrace rather

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than deny the
difficulties of
our lives. These
teachings,
framed around
fifty-nine
traditional
Tibetan
Buddhist
maxims, point
us directly to
our own hearts

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and minds, such
as “Always
meditate on
whatever
provokes
resentment,”
“Be grateful to
everyone,” and
“Don’t expect
applause.” By
working with
these slogans as

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everyday
meditations,
Start Where You
Are shows how
we can all
develop the
courage to work
with our own
inner pain and
discover true
joy, holistic well-
being, and

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unshakeable
confidence.

In this six
session video
Bible study
(DVD/digital
video sold
separately),
Rebekah Lyons
explores why we
all want to
know, beyond a

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shadow of a
doubt, what we
were made for.
Yet many of us
believe that
“calling” feels
like something
held for the
exclusive few.
Rebekah’s heart
is to dismantle
that idea, to

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Hanh

remind each
and every one of
us that God has
plans for
something
specific if we
have ears to
hear the still
small voice of a
Father that
beckons. What if
we pressed into

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finding our
truest selves
hidden below
the surface?
Rebekah has
traveled the
country sharing
with
vulnerability her
own pain and
struggles to
hear God and

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Are Thick. Nhat
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follow Him. “I
have prayed
with hands laid
for healing and
deliverance on
women
considering
suicide,
experiencing
trauma, fighting
cancer, holding
off divorce,

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overcoming
addiction and
more. These are
women, battle
weary and
wounded
saying, "I'm
done with the
life I've created.
I hunger for all
that God
promises. I want

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to expect more
from a
passionate and
relentless God. I
cannot continue
to operate from
a place of
wounding.
Please set me
free.” But there
is risk in this
journey. We

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Are Thich Nhat

cannot get
ahead of
ourselves and
just end up with
a prettier
version of
striving.

Rebekah
reminds viewers
that without
healing from
God along the

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Are Thich Nhat

Hanh
way we can be
pulled back into
a place of
wounding and
bondage. But
abiding in God's
presence will
bring us
answers and
inform and
sustain our
calling.

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Rebekah's voice is a vulnerable, prophetic call for women to become who they've already been designed to be. She is answering the questions women are asking. Listen to

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hear how we
truly run free.

Designed for
use with the You
Are Free DVD
(sold
separately).

Will I Ever Be
Free of You?

How to Have
Great Meetings

Living with Your

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Heart Wide
Open

The Story of a
Cure for
Addiction

Be Free Where
You Are

An Easy-to-Read
Handbook for
Abused Women

The first book
for the

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Hanh
millions of
daughters
suffering from
the emotional
abuse of
selfish, self-
involved
mothers, "Will
I Ever Be Good
Enough?"
provides the
expert advice
readers need to

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Free Where You
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overcome
debilitating
histories and
reclaim their
lives.

" It's Not How
Good You Are,
It's How Good
You Want to Be
is a handbook
of how to
succeed in the
world: a pocket

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bible for the
talented and
timid alike to
help make the
unthinkable
thinkable and
the impossible
possible. The
world's top
advertising
guru, Paul
Arden, offers
up his wisdom

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Hanh
on issues as
diverse as
problem
solving,
responding to a
brief,
communicating,
playing your
cards right,
making
mistakes, and
creativity –
all endeavors

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Hanh
that can be
applied to
aspects of
modern life.

This uplifting
and humorous
little book
provides a
unique insight
into the world
of advertising
and is a quirky
compilation of

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Hanh
quotes, facts,
pictures, wit
and wisdom –
all packed into
easy-to-
digest,
bite-sized
spreads. If
you want to
succeed in life
or business,
this book is a
must. "

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Hanh
With the
possibility of
a "Big
Lebowski"
sequel on the
horizon,
Dudeism
continues to
grow as the
Number One
religion based
on a Jeff
Bridges movie,

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we welcome the
second in a
series of books
for children to
answer the
simple question
"Do You Abide?"
Little Finnegan
is back, and
this time he
learns what it
takes to ABIDE,
and how easy it

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Are Thich Nhat
Hanh

really is. For
those looking
for more
answers on the
subject of Dude
or Dudeism,
please visit
the Church of
the Latter-Day
Dude at <http://dudeism.com/>
David Alsobrook
experienced a

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Hanh
dynamic, life
changing
experience. It
was a total
transformation
of his soul and
has resulted in
permanent peace
within. His
intimacy with
God has
deepened
dramatically as

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Hanh

a result of
soul
transformation
and desires
this same grace
to be
experienced in
your life. Do
you want deeper
peace? Do you
want a mind
free from care?
Do you desire

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to be free from
inner turmoil,
frustration,
and confusion?
This book tells
you how you can
receive these
blessings from
the Lord
through deep
inward change
in your soul.

