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Being Myself

In the past few decades, personality psychology has made considerable progress in raising new questions about human nature—and providing some provocative answers. New scientific research has transformed

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old ideas about personality based on the theories of Freud, Jung, and the humanistic psychologies of the nineteen sixties, which gave rise to the simplistic categorizations of the Meyer-Briggs Inventory and the 'enneagram'. But the general public still knows little about the

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new science and what it reveals about who we are. In this book, Brian Little, one of the psychologists who helped re-shape the field, provides the first in-depth exploration of the new personality science and its provocative findings for general readers. The book

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explores questions that are rooted in the origins of human consciousness but are as commonplace as yesterday's breakfast conversation. Are our first impressions of other people's personalities usually fallacious? Are creative individuals essentially

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maladjusted? Are our personality traits, as William James put it “set like plaster” by the age of thirty? Is a belief that we are in control of our lives an unmitigated good? Do our singular personalities comprise one unified self or a confederacy of selves, and if the latter, which of

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our mini-me-s do we offer up in marriage or mergers? Are some individuals genetically hard-wired for happiness? Which is the more viable path toward human flourishing, the pursuit of happiness or the happiness of pursuit? Little provides a resource

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for answering such questions, and a framework through which readers can explore the personal implications of the new science of personality. Questionnaires and interactive assessments throughout the book facilitate self-exploration, and clarify some of the stranger

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aspects of our own conduct and that of others. Brian Little helps us see ourselves, and other selves, as somewhat less perplexing and definitely more intriguing. This is not a self-help book, but students at Harvard who took the lecture course on which it is based claim

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that it changed their lives. Reading Notes To Myself is one of those rare experiences that comes only once in a great while. The editor who discovered the book said, "When I first read Prather's manuscript it was late at night and I was tired, but by the time I finished

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it, I felt rested and alive. Since then I've reread it many times and it says even more to me now." The book serves as a beginning for the reader's exploration of his or her own life and as a treasury of thoughtful and insightful reminders. Everybody is aware, all seven

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billion of us. We are aware of thoughts, feelings, sensations, and perceptions. All people share the experience of being aware, but relatively few people are aware that they are aware. Most people's lives consist of a flow of thoughts, images, ideas, feelings, sensations,

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sights, sounds, and so on. Very few people ask, 'What is it that knows this flow of thoughts, feelings, and perceptions? With what am I aware of my experience?' The knowing of our being—or rather, awareness's knowing of its own being in us—is our primary, fundamental and most

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intimate experience. It is in this experience that the peace, happiness and love for which all people long reside. The happiness we have sought so long outside of ourselves, in situations, objects and relationships, turns out to be always present and available in the

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simple knowing of our own being as it truly is. The knowing of our own being shines in each of us as the experience 'I am' or 'I am aware', or simply the knowledge 'I'. This obvious, familiar and intimate experience has no objective qualities and is, therefore,

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overlooked or ignored by the majority of people. This overlooking of our own being is the ultimate cause of unhappiness. What is the nature of the experience of being aware or awareness itself? The exploration of this question is the subject matter of this book and the

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essence of the Direct Path to peace and happiness. * * * The Essence of Meditation Series presents meditations on the essential, non-dual understanding that lies at the heart of all the great religious and spiritual traditions, compiled from contemplations led by Rupert Spira

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at his meetings and retreats. This simple, contemplative approach, which encourages a clear seeing of one's experience rather than any kind of effort or discipline, leads the reader to an experiential understanding of their own essential being and the peace and

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fulfillment that are inherent within it. Being Aware of Being Aware is the first and introductory volume in The Essence of Meditation Series. The Friend I Need is a gentle reminder to children that they can be kind, encouraging, and supportive to themselves!

