

The Present Moment 365 Daily Affirmations

For most of us, life is way too hectic. We feel scattered and distracted. We're busy rushing from one required activity to the next, and when we have a few moments of downtime, we're often glued to our electronics. Is this what life is really all about? Learn to slow down and live more mindfully with this daily companion. In one brief entry for each day of the calendar year, counselor Dr. Alan Wolfelt offers small, day-at-a-time doses of wisdom and practical guidance. Each entry includes an inspiring or soothing quote followed by a short discussion of the day's theme as well as a succinct mantra to return to throughout the day. In just a few minutes a day, this little gem of a book will teach you to live every moment from a place of peace, purpose, and gratitude. Living in the now is a habit you can cultivate. Let's get started.

Your customers will appreciate the encouraging devotional content of Daily Treasures of Wisdom. Inspirational readings from well-known Christian authors combined with wisdom from God's Word give readers 384 pages of spiritual guidance. won't be able to resist buying one for a friend and one to keep!

Award-winning dietitian, bestselling author, and co-founder of the intuitive eating movement, Evelyn Tribole, offers an inviting and practical introduction to intuitive eating—which Parade calls the "anti-diet to end all diets." Intuitive Eating is a life-changing path to cultivating a healthy relationship with food, mind, and body. Intuitive Eating for Every Day breaks it down for you with daily guidance. This book will be your ally and solace against a world steeped in diet culture. It will illuminate and encourage your Intuitive Eating journey, with 365 practices and inspirations to help you:

- Nurture the ten Principles of Intuitive Eating with 52 Weekly Intentions
- Connect with your body in the here and now with Grounding practices
- Cultivate gratitude for different aspects of nourishment with Meal Meditations
- Identify self-trust disruptors and awaken inner knowingness
- Strengthen your mental, emotional, and physical health by setting boundaries
- Reflect on emotions and cravings
- Practice self-compassion, body appreciation, and self-care

These daily readings—read on their own or as a companion to

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the author's bestselling Intuitive Eating—make it easy to integrate this revolutionary program into your life. Intuitive Eating for Every Day offers constant support to help you make peace with food and reclaim and reconnect with the pleasure of eating. The perfect book for:

- Anti-dieters
- Fans of Intuitive Eating and The Intuitive Eating Workbook
- Anyone looking for daily guidance on a happier and healthier way to eat
- Wellness enthusiasts looking for healthy habits
- Nutritionists and other health professionals
- Mindfulness and meditation practitioners
- Certified eating disorder specialists and anyone in eating disorder (ED) recovery

A little God time can make a big difference in your day. This one-year devotional for women provides you with godly wisdom and insight to strengthen your faith and encourage your heart. Spend a few quiet moments in the presence of God each day, and be refreshed as you find the hope, peace, joy, and strength that is abundant there.

The One Year Love Language Minute Devotional

To Accept Your Intuitive Gifts!

365 Daily Affirmations

365 Days of Positive Affirmations

One Year Devotional

365 Meditations for Wisdom and Serenity

Capture the Moment

Journey to the Heart by New York Times bestselling author of Codependent No More, Beyond Codependency, and Lessons of Love, contains 365 insightful daily meditations that inspire readers to unlock their personal creativity and discover their divine purposes in life.

“Melody Beattie gives you the tools to discover the magnificence and splendor of your being.” –Deepak Chopra, author of Jesus and Buddha
This little book is filled with positive affirmations that will show you that your point of power is always in the present moment, and this is where you plant the mental seeds for creating new experiences. Think about how you'd like to live and what you'd like to accomplish. Each day Louise L. Hay will help guide your thinking in positive ways t...

This inspirational book delivers messages of healing, awareness, and well-being. A companion to the popular DailyOM Website, it is a valuable guide that will enable you to find balance and wellness through conscious awareness. As you read these passages, which touch on topics including meditation, relationships, nature, and more, you'll see that they'll make the journey of your life much more meaningful. The gentle and affirming wisdom contained within these pages is intended to make each of your days a little happier, less stressful, and more satisfying. It will introduce you to elements of Mother Nature's majesty that you may never have noticed before, guide you as you discover

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the inward peace you've longed for, and inspire you to embrace change in every corner of your existence. As you open your mind to the possibilities contained within, you'll discover that the power to create a fulfilling and more purposeful life was in you all along.

Reflections Out of Time is an immensely practical daily devotional which will help you dig deeper into the Bible and thrive in your day to day life. Each reading is designed to get underneath the surface, making the everyday become an adventure with Jesus. John Fischer, graduate of Princeton Seminary, has made it his life's goal to provide content that is not only theologically rich, but also approachable to all of us.

