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Your Fears Live Your Dreams  
The Secret To Overcoming Fear  
**Smash Your Fears**  
**Live Your Dreams**  
**The Secret To**  
**Overcoming Fear**  
**And Self Doubt To**

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Your Fears Live Your Dreams

**Live An Awesome  
Life**

*This book has been a overwhelming blessing in my life for fi ve years. On 11//2007 ,I almost died ,and thanks to God and my angels it was the most*

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*peaceful time of my life. As the  
doctors and nurses worry about me as  
they did tests after tests to save my  
heart. So with pills and a pacemaker I  
was saved by God to do these books. It  
is a series of seven, and this is number  
two to series seven. God weighed on*

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*my heart to do this book series, and as  
I rest in the hospital bed I study and  
learned that a Christian walk to  
becoming Christ like is easier we all  
think it is. Our walk to becoming  
Christ like isn't that hard, and we  
don't need to this entire crazy act's,*

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***ONLY LIVE IN LOVE AND WALK  
THE WALK TO CHRIST! My first  
book was titled THE WALK TO  
BECOMING CHRIST LIKE subtitle  
THE THIRTY-TWO STAGES. It was  
a list of ever step Jesus did on this  
world ,as he walk his own walk of the***

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*fl esh. So then God taught me that my,  
and everyone's Christian walk is like  
Jesus walk! Then each moment of our  
walk to becoming Christ like is 100%  
like and simpler to our Lords fl eshly  
walk two thousand years ago. That is  
how easier our walk is, like it was for*

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***Jesus. YES THERE WILL BE  
ATTACK, AND TROUBLES, AND  
PAIN IN THAT WALK TO CHRIST,  
BUT TO BE CHRISTIAN IS LOVE  
AND A GIFT GETTING EASY AND  
FREE! So after reading the  
foundation fi rst book THE WALK***

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***TO BECOMING CHRIST LIKE***

***subtitle THE THIRTY-TWO***

***STAGES. God is ready me to write  
book two of the series to keep helping  
you children of God. THE WALK TO  
BECOMING CHRIST LIKE subtitle  
WHAT AFFECTS OUR WALK book***



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*keeps up with the walk to Christ, and what affects it, or blesses it. As one section is the evil twin sister's that is out to kill that walk to Christ, and the book helps to stop them, as teaches how to manages the other subjects. I am sorry for the grammar problems; I*

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*am a 60% holy hillbilly that was a brat  
in school, when he should be enjoying  
English than science and math. Plus,  
being a poor disable 50 old man, I try  
1000% to be a shape God tool to get  
these words into your hand children  
of God! So enjoy and be blessed!!*

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***THE WALK TO CHRIST ISN'T  
HARD, IT IS LIFE THAT'S IS  
HARD!! Thanks from a holy want to  
be writer doing God's plans O' Lord  
greatly bless these loving  
readers!!!!!!!!!!!!!!***

***Packed with affirmations and***

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*practical exercises, this book will help  
you in pursuing your dreams or  
whatever you're passionate about,  
evolve as a person, as well as discover  
your purpose and connect to destiny,  
thereby becoming your greatest self.  
This book will further help you/or*

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*awaken your consciousness to  
embrace your path and journey it  
without giving in to external forces;  
reframe your victimhood and negative  
perspective to a positive outlook on the  
world; tap into your inner power and  
authenticity; pursue your goals and*

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*dreams with passion; constantly  
evolve, become your best version, and  
take control of your life; and forgive,  
love, and win in life. Your LIFE is a  
gift. Remember this first thing in the  
morning when you wake up, and give  
yourself a warm smile. Until then,*

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*appreciate and adore this precious  
thing called LIFE—breath, heartbeat,  
good health, and love. They're all  
part of our abundance. From instinct  
to passions and dreams to purpose to  
destiny, the challenges faced in life  
are the PATH to Becoming your*

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*greatest self. We all have a huge part  
to play in who we become—and  
connect to Destiny. Be receptive and  
brace up to MANIFEST your  
GREATNESS. When passion is as  
deep as the ocean, it can overshadow  
and tower even the tallest mountain.*



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***Is your MINDSET holding you back?  
What you think you become. What we  
put our energy and mind to becomes  
our reality. Win the fight in your  
MIND, and I can assure you of  
winning the fight around you. What  
becomes of your pain? Do you allow***

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*your pain to be of waste or rather  
make it count? Do you allow it to  
make you bitter or BETTER? Turn  
your pain into knowledge and  
purpose. Your greatness is pleading  
for your UNDIVIDED ATTENTION.  
Only then can you meet her. Accept*

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*the challenges of Life and aim for the sky. Be uncomfortable! Get out there, into the unknown! Chase that big dream! Fail big; face the challenges! It's necessary for growth. Fall down; get back up! Learn and keep the journey going. FORGIVE, LOVE,*

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*show KINDNESS, and WIN. As you  
morph, breaking out of your cocoon,  
that place of REDISCOVERY and self-  
awakening, make your rebirth count  
by learning how to FORGIVE and  
LOVE. When you find LIGHT, shine  
it for others to see and find their own*

