

Read Book Beyond Happiness
The Zen Way To True
Contentment Ezra Bayda

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Over the past decade of creating

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*epic personal development retreats,
Daniel Eisenman has traveled
around the world experiencing
beautiful, exotic settings and
amazing people. His one big
observation is that so many people
keep the lid on their growth and*

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*opportunities to thrive. This is a self-imposed limitation ... nobody tells us to do this! Daniel blows the lid off and gives you a retreat experience in a book. What's inside Breaking Normal: ReWild Your Inner Child and Set the Truth Free?*You'll get*

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*to feel what it means to be raw and vulnerable, excited and glowing with a sacred knowledge about your future. *You'll learn to communicate with others in a way that cuts through the limitations we used to let entangle us. *You'll have*

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tools and insight for building your own tribe, be it your family or community or the world at large.

We can use whatever life presents, Ezra Bayda teaches, to strengthen our spiritual practice—including the turmoil of daily life. What we

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need is the willingness to just be with our experiences—whether they are painful or pleasing—opening ourselves to the reality of our lives without trying to fix or change anything. But doing this requires that we confront our most deeply

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rooted fears and assumptions in order to gradually become free of the constrictions and suffering they create. Then we can awaken to the loving-kindness that is at the heart of our being. While many books aspire to bring meditation into

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everyday experience, Being Zen gives us practical ways to actually do it, introducing techniques that enable the reader to foster qualities essential to continued spiritual awakening. Topics include how to cultivate:

- *Perseverance: staying*

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*with anger, fear, and other
distressing emotions. • Stillness:
abiding with chaotic experiences
without becoming overwhelmed. •
Clarity: seeing through the
conditioned beliefs and fears that
"run" us. • Direct experience:*

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encountering the physical reality of the present moment—even when that moment is exactly where we don't want to be. Like Pema Chödrön, the best-selling author of When Things Fall Apart, Ezra Bayda writes with clear, heartfelt

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simplicity, using his own life stories to illustrate the teachings in an immediate and accessible way that will appeal to a broad spectrum of readers.

Many in the scientific community shun life after death, considering

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*such experiences impossible. Marcel
Westerlund is the exception. The
Swedish psychiatrist, not only uses
hypnotherapy to treat people's
mental illnesses-he uses it to explore
their afterlives as well. Despite
being a highly controversial*

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approach, his use of hypnotherapy results in some fascinating stories...and is even integrated directly into the sciences. Travel back with a patient as she recounts being a Queen of Egypt. Discover how a man finds his own grave,

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finally allowing him to connect with his spiritual existence and find healing. Read account after account of people who come to grips with their past lives, and use these experiences to find happiness in this life. Pills may curb depression, but

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Westerlund discovers that delving into people's past lives provides a healing force that he could never accomplish through regular medicine. He talks candidly about his job as a healer, as well as the importance of the spirit in mental

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recovery. Journey into the soul and learn, not only about the existence of past lives, but the science behind it.

This practical book has given tens of thousands of clinicians and students a comprehensive

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introduction to mindfulness and its clinical applications. The book describes the philosophical underpinnings of mindfulness and reviews the growing body of treatment studies and neuroscientific research. Leading

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*practitioners and researchers
present clear-cut procedures for
implementing mindfulness
techniques and teaching them to
patients experiencing depression,
anxiety, chronic pain, and other
problems. Also addressed are ways*

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*that mindfulness practices can increase acceptance and empathy in the therapeutic relationship. User-friendly features include illustrative case examples and practice exercises. New to This Edition *Incorporates significant*

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*empirical advances--mindfulness
has become one of the most-
researched areas in psychotherapy.ÿ
*Most chapters extensively revised
or rewritten. *Chapters on practical
ethics, trauma, and addictions.
Greater emphasis on the role of

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*acceptance and compassion in
mindfulness. See also Sitting
Together: Essential Skills for
Mindfulness-Based Psychotherapy,
by Susan M. Pollak, Thomas
Pedulla, and Ronald D. Siegel, a
hands-on guide to incorporating*

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mindfulness practices into

psychotherapy.

*A Guide to Coping with the Grief,
Stress and Anger that Trigger
Addictive Behaviors*

*A Practical Guide to Finding
Happiness and Purpose the*

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Japanese Way

The Power of Now

Black Holes to the Oort Cloud -

Beyond Our Solar System -

Cosmology for Kids - Children's

Cosmology Books

Beyond Points, Badges, and

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Leaderboards

*Ending the Pursuit of Happiness
Mindfulness and Psychotherapy,
Second Edition*

Praise for Happiness Beyond
Thought "Husband, father, scientist,
military officer, and senior executive

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in industry and academia, Gary Weber has led a full and successful worldly life. Throughout all of this, Gary has relentlessly pursued a path of practice and inquiry in order to understand life and achieve enlightenment. It is rare to find one

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who has reached this goal, and rarer still to find such a one who has been so immersed in worldly life. With this book, Gary has successfully integrated his profound realization with traditional non-dualistic teachings, as well as insights from