Make this devotional part of your daily time with the Lord and then join the author and others at reflectionsoutoftime.wordpress.com.

365 Days of Inspiration - Photos and Wisdom to Lift Your Spirit

Peace a Day at a Time

Discovering the Magic of the Present Moment

Thich Nhat Hanh

Actual Statements (1248 +) to Live Life in the Present Moment, Relieve Stress and Reduce Anxiety

Stay Positive : Daily Reminders from Positively Present

The Everyday Wisdom of Thich Nhat Hanh: 365 days of practical, powerful teaching s from the beloved Zen teacher

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Live in the Present Moment. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm , refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Live in the Present Moment. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that

makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

“Teach us to number our days carefully so that we may develop wisdom in our hearts.” These words from Psalm 90, prayed by Moses, reflect an eternal truth: we need God's help to number our days, and to capture every moment, so that we can live it with wisdom. Capture the Moment is a 365-day devotional that will help you do just that. For those who get bogged down in the mundane, distracted by the noise, and lost in the busyness, pastor and author Gregg Matte has written these daily devotions to point us back to what matters most. Begin or end each day with a short snippet of Scripture and a helpful devotional thought so that you can capture each moment, rather than letting it slip away.

From two experts on the psychology of behavior change comes *A Mindful Year*, the first book of its kind to join the age-old wisdom of mindfulness with cognitive behavioral science—the best-tested set of practices for alleviating stress and anxiety. At a time when there have never been more ways to connect with one another, it has also never been easier to lose track of the people and passions we hold most dear. The demands of the day can leave us feeling exhausted and uninspired, while alerts and notifications constantly tug at our attention. We fall into unhealthy patterns that can be all too difficult to break. Written from friend to friend, one day at a time, *A Mindful Year* invites you to start a new pattern—one that begins with taking just a few quiet moments to reconnect with what is most important, each day. As practical as it is inspirational, *A Mindful Year* marries moments of mindful reflection with calls to action—daily nuggets of wisdom paired with friendly encouragement to live in a way that is grounded, authentic, and compassionate. It's so easy to get caught up in the flood of everyday life, to become disconnected from the things that really make us us—to get lost. Thankfully, simply being open and attentive to the present moment can help us find a sense of space and ease and get back on the right track. With *A Mindful Year* as your guide, reconnect with what matters most.

The Present Moment Hay House, Inc

365 Meditations to Help You Heal After Loss

DailyOM

A Book of Daily Reflections

365 Daily Practices & Inspirations to Rediscover the Pleasures of Eating

Daily Meditations on the Path to Freeing Your Soul

Grief One Day at a Time

365 Ways to Find Connection and the Sacred in Everyday Life

With "The Mindfulness Journal," you will have simple activities to practice each day, and then you will write about your experiences with mindfulness, which reinforces your efforts. This journal provides a total of 365 daily writing prompts divided into 52 weekly mindfulness topics. This arrangement gives you seven days to immerse yourself in each topic. It is designed to awaken you to mindfulness in various natural moments throughout your day, as well as with some activities that may be new for you.

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to

Live Life in the Present Moment, Relieve Stress and Reduce Anxiety. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Live Life in the Present Moment, Relieve Stress and Reduce Anxiety. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

Are you ready to make some BIG changes in your life? Let's set some goals together and begin using Daily Positive Affirmations to manifest them and make some changes in your life starting today! Do you wake up every morning excited and ready to take on the day? If you're like me this is not always as easy as it sounds. Positive affirmations are like snow tires in the blizzard of life. So whether you're feeling trapped and unproductive in your current situation or you are ready

to take your life to the next level of success and fulfillment, these affirmations are for you! My name is Nicole Lockhart and I have been studying affirmations, change, success and attraction for over 25 years. 365 Days of Positive Affirmations is a collection of the most powerful affirmations I have come across over 25 years. Each affirmation has a description to better help you understand that thought and really drive it home so it can take hold of your mind and work. Get ready for 365 days of wisdom and secrets that I have collected to quickly and efficiently get you what you want out of life. In 365 Days of Positive Affirmations you will learn: Why affirmations work How to use affirmations How to set some BIG goals for your future and how to make a plan to achieve them How to set some daily goals for your present happiness Daily affirmations for wealth, health, success, confidence, independence, self-esteem Additional access to download my BONUS book "Creating a Vision Board." and so much more! You will literally be transformed after finishing this book. The world has changed a lot in recent years. Maybe you need to adapt, or maybe your old life just isn't aligning with your future goals. Maybe you are ready to just go for it and finally achieve your dreams. Are you feeling trapped by your present circumstances? There is no time to waste, let's get started setting some goals and reprogramming your mind to achieve them quickly and easily. 365 Days of Positive Affirmations is power packed with affirmations that will get you started on the path to your goals. Don't wait, click the "Add to Cart" button to get started today and create the future that you have be dreaming about!