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*path.*

*Slow Down and Connect with God*  
*The Bible in contemporary language is  
placed here alongside the ancient  
Christian practice of lectio divina, or  
sacred reading. You'll enter the text of  
Scripture more fully than ever before*

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*and come out of each prayerful  
reading with a fresh encounter with  
our loving God, ready to live in the  
way of Jesus. A perfect resource for  
your devotional quiet time. This Old  
Testament Bible portion includes the  
complete books of Jeremiah and*

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*Lamentations. It introduces readers to the timeless practice of lectio divina and provides guided reflection. There is also ample space for journaling your observations, reflections, and prayers. Here are the steps of lectio divina to help you slow*

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*down and meet God: Stop: Take a moment to stop and prepare to encounter God. Read: Do a first reading and make observations of the text. Ponder: Read the text again and meditate on its meaning. Pray: Begin a conversation with God about this*



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*Scripture. Reflect: Take note of what this time with God has brought to the surface for you. Live: Consider how this time with God translates into our life with God.*

*Within this inspiring integration of transformational ideas, James, a*

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*leading expert and mentor in the  
domain of personal confidence and  
charisma, sets the foundation for what  
it means to be powerfully confident in  
a deep and lasting way.*

*The Message Prayerful Reading  
Bible: Jeremiah & Lamentations*

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Awesome Life  
*For Love, Happiness, and Prosperity*  
*Green Day, The Offspring, Bad*  
*Religion, NOFX, and the '90s Punk*  
*Explosion*  
*Tame Your Emotions*  
*The Longing*

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***The Science of Smashing Money  
Blocks***

***Understand Your Fears, Handle Your  
Insecurities, Get Stress-Proof, And  
Become Adaptable***

*Although Wiccan magick is a  
craft that appears to be*

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You'll Ever Need cuts out  
the complexities. Inside,  
would-be Wiccans will find  
the basics of tools and  
symbols, spellcraft  
fundamentals and

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*individualized chapters that  
focus on specific sorts of  
spellcasting. Features quick-  
and-easy spells for:  
Business Creativity Health  
Love Personal power  
Prosperity, luck and  
abundance Filled with plenty*

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*of examples, simple  
instructions and recipes  
that incorporate easy-to-  
find ingredients, this book  
will have novice Witches  
whipping up their own magick  
and casting spells in no  
time.*

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*Unlock your powers...  
Looking for an enchanting  
love potion? Want to create  
your own sacred space and  
promote good energy? The  
Modern Guide to Witchcraft  
helps you harness your own  
inner power so you can shape*



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*your destiny. With the help  
of spellcraft expert Skye  
Alexander, you'll tap into  
your own magic and create  
incantations, potions, and  
charms. As she carefully  
guides you through each step  
of these witchcraft*

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*practices and details ways  
of personalizing them to  
your specific situation,  
you'll gain confidence in  
your own knowledge and inner  
force. Once you learn to  
harness your natural talents  
as a witch, you'll discover*

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Autonomous Life

*that a whole new world of possibilities exists.*

*"Once every 5-10 years a book comes along with the potential to changelife as we understand it. The End of Fear Itself is just such a book." - Bobby Kountz, BSN,*

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Your Fears Live Your Dreams  
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Writer, Speaker, Coach,  
And Self-Doubt To Live An  
Awesome Life  
Consultant Why is it so hard  
to succeed? What's holding  
you back? Is it lack of  
money? Your personal life?  
Stress from work? Bad  
timing? Fate? Bad Luck? The  
answer is in the #1 Amazon

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Best Seller, and Hot New  
Release, The End of Fear

*Itself! Are you pursuing your dreams? Or is there something you're not doing, right now, that you really want to do, feel you should do, or need to do to achieve*

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*success in some area of your  
life? Why aren't you doing  
it? Do you fear that you're  
not qualified, not smart  
enough or strong enough to  
be successful? Are you  
worried that the people  
around you, your family,*

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*your friends, will not  
support your goals? Is the  
process to reach your goals  
just too complicated? Do you  
want to change the world,  
but think that the problems  
are too many? In The End of  
Fear Itself, you'll discover*

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*the secret behind all the  
World's problems, and YOUR  
problems. We'll explode the 5  
Biggest Myths about the  
World's Problems: There are  
too many problems, and  
they're too complicated.  
Fear is Just Human Nature. A*



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*Little Fear is a Good Thing.  
There are too many Fears;  
we'll never sort them all  
out. One person can never  
hope to End Fear, or solve  
the World's problems. Why is  
Fear so Important? Fear is  
the root of all violence,*

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*poverty, racism, greed,  
ignorance, depression,  
anxiety, stress, negative  
self-talk, and nearly every  
other conceivable  
problem. It's time to bring  
about the End of Fear  
Itself. If we don't number*

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Abundant Life?  
its days, it will number  
ours. What Is this Book  
Really About? This book is  
about why we need to, and  
how we can, end Fear Itself.  
Fear Itself is the only real  
problem we face, but we can  
conquer it, if we are

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Abundant Life

*willing to do the work. Is  
this Book for You?No one is  
immune to Fear. And this  
book is for anyone who has  
ever suffered from Fear,  
which is everyone living on  
this planet.I offer this  
book to those who are*

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*struggling in some area of  
their life: be that work,  
business, money,  
relationships, health, you  
name it. At the root of that  
struggle is a Fear, most  
likely several. Every block  
to your success in life is*

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based on Fear. Don't believe  
me? Scroll back up to the  
top of this page and CLICK  
'BUY THIS BOOK'! Live  
Fearlessly! NOW IS THE  
TIME!!