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**Origins of Jewish Autobiography
Captivating**

**Essays on the Unity of Mind and
Matter**

A Psychiatrist's Memoir

Being Myself While Dancing

**How to Lose Your Mind and Create
a New One**

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Please note: This is a companion version & not the original book. Sample Book Insights: #1 The sense of being myself is our most ordinary, intimate, and familiar experience. It is the background of all experience, and it never leaves us. It is the ever-present

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**factor in all changing experience.
#2 Our sense of self is made up of two elements: our ever-present, unchanging being and the qualities it derives from our constantly changing experience, which seem to condition and limit it. Our being is naturally**

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peaceful, and it is in this state of peace and happiness that we should aim. #3 When we allow our essential self to become mixed or identified with the qualities of experience, its natural condition of peace and happiness is veiled or obscured.

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We seem to become the feeling, and we lose our self in experience. However, we still have the experience of being myself even in the darkest feelings. #4 The separate self or ego is constantly in a state of lack, as it is constantly trying to

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defend itself from feeling vulnerable and incomplete. It is constantly seeking objects, substances, activities, states of mind, or relationships that will make it feel whole.

Four brothers reunite in their hometown in Russia. The murder

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of their father forces the brothers to question their beliefs about each other, religion, and morality.

An intimate, revealing look at one artist's journey from self-censorship to full expression As one of the most celebrated

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musicians in the world, Alicia Keys has enraptured the globe with her heartfelt lyrics, extraordinary vocal range, and soul-stirring piano compositions. Yet away from the spotlight, Alicia has grappled with private heartache—over the challenging

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and complex relationship with her father, the people-pleasing nature that characterized her early career, the loss of privacy surrounding her romantic relationships, and the oppressive expectations of female perfection. Since Alicia rose to

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fame, her public persona has belied a deep personal truth: she has spent years not fully recognizing or honoring her own worth. After withholding parts of herself for so long, she is at last exploring the questions that live at the heart of her story: Who am

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I, really? And once I discover that truth, how can I become brave enough to embrace it? More Myself is part autobiography, part narrative documentary. Alicia's journey is revealed not only through her own candid recounting, but also through

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vivid recollections from those who have walked alongside her. The result is a 360-degree perspective on Alicia's path, from her girlhood in Hell's Kitchen and Harlem to the process of growth and self-discovery that we all must navigate. In More Myself,

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Alicia shares her quest for truth—about herself, her past, and her shift from sacrificing her spirit to celebrating her worth. With the raw honesty that epitomizes Alicia's artistry, More Myself is at once a riveting account and a clarion call to

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readers: to define themselves in a world that rarely encourages a true and unique identity.

Born into harshness and born into suffering, a warrior's soul struggles to keep true to himself. A soul born into modern times, trying to hold tightly onto that

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which is him, that which is beyond his pain, to see the real him. This is the story about a person who through the most difficult of environments finds the strength to stay true to himself, to stay true to the very essence of his soul. The years of

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life from birth to late teens are when the environment plays a major role in a person's development, a soul's growth. In this first book of an emotionally turbulent series, those first years of my life are expressed here. This book tells some of the story

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from my early years. It's not the pain I want to show, but rather how I found the strength to go beyond that pain to embrace all that is good and loving about me. A person must be able to keep a clear focus on his/her actions, his/her abilities and, most

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importantly, on his/her true self throughout the most testing of times. This is my story; this is my testimony; this is how I found the strength to be myself.

Being Myself

**How to Navigate Clueless
Colleagues, Lunch-Stealing**

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**Bosses, and the Rest of Your Life
at Work**

**I Can Be Myself When Everyone I
Know Is Dead...**

A Journey

**Contemplating the Nature of
Experience**

I Like Myself!

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An instant New York Times Bestseller! The new uplifting book from Matt Haig, the #1 New York Times bestselling author of *The Midnight Library*, for anyone in search of hope, looking for a path to a more meaningful life, or in need of a little encouragement. Named by

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The Washington Post as one of the best feel-good books of 2021. "It is a strange paradox, that many of the clearest, most comforting life lessons are learnt while we are at our lowest. But then we never think about food more than when we are hungry and we never think about

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life rafts more than when we are thrown overboard." THE COMFORT BOOK is Haig's life raft: it's a collection of notes, lists, and stories written over a span of several years that originally served as gentle reminders to Haig's future self that things are not

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always as dark as they may seem. Incorporating a diverse array of sources from across the world, history, science, and his own experiences, Haig offers warmth and reassurance, reminding us to slow down and appreciate the beauty and unpredictability of

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existence.