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Zen Buddhism and modern brain research, into a practical path that uses Yoga's time-tested practices of asana, pranayama, chanting and meditation to illumine a path to enlightenment for the modern reader." -Gary Kraftsow, author of

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Yoga for Wellness and Yoga for Transformation "Gary Weber offers a treasure chest of practices for the serious practitioner seeking liberation. On your own journey towards awakening, savor these simple, easy to follow practices

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culled from Weber's study with his primary teacher Ramana Maharshi, his on-going exploration of Zen meditation practice, and the life-enhancing results of his experiments on the laboratory floor of his yoga mat." -Amy Weintraub, author of

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Yoga for Depression

Samuel Butler was son and grandson of the priests. He graduated from Cambridge University in 1858. He got carried away by music and drawing. Torn with his father, in 1859-1864 he lived in New Zealand,

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bred sheep. He became an ardent devotee of Darwinism, his views spelled out in a study of Life and Habit (1877). Returning to England, engaged in literature and painting, lived a hermit. Traveled to Italy and Sicily. He exhibited paintings in the

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Royal Academy, wrote about Italian art. His prose was highly appreciated by Forster and Shaw, and later by Joyce, Lawrence, Aldous Huxley, Maugham, George Orwell.

Extremely frank autobiographical novel "The Way of All Flesh" (The

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Way of All Flesh) was completed by the author in the 1880s, but at the author's will was not published during his lifetime and was published only in 1903. Six volumes of his notebooks were also published, correspondence. FS

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Fitzgerald on the back of the title page of this book Butler wrote with his hand: "The most interesting human document of all available". "It's about time a book came out about one of the most talented and beloved performers in the American

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theater. Charlotte is the consummate actress, comedienne, entertainer. Her work on stage and screen is always hilarious and somehow also gets you right in the gut. Her story is every bit as brilliant. Read it and smile."

-Comedy Legend, Carl Reiner "To

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think of Charlotte Rae is to smile.

Consequently, when I began to read "The Facts of My Life," I was unprepared for the emotional impact it would have on me. By the time I finished the first chapter, dealing as it does with her severely troubled

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son Andy, I was in tears. "As an old friend of Charlotte's, I thought I knew her fairly well. But as I read on, I discovered that the 'facts of her life' were constantly surprising (as well as amusing and engrossing)! There is so much that I don't know

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about Charlotte and so much that I
now want to know, when the book is
finally completed and published, I'll
be first in line to get my copy!"

-Sheldon Harnick (Composer,
Fiddler on the Roof) Charlotte Rae's
career spans more than seventy

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years, from the golden age of television to Shakespeare in the Park, the New York Cabaret scene of the late 1940's and 50's to her hit series, The Facts of Life and well beyond. Off stage and screen, Charlotte's life has been one of joy

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and challenge, raising an autistic son, coming to terms with alcoholism, the heartache of a broken marriage, the revelation of a gay husband and the sudden challenge of facing middle-age with financial and emotional uncertainties-an crisis she ultimately

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turned into the determination that brought her stardom. The Facts of My Life is the first opportunity for Charlotte fans to explore the fascinating story of her extraordinary life: poignant and hilarious, a story of courage and

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triumph, one that speaks for a generation of women breaking barriers, taking on challenges, overcoming personal tragedy, and paving the way for others.

The book "The Way of Zen
Buddhism & Zen Mind for

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Beginners" goes beyond teachings of spirituality. The main focus of the book is to empower you to reach your full potential as an individual. Here, you'll be introduced to Zen minimalist aesthetics; which will help you go from zero to abundance

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in no time. This life manual will help you to understand that you're one with nature and everything you need to be complete. Reaching your full potential as a person has never been this easy, and you can expect that this will be the most important book

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you've ever read! Let's show you some of the things you'll gain from this book: How to find peace in this chaotic age A lot of people are either constantly living in the past or dreading and dreaming about the future; here you'll learn how to live

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in the present This will be an
exciting way to learn how to balance
high self-esteem and humility How
to control your breath and gain full
awareness of your environment
You'll discover how to develop a
mind that sees things as they are

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rather than as we are and also
embrace pain This book will teach
you to critically analyze your life,
your goals, and how to develop the
right character going forward So,
what are you waiting for? Give it a
try!

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Beyond Happiness

The Facts of My Life

Bringing Meditation to Life

The Ikigai Journey

A Practical Guide to Awakening

Bunny Buddhism

Zen Heart

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As eighteen-year-old Cheryl Hunter escapes rural Colorado for the bright lights of Europe, she does so with nothing more than an over-packed suitcase and a dream.