The Book

Page 54/177

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Hanh
You Can Be Free
You Are Free to

Go

How Mindfulness
and Compassion
Can Free You
from

Unworthiness,
Inadequacy, and
Shame

Free for You
and Me

An Introduction

Page 55/177

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to the Practice
of Meditation
**Meetings don't
need to be terrible.
They can be the
best place for us to
connect with the
people we work
with and do great
things. This book
presents the Lean
Coffee method
which has since its
inception in 2009**

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Are Thich Nhat

**spread across the
globe to radically
shift the way
people meet with
each other.**

**Prisoner of the
Mind - Spiritual
Self-Improvement
Personal**

**Development We
have the largest
prison population
in the world in
America today, but**

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Hanh

**how many men and
women were
locked up in their
minds before they
got to prison?
Prisoner of the
Mind by Jeff
Hairston is much
more than a self
improvement
book- it's a
personal
development tool
that can help you**

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Free Where You
Are Thich Nhat

**overcome your
fears and FINALLY
live your life as
God intended.**

**"Prisoner of the
Mind" by Jeff
Hairston is a
thought provoking
book aimed at
helping you find a
spiritual balance in
life and to break
free of the prison
of negative**

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thoughts and emotions that your mind has created over the years. Jeff artfully guides you through the many aspects of life that plague our minds today intertwining important lessons with examples from his own life story. Fear is one of the most

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**important
emotions when
experienced in the
right way. It can
help us in life
threatening
situations by
keeping our mind
on high alert. but
what happens
when fear comes
into contact with
the ego? That very
same fear that is**

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**there to save you
can also stop you
from living a
normal, healthy
life -and in some
cases even kill
you! It's all about
using the fear to
your advantage
and being
consistent and
persistent against
it. Many of the
issues plaguing**

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**our mind are
created by past life
events that are left
unresolved.**

**"Prisoner of the
Mind" asks the
important spiritual
questions and
expertly tackles
negative personal
issues to help you
better understand
and overcome the
prison that your**

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Are Thich Nhat

**own mind had
created. Break free
from the personal
prison that your
own mind created -
order your copy of
"Prisoner of the
Mind" by Jeff
Hairston today!
A shattered self-
image, toxic
relationships,
emotional
brokenness, and a**

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**painful past seal
us off from the
abundant life Jesus
promised if left
unchallenged by
the power of God.
Born to Be Free is
for those who are
no longer willing to
settle for life as it
is, but who desire
to walk in the
peace and fullness
God has promised -**

Read Book Be
Free Where You
Are Thick Nhat

**a life transformed
by the healing and
freedom purchased
by his blood for
every follower of
Christ.**

**Break free from
dieting once and
for all with this
easy-to-follow
guide to healing
your relationship
with food and
exercise from body**

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**inclusive personal
trainer and
certified intuitive
eating counsellor
Shreen El Masry.
Have you been on
so many diets that
you can't
remember a time
in your life when
you weren't
dieting? Be You Be
Free gives you the
tools you need to**

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Free Where You
Are Thich Nhat

**break free from
dieting and make
peace with food,
exercise and your
body. You will
learn how to
nourish your body
in a way that
works for you
rather than
punishing it with
diets and hardcore
exercise regimens.
By focusing on**

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**intuitive eating,
you will learn to
trust your body
again, giving you
the freedom with
food that you
deserve. You will
learn to stop
judging your
success based on a
number on the
scale, and will be
shown behaviours
that promote true**

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**health and
wellbeing. This
book will not only
help you find food
freedom, body
peace and joyful
exercise, but also
assist you in
creating your own
version of
wellbeing on your
terms so that you
can take care of
yourself in the**

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**best possible way.
Be You Be Free is
not about fixing
yourself. It is
about becoming
your true self by
putting you in a
position of control
with the tools to
make the changes
you want to make.
Shreen El Masry
has experienced
first-hand the**