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Be in the Present Moment Everywhere in Your Everyday Life. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes

for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Be in the Present Moment Everywhere in Your Everyday Life. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

365 Daily Enlightenment

365 Days of Present, Calm, Exquisite Living

50-Day Devotional

Intuitive Eating for Every Day

365 Daily Treasures Of Wisdom

Real Statements (1782 +) to Live in the Present Moment, Relieve Stress and Find Happiness

The Present Moment

"The One Year Love Language Minute Devotional" is a daily guide that shows how to express heartfelt love to a loved one.

Bring your practice everywhere you go with this collection of daily readings on balance, resilience, and more. Yoga 365 presents a year's worth of daily readings that invite yoga lovers of every skill level to bring the inspiration they experience on their mats into their everyday lives. Each entry explores a mind-body theme such as balance, strength, and resilience in a short, illuminating paragraph that can be enjoyed in the morning or at bedtime, incorporated into a yoga session, or read on the go. Yogis will find Yoga 365 to be a motivating tool for personal growth that continues long after the mat is rolled up.

After a loved one dies, each day can be a struggle. But each day, you can also find comfort and understanding in this daily companion. With one brief entry for every day of the calendar year, this little book by beloved grief counselor Dr.

Alan Wolfelt offers small, one-day-at-a-time doses of guidance and healing. Each entry includes an inspiring or soothing quote followed by a short discussion of the day's theme. This compassionate gem of a book will accompany you. Turn your breakdowns into breakthroughs!! Face each day with courage and strength as T.D. Jakes empowers you with the wisdom of his years of walking closely with the Lord. Your challenges will turn into triumphs and your breakdowns into breakthroughs! Through inspirational Scripture and personal insights, Strength for Every Moment emboldens your spirit and invigorates your faith. She is clothed with strength and dignity; she can laugh at the days to come (Psalm 31:25 NIV). When life's worries and struggles are crashing down around you, you can reach out and find Strength for Every Moment by leaning on one who has found everyday victory through the Lord's everlasting arms of love. I can do everything through Him who gives me strength (Philippians 4:13 NIV). With a powerful anointing, T.D. Jakes has been firmly entrenched on the best-seller lists since his first book, Woman Thou Art Loosed. This anointed devotional is no exception.

The Daily Show (The Book)

Power Thoughts

A Mindful Year

Being Present

Daily Practices, Writing Prompts, and Reflections for Living in the Present Moment

You Are Here

Daily Wisdom for Life, On and Off the Mat

A collection of positive thoughts from Louise L. Hay and others.

This book emphasizes the power of the subconscious mind and provides you 15 key steps to supercharge your manifestation power with affirmations. It focuses on the following areas: 1. Health and Wellness 2. Happiness 3. Love and Relationships 4. Prosperity and Wealth It is packed with enlightened and positive affirmations that will instantly raise your vibration and heighten your consciousness every day and draw your heart and soul desires quickly. With daily practice, you will live a life journey that is filled with PEAK health, happiness, love, prosperity and wealth.

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concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Live in the Present Moment, Relieve Stress and Find Happiness. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now! Pairs inspiring words from a variety of people including Khalil Gibran, Julia Child and J.K. Rowling, with colorful, elegant pictures from around the world in monthly themes to help readers find happiness every day.

Daily Mindfulness

A Little God Time for Women

Positive Activators (1182 +) to Be in the Present Moment Everywhere in Your Everyday Life

A Daily Thought-filled Journey to Creating Your Best Life in the Present Moment

The Mindfulness Journal

Journey to the Heart

Everyday Positive Thinking

Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world.