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Once there, her mind is bent on solving one problem alone: how does a small-town cowgirl pull off the feat of becoming an international

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*supermodel? When Cheryl
is abducted, raped and
brutally beaten instead,
she is faced with
solving a much bigger
problem: how does she
survive? Using her*

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*journey of rising from
the ashes as fuel,
Hunter delivers a step-
by-step method that can
be applied by anyone who
has ever dealt with less-
than-favorable*

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circumstances. In a world where—let's face it—life often hijacks our personal agendas, Cheryl shows you how to immediately take back the reins, design a life

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*you love, and become the
unstoppable force of
nature you were born to
be.*

*Has it• Been a rough
day?• Been a rough
year?• Been a rough*

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*career? Do you • Dream
about that creative idea
just beyond your grasp? •
Feel trapped in a job
that pays you just
enough to survive? •
Regret not finishing*

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*your music, photography
or screenplay? • Wish you
had more time, more
money, more ability to
get things done? If so,
The Pursuit Of Passion
is the book for you. A*

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*concise book of deep
thought and meditation,
The Pursuit Of Passion
is one of those rare
experiences that comes
along only once in a
great while. It is a*

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*treasury of thoughtful,
insightful reminders
that can be read in one
sitting, or can be
referred to daily, one
page at a time. The book
takes you on a journey*

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*from the darkest days of
the 2009 Great Recession
to a place of recovery,
creativity, hope and
passion. "These writings
came from a promise.
Right before Memorial*

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*Day 2009, I met with my
business coach Joe
Stumpf. After 20 years
as a commissioned loan
officer, I had just
lived through possibly
the worst year ever in*

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*the business. My
previous company had
collapsed in the
mortgage meltdown of
2008. During the
previous 12 months my
assistant had earned*

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more money than I had.

*About 50% of the people
in my industry were
either out of work or
actively looking for
jobs in other areas of
business. Things looked*

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*bleak, and there was no
fun left. Work had
become a painful grind
with very little
financial reward to show
for all the time spent. I
shared my total burn out*

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*in the business of 20
years with my coach.
Frustrated by what my
life had become, it
became clear that
something had to give.
Either I had to change*

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*jobs, or change my
attitude. Maybe both! I
promised to get up at
5:00 AM every day,
meditate and journal,
and focus on bringing
passion back into every*

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*aspect of my life, my
work, my family and my
personal growth. Instead
of going to work every
day and having a pity
party, I have decided to
have a passion*

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party. These writings (a sample of the 475+ entries from the website <http://passionparty09.blogspot.com>) are the outgrowth of that commitment. I hope they

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*inspire you to find your
passion, and that you
enjoy reading them as
much as I did writing
them."—George Kahn*“When
a person integrates the
practical and the

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*artistic, the material
and the spiritual, I
listen. The world has
more than enough
disconnection; I am
inspired by people who
put things together.*

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*Real passion flows from
these poems, the product
of a mind and heart in
synch.”-Shmuel Klatzkin,
Rabbi*

*Inspires us - in wryly
gentle prose - to*

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*outgrow the impossible
pursuit of happiness,
and instead make peace
with the perfection of
the way things are.
Including ourselves!
Magid invites readers to*

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*consider the notion that
our certainty that we
are broken may be
turning our (3z (Bpursuit
of happiness (S3 (B into a
source of yet more
suffering. He takes an*

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*unusual look at our
(S2 (Bsecret
practices (S3 (B (what
we're REALLY doing, when
we say
(S2 (Bpracticing (S3 (B)
and (S2 (Bcurative*

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*fantasies, (S3(B wherein
we have ideals of what
spiritual practices will
"do" for us, "cure" us.
In doing so, he helps us
look squarely at such
pitfalls of spiritual*

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*practice so that we can
avoid them. Along the
way, Magid lays out a
rich roadmap of a new
"psychological-minded
Zen," which may be among
the most important*

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*spiritual developments
of the present day.*

*Darwin Stephenson's
message in Inspiration
Divine reveals a simple
understanding of how
discovering one's*

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*purpose will bring about
the enlightenment of
both yourself and all of
humanity. By
distinguishing what we
are and why we're here,
Inspiration Divine*

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*provides a prescription
for evolving beyond our
current physical
existence to a Spiritual
existence. Whereas
science and religion
struggle to find common*

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*ground, Inspiration
Divine reveals an
understanding of our
Universe, God and
Humanity to bring
evolution, physics and
the Divine into a single*

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*theory. Filled with
timely and powerful
tools for
transformation,
Inspiration Divine
brings a Spiritual
practice into the*

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*reality of our everyday
lives by helping us
awaken to the messages
from the Divine that are
all around us.*

*One Womans Inspiring
Story of Transformation*

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in a Model for

Reclaiming YOUR Life

Being Zen

ReWild Your Inner Child

and Set the Truth Free

Happiness Beyond Thought

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Inspiration Divine

*How Authentic Leaders
Prioritize Purpose and
People for Growth and
Impact*

*There's a secret to spiritual
practice, and it's surprisingly*

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simple: learn to be present with attention. Do that, and the whole world becomes your teacher, you wake up to the sacredness of every aspect of existence, and compassion for others arises without even thinking about it. In Zen Heart, Bayda provides a

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wealth of practical advice for making difficult experiences a valued part of the path and for making mindfulness a daily habit. Have you ever wondered how you're going to survive this next week, day, or hour? Perhaps you are standing on the fault line in

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the battle of your life. Perhaps you are already engaged.

