

Where To Download Wholeness
Winning In Life From The Inside
Out

Wholeness Winning In Life From The Inside Out

*God wants to rescue you from the
things that diminish or destroy*

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your spirit, mind, body, relationships, and other aspects of your humanity. Jesus came to offer salvation and healing to the total person—to restore broken individuals to a place of wholeness and well-being.

Comprehensively covered topics

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include the anointing of the Holy Spirit, spiritual antidotes for anxiety, today's miracles, a balanced perspective of physical healing, and the discipline of prayer, as well as many others. In Pursuit of Wholeness presents definitive steps to receiving

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personal transformation through the gift of salvation and its relationship to wholeness for the entire person. Many current books on supernatural Christianity rely heavily on personal testimonies and little on sound interpretation of the

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biblical text. In Pursuit of Wholeness corrects this imbalance and opens up this world in a way that is biblically sound and practically relevant. Explore the meaning and benefits of salvation as you experience the fullness and wholeness of

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*God's love and grace in your
life—today.*

*In Wholeness, pastor and
international speaker Touré
Roberts gives encouragement to
anyone wanting more in life.
Through insight gained from
personal experience and years of*

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pastoring, he teaches readers how to be transformed wholly on the inside to live abundantly on the outside.

Heal your life and discover how everything can be right even when circumstances are all wrong This is a book about

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healing your whole self; a book about becoming conscious and discovering the eternal and unbreakable you. The authors take readers on a journey of discovery; a journey in which each reader will discover tools for their wholeness and personal

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power. The authors focus on seven topics: Understanding healing Asking the right questions about who you are Understanding the power of the mind Drawing on inner resources Taking action Embracing your whole life Reinforcing your

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wholeness Filled with anecdotes and offering practical exercises, the authors show the ways in which we can heal and grow. It is a book that shows readers, regardless of circumstances, how to live light-filled, powerful, and joyous lives.

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*A determined truth-seeker
craving success and belonging
unexpectedly meets her
journeying soul, leading to
greater self-acceptance, a deeper
understanding of the mysteries of
life and death, and the realization
that every new beginning*

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*provides a rich opportunity for
healing and personal evolution.*

The Rooted Life

*Experiencing God's Salvation for
the Total Person*

Journey To Wholeness

The Pi of Life

Breathed into Wholeness

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*Wholeness and the Implicate
Order*

Wholeness Within

Stumbling toward Wholeness

**How do you get something out
of nothing? It seems like an
obvious question, one that**

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drives everything from spiritual creation stories to our understanding of the Big Bang. Yet it leaves us with a sense that underneath everything lies emptiness and lack. We can phrase this

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question in a new way: how do we get something out of everything? In Leap to Wholeness, physics educator Sky Nelson-Isaacs explores the science of wholeness. To understand wholeness,

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**imagine a beautiful
photograph that you want to
modify. The image exists in
space. Yet graphic designers
are familiar with another
space, called the frequency
domain, or “pattern-space.”**

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Here, changes to the patterns affect the image as a whole. We can make the entire image blurrier or sharper, for instance, with a simple filter in pattern-space. A change to one local region affects the

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image everywhere. This is an example of wholeness that exists right before our eyes. We each have filters that influence what we see, hear, think, and feel. They take who we are as a whole, and they

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limit it to what we feel comfortable with--what we already know, rather than how we can grow. We carry models that interpret the world for us. But we can become more aware of our filters and from

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**this awareness experience
more flow, more openness,
and less anxiety. When we
align with circumstances
rather than fighting them, we
open the door to
synchronicities that give us**

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**leverage in creating the
change we want to see.**

**Following this thread from
modern audio technology, to
the human brain, to the very
nature of time itself, Leap to
Wholeness explores a**

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paradigm of wholeness that is easy to miss. For instance, when you look at the red part of a rainbow, you may not realize that you're really seeing white light that's had blue and green filtered out. Or

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where you see blue, that means red and green are missing. Maybe creating something out of everything is not about what we do...but about what we don't do. By removing filters--thoughts,

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**feelings, and other
reactions--that keep us
weaving the same old
patterns, we naturally allow
ourselves to grow, heal, and
adapt.**

Using insights from Jungian

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analysis.

There are essential truths in life, truths that help us exist in love, peace, and harmony with our surroundings and with others. These truths are the foundation for a joyful life!