Forty women under the age of 40, born and raised in the United States, dismantle stereotypes of what it means to be a Muslim woman in America.

In rhyming text, a little girl expresses confidence and joy in her

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uniqueness, no matter her outward appearance.

Some people are boys. Some people are girls. Some people are both, neither, or somewhere in between. This sweet, straightforward exploration of gender identity will give children a

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fuller understanding of themselves and others. With child-friendly language and vibrant art, *It Feels Good to Be Yourself* provides young readers and parents alike with the vocabulary to discuss this important topic with sensitivity. *Embracing God's Dream of You*

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The Autobiography of John Haynes
Holmes

American Women on Being Muslim

Song of Myself ...

It Feels Good to Be Yourself

*Following in the footsteps of
Being Aware of Being Aware,*

Page 45/161

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Being Myself marks the second addition to renowned spiritual teacher Rupert Spira's *The Essence of Meditation Series*. In this transformational work, Spira further delves into the nature of consciousness, self-awareness,

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*and what it means to be human.
“I’ve gained deeper
understanding listening to Rupert
Spira than I have from any other
exponent of modern spirituality.
Reality is sending us a message
we desperately need to hear, and*

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at this moment no messenger surpasses Spira and the transformative words in his essays.” —Deepak Chopra, author of You Are the Universe, Spiritual Solutions, and Super Brain Our world culture is founded on the

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assumption that the Big Bang gave rise to matter, which in time evolved into the world, into which the body was born, inside which a brain appeared, out of which consciousness at some late stage developed. As a result of this

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“matter model,” most of us believe that consciousness is a property of the body. We feel that it is “I,” this body, that knows or is aware of the world. We believe and feel that the knowing with which we are aware of our experience is

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located in and shares the limits and destiny of the body. This is the fundamental presumption of mind and matter that underpins almost all our thoughts and feelings and is expressed in our activities and relationships. The

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Nature of Consciousness suggests that the matter model has outlived its function and is now destroying the very values it once sought to promote. For many people, the debate as to the ultimate reality of the universe is an academic one,

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far removed from the concerns and demands of everyday life. After all, life happens independently of our models of it. However, The Nature of Consciousness will clearly show that the materialist paradigm is a

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philosophy of despair and, as such, the root cause of unhappiness in individuals. It is a philosophy of conflict and, as such, the root cause of hostilities between families, communities, and nations. Far from being

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abstract and philosophical, its implications touch each one of us directly and intimately. An exploration of the nature of consciousness has the power to reveal the peace and happiness that truly lie at the heart of

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experience. Our experience never ceases to change, but the knowing element in all experience—consciousness, or what we call “I”—itself never changes. The knowing with which all experience is known is always

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the same knowing. Being the common, unchanging element in all experience, consciousness does not share the qualities of any particular experience: it is not qualified, conditioned, or limited by experience. The knowing with

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which a feeling of loneliness or sorrow is known is the same knowing with which the thought of a friend, the sight of a sunset, or the taste of ice cream is known. Just as a screen is never disturbed by the action in a movie, so

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consciousness is never disturbed by experience; thus it is inherently peaceful. The peace that is inherent in us—indeed that is us—is not dependent on the situations or conditions we find ourselves in. In a series of essays

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that draw you, through your own direct experience, into an exploration of the nature of this knowing element that each of us calls "I," The Nature of Consciousness posits that consciousness is the fundamental

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reality of the apparent duality of mind and matter. It shows that the overlooking or ignoring of this reality is the root cause of the existential unhappiness that pervades and motivates most people's lives, as well as the wider

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conflicts that exist between communities and nations. Conversely, the book suggests that the recognition of the fundamental reality of consciousness is the first step in the quest for lasting happiness

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and the foundation for world peace.