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Hanh
battle many of us
can have with
food, exercise and
body image. After
pushing herself to
the brink of her
physical and
mental health,
Shreen educated
herself about
health and
wellbeing,
studying to
become a body

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**inclusive personal
trainer and
certified Intuitive
Eating counsellor.
She now helps
women all around
the world to 'find
their true purpose
and identity
outside of dieting,
so they become
who they are
meant to be,
before the world**

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**and diet culture
told them who they
had to be'.**

**Echoes in the
Storm**

Mindfulness

Meditation In

Everyday Life

Stories, Songs, and

Poems

Be Free. Be You

Wherever You Go,

There You Are

You Can Be

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Are Thich Nhat
**Free...If You Want
To!**

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the

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Are Thich Nhat
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right things to
protect our health
and prosperity
which is equally
extremely damaging
to nature, wildlife,
oceans, sea-life,
fresh springs,
waterways and air,
and us. The Book
by Linde utilises
new and ancient
knowledge from

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around the world,
over the millennia
identifying what
changes we need to
make to enhance
every aspect of our
lives with simple
solutions for almost
every situation. It is
your most powerful
contribution to
protecting, nurturing
and saving our

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planet. In summary,

'THE BOOK'

Consists of Six
Chapters which
incorporates a
summary within
each one: Lifestyle;
Food & Nutrition;
Medical Care; Mind;
Water; and Now
Live the final
chapter which you
can cast your eye

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Hanh
over first as it is a
synopsis of the
complete works. It is
highly recommend
to read from cover
to cover but, it is
packed with
valuable information
to just use as a
Reference Manual
on a day to day
basis. Teaches you
how to look after

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Hanh
your body and mind
to ultimately prevent
illness, but also to
help regain and
maintain perfect
health; Provides
countless number of
practical, realistic &
simple tips to easily
adopt into your day
to day lifestyle
improving quality of
life, saving time &

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money and gaining
longevity; Fuses
together specialised
areas in health &
mind, lifestyle &
environment under
one cover; Identifies
our day to day toxic
exposures that we
are unaware of and
provides successful
resolutions; Gives
you complete

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Hanh
fundamental
knowledge and
awareness, to use
your courage to take
responsibility for
your life enhancing
your health,
prosperity and
happiness; Provides
you with ancient
knowledge and
practices to new,
from science

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Hanh
including quantum
physics, to
philosophy,
psychology, and
important detail on
nutrition, exercise,
energies and
medicine; Is very
current, answering
all the conflicting
hype about diets,
the next super food
or the bad effects of

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conventional drugs
or sugar that are in
the media weekly,
even daily; For more
information please
visit [www.thebookbo
ok.co.uk](http://www.thebookbo
ok.co.uk)

No matter how busy
you are, find quiet
reflective moments
in your life—and
reduce your stress
levels

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Hanh
drastically—with this
classic bestselling
guide from a
mindfulness expert.
When Wherever
You Go, There You
Are was first
published in 1994,
no one could have
predicted that the
book would launch
itself onto bestseller
lists nationwide and

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sell over 750,000
copies to date. Ten
years later, the book
continues to change
lives. In honor of the
book's 10th
anniversary,
Hyperion is proud to
be releasing the
book with a new
afterword by the
author, and to share
this wonderful book

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with an even larger
audience.

This book will help
you to remember
who you truly are,
and to be your true,
authentic self, in its
entirety, to unlock
the beautiful spirit
and essence of you.
You have a soul
mission: it's time to
wake up to it and

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fulfill your destiny
and be everything
you ever dreamed
of being, your soul
and spirit self really
are, unafraid to
shine in a world that
all too often might
seem might seek to
undermine or limit
you... You are filled
with infinite
possibilities and

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great gifts. Many of
us are waking up
from the illusion of
fear, lower
consciousness and
vibration that we
have been trapped
in. Though times
may be dark, the
light can prevail and
by holding on to our
dreams and visions,
we will emerge with

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a higher
consciousness. We
will shed all the
restrictions of the
past, and break the
chains of the
judgmental and fear-
based systems
which have ruled
and limited our lives
in so many ways, to
take a jump and
leap of faith and