Whatever the case, whether your struggle is physical, spiritual, emotional, or mental, in the accumulated losses and taxing stressors you face, know you are not alone. There is hope, and a

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way through. In Breathe, Shawna shares her story of marriage; an arranged marriage of sorts, that was rooted in ambiguous faith, submerged in mental and emotional captivity, and survived with glimpses of hope, learned coping strategies, and

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tremendous support found through vulnerability. Breathe speaks to the caregiver of someone who has attempted suicide, the individual struggling to survive mental illness, and the supportive friend or family member who wants to understand

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the all-to-often hidden life of a family raped by these realities. Some moments make you lose your breath. In others, all you can do is breathe. Shawna's desire is that by sharing her story others will feel empowered to do the same. Breathe is an inside look

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into her life. It is also a map for hope, and a legend to help you find your way.

Your complete guide for overlanding in Mexico and Central America. This book provides detailed and up-to-date information by country. It also

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***includes 11 chapters of
information for planning and
preparing your trip and 9
chapters on what to expect while
driving through Mexico and
Central America. Completed by
the authors of LifeRemotely.com
this is the most comprehensive***

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***guide for driving the Pan
American yet!***

***The co-founder and CEO of
Delivering Happiness updates the
Delivering Happiness model for
our new abnormal, showing
organizations of every kind how
to cultivate a culture that can***

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***adapt to change, be highly
profitable, and support all its
people...starting with yourself.***

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***BESTSELLER* *Named a Top
Business Book of 2021 by Forbes****

***Jenn Lim has dedicated her
career to helping organizations***

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***from name-brand industry
leaders to innovative
governments build workplace
cultures that benefit both their
employees and their bottom line,
with less employee turnover,
greater engagement, and higher
profits. Her culture consultancy,***

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***Delivering Happiness,
demonstrates the profound
impact happiness can have on
businesses' ability to thrive in our
ever-changing times. In this
book, she clearly and concretely
shows the way the model works in
a hyper-connected fast-paced***

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world, beginning with each individual defining their sense of values and purpose (the ME), and rippling through the organization ecosystem (the WE and the COMMUNITY) in waves of impact. Drawing on a deep understanding of the science of happiness, Jenn

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shows how bringing your whole self to work allows you to do your best work every day -- no matter what role you play at your company or what crisis might come at you next. She explains how true happiness comes from living your true purpose, and

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offers case studies to show how companies can help individuals align their purpose with the company mission. This innovation in organizational design and company culture is no longer a nice-to-have. It's the future of work, and it's here now. In this

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life-changing guide, you'll be empowered to find greater purpose in your own life and career, and to spread that power to others in your business and beyond.

Breaking Your Limiting Routines to Step Into Intentional Living

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How to Write a Book in 24 Hours
Turn Setbacks Into Success
The Way of All Flesh
Designing Your Life Plan
An Inspirational Memoir of
Finding Hope in Troubled Times
Thoughts to Help You Navigate
from the Darkest Hours to the

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Light of Inspiration

Most addictive behavior is rooted in some type of loss, be it the death of a loved one, coming to terms with limitations set by chronic health problems, or the end of a relationship. By turning to drugs and alcohol, people

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who have suffered a loss can numb their grief. In the process, they postpone their healing and can drive themselves further into addiction. The Mindfulness Workbook for Addiction offers readers an effective program for working through their addiction and grief with

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cognitive behavior therapy (CBT),
dialectical behavior therapy (DBT), and
acceptance and commitment therapy
(ACT). Created by a psychologist who
works for the Department of Veterans
Affairs and a marriage and family
therapist who works for Sharp Mesa

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Vista Hospital, this mindfulness training workbook is effective for treating the emotion dysregulation, stress, depression, and grief that lie at the heart of addiction. No matter the loss, the mindfulness skills in this workbook help readers process their grief, determine the

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function their addiction is serving, and replace the addiction with healthy coping behaviors.

The human has always prided himself as an exceptional ‘ moral species ’ but has always been haunted by two questions: ‘ Why am I not good when I

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want to be; ‘ why do I do bad when I don ’ t want to ’ . This is at the heart of what scriptures and sages have long alluded to as the eternal internal struggle-between good and evil - that wages in the human consciousness. The book posits that much of our confusion and angst

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stems from our inability to recognize the ramifications of this ‘ war ’ between two sides of our own ‘ self ’ . It is because we are ignoring this ‘ war ’ between two sides of our own ‘ self ’ . It is because we are ignoring this war that we are losing all other wars of the world.

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That ignorance is the primary source of all the horrors, malevolence, and violence that fill us with so much dread. But a ' favorable ' outcome is possible only if the forces of goodness are aided to get an upper hand consistently - and that calls for two cathartic changes:

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consciousness-change by inducing a turn from the mind to the heart; and contextual-change, by radically reconstructing the roles of morality, money, and mortality in our everyday lives. The book offers a menu of insights and options we all can use to tilt the

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scales in the war waging inside each of us. The Metaphysical Mind is the most powerful tool in your own self-improvement. Your Story is an amalgam of all that you believe and feel about yourself-right now.