“Rupert Spira is one of the great souls. Read his books, and be clarified.” —Coleman Barks, translator of Rumi, including Soul Fury A contemplative poem about

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the intimate, impersonal, infinite nature of being. In A Meditation on I Am, Rupert Spira contemplates the essential nature of our self before it has been conditioned or qualified by the content of experience. It is a

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poem, a prayer and a hymn of praise to the simple fact of being that is the source of the peace and happiness for which we long above all else. For seasoned spiritual seekers and newcomers alike, this meditative poem

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explores and celebrates the truth of what we essentially are: the awareness of being that shines in each of our minds as the knowledge "I am," which is temporarily coloured by experience but is never modified,

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changed or harmed by it.

Being Myself New Harbinger

Publications

The Brothers Karamazov

Notes to Myself

The Nature of Consciousness

More Myself

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Breaking The Habit of Being Yourself

Reflections on Growing Up Female

A prize-winning poet argues that blackness acts as the caesura between human and

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nonhuman, man and animal. Throughout US history, black people have been configured as sociolegal nonpersons, a subgenre of the human. Being Property Once Myself delves into the literary imagination and ethical

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concerns that have emerged from this experience. Each chapter tracks a specific animal figure—the rat, the cock, the mule, the dog, and the shark—in the works of black authors such as Richard Wright, Toni

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Morrison, Zora Neale
Hurstun, Jesmyn Ward, and
Robert Hayden. The
plantation, the wilderness,
the kitchenette overrun with
pests, the simultaneous
valuation and sale of
animals and enslaved

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people—all are sites made unforgettable by literature in which we find black and animal life in fraught proximity. Joshua Bennett argues that animal figures are deployed in these texts to assert a theory of black

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sociality and to combat dominant claims about the limits of personhood.

Bennett also turns to the black radical tradition to challenge the pervasiveness of antiblackness in discourses surrounding the

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environment and animals. Being Property Once Myself is an incisive work of literary criticism and a close reading of undertheorized notions of dehumanization and the Anthropocene.

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A pioneering philanthropist and daughter of American royalty reveals what it was like to grow up in one of the world's most famous families. The great-granddaughter of John D. Rockefeller, Eileen

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Rockefeller learned in childhood that while wealth and fame could open any door, they could not buy a feeling of personal worth. The privileges of having servants and lavish summer homes were offset by her

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parents' thoughtful yet firm lessons in social obligation, at times by her mother's dark depressions and mercurial moods, and the competition for attention among her siblings. In adulthood, Rockefeller has

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yearned to be seen not as an icon but as a woman and mother with a normal life, and like all of us, she had to learn to find her own way. Being a Rockefeller, Becoming Myself is an affirmation of how family

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shapes our identity and the ways we contribute to the larger family of life, regardless of our origins. This is a work of unprecedented scope, tracing the origins of Jewish autobiographical writing

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from the early modern period to the early twentieth century. Drawing on a multitude of Hebrew and Yiddish texts, very few of which have been translated into English, and on contemporary

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autobiographical theory, this book provides a literary/historical explanatory paradigm for the emergence of the Jewish autobiographical voice. The book also provides the English reader with an

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introduction to the works of central figures in the history of Hebrew and Yiddish literature, and it includes discussion of material that has never been submitted to literary critical analysis in

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English.

"The author's experience with grief after the sudden death of her husband, combined with social science on resilience"--

Reflections for Nurturing a
Woman's Body and Soul

Page 83/161

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My Struggle to Become a
Person

Being Aware of Being Aware

The Comfort Book

Becoming Myself

No Longer Human

I can be myself when

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**everyone I know is dead...
That's the title of the
thing I made. The thing
that I made is a book. It
houses a collection of my
art (some from online and
some not) created from**

2017 - 2019. The writing delves uncomfortably into my mind and life. It describes the rhyme and reason behind why everyone needs a little snail friend, why cute

poops make this world a better place, and why werewolves always hesitate before devouring the sacrificial girl-child. Actually, it's really about how horribly influential

**and affecting childhood is
and how babcia's soup is
actually her life-blood.
No, no, it's more about
how Audri is planning to
take over the world. It's
probably about too many**

**things for one book,
which means it's really all
about breaking the rules.
There are no rules in art,
so there are no rules in
my book, hence the title: I
can be myself when**

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**everyone I know is dead...
which is much too long to
be usefully searchable.
Eye of Newt Books wants
to let you know that
someone in this process
took it seriously, tried to**

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follow the rules, and is going to make it a nice artbook that will have you laughing, crying, and cringing by the end. That is...if you read it from cover to cover (which I

don't recommend because that would be following the "rules").