Read Book Be
Free Where You
Are Thich Nhat
Hanh

really be the full
expression of our
unique and special
souls. "I really love
this book. As soon
as I started reading
it, it felt like it was
talking directly to my
soul.... I believe
Sally is a gifted soul
on a mission to
genuinely help &
empower people. It

Read Book Be
Free Where You
Are Thich Nhat

Hanh
is a book I will
treasure" "What a
beautiful book; one
that touches you
and works on so
many levels." "It
doesn't matter
where you are on
your journey, in this
book you will find
something new,
something to remind
you of who and

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Are Thich Nhat
Hanh

where you are, why
you are following
the path you have
chosen and
affirmation that you
are not alone, the
Universe is always
supporting you. I
found the book easy
to read, to me the
energy of the words
just flow off the
page, and hit the

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Free Where You
Are Thich Nhat
Hanh

spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in what ever way you wish to connect with it.

Bursting with information and and workable ways to experiment and include in your

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Free Where You
Are Thich Nhat
Hanh

spiritual practice.

Sally has worked really hard to make this work appeal to as wider audience as possible and I feel she has pulled it off with a flourish.

Well done Sally, when's the next one?" "I really love this book. As soon as I started reading

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Are Thich Nhat

Hanh
it, it felt like it was
talking directly to my
soul and I felt
curiously emotional.
I believe Sally is a
gifted soul on a
mission to genuinely
help & empower
people. It is a book I
will treasure & refer
to when I am in
need of uplifting"
A song book that

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Hanh

highlights that inside everyone there is a perfect and loving heart, and that if we uncover our perfection and recognise it in others we can change the world for the better. The song takes you through the personal journey of a little monster

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Hanh

who discovers his self worth is not defined by his physical characteristics or by the definitions placed on him by others, but by how he allows his light and love to shine. Once he understands his own value he is able

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Are Thich Nhat
Hanh

to see the perfection
in others even when
they are hurtful. He
then goes on to
show that if we all
recognised the
perfection in each
other and acted
from a place of love
we can change the
world to a better
place. "Let us live
the perfection that

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Are Thich Nhat

Hanh
we are and uncover
ourselves to shine
like a star. Our
potential never
stops to spread love
on this earth, it is
why we are here, it
is the reason for our
birth."

Flicking Boogers in
the Wind

The Grace of Soul
Transformation

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Free Where You
Are Thich Nhat
Hanh

You Can Be Free
From Your SELF

Be You Be Free

The world's best
selling book

A Little Book of
Western Verse

Resilience is largely
an exercise of
mindset and

mindfulness, of
perspective and
persistence, of

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Free Where You
Are Thich Nhat
Hanh

ways of thinking
and of will. Inside,
you will find
personal stories
and their lessons
that are intended to
help anyone who is
struggling with a
personal test or
dealing with loss.
The way we talk to
ourselves is often
unkind and filled

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Are Thich Nhat

with self-

judgments. These
overly harsh self-
criticisms can make
us feel unworthy
and incomplete.

What if what you
really need is not
higher standards
for yourself, but
greater self-
compassion? In
Living with Your

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Free Where You
Are Thich Nhat

Hanh
Heart Wide Open,
you'll discover how
mindfulness and
self-compassion
can free you from
the thoughts and
beliefs that create
feelings of
inadequacy and
learn to open your
heart to the loving-
kindness within you
and in the world

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Are Thich Nhat
Hanh
around you. Based
in Western
psychotherapy and
Buddhist
psychological
principles, this book
guides you past
painful and self-
limiting beliefs
about yourself and
toward a new
perspective of
nonjudgmental

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Hanh

awareness and
acceptance of who
you are, just as you
are. You'll receive
gentle guidance in
mindfulness and
compassion
practices that will
lead you away from
unproductive, self-
critical thoughts
and help you live
more freely and

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Free Where You
Are Thich Nhat

Hanh
fearlessly, with your
heart wide open.

One week is all we
were supposed to
share. One week as
strangers. All the
things you did
differently irked
me. I thought it
meant we couldn't
get along, that
there was no
chance we'd work

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Free Where You
Are Thich Nhat
Hanh

out. But when it
came time for me
to leave, you know
what I figured out?
You were my echo.
My call back. And
damn it if I didn't
find home in the
end.