*A fresh fable of choice and  
consequence, or is about a*

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*boy-from-the-hood made good  
whos dancing the corporate  
tap dance by day and living  
on the down low by night.  
Growing up in the Detroit  
ghetto, Dante Ellison wanted  
to be Mayor of Detroit. But  
at 30, hes disillusioned*

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*with politics and career.  
Worse yet, hes worried that  
hes losing touch with his  
blackness. His suspicious  
girlfriend, his WASPy ex-  
roommate and a drug dealing  
politician are all waiting  
for Dante to find a way to*



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*make his life work to their  
advantage. Luckily, Dante  
has a talent for picking his  
way through this not so  
black and white, not so  
straight and narrow world.  
Crush Your Comfort Zone and  
Become Who You're Meant to*

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Be  
(Become Unstoppable and Live  
Awesome Life to the Fullest)  
Confidence Explosion  
How to Crush Your  
Limitations, Manifest  
Success, Achieve Health,  
Happiness, and Save the

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World  
Peter Pilgrim, or a  
rambler's recollections. By  
the author of "Calavar,"  
"Nick of the woods," etc. By  
R. M. Bird  
Smash!  
Inspiring Stories To Help

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You Own And Overcome Your  
Fear And Self Doubt To Live An

**“Writing a ‘nuts and bolts’ guide that is genuinely wise, charmingly conversational, and a pleasure to read requires**

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a particular talent, and  
Jean Smith has proved once  
again that she has  
it.”—Sylvia Boorstein,  
author of Don't Just Do  
Something, Sit There The  
third of Jean Smith's

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Beginner's Guides focuses  
And Self Doubt To Live An  
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on the Buddha's Eightfold  
Path—the concepts central  
to practicing the Buddha's  
teachings in daily life.  
The eight steps on the  
path are: right

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understanding, thought,  
speech, action,  
livelihood, effort,  
mindfulness, and  
concentration. Smith  
explains exactly what the  
Buddha had in mind, using

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translations of his own  
words and then elucidating  
them for us. Throughout  
the book are wonderful  
quotes from a broad range  
of Buddhist teachers,  
giving a taste of the very



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best each of them has to  
offer. The Beginner's  
Guide to Walking the  
Buddha's Eightfold Path is  
a prescription for  
happiness, not just for  
overcoming suffering,

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which is how many people  
think of Buddhism. Here is  
a book for Buddhists of  
every tradition.  
Beat out Straight A  
students · Add quality  
achievements on your

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resume · Obtain valuable  
character references ·  
Save yourself from what  
could be a lifetime of  
frustration in a job or  
industry that does not  
meet your expectations ·

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Volunteer smarter, not  
And Self Doubt To Live An  
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HARDER and do some problem  
BASHING! . You deserve a  
copy of this book! "If  
you're serious about  
landing a career and being  
successful, then make sure

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to read this book. Every  
school in America should  
make this book mandatory  
reading for their  
students!" - James  
Malinchak, Contributing  
Editor Best-Selling Book

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CHICKEN SOUP FOR THE  
COLLEGE SOUL Project  
Sledgehammer, a project of  
Career Volunteering is a  
mix of inspiration,  
motivation, personal  
stories & goal setting

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guidelines that offers  
young adults Career  
Volunteering opportunities  
in pursuit of "self-  
directing" their lives and  
maximizing their career  
potential. "Project

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Sledgehammer is a unique  
opportunity every student  
should explore to decide  
on their field before  
graduating!" - Tanya Brown  
Nicole Brown Simpson's  
Youngest Sister Co-



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founder, Nicole Brown  
Charitable Foundation  
Professional Speaker:  
Specializing in Life  
Solution and Relationship  
Violence Prevention  
College Student Career

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Volunteers gain valuable  
real world experience,  
resume experience and  
important character  
references. If you have  
experience on their  
resume, aren't you more

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likely to get hired?!  
While doing Career  
Volunteer work pertaining  
to your curriculum, add a  
quality achievement to  
your resume and beat out  
students with higher

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grades! "How important is  
it for students to get  
internships, volunteer, or  
co-op, BEFORE they  
graduate? Basically, I  
believe it's more  
important than graduating

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with honors or at the top  
of your class. So, my  
advice to you is get an  
internship, volunteer,  
and/or co-op immediately,  
like Career Volunteering!"  
- Joe Martin, America's

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Top Motivational Professor  
Author of the Top Selling  
Books TRICKS OF THE GRADE  
DECIDE OR DIE: Mastering  
The Five Most Critical  
Decisions Of Your Life  
With all of the negativity

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bearing down on young  
adults these days,  
Stefanick's first book  
captures why America's  
youth should contribute  
and make a difference in  
their college and hometown

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communities. Many Career  
Volunteering opportunities  
actually save lives.