You are not doomed by your genes and hardwired to be a certain way for the rest of your life. A new

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science is emerging that empowers all human beings to create the reality they choose. In Breaking the Habit of Being Yourself, renowned author, speaker,

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**researcher, and
chiropractor Dr. Joe
Dispenza combines the
fields of quantum physics,
neuroscience, brain
chemistry, biology, and
genetics to show you what**

Page 94/161

is truly possible. Not only will you be given the necessary knowledge to change any aspect of yourself, but you will be taught the step-by-step tools to apply what you

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learn in order to make measurable changes in any area of your life. Dr. Joe demystifies ancient understandings and bridges the gap between science and spirituality.

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Through his powerful workshops and lectures, thousands of people in 24 different countries have used these principles to change from the inside out. Once you break the

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**habit of being yourself
and truly change your
mind, your life will never
be the same!**

**Being Myself is an
anthology compiled by
Ramya K & Maskoora S**

Page 98/161

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**under Unvoiced Heart
Publication. This books
depicts the co-authors
own self and their self
love. Uniqueness comes
from being us.(BEING
MYSELF).Here we have**

60 co-authors. They bring out their own version of themselves.

Children and parents alike will delight in this joyous declaration of toddler independence.

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This book celebrates the feats of growing out of babyhood and starting to embrace the world on your own terms. Whether it's being tall enough to reach a high shelf or

brave enough to splash in the waves, Krensky and Gillingham address the small victories that come with growing just a little bit older. Energetic text and retro-fresh

**illustrations celebrate
this important
developmental stage with
charm and relevance.
Note: illustrations are in
the style of vintage screen
prints, with imperfect**

variations in color and texture. Praise for I Can Do It Myself "Short and satisfying, these 'empowering celebrations' of burgeoning independence

**will encourage small children to see how far they've already come."
—The Wall Street Journal
"Krensky celebrates the increasing independence of toddlers and their**

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**pride of
accomplishment." —The
Horn Book Awards The
Canadian Children's Book
Centre's Best Books for
Kids & Teens - Spring
2013 Toronto Public**

Page 106/161

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**Library system's "First &
Best" Reading Program
Playing with Myself
A Complete Meditation
Guide Integrating
Buddhist Wisdom and
Brain Science for Greater**

Page 107/161

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**Mindfulness
Being Whole
The Transparency of
Things
All the Things I Never
Told You, Or Admitted to
Myself**

Page 108/161

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The Friend I Need

This book gives the readers a look into the mind of a young and talented black dancer. There are a lot of struggles in the industry that go unnoticed. The book outlines to readers what those struggles are. The hope is the

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experiences so far in the main characters life, Madison, helps little black and brown dancers not to give up.

Bestselling writer and psychotherapist Irvin D. Yalom puts himself on the couch in a lapidary memoir Irvin D. Yalom

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has made a career of investigating the lives of others. In this profound memoir, he turns his writing and his therapeutic eye on himself. He opens his story with a nightmare: He is twelve, and is riding his bike past the home of an acne-scarred girl.

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Like every morning, he calls out, hoping to befriend her, "Hello Measles!" But in his dream, the girl's father makes Yalom understand that his daily greeting had hurt her. For Yalom, this was the birth of empathy; he would not forget the lesson. As

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Becoming Myself unfolds, we see the birth of the insightful thinker whose books have been a beacon to so many. This is not simply a man's life story, Yalom's reflections on his life and development are an invitation for us to reflect on the origins of our

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own selves and the meanings of our lives.

God has dreams—just for you
Becoming Myself is a hope-filled book for anyone who wonders if her life will ever change—if she will ever change. In Stasi Eldredge's most intimate book

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yet, she shares her own struggles with self-worth, weight, and her past as she shows readers how God is faithfully unveiling who we truly are. Stasi urges you to lay down your past thoughts about yourself and receive God's incredible dreams for you instead.