"A wondrous,
sparkling fusion of
wisdom and
insight." - Patricia

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Are Thich Nhat
Hanh

Santhuff What do
the wonderful
myths of ancient
Greece, the
beautiful stories in
the Bible and
Qur'an, and all the
sacred stories from
traditions around
the world, have in
common? They
open our hearts to
wonder, mystery,

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Are Thich Nhat

passion, and joy. I
know, on the
outside these
stories seem very
different, confusing,
conflicting, and
often violent and
divisive. But when
read symbolically
and internally, they
are all telling the
same story. They
show us the path of

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Hanh
spiritual awakening
and enlightenment.
Sometimes the
story is called
"Returning to the
Promised Land."
Sometimes it's
called "Seeking the
Holy Grail."
Sometimes it's
called
"Persephone's
Return to

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Are Thich Nhat

Hanh
Olympus." But
whatever it's called,
the inner meaning
and purpose is
always the same.
The stories are all a
call to awaken, to
live passionately
and consciously,
and to enter the
door that leads to
enlightenment and
communion with

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Hanh

the divine. The door
is always open. The
light is always
ready to receive us.
But we have to
learn how to tread
the path!

Fortunately, that's
what all the sacred
stories are really
about. THE DOOR IS
OPEN uncovers the
7 Universal Steps

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Hanh
that are found
within the symbols
and allegories of all
great mythology
and scripture. Each
chapter ends with a
series of practical
and enjoyable
spiritual exercises
and activities. You
can do this work on
your own, or
together with a

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Are Thich Nhat

Hanh
group. It could be a
church or
synagogue group, a
book club, a
classroom, or any
group of friends
who want to get
together and
expand their
spiritual horizons.
Free to Be... You
and Me

A Talk Given at the

Read Book Be
Free Where You
Are Thich Nhat

Maryland

Correctional

Institute

You Are Here

Rest Stop

I Am Perfect

The Miracle of

Mindfulness

The secret to

happiness is to

acknowledge and

transform suffering,

not to run away from

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Are Thich Nhat

it. In No Mud, No
Lotus, Thich Nhat
Hanh offers practices
and inspiration
transforming suffering
and finding true joy.
Thich Nhat Hanh
acknowledges that
because suffering can
feel so bad, we try to
run away from it or
cover it up by
consuming. We find

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Are Thich Nhat
Hanh

something to eat or
turn on the television.

But unless we're able
to face our suffering,
we can't be present
and available to life,
and happiness will
continue to elude us.

Nhat Hanh shares how
the practices of
stopping, mindful
breathing, and deep
concentration can

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Are Thich Nhat

Hanh
generate the energy of
mindfulness within
our daily lives. With
that energy, we can
embrace pain and
calm it down,
instantly bringing a
measure of freedom
and a clearer mind. No
Mud, No Lotus
introduces ways to be
in touch with suffering
without being

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Are Thich Nhat
Hanh

overwhelmed by it.

"When we know how to suffer," Nhat Hanh says, "we suffer much, much less." With his signature clarity and sense of joy, Thich Nhat Hanh helps us recognize the wonders inside us and around us that we tend to take for granted and teaches us the art of

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Are Thich Nhat
Hanh

happiness.

A number of stories,
poems, and song texts
which demonstrate
that people can choose
to do or be whatever
they desire.

Jonathan Bricklin's
debut novel is
astounding for its
intellectual
playfulness and verbal
ingenuity, and for the

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Are Thich Nhat

exuberant voice of
Hanh
Willy Nilly, the young
hero of this
unexpected adventure.
Telepathy, Tetherball,
Turtles, Politics,
Pirates, Lemonade,
Cryogenics,
Waterslides and
Holograms are some
of the ingredients in
this madcap frenzy of
metaphorical

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Are Thich Nhat

Hanh
escapism. If Raymond
Chandler and Tom
Robbins adopted a
baby it might grow up
to write a book like
this.

Cut through the
busyness and anxieties
of daily life to
discover the simple
happiness of living in
the present moment,
as taught by a world-

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Free Where You
Are Thich Nhat

renowned Zen monk

In this book, Thich

Nhat Hanh—Zen monk,

author, and meditation

master—distills the

essence of Buddhist

thought and practice,

emphasizing the

power of mindfulness

to transform our lives.