Meditation is not only about crystals, hypnotic folk music and incense sticks! Forget about sitting in unnatural and uncomfortable positions while going "ommmmm...." It is not a club full of yoga masters, Shaolin monks, hippies and new-agers. It is super practical and universal practice, that can improve your overall brain performance and happiness! -Looking to be truly happy... not just fake smiles anymore? -Sick of being held up and helpless, a victim of terrible circumstance? -Do you really want to be a slave to your emotions anymore? -Are you so depressed and negative that no one really enjoys spending time with you? Well, I was not necessarily talking to you, but if it speaks to you, you have picked up the right book! Most People Walk Through Their Life In a Walking Daze And I was too. I was constantly fighting everything going on in my life; with my mind. Day to day stressors like traffic, the mean lady at the gas station with the bad breath that I had to see every morning, and the long hours put in at work, were enough to drain me. My boss, with his long nose hair, breathing down

my neck about my productivity level was enough to deplete a person every day. "What do I do? What will happen next? What if, what if, what if..." I could not even enjoy a second of my day, because I was lost in worry and stress over what was going to happen next and what I could do to maybe control it. In this book you will find techniques to step out of your thinking and allow your mind to finally rest. When meditating, you take a step back from actively thinking your thoughts, and instead, see them for what they are. The reason why meditation is helpful in reducing stress and attaining peace is that it gives your over-active conscious a break. Just like your body needs it, your mind does too! I give you the gift of peace that I was able to attain through present moment awareness. In This Book I'll Show You: -My favorite meditation and mindfulness techniques perfect for ordinary busy people like you and me -My personal experience -How exactly do I practice and how it helped me in so many ways -How to maintain stillness, peace and focus in everyday life -How to stick to your meditation practice and maintain high level of motivation -The right mindset you should have to keep your brain and thoughts healthy -A few simple things you can do to instantly feel better and happier! -And many, many more! Table of Contents: Introduction: Why Meditation For Life Success? Chapter 1: Meditation? What it's all about? Chapter 2: Let's Get Started! Various types of Meditation/Guided Meditations Chapter 3: Meditation and Stillness in Everyday Life Chapter 4: How to Maintain Inner Peace and Never Feel Anxious or Distracted Again Chapter 5: Conclusion

A year's worth of serenity in one book, from the bestselling author of Each Day a New Beginning. Karen Casey's daily meditation book Peace a Day at a Time offers 365 reminders to help strengthen those traveling the path to recovery from addiction. In this powerful set of daily reminders, Karen draws from her bestselling Each Day a New Beginning, which has helped millions recovering from addiction. Karen Casey writes eloquently about almost every facet of recovery and how to live a sober, balanced life by trying to live in the present, one day at a time. Peace a Day at a Time offers a meditation for every day of the year, opening with a quote and following with a brief essay and a takeaway message. This beautiful book is your powerful set of daily reminders on how to stay centered and find inner peace. Karen also provides a companion index with key theme words to reference any issue you may be struggling with. In Peace a Day at a Time learn to: Pay attention and listen to your inner voice Avoid drama and to let go of blame Stop living from crisis to crisis Cope with fear, sorrow, anger, and pain Embrace change Practice kindness, joy, hope, and acceptance

Retailers Choice Award winner, 2012 Strengthen the core of your life and faith on a year-long journey with beloved Super Bowl-winning former head coach Tony Dungy and co-author Nathan Whitaker! This deluxe LeatherLike edition of the New York Times best-selling The One Year Uncommon Life Daily Challenge contains 365 reflections from Tony and Nathan on living an "uncommon life" of integrity, honoring your family and friends, creating a life of real significance and impact, and walking with the Lord. This year, step up to the challenge to spend time with God—and dare to be uncommon every day. A perfect gift for sports fans, coaches, athletes, and dads!

Moments of Mindfulness

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests

One Mindful Day at a Time
Yoga 365

1441 Decisive Thoughts to Live in the Present Moment
Meditation for Beginners

Cut through the busyness and anxieties of daily life to discover the simple happiness of living in the present moment, as taught by a world-renowned Zen monk. In this book, Thich Nhat Hanh—Zen monk, author, and meditation master—distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. But true mindfulness, Hanh explains, is not an escape. It is being in the present moment, totally alive and free. Based on a retreat that Thich Nhat Hanh led for Westerners, *You Are Here* offers a range of effective practices for cultivating mindfulness and staying in the present moment—including awareness of breathing and walking, deep listening, and skillful speech. These teachings will empower you to witness the wonder of life and transform your suffering, both within and outside you, into compassion, tenderness, and peace. As Thich Nhat Hanh declares, “the energy of mindfulness is the energy of the Buddha, and it can be produced by anybody.” It is as simple as breathing in and breathing out.