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We cannot heal ourselves. We cannot become ourselves by ourselves. But we are not by ourselves. The King of love wants to help us become. God desires to restore us—the real us. As he heals our inner life, he calls us to rise to the occasion of our lives.

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The most important journey any woman can take is the journey into becoming her true self through the love of God. It's a beautiful paradox. The more of God's you become, the more yourself you become—the "self" he had in mind when he thought

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of you before the creation of the world. Discover your truest self—the woman God created you to be—in *Becoming Myself*.

From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to

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200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward

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conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when □

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coworkers push their work on you—then take credit for it □ you accidentally trash-talk someone in an email then hit “reply all” □ you’re being micromanaged—or not being managed at all □ you catch a colleague in a lie □ your boss seems unhappy with your

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work □ your cubemate's loud speakerphone is making you homicidal □ you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even

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when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review)
“The author’s friendly, warm, no-nonsense writing is a pleasure to

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read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a

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huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton,

Page 125/161

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Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* “Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of *Broke Millennial: Stop Scraping By*

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and Get Your Financial Life
Together

I Can Do It Myself!

Being For Myself Alone

Summary of Rupert Spira's Being
Myself

Being Kind & Caring To Myself

Strength to Be Myself

Page 127/161

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I Speak for Myself

We all desire to have two things in this life: honest love and healing closure. We want answers that we don't always get. We want people who love us for ourselves and who never leave. We tend to hold back our thoughts and feelings for others that keep us

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hanging on when we need to let go. We want to no longer feel broken or undesired, but whole. In this book, Lacey Ramburger takes you through her own journey through her relationships- all the good, the bad, and unforgettable moments, as well as her relationship with herself. Incredibly

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raw and heartbreakingly honest, Ramburger's story will resonate with anyone who has tried to find their self-worth and love in others, only to discover they've possessed it all along. A mixture of personal essays and poetry, Lacey invites you to walk with her as she brings to light the

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things she wished she had said, and how she found closure and healing within herself.

A young man describes his torment as he struggles to reconcile the diverse influences of Western culture and the traditions of his own Japanese heritage

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A meditation book for women seeking to raise to their self-esteem & connect more fully with themselves.

"The women in this collection were asked, simply, to recall a significant memory of growing up female. They responded generously, with intimate stories of their lives. Instead of the

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superficial prepackaged blurbs of TV sound bites and press releases, they told stories from their hearts; they told secrets never spoken before. They revealed themselves through stories of personal confusion and discovery, pain and overcoming, rejection and celebration." --From Willa Shalit's

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Introduction The stories shared by these sixty-seven remarkable women -- writers, actors, musicians, journalists, activists -- include: --Kate Winslet on the media's eagerness to distort women's images. --Zane on her belief in a woman's right to satisfaction. --Lillian Vernon on being a

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trailblazing entrepreneur. --J.K. Rowling on the transformation wrought by giving birth. Filled with sparkling insights and powerful reflections, *Becoming Myself* is a gift for every woman.

Lessons in Becoming Myself
Ask a Manager

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Facing Adversity, Building Resilience,
and Finding Joy

Unveiling the Mystery of a Woman's
Soul

A Meditation on I Am

A Memoir

02

The Mind Illuminated is a

Page 136/161

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comprehensive, accessible and - above all - effective book on meditation, providing a nuts-and-bolts stage-based system that helps all levels of meditators establish and deepen their practice. Providing step-by-step guidance for every stage of the meditation path, this uniquely

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comprehensive guide for a Western audience combines the wisdom from the teachings of the Buddha with the latest research in cognitive psychology and neuroscience. Clear and friendly, this in-depth practice manual builds on the nine-stage model of meditation originally articulated by the ancient

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Indian sage Asanga, crystallizing the entire meditative journey into 10 clearly-defined stages. The book also introduces a new and fascinating model of how the mind works, and uses illustrations and charts to help the reader work through each stage. This manual is an essential read for

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the beginner to the seasoned veteran of meditation.