An ancient book, a seventeen-year-old

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girl and an exotic boy from a supernatural world hold the key to freedom for a long-oppressed race, but that freedom could come at the cost of the human world. Seventeen-year-old Kalista is suffering from a broken heart, so when her playwright father proposes

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they move their lives from New York to New Mexico because he is in need of inspiration Kalista is 100% on-board with him. New Mexico proves to be the perfect balm for her wounds and she is just starting to feel some of her old spunk when Tristan Winfield comes into her

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life and pulls all of her barriers down. Kalista is captivated by Tristan's unusual silver eyes and feels an inexplicable connection to him, which begins to manifest itself in her dreams with bizarre images of a waterfall and an orb. While searching for an explanation for her

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troubling dreams, Kalista discovers an ancient book which holds the secrets of a supernatural race of creatures. But when Killings hit town, she realizes her finding has come at a high price. She's in the middle of a power struggle now, and a secret seems to be wrapped within the

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pages of that book. A secret she's part
of...

Afterlife

Soldier of the Crown

Sounds of Silence

The Ylem

Actionable Gamification

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Hopping Along the Path to
Enlightenment

The Path to Real and Lasting Inner Peace

*What is an authentic purpose of
a man's life today? What does
manhood have to do with
purpose? How does a man*

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discern the call of purpose?

This is a book about the psychospiritual path to a meaningful, healthy and fulfilling manhood. It is written for any man who is starting to question his life's purpose. It is

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written for the man who, as he is climbing the ladder of success, is starting to realize that the ladder is on the wrong wall. Toward Manhood is about the inevitable crisis of meaning and life direction that most men

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in modern culture will ultimately face. This book is based on psychological and spiritual principles lost in the modern Western world that still endure after thousands of years. Using archetypal puberty

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*initiation rituals that have
always led toward a purposeful
life Toward Manhood translates
this indigenous practice into a
modern understanding of
healthy psychological and
spiritual maturity. The old and*

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the new come together in this book to create a modern model of manhood that is worthy of the inner pain and struggle it takes to brave the wilderness of the soul's identity.

This is true story about real

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*people is set in Edinburgh City
and Dundee, where a petite
Scottish Lassie called Rosie
Gilmour, mother to Finlay
Sinclair, receives news of the
death of her son - who
tragically has taken his own life*

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by hanging. Rosie pretends her son is still alive by talking to him, for that takes away the unbearable pain of her loss. But once she begins to face up to the fact that Finlay is not coming back, her conversations

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become more of a challenge than she can handle. When memories of her past are triggered by everyday life events, they take her mind back and forth in time - back to her own childhood days in 1960,

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*when she flirted with the
fairground boys, and to the day
she gave birth to Finlay - "ME
LADDIE". Rosie's Scottish
accent becomes more apparent
whenever her emotions are
heightened and she begins to*

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recite poetry. She goes on to reveal doubts about her own self-worth and how she reunites her role as mother - a role she had denied herself for seven years prior to Finlay's death. Rosie learns how to

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forgive herself and how to accept her loss with using practical coping strategies that sometimes but not always work for her. Many voices of different natures and walks of life appear in Rosie's, story with

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each one offering a part of their own belief to try and console her in her misery - except that she turns her back on any advice or support offered. Rosie is convinced that she can cope with her loss on her own and

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"e;needs no help from anyone, thank you"e; - until a sweet, gentle, soft-spoken voice begins to travel with her throughout her ordeal, leaving her no other choice but to listen. Eventually moving to

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the countryside in Angus, Rosie finds the isolation gives her life a new meaning offering her the opportunity to re-value her beliefs about her own self values and decides the time has come to give her son a

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*memorial service and invite a
chosen few dance companions
whom she met on a regular
basis in Edinburgh to honour
this day. Rosie begins to accept
she will never be the same
person she once had been and*

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*shall never be again, believing
now her journey through grief
taught her many lessons
making her a stronger and
better person than she
imagined she could ever be.
We all grow old. This book*

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*teaches us how to take
advantage of a new phase of
life: a phase of renewal and
inner exploration. We're all
beginners when it comes to
aging. And although the fact
that we are in new territory can*

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certainly contribute to the difficulties in dealing with getting older, it can also have a very positive side. Aging can be seen as a new phase of our life: a phase of renewal. Nowhere is this more evident than in our

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*opportunity to devote more
time to reflection and inner
exploration. The result,
regardless of whatever physical
limitations we may be
experiencing, is the possibility
of cultivating and living*

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increasingly from kindness and gratitude—two of the essential qualities of a life of satisfaction and equanimity. With techniques that are both simple and richly unfolded, this book will help readers: • learn the

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*subtle art of being with pain •
uncover the fears that amplify
suffering • tap into the true
sources of meaningfulness and
joy Winner of the Spirituality &
Practice Best Book Award in
2019.*