"Project Sledgehammer has  
DEPTH!" - "Extreme Mike"  
McKeller, Nationally  
Recognized Speaker Host:



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Emmy Nominated Adventure  
Shows that aired on PBS  
Mark's decided that  
involving young adults as  
everyday heroes with  
Project Sledgehammer can  
prod the human race to

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evolve ONE person at a  
time. Take a step into a  
larger world. Read this  
book & rally to a cause  
inspired by "FIGHT CLUB!"  
In "Simplify," bestselling  
author Bill Hybels

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identifies the core issues  
that lure us into frenetic  
living--and offers  
searingly practical steps  
for sweeping the clutter  
from our souls. Today's  
velocity of life can

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consume and control us . . .  
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. until our breakneck pace  
begins to feel normal and  
expected. That's where the  
danger lies: When we spend  
our lives doing things  
that keep us busy but

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don't really matter, we  
sacrifice the things that  
do. What if your life could  
be different? What if you  
could be certain you were  
living the life God called  
you to live--and building

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a legacy for those you  
love? If you crave a  
simpler life anchored by  
the priorities that matter  
most, roll up your  
sleeves: Simplified living  
requires more than just

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cleaning out your closets  
or reorganizing your desk  
drawer. It requires  
uncluttering your soul. By  
eradicating the stuff that  
leaves your spirit  
drained, you can stop

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doing what doesn't  
matter--and start doing  
what does.

Slow Down and Connect with  
God The Bible in  
contemporary language is  
placed here alongside the



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ancient Christian practice  
of lectio divina, or  
sacred reading. A perfect  
resource for your  
devotional quiet time.  
This beautiful reading  
Bible introduces the

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timeless practice of  
lectio divina. Learn the  
practice with 150 guided  
reflections, then enjoy  
putting prayerful reading  
to practice, with ample  
space for journaling your

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observations, reflections,  
and prayers on high-  
quality paper. Here are  
the steps of prayerful  
reading to help you slow  
down and meet with God:  
Stop Take a moment to stop

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and prepare to encounter  
God. Read Read and make  
observations of the chosen  
passage. Ponder Meditate  
on the meaning of what  
you've read. Pray Begin a  
conversation with God

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about this Scripture.  
Reflect Take note of what  
this time with God has  
brought to the surface for  
you. Live Consider how  
this time with God  
translates into our life

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with God. You'll enter the  
text of Scripture more  
fully than ever before and  
come out of each prayerful  
reading with a fresh  
encounter with our loving  
God, ready to live in the

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Popular Music and Social  
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Writing about You -  
'Full of wisdom' - Dr Xand van  
Tulleken 'Raw, relatable and  
uplifting' - Wayne Bridge 'A must-  
read' - Jade Jones OBE 'A  
brilliant book' - Jenni Falconer  
Harness your fears and

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supercharge your life with this  
inspirational guide. As someone  
who has lived outside her  
comfort zone, Aimee Fuller has a  
lot to say about fear. A former  
professional snowboarder who  
spent years riding on the fine

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edge of progression at the top of  
her sport, she made history as  
the first woman to land a double  
backflip in competition and  
competed in two Winter  
Olympics. In 2019, Aimee  
fronted the documentary

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Running in North Korea, which shows her running her first-ever marathon in one of the most isolated countries in the world. Through testing her own resilience, she has discovered that while it is scary to step

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outside your comfort zone, it can also be a prerequisite for growth. In this bright and insightful book, Aimee gives an honest account of her experiences with fear and how, when the worst happens, she manages to pick herself

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back up again with purpose and  
an even greater thirst for life.

Encouraging you to get up close  
and personal with your fears,  
Aimee shows you: -What fear is,  
both physically and mentally  
-How to recognise it in yourself

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-How to be mindful of fear  
without letting it take control  
-How to reframe fear and build a  
healthy relationship with it -What  
to do when things go wrong  
Drawing on her training as a  
professional athlete, Aimee

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provides confidence-building tools that can be applied to any aspect of life, like goal-setting, maintaining consistency, celebrating your strengths, learning from failure, taking comfort in choice, owning your



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decisions and visualising  
success. Fear Less, Live More is  
for anyone who wants to be the  
driver of their own life.

There is an upside-down world  
and a multi-dimensional world.  
Which world you choose directly

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impacts whether you can live your dreams. In her second book, Bec Robertson helps us to identify the upside-down world. And shows us how to step away from it. Once you step away, you can live your future right now. If

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you hate the word "patience",  
this book is for you. If you want  
rapid transformation, this book is  
for you. If you like to move faster  
and shift energy, this book is for  
you. You have a choice of  
worlds. Your choice matters.

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Which world will you choose?  
Don't let anyone crush your  
dreams. Undaunted will inspire  
you to move past your fears and  
defy the doubters. It doesn't  
matter whether you feel  
confident; it matters what you

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actually do. A Wall Street Journal  
bestseller! CEO of Hint, Inc and  
author Kara Goldin turned her  
unsweetened flavored water into  
one of the most successful  
beverage businesses of our time.  
As she started to achieve her

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goals, Kara found herself being called "fearless", "confident" and even "unstoppable," but nothing could be further from the truth. In Undaunted, she shares real stories about her own fears and doubts, the challenges she

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encountered and what she did to overcome them to eventually build a great business and a life she loves. This book is perfect for anyone who wants to: Get fit and healthy, start a company or business, break an addiction,

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find a new career, just grow in  
life, and much more! Part  
autobiography, part business  
memoir and lots of insights on  
self-development, Undaunted  
offers inspiring stories that impart  
lessons that any reader can



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apply to their own path.?While most motivational business and life books try to offer quick fixes, Kara focuses on long-term success, showing you how to take control of breaking down barriers and moving forward.