"This little book is filled with positive affirmations. Every thought you think and every word you speak is an affirmation. So why not choose to use only positive affirmations to create a new way of thinking, acting, and feeling?...By reading these affirmations—one a day, several at a time, or just by opening the book at random—you're taking the first step toward building a more rewarding life...I know you can do it!" - Louise L. Hay

This appealing gift box collects the central teachings of Thich Nhat Hanh, the revered Buddhist monk and human rights activist, on the topics of love, peace, insight, understanding, and compassion. The set contains 40 cards that provide moments of inspiration, work as starting points for meditation, and reveal spiritual answers for daily problems. A thoughtful gift, the box can be used as an altar or kept near the bed for a daily morning inspiration. The cards offer gentle reminders such as: "Life is only possible in the present moment," "To meditate well, we have to smile a lot," "If you are a poet, you will see clearly that there is a cloud floating in this sheet of paper," and "Walk slowly. Don't rush. Each step brings you to the best moment of your life, the present moment."

This beginner's guide to meditation offers a year of daily reflections to help bring greater mindfulness into your life. Meditation and mindfulness may seem like daunting ideas but making

room for these practices in your daily life is simpler than it looks. Longtime therapist and meditator David Kundtz gives you permission not to fret about whether you're getting it right or not. The whole purpose of meditation is to be as awake and aware as possible. Being Present offers daily quotes to ponder that will help you live in the moment once a day, every day. As you start to accumulate these mindful moments, your life will become more peaceful, more rewarding, and more awakened. With these daily reflections, Kundtz guides us through the seasons of a year—and the seasons of a life—by drawing inspiration from poets and scientists, spiritual teachers and children, butterflies and big cities. With the help of this book, you will discover how to:

- **Become a more mindful person**
- **Maintain the focus, awareness, and equanimity through stressful situations**
- **Experience the peaceful moments of mindful living**

365-Day Devotional

Daily Joy

Strength for Every Moment

Today Is the Best Day of My Life

How to Meditate (As an Ordinary Person!) to Relieve Stress, Keep Calm and Be Successful

365 meditations on living in the now

A Year of Powerful Daily Inspirational Thoughts for Creating Change in Your Life and Attracting Health, Wealth, Love, Happiness, Confidence and Self-esteem.

So often we wait for the climate and conditions in life to be perfect before we feel safe enough to step forward, claim our territory, and be our authentic selves. What we don't realize is that in order to create the ideal climate we are waiting for, we must be authentic first. And the only way to be so is to listen to and honor our intuition, our deepest knowing, our most powerful natural wisdom. Choosing to claim and follow our intuition is our strongest natural protector, our greatest psychic liberation, and the only way to be truly safe in life. Now is the time to choose this, both for ourselves and for the world. In this thoughtful and inspirational book, best-selling author Sonia Choquette shows us how to do just that!

Life can be exquisite, but too often its savor is lost in the rut of routine living. The path to leaving the mundane and finding joy and purpose is mindfulness. Pause, breathe, reconnect with the present, and discover all over again the thrill of being alive. With 365 daily quotes, stunning full-color photography, and a handy ribbon to mark your place, Daily Mindfulness invites you to calm your mind, live now, and experience a richer, fuller life.

This little book is filled with positive affirmations that will show you that your point of power is always in the present moment, and this is where you plant the mental seeds for creating new experiences. Think about how you'd like to live and what you'd like to accomplish. Each day Louise L. Hay will help guide your thinking in positive ways to accomplish these goals. As you read this work, you'll find that you develop new mental habits that you can use for the rest of your life!

NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

365 Tao

The Time Has Come...

Your True Home

Daily Meditations

Reflections Out Of Time: 365 Day Devotional

The One Year Uncommon Life Daily Challenge

Place the word Tao Into your heart. Use no other words. The Tao is constantly moving, the path that all life and the whole universe takes. There is nothing that is not part of it—harmonious living is to know and to move with the Tao—it is a way of life, the natural order of things, a force that flows through all life. 365 Tao is a contemporary book of meditations on what it means to be wholly a part of the Taoist way, and thus to be completely in harmony with oneself and the surrounding world. Deng Ming-Dao is the author of eight books, including The Living I Ching, Chronicles of Tao, Everyday Tao, and Scholar Warrior. His books have been translated into fifteen languages. He studied qigong, philosophy, meditation, and internal martial arts with Taoist master Kwan Saihung for thirteen years, and with two other masters before that.

The Mindfulness Journal is your daily guidebook for living in the present moment and experiencing the richness of life by applying mindfulness techniques to your work, your relationships, your habits, and even the most mundane tasks of your day.