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A thought-provoking collection of the most notable and insightful Buddhism-inspired writing published in the last year: • Thich Nhat Hanh's vision for a more enlightened and sustainable society • Ezra

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*Bayda on avoiding the pitfalls
that arise on the path of
meditation • Tsoknyi*

*Rinpoche's powerful Dzogchen
practices that help you to
discover your mind's inherent
awareness and clarity • Lodro*

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*Rinzler on what happens when
the Buddha walks into a bar •
Karen Maezen Miller on the
virtues of boredom • Phillip
Moffitt on how to transform
emotional chaos into confidence
and clarity • Joseph Goldstein's*

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*unique nine-minute meditation
practice that you can
incorporate into your busy day*
• *Elihu Genmyo Smith on being
still* • *Pema Chödrön on how to
become a bodhisattva* •
Sakyong Mipham on how mind,

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*breath, and energy work
together in meditation to
transform your life • Judy Lief
on the fifty-nine ancient slogans
that can help you be more
skillful and loving in all your
relationships • Bonnie*

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*Friedman on discovering
nonattachment while apartment-
hopping in Brooklyn • Jules
Shuzen Harris on what anger
can teach you • Pico Iyer on
travel as contemplative practice
• And much more*

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The Pursuit of Passion

The Authentic Life

The Way of Zen Buddhism and

Zen Mind for Beginners

*The Mindfulness Workbook for
Addiction*

Beyond the Rails II

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Aging for Beginners
A Zen Guide

The cuteness of bunnies meets the wisdom of Buddhism in this irresistible, inspirational guide, based on a popular Twitter feed of the same name. Whether

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you're a fan of cute bunnies or a devotee of the comforting wisdom of Buddhist thought (or both), this delightful and deceptively simple book will offer insights, surprises, and joy. Based on a popular Twitter feed these heartfelt observations have attracted a

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loyal following. A bunny who is happy and peaceful brings joy wherever he hops. What the bunny mind dwells on, the bunny becomes. Simple things can be extraordinary to the bunny who chooses to see them. One must hop carefully, for every hop has

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the potential to cause pain. The wise bunny knows the carrot will not hop to him. The wise bunny hops even when the way is unclear. With 500 inspiring entries and 40 adorable illustrations, the book will be a gift, a touchstone, and a gentle

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guide to hopping along the wise path of life.

British East Africa in the 1880s. A place of mystery, intrigue, and danger. Powerful tribes, many hostile, the descendants of once-great empires, rule the plains and forests. European colonial powers

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jostle for advantage as they struggle to push inland from their coastal enclaves. A rail line is being driven from Mombasa toward Lake Victoria, drawing laborers and speculators from every civilized continent. The rails have reached Nairobi, a still-tiny

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boom town where wealthy entrepreneurs rub shoulders with cutthroats and railroad workers, but to reach out further, one must travel by foot or wagon, or by one of the ramshackle airships that connect the scattered settlements. One such ship is

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Kestrel, once a steam powered river lighter designed to haul cargos up the shallow streams that reach inland from the coast. Rescued from the scrapyard and slung beneath a balloon, she has been given a second chance at life as a carrier in the aerial cargo

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trade. Business is good in the booming colony, but in every pub and hostel, at the end of every pier, in the alley behind each tavern lurk dangerous men (and women!) of questionable motives, each with his own scheme to claim his share of the colony's

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wealth, by whatever means come readily to hand. No one completely escapes brushes with these charlatans, and Captain Clinton Monroe's crew is no exception. Join them aboard the Kestrel as they sail the skies to high adventure.

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In *The Ikigai Journey*, authors Hector Garcia and Francesc Miralles take their international bestseller *Ikigai: the Japanese Secret to a Long and Happy Life* a step further by showing you how to find your own ikigai through practical exercises, such as

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employing new habits and stepping outside your comfort zone. Ikigai is the place where our passion (what we love), mission (what we hope to contribute), vocation (the gifts we have to offer the world) and profession (how our passions and talents can

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become a livelihood) converge, giving us a personal sense of meaning. This book helps you bring together all of these elements so that you can enjoy a balanced life. Our ikigai is very similar to change: it is a constant that transforms depending on

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which phase of life we are in. Our "reason for being" is not the same at 15 as it is at 70. Through three sections, this book helps you to accept and embrace that--acting as a tool to revolutionize your future by helping you to understand the past, so you can

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enjoy your present. Section
1--Journey Through the Future:
Tokyo (a symbol of modernity and
innovation) Section 2--Journey
Through the Past: Kyoto (an
ancient capital moored in
tradition) Section 3--Journey
Through the Present: Ise (an

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ancient shrine that is destroyed and rebuilt every twenty years) Japan has one of the longest life spans in the world, and the greatest number of centenarians--many of whom cite their strong sense of ikigai as the basis for their happiness and

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longevity. Unlike many "self-care" practices, which require setting aside time in an increasingly busy world, the ikigai method helps you find peace and fulfillment in your busy life.