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Undaunted won't solve your problems and challenges, you will. However, it will help you see through other's experiences that it's possible to do so. Accept your fears, but decide to be undaunted.

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Isn't It Time You Stopped Letting  
Your Fears Dictate Your Life?  
Aren't You Tired of Constantly  
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Decisions, and Not Daring  
Taking Chances Because You  
Don't Believe You Got What It

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Takes? What if I told you there's  
a way to get rid of that nagging  
voice at the back of your head?  
To trust yourself and achieve  
everything you ever dreamed  
of? Finding the right person to  
share your life with, getting the

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job you always wanted; nothing is impossible once you break those mental obstacles which stand in your way. Because you should never settle for the average existence your lack of self-esteem is condemning you

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to, Superhero Killer Confidence  
will show you how to regain  
control and take a new lease on  
life! Uncover Your Limiting  
Factors In this book, we will  
analyze the different reasons  
behind your lack of self-

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confidence and detail a series of  
easy actions you can take  
RIGHT NOW to remedy the  
situation. You see, indomitable  
self-confidence is the secret  
ingredient to a rich and  
successful life. You can't expect

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to perform anywhere near your full potential if you don't believe first in yourself. And that's usually where the rubber hits the road. Because of people who've been belittling you and don't want you to succeed or negative



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past experiences, you've lost faith and you find yourself constantly second-guessing your every move. That is about to change today! Learn the Secrets to Unlimited Self-Confidence As a former self-conscious guy who

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used to be plagued with fear and doubt, I know what you're going through! When I went on a date or had to take an exam, I would start panicking and not knowing what to do. I ended up sabotaging my chances and

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letting my lack of confidence get the upper hand. But with time, and a lot of trial & error, I've found out the exact secrets to developing my inner strength. And from that day, my existence has never been the same! I've

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met a beautiful girl with whom to share my passions; I travel the world and do what I love for a living. In short, I'm living the dream! And I will show you how to do it too! No matter what's holding you back, I will show you

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how to smash that hurdle to  
pieces and reveal the inner  
power you've always possessed.  
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Discover: How to become a risk  
taker and love it; How to

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recognize toxic people and kick them out of your life; How changing your perception of failure will make you succeed; How to nip your self-defeating behaviors in the bud; How to train and eat to boost your self-

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esteem; A few easy tips that only take a few seconds but which can instantly make you feel like a beast; And so much more! Yes, you can become your own man (or woman) and never let anyone's judgement ever affect

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you again! Yes, you can learn to feel comfortable and serene, no matter the situation! Yes, you can change and stop hurting. The only limits that exist are those that you impose on yourself. Are you ready to free



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miner. Tale of a snag. My friends  
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is the book that can heal your  
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individual to you. But Hope over  
Anxiety will give you the direction**

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book - with no jargon. Simple and  
easy steps to gain the valuable  
skills to beat anxiety. It is your  
companion on the journey and  
will champion you through the  
pitfalls of your journey. After**

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that you can break free, as I  
have. Hope over Anxiety will teach  
you: \*How to understand you and  
your triggers \*Create the belief  
you can smash anxiety \*To build a  
calmer more peaceful mind \*To**

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**build your self-confidence \*To  
manage your self-talk\*To use  
your anxiety against itself \*To use  
the superpowers from anxiety to  
shine\*Give you a future you will  
love\*Take on life on your  
terms!Let me give you the skills**

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**that will supercharge your focus  
and give you the power to do  
better. Don't stay stuck in the same  
loop of fear while your life passes  
you by. Imagine what life you  
could have when you believe and  
begin to achieve? Imagine what**



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live a life you will love. Make a  
difference in your life. Take action  
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**Founder of Hello Fears, a social movement empowering millions to live with courage and tap into their full potential, Michelle Poler lives happily outside the comfort zone. Not, in this inspiring and motivational new book, Michelle**

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**honest, empowering guide to  
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challenge is an opportunity to  
grow, hustle, and be your  
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*move on a wiser person. The many functions of the journal are discussed, and there are many exercises to help your writing shine a little brighter. People have been writing in journals for thousands of years - literally. Amenhotep IV in*



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*ancient Egypt may be the earliest  
recorded observer of his own life,  
followed by so many wise people ever  
since. The journal process may have  
been a contributing factor to their  
enduring contribution to the world.  
Journal writing and the newest form,*

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*the Blog, is the expression of you in  
the celebration of your life in  
reflective solitude. This writing about  
you helps you understand yourself  
and that helps you understand much  
more about others. It's a growth  
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*This volume examines the various ways popular music has been deployed as anti-establishment and how such opposition both influences and responds to the music produced. The book's contemporary focus (largely post-1975) allows for*