But true mindfulness,

Hanh explains, is not

an escape. It is being

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Free Where You
Are Thich Nhat
Hanh
in the present
moment, totally alive
and free. Based on a
retreat that Thich Nhat
Hanh led for
Westerners, You Are
Here offers a range of
effective practices for
cultivating
mindfulness and
staying in the present
moment—including
awareness of

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Are Thich Nhat

Hanh
breathing and
walking, deep
listening, and skillful
speech. These
teachings will
empower you to
witness the wonder of
life and transform
your suffering, both
within and outside
you, into compassion,
tenderness, and peace.

As Thich Nhat Hanh

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Are Thich Nhat
Hanh

declares, "the energy of mindfulness is the energy of the Buddha, and it can be produced by anybody." It is as simple as breathing in and breathing out.

You Are Free
Born to Be Free
Do You Abide?
How to Navigate a
High-Conflict Divorce
from a Narcissist and

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Free Where You
Are Thich Nhat
Hanh

Heal Your Family
Discovering the
Magic of the Present
Moment
You Are Free Study
Guide

*It's a free country! But
what does that mean?
Find out the five
liberties protected by
the First Amendment.
Vivid examples from
history and everyday*

Read Book Be
Free Where You
Are Thich Nhat

*life demonstrate the
meaning of freedom of
religion, speech, and
the press, and the
rights to assemble
peacefully and to
petition the
government.*

*You don't have to keep
striving for
freedom--instead, you
can live in the
freedom you already*

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Free Where You
Are Thich Nhat
Hanh

have in Christ. In these pages, Rebekah Lyons walks you through her journey of releasing stress, anxiety, and worry to uncover the peace that comes from Jesus Christ. Have you bought into the lie? So many of us do. We measure our worth by what others think of

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Free Where You
Are Thich Nhat

*us. We compare and
strive, living our lives
for the approval of
others. Pressure rises,
fear and anxiety creep
in, and we hustle to
keep up. But Jesus
tells us that he gave
his life to set us free,
giving us purpose and
calling us to live in
that God-given
freedom and purpose.*

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Free Where You
Are Thich Nhat

*Yet we're still afraid
to live in this truth
because we can't even
believe it. Rebekah
reminds us that Christ
doesn't say we can be
or may be or will be
free. He says we are
free. Do you dare to
believe it? In You Are
Free, Rebekah invites
you to: Overcome the
exhaustion of trying to*

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Are Thich Nhat

meet others'

*expectations and rest
in the joy that God's
freedom brings Find
permission to grieve
past experiences,
confess your areas of
brokenness, and
receive strength in
your journey toward
healing Throw off self-
condemnation and
step boldly into what*

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Free Where You
Are Thich Nhat
Hanh
*our good God has for
you Discover the
courage to begin
again and use your
newfound freedom to
set others free
Freedom is for
everyone who wants
it--the lost, the
wounded, and those
weary from all of the
striving. It's for those
of us who gave up*

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Free Where You
Are Thich Nhat
Hanh
*trying years ago and
for those of us who
are angry and hurt,
burnt out by the
Christian song and
dance. You are the
church, the people of
God. You were meant
to be free. Join
Rebekah as she helps
you discover the
freedom that comes
when we learn that*

Read Book Be
Free Where You
Are Thich Nhat

God is enough.

*Poems about animals
we live around, nature
and its affects on us,
also other things to
pause and think about.*

*Contains color
pictures. this is a
paperback with thirty-
six pages, twenty-eight
poems.*

*This compendium of
the core teachings of*

Read Book Be
Free Where You
Are Thich Nhat

*Thich Nhat Hanh,
based on a talk given
at a prison, shows
how mindfulness
practice can cultivate
freedom no matter
where you are. ""So
many of us, inmates
and outsiders alike,
are in prisons of our
own making.... The
miracle of mindfulness
can free us*

Read Book Be
Free Where You
Are Thich Nhat
Hanh
*all" Shepherdstown
Chronicle*

*The Door Is Open
You Are in Prison and
You Think You Are
Free*

*It's Not How Good
You Are, It's How
Good You Want to Be
Understanding the
Connection Between
Spirituality and Music
No Mud, No Lotus*

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Free Where You
Are Thich Nhat
Hanh

The Zen Revolution

Be Free Where
You AreA Talk
Given at the
Maryland
Correctional Instit
uteReadHowYouW
ant.com

In today's culture
of stress,
competition, and
perfect images, it's
all too easy to hit

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Free Where You
Are Thich Nhat
Hanh
rock bottom.