A Course In Miracles teaches that the separation between man and

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God is an illusion. The miracle in the title refers to a "shift in perception" that allows us to recognize our divine nature. The Course teaches the path to this realization is achieved by forgiveness and a new vision. Peter Campelo offers an inside of

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this breath taking material which is probably the most important revelation of the 20.century for the world. Campelo collects miracle stories from all over the world. He introduces exercises to make the understanding of a different relationship between us

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and God possible. This book of Peter Campelo offers a gate into a world of freedom and happiness. It is a revelation for all who are looking seriously for the Truth. Breaking Normal Simple Advice for Living with Mindfulness and Compassion

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Your New Story, Your New Life

The Course of Miracles

24 Hour Bestseller Series:

(Even the Hard Parts)

Your Purpose and Path to Health,
Happiness and Enlightenment

What lies beyond our solar
system? We don't know yet. But

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what do we know? Well, some of which are detailed in this educational picture book for kids. Open this book to take a look at the beauty of the universe. Read the included texts to understand some facts. This is

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a great educational resource that
your child should own next!

A Bridge Across Two Worlds

"Nan Umrigar's astonishing and
well-illustrated story will
certainly open up many minds. It
asks many questions and

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provides some answers that give new insights of life's greatest mysteries." - Reincarnation International Magazine, U. K. "I had absolutely no leanings towards spirituality or spiritualism for that matter,"

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says Nan Umrigar. "And I must admit that the space for God remained restricted to simple visits to the Zoroastrian fire temple on birthdays and auspicious occasions. But all of this changed with the death of

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my son Karl, a champion jockey, whose accident on the race track of Mumbai cut short a brilliant career. After Karl's death, we felt betrayed and gave up God and religion and the belief that if you were good, kind and truthful,

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nothing would go wrong. My grieving family questioned the unjust hand of fate, and nothing could fill the void, till the time I met some people who communicated with their loved ones from the spirit world."

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Soon, Nan also began communicating with her son and received messages that were to change her life forever. Karl was determined to show his mother the way to happiness. Sounds came in from the silence -

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conquering the great divide and proving that there is something far beyond the life we live. Sounds of Silence traces in moving detail her joy at coming in touch with Karl once again, and her gradual introduction to

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Meher Baba, her son's guru in the afterlife. In Sounds of Silence Nan bares her soul, reflecting her own initial scepticism and doubts, until the weight of the evidence left her in no doubt about the reality of the

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messages. This is a book that challenges many concepts about life and death and particularly life after death. Originally self-published, Sounds of Silence fast became an 'underground' bestseller, and a tremendous

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source of strength for thousands who were drawn to it. This is a story of a mother's unrelenting hope, and of a love that never dies.

The Path to Real and Lasting Inner Peace outlines how anyone

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can achieve true peace of mind, greater happiness and satisfaction in life. While it is written by an experienced psychotherapist, it is geared toward anyone who is open and ready to make positive life

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changes and is motivational and inspiring!

Providing an inspiration per day, the author of Being Zen and At Home with Muddy Water shows readers how to find meaning in life's most vexing paradoxes,

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recognize the potential of
difficulties to yield growth, and
learn when to act effectively.
Original.

The Metaphysical Mind

The Zen Teachings of Jesus

Don't go there. It's not safe.

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You'll die. And other more >>
rational advice for overlanding
Mexico & Central America
A Guide to Spiritual
Enlightenment
Zen Master's Teaching/Zen
Psychology; Zazen Practice for

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Living and Work Life, Japanese
Artistic Life, Key to
Enlightenment, Happiness, and
Freedom

Toward Manhood

Disguised Blessings

When you step back and look

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at your life, do you see an ever-widening gulf between where you are and where you want to be? Do you feel stuck? Do you feel like your dreams are slowly slipping away? No matter where you

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are on your path, Designing
Your Life Plan will jolt you
out of the routines and ruts of
your day to day, spurring you
on to set a clear plan for your
future-one that will take you
places you never thought you

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could go. Luz Canino-Baker,
your encouraging but firm
guide on this journey, shows
you how to build and carry
out a Life Plan, offering
pieces of her own history and
the stories of others along

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the way. Each chapter ends with a practical workbook-style exercise designed to take you tangible steps closer to your goals. Forged during Canino-Baker's years as an executive and life coach, the

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lessons and exercises in this book will energize you, excite you, and set you on the path to the bright future you may have feared could never be realized.

Learn all about implementing

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a good gamification design
into your products,
workplace, and lifestyle Key
Features Explore what makes
a game fun and engaging Gain
insight into the Octalysis
Framework and its

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applications Discover the
potential of the Core Drives
of gamification through real-
world scenarios Book
Description Effective
gamification is a combination
of game design, game

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dynamics, user experience,
and ROI-driving business
implementations. This book
explores the interplay
between these disciplines and
captures the core principles
that contribute to a good

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gamification design. The book starts with an overview of the Octalysis Framework and the 8 Core Drives that can be used to build strategies around the various systems that make games engaging.