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*comprehensive coverage of extremely  
diverse forms of popular music in  
relation to the creation of  
communities of protest. The Resisting  
Muse examines how the forms and  
aims of social protest music are  
contingent upon the audience's ability*

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to invest the music with the  
'appropriate' political meaning.  
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*If you've ever thought, "There must be more to life than this," The Art of Non-Conformity is for you. Based on Chris Guillebeau's popular online manifesto "A Brief Guide to World*

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*goal-setting, contrarian travel, and embracing life as a constant adventure. Inspired and guided by Chris's own story and those of others who have pursued unconventional lives, you can devise your own plan for world domination-and make the*

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*You Are*  
*Evidence-Based Strategies for*  
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doesn't have to cripple  
and debilitate us. The  
inspiring short stories

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penned in this book will help you own up to your own personal fears without judgement. It will open up internal conversations about dreams that have been sabotaged and false

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limitations that you may  
have accepted as a result  
of fear. This book is for  
you if you have waited for  
the perfect moment. That  
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PERMISSION TO: -Smash Fear  
in the face- Walk in,  
claim your victories- Move  
from paralysis to great  
resourcefulnessFUELLED BY  
FEAR will inspire you to  
LIVE FEARLESS

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I Don't Mean to Smash Your  
Tomatoes, Honey! A Glimpse  
at Life's Perspectives  
from A-Z thoroughly  
examines the plethora of  
issues and experiences  
relevant to many women.

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This book features a compilation of essays composed by sixteen vivacious women from Generation X who weren't afraid to "smash tomatoes" on a myriad of topics from

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Ambition to Zenith. It  
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also features three  
original poems composed by  
two ultra- talented poets.  
The co-authors represent a  
variety of geographic  
locations, occupational



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fields, personal  
interests, social  
backgrounds, and life  
experiences. Their essays  
and poems stem from their  
inner emotions and  
proclaim hope, resilience,

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and prosperity for all  
And Self-Doubt To Live An  
women. Thought-provoking,  
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captivating, and  
intriguing, the essays and  
poems featured inspire  
readers to connect with  
their inner feelings and

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focus on various  
dimensions of personal  
wellness: physical,  
mental, spiritual,  
intellectual, and  
emotional. Full of witty,  
zingy, and sassy catch

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phrases, this friendly and light-hearted book offers positive, refreshing, and spunky solutions to the common dilemmas faced by many women daily.

- Why you should give cold

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showers a try - The  
research-backed advantages  
of cold showers - How to  
overcome unwanted habits -  
How to increase self-  
discipline and develop  
self-confidence - How to

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conquer anxiety and reduce  
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depression, and... - How  
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you can change your story  
by shattering self-imposed  
barriers.

A group biography of '90s  
punk rock told through the

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prism of Green Day, The  
Offspring, NOFX, Rancid,  
Bad Religion, Social  
Distortion, and more Two  
decades after the Sex  
Pistols and the Ramones  
birthed punk music into

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the world, their artistic  
heirs burst onto the scene  
and changed the genre  
forever. While the punk  
originators remained  
underground favorites and  
were slow burns



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commercially, their heirs  
shattered commercial  
expectations for the  
genre. In 1994, Green Day  
and The Offspring each  
released their third  
albums, and the results

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were astounding. Green Day's Dookie went on to sell more than 15 million copies and The Offspring's Smash remains the all-time bestselling album released on an independent label.

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The times had changed, and so had the music. While many books, articles, and documentaries focus on the rise of punk in the '70s, few spend any substantial time on its resurgence in

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the '90s. Smash! is the  
first to do so, detailing  
the circumstances  
surrounding the shift in  
'90s music culture away  
from grunge and  
legitimizing what many

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first-generation punks regard as post-punk, new wave, and generally anything but true punk music. With astounding access to all the key players of the time,

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including members of Green  
Day, The Offspring, NOFX,  
Rancid, Bad Religion,  
Social Distortion, and  
many others, renowned  
music writer Ian Winwood  
at last gives this

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significant, substantive,  
and compelling story its  
due. Punk rock bands were  
never truly successful or  
indeed truly famous, and  
that was that -- until it  
wasn't. Smash! is the

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story of how the underdogs  
finally won and forever  
altered the landscape of  
mainstream music.

Hello, Fears

The Myrtle

Everything I've learned



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How to Smash Crippling  
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Anxiety and Live a Life  
You Will Love!  
Yoga for the Creative Soul  
The Resisting Muse  
How to Conquer Your Fears,

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Phobias, and Anxieties  
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Do insecurities and a lack of self-confidence keep you down? Do you feel inferior and worthless compared to others? Good news: you CAN turn the sinking ship of

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negative feelings around.  
Emotional insecurities can be  
changed and improved by  
understanding the nature of  
the emotions and learning the  
pathways to handle them.  
Everything you now perceive

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to be impossible is achievable.  
You just have to learn how to  
overcome your limiting beliefs.  
Chase away your fears and  
smash your obstacles with the  
power of emotional stability.  
Tame Your Emotions is a

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collection of the most common  
and painful emotional  
insecurities and their  
antidotes. Even the most  
successful people have fears  
and self-sabotaging habits.