Confronted by
anxiety about our
appearance, our
performance, and
ourselves, we can
feel trapped,
imprisoned by the
person society
expects us to be.
The only way to
escape that prison
is to learn to love

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Free Where You
Are Thich Nhat

Hanh
who we are—who
we really are. Be
Free. Be You. is all
about the journey
to wholeness and
happiness through
loving and
embracing the real
you. With humor,
empathy, and
honesty, Achea
Redd takes you
through the ups

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Free Where You
Are Thich Nhat

Hanh
and downs of her
own life and uses
her story to show
you the path to
self-love and
authenticity. Let
this book be your
guide to finding
happiness in the
person you really
are. AUTHOR

BIOGRAPHY: In
early 2016, Achea

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Are Thich Nhat

Hanh
Redd was
diagnosed with
Generalized
Anxiety Disorder.
After hiding her
condition out of
fear and shame,
Achea quickly
realized it was only
getting worse,
affecting her
physically to the
point of a nervous

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Are Thich Nhat

Hanh
breakdown. It
wasn't until she
acknowledged the
situation with her
loved ones,
seeking out
treatment from her
therapist and
doctor, that things
started to get
better. As a form
of self-expression
and healing, Achea

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Hanh created her own blog, sharing her feelings about mental health and authenticity. The flow of support she received from the community compelled her to create Real Girls F.A.R.T.-a space to empower and equip women with

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Free Where You
Are Thich Nhat
Hanh

the necessary
tools to use their
voices and
become their best,
most authentic
selves. Achea
currently resides
in Columbus, Ohio
with her husband,
Michael, and her
two children.

AUTHOR HOME:
Columbus, OH

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Are Thich Nhat
Hanh

Moses and Jorge will never leave the maximum security prison. Outside its walls, Gina, Shell, and Ellen will never escape its influence, or the way it tethers them to one another. When Jorge dies in his cell, lives within and beyond

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Free Where You
Are Thich Nhat

Hanh
the prison walls
are upended,
testing the
boundaries we all
draw to keep the
good in, the hurtful
out. YOU ARE
FREE TO GO is a
wise, deeply
moving story
about the
porousness of
borders, and the

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Free Where You
Are Thich Nhat

kindness,
connection, and
loss that
transcend them.
The American
spirit of self-
reliance goes hand
in hand with the
mystical tradition
of Zen -- yet it
hasn't found its
own bare wire. The
best revolution,

Read Book Be
Free Where You
Are Thich Nhat

Hanh
and the domain of
the Zen adept, is
an inner one. The
Zen Revolution
reads like a novel,
each compelling
chapter revealing
another nuance --
the whole gamut,
from origin to fiery
culmination.

Delving into both
the spiritual and

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Free Where You
Are Thich Nhat
Hanh

worldly aspects
with equal candor,
The Zen
Revolution takes
on the basic
question of
existence, perhaps
the most important
question we face.
There's a new
adventure in every
chapter, leading to
an eventual

Read Book Be
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Are Thich Nhat

breakthrough --
something nearly
unheard of in the
Zen literature of
the West

The Art of
Transforming
Suffering
How Free Do You
Want to Be?
A Guide to
Compassionate
Living

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Free Where You
Are Thich Nhat
Hanh
Start Where You
Are

Time to Pause
Every Mile Matters
*One of the best
available
introductions to the
wisdom and
beauty of
meditation
practice. --New
Age Journal In this*

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Free Where You
Are Thich Nhat

*beautiful and lucid
guide, Zen master*

Thich Nhat Hanh

offers gentle

anecdotes and

practical exercise

as a means of

learning the skills

of

mindfulness--being

awake and fully

aware. From

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Free Where You
Are Thich Nhat
Hanh

*washing the dishes
to answering the
phone to peeling
an orange, he
reminds us that
each moment
holds within it an
opportunity to work
toward greater self-
understanding and
peacefulness.*

Synopsis Rest

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Stop is a 250 page realistic novel based on real characters I knew while I served my time in prison. It is about the convicts I lived with on a daily basis. The book starts off in prison and gives insight of the living