A deeply personal and electrifying memoir by Ellen Burstyn, renowned actress and six-time Academy Award nominee. By the time Ellen Burstyn arrived in New York to study acting, she'd already worked as a Texas

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fashion model, a Montreal chorus girl, suffered numerous toxic relationships, and just as many name changes and spiritual paths. Theater legend Moss Hart called her "a natural" but Ellen Burstyn was still trying to discover who she was. This is the graceful story of a personal and professional quest, a life-

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long journey-by turns triumphant and terrifying, tragic and funny, thoughtful and illuminating.

The purpose of *The Transparency of Things* is to look clearly and simply at the nature of experience, without any attempt to change it. A series of contemplations leads us gently but

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directly to see that our essential nature is neither a body nor a mind. It is the conscious Presence that is aware of this current experience. As such, it is nothing that can be experienced as an object, and yet it is undeniably present. However, these contemplations go much further than

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this. As we take our stand knowingly as this conscious Presence that we always already are, and reconsider the objects of the body, mind, and world, we find that they do not simply appear to this Presence; they appear within it. And further exploration reveals that they do not simply appear within this

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Presence but as this Presence. Finally, we are led to see that it is in fact this very Presence that takes the shape of our experience from moment to moment while always remaining only itself. We see that our experience is and has only ever been one seamless totality, with no separate

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entities, objects, or parts anywhere to be found.

Me, Myself, and Us

The Science of Personality and the Art of Well-Being

Coming Home to Myself

A Book About Gender Identity

Option B

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Being a Rockefeller, Becoming Myself
**Instant New York Times, USA
Today, and Wall Street
Journal Bestseller! An
intimate and light-hearted
memoir by viral sensation
and three-time Emmy-
nominated musical comedian**

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Randy Rainbow that takes readers through his life—the highs, the lows, the lipstick, the pink glasses, and the show tunes. Randy Rainbow, the man who conquered the Internet with a stylish pair of pink

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glasses, an inexhaustible knowledge of Broadway musicals, and the most gimlet-eyed view of American politics this side of Mark Twain finally tells all in *Playing with Myself*, a memoir sure to cause more

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than a few readers to begin singing one of his greatest hits like “A Spoonful of Clorox” or “Cover Your Freakin’ Face.” As Randy has said, “There’s so much fake news out there about me. I can’t wait to set the record

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straight and finally give people a peek behind the green screen.” And set the record straight he does. *Playing with Myself* is a first-hand account of the journey that led Randy Rainbow from his childhood

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**as the over-imaginative,
often misunderstood little
boy who carried a purse in
the second grade to his
first job on Broadway as the
host at Hooters and on to
the creation of his
trademark comedy character.**

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In chapters titled “Pajama Bottoms” (a look back at the days when he wore pajama bottoms on his head to pretend he was Dorothy in The Wizard of Oz), “Yes, It’s My Real Name, Shut Up!” (no explanation

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necessary...) and “Pink Glasses” (a rose-colored homage to his favorite accessory), *Playing with Myself* is a memoir that answers the question “Can an introverted musical theatre nerd with a MacBook and a

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dream save the world, one
show tune at a time?"

Being Myself is a
contemplative exploration of
the essential nature of our
self. Everyone has the sense
of 'being myself,' but not
everyone knows their self

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clearly. In most cases, our sense of self is mixed up with the content of experience and, as a result, its natural condition of peace and happiness is veiled. Through investigation and analogy,

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the meditations in this collection take us back to our true nature again and again, until we begin to find our self naturally and effortlessly established there, as that. In time, experience loses its

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capacity to veil our being,
and its innate peace and joy
emerge from the background
of experience. * * * The
Essence of Meditation Series
presents meditations on the
essential, non-dual
understanding that lies at

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the heart of all the great religious and spiritual traditions, compiled from contemplations led by Rupert Spira at his meetings and retreats. This simple, contemplative approach, which encourages a clear

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seeing of one's experience rather than any kind of effort or discipline, leads the reader to an experiential understanding of their own essential being and the peace and fulfilment that are inherent within it.

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**Blackness and the End of Man
Being Property Once Myself
The Mind Illuminated**