But they also know how to use

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them to their advantage and keep their fears on a short leash. This is exactly what my book will teach you - using the tactics of experts and research-proven methods. Emotions can't be eradicated. But they

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can be controlled. \* How to  
control your thoughts to take  
remarks less personally. \* How  
to handle disadvantage or  
highly adverse conditions. \*  
How to use your personal  
strengths to your advantage. \*

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Develop the ability to connect with others - despite social anxiety. Fear tells you that you're on the path of improvement. \*Heal your emotional insecurities with three simple, 5-minute



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exercises. \*Control  
And Self Doubt To Live An  
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hypersensitivity. \*Identify and  
ditch the worst forms of  
emotional insecurities:  
arrogance, aggression, and  
overconfidence. \*Learn to help  
your partner with his or her

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insecurities. Understanding and learning to control our emotions open up the gates of a happy and balanced life. Emotional stability gives you a peace of mind. You rarely lose your temper and don't hurt

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yourself or those around you  
And Self Doubt To Live An  
so often. You will understand  
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your emotions better thus  
you'll know the right response  
to them - rational responses  
not impulsive ones.

THE ULTIMATE SELF-CARE

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BOOK FOR TEENAGE GIRLS

Face up to the world with confidence and higher self-esteem Growing up has become faster, more furious and the pressures more intense. Anxiety and panic

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have reached epidemic proportions. A third of teenage girls will suffer from depression. Factor in a rise in self-harm and eating disorders and the mental health stats become alarming. It's time to

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equip young women with the  
means to fight back. A Girl's  
Guide to Being Fearless  
unlocks self-esteem,  
confidence, wellbeing,  
resilience and offers an  
antidote to an overwhelming

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world of altered photos, filters,  
and fillers. A Girl's Guide  
helps parents, girls, and  
teachers understand that  
wellbeing is an inside job. As  
an essential book for our time,  
this guide reflects the

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challenging world facing  
teens. The authors suggest  
there is little to be gained by  
asking girls to stop taking  
selfies or using Instagram  
filters, because these habits  
are ingrained in teenage



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culture. Instead, guidance is provided on how girls can take action to increase their confidence and love the skin they are in. Moreover, it's about learning to be a class act in person and online.

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Practical exercises and doable  
ideas to inspire young women  
Encouragement to eliminate  
self-limiting beliefs Guidance  
for girls on lifting themselves  
and others up Tips for  
showing greater confidence

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and being excited about the  
future Suggestions for how to  
live your best life Keep calm  
and read A Girl's Guide to  
Being Fearless, a gathering of  
life's cheat codes; all simple,  
do-able and hugely

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entertaining. Learn how to show anxiety the door and let in more of the good stuff. This book will help you find your Brave. Whisper it quietly, but it might even change your life. Popular music has

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traditionally served as a rallying point for voices of opposition, across a huge variety of genres. This volume examines the various ways popular music has been deployed as anti-

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establishment and how such  
opposition both influences  
and responds to the music  
produced. Implicit in the  
notion of resistance is a broad  
adversarial hegemony against  
which opposition is measured.

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But it would be wrong to regard the music of popular protest as a kind of dialogue in league against 'the establishment'. Convenient though they are, such 'us and them' arguments bespeak a

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rather shop-worn stance  
redolent of youthful rebellion.  
It is much more fruitful to  
perceive the relationship as a  
complex dialectic where  
musical protest is as fluid as  
the audiences to which it



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appeals and the hegemonic structures it opposes. The book's contemporary focus (largely post-1975) allows for comprehensive coverage of extremely diverse forms of popular music in relation to

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the creation of communities of protest. Because such communities are fragmented and diverse, the shared experience and identity popular music purports is dependent upon an audience

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collectivity that is now difficult  
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to presume. In this respect,

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The Resisting Muse examines

how the forms and aims of  
social protest music are

contingent upon the

audience's ability to invest the

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music with the 'appropriate' political meaning. Amongst a plethora of artists, genres, and themes, highlights include discussions of Aboriginal rights and music, Bauhaus, Black Sabbath, Billy Bragg,

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Capitol Steps, Class, The Cure  
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Heavy Metal, Hip-hop,

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Independent/home publishing,  
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Jungle, Led Zeppelin, Lil'Kim,  
Live Aid, Marilyn Manson, Bob  
Marley, MC Eiht, Minor Threat,  
Motown, Queen Latifah, Race,  
Rap, Rastafarianism, Reggae,

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The Roots, Diana Ross, Rush,  
Salt-n-Pepa, 7 Seconds,  
Roxanne Shanté, Siouxsie and  
the Banshees, The Sisters of  
Mercy, Michelle Shocked,  
Bessie Smith, Straight edge  
Sunrize Band, Bunny Wailer,

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Wilco, Bart Willoughby,  
Wirrynga Band, Zines.