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Are Thich Nhat
Hanh

*conditions. It tells
of the games that
are needed in
order to survive. It
explains the
brotherhood that
forms between cell
mates and the
cliques you
become part of,
not by choice but
out of necessity.*

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Are Thich Nhat
Hanh

*Following a fight
and a stabbing, the
four inmates who
are held
responsible are
being transported
from a minimum
security location to
the main prison
when they escape.
The escape
convicts come up*

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Free Where You
Are Thich Nhat
Hanh

*with a plan to take
over a rest-area on
Interstate 15. It
was just a few
miles from Las
Vegas. They
figured that the
people going to
Vegas would have
lots of cash on
them. Their plan
was to rob them*

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Are Thich Nhat
Hanh

and use the money to get out of the country. It is a long way from Oregon State Penitentiary to Las Vegas. A big part of the story takes place on the trip to get to the rest stop, with robbery, murder and rape along the

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Are Thich Nhat
Hanh

way. The driving force behind the story is the dialog and vivid thought process, not only from the convicts but from the victims. Each chapter gives insight to the mind set and words of the escaped

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Are Thich Nhat

Hanh convicts, along with the Warden, the State Police and the Federal agent who is always just one step behind the inmates. The novel begins with a thrilling, fast paced opening. It holds the excited pace

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Free Where You
Are Thich Nhat

up to an

unforgettably tense

conclusion. Each

chapter ends in a

poem I wrote while

in prison and

coincides with the

story. The epilogue

leaves room for a

sequel for a

second book. Ron

Lemco PO Box 63

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Sumner, WA.

98390

253-2284544

rlemco@aol.com

If you are a woman

being hurt by

someone you love,

this book is for

you. It can help

you understand

your situation and

find ways to

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Free Where You
Are Thich Nhat

*change it. This
indispensable
guide offers
straightforward,
sensible
information on how
to establish a
safety plan for you
and your children,
as well as advice
on how best to find
a safer home. This*

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Are Thich Nhat
Hanh

*new edition also
includes guidance
specifically for
Deaf women,
immigrant women,
rural women, and
women with
disabilities. It also
includes special
exercises designed
to help you gain
self-esteem and*

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Are Thich Nhat
Hanh

*decide what you
want from a
relationship. You
will find answers to
such questions as:
"What is emotional
abuse?" "Is it ever
right to break up
the family?" "How
can I protect my
children?" "Where
can I go if I leave*

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Are Thich Nhat

Hanh
*my home?" "But I
still love my
partner—should I
go back?" "How
can I find legal
help for my
situation?" "How
do I go about
starting over and
making new
friends?" You will
also read about*

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Hanh

*women who left
their abusive
partners and
began new
lives—free of
abuse. Today they
have this to say:
"I'm asking for
what I want . . . I
can make
decisions on my
own . . . What I like*

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Hanh

*best about being
away is being
free."*

*Clutter has a
negative effect on
your life. You want
to live differently,
but you haven't
been able to make
progress. Marcie
Lovett, author of
The Clutter Book,*

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Are Thich Nhat
Hanh

*will motivate you to
make the changes
you want. Learn to
let go of what you
don't need and find
room for what you
value. The direct,
accessible writing
style and
interactive
exercises will
inspire you to*

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Are Thich Nhat
Hanh

*succeed. In this
book, Marcie
guides you through
the process of
letting go of the
clutter that is
keeping you from
achieving success.
Whether your
clutter is caused by
things,
commitments or*

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Hanh

thoughts, Marcie encourages you to make the choices to conquer your challenges. If previous attempts at letting go of clutter have not been successful for you, you will benefit from the motivation and

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Hanh

wisdom Marcie offers. Written in a straightforward and accessible style, filled with insight and real-life stories, the book enables readers to learn from the experience of others and overcome

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Hanh

*obstacles to
success. You will
understand why
you keep clutter,
save time and
money by avoiding
unnecessary
purchases,
discover the habits
that hold you back,
find ways to fight
procrastination and*

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Are Thich Nhat
Hanh

*create systems
that allow you to
retrieve and return
items. Whether you
want to live with
less or live with
what you have, this
is the book for you.*

*What Our First
Amendment
Means*

Discovering

Page 176/177

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Are Thich Nhat

*Christ's Power to
Set You Free from
a Painful Past*

*Knee Deep in the
Funk*

*A Lean Coffee
Book*

*Be Who You
Already Are*