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As the book progresses, each chapter delves deep into a Core Drive, explaining its design and how it should be used. Finally, to apply all the concepts and techniques that you learn throughout, the

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book contains a brief
showcase of using the
Octalysis Framework to
design a project experience
from scratch. After reading
this book, you'll have the
knowledge and skills to

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enable the widespread
adoption of good gamification
and human-focused design in
all types of industries. What
you will learn Discover ways
to use gamification techniques
in real-world situations

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Design fun, engaging, and
rewarding experiences with
Octalysis Understand what
gamification means and how
to categorize it Leverage the
power of different Core
Drives in your applications

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Explore how Left Brain and
Right Brain Core Drives differ
in motivation and design
methodologies Examine the
fascinating intricacies of
White Hat and Black Hat Core
Drives Who this book is for

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Anyone who wants to implement gamification principles and techniques into their products, workplace, and lifestyle will find this book useful.

A Zen teacher explains that

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true happiness can only be found by dropping our ideas about happiness—and learning to live fully and fearlessly in the moment Many books have been published in recent years on happiness. Ezra

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Bayda, a remarkably down-to-earth Zen teacher, believes that the happiness “boom” has been largely a bust for readers. Why? Because it's precisely the pursuit of happiness that keeps us

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trapped in cycles of
dissatisfaction and suffering.
In Beyond Happiness, Bayda
draws on Zen teachings to
question our conventional
notions about what happiness
is and where we can find it.

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Most of us seek happiness in things that are external to us. We imagine that getting more money, a better relationship, or going on a nice vacation will finally make us happy. But Bayda shows us that the

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deepest and most lasting form of happiness does not rely on external circumstance at all. Bayda offers Zen insights and practices that point readers toward the true sources of lasting happiness:

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mindfulness, compassion,
gratitude, and generosity.

To make the journey into the
Now we will need to leave
our analytical mind and its
false created self, the ego,
behind. From the very first

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page of Eckhart Tolle's
extraordinary book, we move
rapidly into a significantly
higher altitude where we
breathe a lighter air. We
become connected to the
indestructible essence of our

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Being, “ The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death. ”
Although the journey is challenging, Eckhart Tolle uses simple language and an

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easy question and answer
format to guide us. A word of
mouth phenomenon since its
first publication, The Power
of Now is one of those rare
books with the power to
create an experience in

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readers, one that can
radically change their lives
for the better.

Saying Yes to Life
The Best Buddhist Writing
2013

The Zen Way to True

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(Reconstructing Money,
Morality and Mortality)
Into the Wilderness of the
Soul

Holding Back The Tears
A Psychiatrist Exploring Life

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Beyond Death

Best-selling author James Green shares his own ground-breaking 6-step formula for producing top quality, highly successful non-fiction books in just 24

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***hours. 24 Hour Bestseller:
How to Write a Book in 24
Hours will provide you with
a 6-step writing blueprint
that you can set on full
'rinse and repeat mode'
providing you with a step-by-***

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***step recipe for writing
success. After becoming
disillusioned with his own
writing struggles, the
author decided to
completely re-engineer the
entire process, providing a***

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***plan for: generating and
validating new book ideas;
creating comprehensive
book outlines; writing in a
quick, easy and enjoyable
way; publishing the
completed books***

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***effortlessly. Inside 24 Hour
Bestseller, you will learn:
How to stir your creative
juices to constantly think
up new book ideas; How to
validate and evaluate your
ideas for maximum profit;***

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How to create a solid book outline that will make the writing process a breeze; How to turn your writing into a fun game; How to stay motivated; When to outsource (and when not

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to); How to craft your book title and description for maximum impact; How to publish your book to KDP easily; Book pricing strategies; And much more... If you've become

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***overwhelmed and
disillusioned with the whole
writing process, this book
will be your guide and your
tonic, re-energizing your
authoring efforts. You'll be
more productive than ever,***

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and most importantly, you will find writing enjoyable once again! Whether you're a complete novice and have never even written a book before, are struggling to come up with new book

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ideas, or are a seasoned author who simply needs some tips on how to write more effectively, then this book is for you. 24 Hour Bestseller will guide you step-by-step through the

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***entire formula and get you
authoring for success once
more!"***

***Ever feel like your efforts to
live a life of wisdom,
honesty, and compassion
are hijacked by, well, life?***

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Take heart. Ezra Bayda has good news: life's challenges aren't obstacles to our path—they are the path. Understanding that liberates us to use every aspect of what life presents

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us with as a way to live with integrity and authenticity—and joy. In this, as in all his books, Ezra's teaching is Zen made wonderfully practical, in a way that can apply to

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anyone's life. Meditation is the foundation, but it doesn't stop there. It's about learning to take the practice of presence we cultivate in meditation to all the rest of our

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***complicated lives. Doing
that empowers us to
navigate our journey with
the integrity and
authenticity that are what a
satisfying life are all about.
Beyond Happiness The Zen***

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Way to True

Contentment Shambhala

Publications

***Zen Wisdom for Living Free
from Complacency and Fear
The War Within - Between
Good and Evil***

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***I Need the Happy Ending
Use It***