Live Without The Limits of  
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TO... - Smash through Self-  
Doubt - End the War with



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Kill Procrastination, Indecision  
and Hesitation Dead - Become  
Unstuck and Thrive Beyond  
Past Traumas - Unlock the  
Secret, Limitless Courage and  
Confidence Within You

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COURAGE AND CONFIDENCE  
Soul Works  
Or  
Undaunted  
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Smash Your Comfort Zone  
with Cold Showers  
Fear Less Live More

*Refreshingly authentic and  
bold... Don't miss this*

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*smashing #ownvoices novel  
from Francina Simone!*

*Filled with heart, humor and  
a heroine to root for, Smash  
It! is a perfect read for fans  
of Julie Murphy, Ibi Zoboi  
and Ashley Poston. Olivia*

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*“Liv” James is done with letting her insecurities get the best of her. So she does what any self-respecting hot mess of a girl who wants to SMASH junior year does... After Liv shows up to a*

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*Halloween party in khaki shorts—why, God, why?—she decides to set aside her wack AF ways. She makes a list—a F\*ck-It list.*

*1. Be bold—do the thing that scares me. 2. Learn to take a*

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*compliment. 3. Stand out  
instead of back. She kicks it  
off by trying out for the  
school musical, saying yes to  
a date and making new  
friends. Life is great when  
you stop punking yourself!*

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*However, with change comes a lot of missteps, and being bold means following her heart. So what happens when Liv's heart is interested in three different guys—and two of them are*



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*her best friends? What is she supposed to do when she gets dumped by a guy she's not even dating? How does one Smash It! after the humiliation of being friend-zoned? In Liv's own words,*

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*“F\*ck it. What’s the worst  
that can happen?” A lot,  
apparently. #SMASHIT*

*Soul Works is your wake up  
call, and your personal guide  
meant to illuminate your  
soul, tap into your intuition*

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and improve your mental  
and emotional well-being.

Developed by The Minds  
Journal, Soul Works is a  
collection of hand-picked  
articles written by mental  
health experts, life coaches

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*and authors from around the  
world. It also features some  
of the best thoughts from  
The Minds Journal  
Community of awake and  
inspired individuals from all  
walks of life. In these pages*

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*you'll discover: How to listen  
to what your soul is telling  
you How to find your  
purpose while navigating  
through life's labyrinth How  
to overcome toxic  
relationships and build*

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healthier ones How to heal  
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yourself from abuse, trauma  
& emotional pain and find  
inner peace Soul Works is  
an inspiring and carefully  
created guide that  
emboldens you to develop a

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*positive mindset, boost your  
self-esteem and find your  
true self. These highly  
valuable, informative, yet  
emotionally-rooted articles  
are meant to help you find  
your way towards a*

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*healthier relationship with  
yourself and others.*

*What would you try if you  
knew you couldn't fail? What  
would your life look like if all  
your dreams came true? Do  
you know the biggest regret*



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*people have at the end of  
their lives is that they didn't  
take more chances? The fact  
is that most people waste  
their potential and live an  
average, unfulfilled life due  
to fear, self-limiting beliefs*

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*and self-doubt. The author  
shares his experiences,  
powerful philosophy and  
system to help you go from  
fearful to fearless in  
everything you do, so you  
can achieve more success*

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*than ever before. What you  
will learn: # Why your lack  
of success is not your fault.  
# How to crush that inner  
voice of self-doubt forever. #  
How to get the courage to  
step out of your comfort*

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*zone. # How a slight shift in  
your thinking will give you  
incredible results. # Why it  
is never too late to go for  
your dreams. The goal of the  
book is simple: to inspire  
you to go for the life you*

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*deserve with an unshakeable  
confidence in yourself.*

*Use the Ancient Wisdom of  
Yoga to Explore the Deepest  
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Self Combining expressive  
arts and yoga therapy, Yoga*

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*for the Creative Soul is an  
invaluable guide to healing  
emotional wounds and  
creating a joyous life.*

*Through drawing, writing,  
dancing, humming, and  
cooking—as well as yoga*

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*postures, meditation,  
relaxation, breathing, and  
self-inquiry—this book helps  
you cultivate your true  
intentions and live your  
deepest values. With helpful  
tips for daily practice and a*

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*quiz to support you in  
identifying areas of  
imbalance, author Erin  
Byron shares techniques  
that you can personalize to  
meet your specific needs.  
Discover how to bring color,*



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*movement, and melody into  
everyday moments with the  
five paths to self-realization:  
Karma, Jnana, Raja, Bhakti,  
and Tantra. Engaging a  
process of personal  
transformation and learning*

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*how take control of your life  
are gifts you can give  
yourself with Yoga for the  
Creative Soul Praise: "I'm  
dazzled. Yoga for the  
Creative Soul is more than a  
program or philosophy. It's a*

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*gift, merging the tenets of  
ancient and yoga-based  
psychology with the  
expressive arts and personal  
healing...In this blessed  
book, Erin presents us with  
an all-inclusive path to*

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*joy."—Cyndi Dale, author of  
Llewellyn's Complete Book  
of Chakras "A DIY guide full  
of exceptional exercises to  
awaken your best and most  
creative self . . . Yoga for the  
Creative Soul will help you*

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*to gently release fear,  
embrace change, gather  
courage, and overcome your  
inner-perfectionist." —Amy  
B. Scher, author of How To  
Heal Yourself When No One  
Else Can*

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*The Art of Non-Conformity*  
*Your Complete Guide to  
Witches, Covens, and Spells*

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