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They are critical to happiness and wholeness because they open our hearts, minds, and spirits to the true nature of our being: Love. Once we embrace the true nature of our being we're on the path to True and

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**Lasting Fulfillment and
Success! The Pi of Life shares
these essential truths with you
in an easy to read and
enjoyable format. There are
many paths to discover these
truths. Some paths are**

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beautiful and flow into enlightenment with grace and ease. Other paths are fraught with heartbreak and darkness and eventually lead the person to a breaking point, a point that ignites personal

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**transformation, when they
scream Enough! And they
mean it. When someone
reaches their personal
breaking point they can
transform or they can give up.
When author Roland Byrd**

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reached his own breaking point, he decided to transform - to begin the lifelong journey of becoming the best version of himself and of helping others. During the first few years of his deep personal

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**and spiritual transformation,
Roland wrote many letters and
emails to his wife, children,
and his mentor. Later, while
meditating, he realized the
universal truths contained in
these letters could help**

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**motivate, inspire, and show
others learn how to live
happier, healthier lives.**

**Inspired by that realization, in
2011, Roland dove back into
the letters, extracted the best
parts, and then shared the**

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**collection as The Pi of Life:
Essential Truths for Creating
Happiness, Wholeness, &
Success. The Pi of Life is an
Entertaining and Thought
Provoking Journey Forged in
the Fires of Rebirth. It is**

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wonderful for those on the path of personal transformation and enlightenment. It also makes a great gift. What people are saying about The Pi of Life: This book lifts me up and

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**gives me hope. Ma Teresa
Nunez Resendiz This book is
a must have for those who
seek their personal best daily
and strive to be the joyful
beings God created us to be.
Violette L. Reid We all need to**

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**have daily reminders of our
potential and life's
possibilities for the amazing.
This book is just that. Athena
Harris The Pi of Life is full of
Essential Truths that Gently
Guide you to Happiness,**

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**Healing, Wholeness, and
Success! Page after page of
thoughts, insights, and stories
await to motivate and inspire
you—most of them are a page
or less. So when you've got a
few minutes to spare you can**

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**pick it up, read a page or two,
and go on with your day
feeling uplifted and inspired!
The Pi of Life also Brims with
Thoughts, Stories, and
Insights, on topics from
Spirituality and Healing, to**

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**Wholeness and Success. The
Pi of Life Opens Your Mind,
Body, and Spirit to Your
Unlimited Potential. It Heals
the Heart, Soothes the Soul,
and Explores the Infinite
Nature of Life. Come; Explore**

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**the Beauty of Your Creation! A
Personal Note from the
Author: When I first stepped
on the path of personal
growth, I never imagined I'd
write books about the subject,
let alone any book that would**

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**be considered self-help. But
as I Rose like a Phoenix From
the Ashes of my Life, my Mind,
Body, and Spirit Transformed.
I understood then that I must
share my inspiration and
knowledge to help others.**

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Keeping the lessons I learned about personal transformation and spirituality to myself was simply unthinkable! With The Pi of Life I wanted to create an inspirational and motivational book that's fun and easy to

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**read, a book that lifts your heart and spirits as you read it! Did I succeed? That's for you to decide. Please enjoy the journey! You Are The Master of Your Destiny!
Roland P.S. As to the main**

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title, The Pi of Life: I believe every human has limitless potential. Since Pi is an irrational number—and is therefore limitless—I thought it a fitting title.

As women, we are exhausted.

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Our hearts are being wrung out to dry--squeezed and yanked in every direction. We take care of everyone but ourselves. We've gotten lost in bedtime routines and our Costco lists. We have lost our

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**voices in the storm of
everyday life. We need to be
reminded to reach inward and
heed the quiet voice
whispering, Stay. This book is
for anyone who longs for a
connection with God and his**

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**people but can't seem to
escape the haunting feelings
of guilt, shame, loneliness,
and fear. Through raw,
authentic stories, (in)courage
writer Anjali Paschall invites
you to stop running from your**

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pain and to recognize that the deep end of your story is the way to intimacy with Christ. Alongside Anjuli, you will encounter a loving God who invites you to stay with him at the table of your soul, where

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**you are free to spill the milk,
to fumble through your words,
to embrace the awkwardness
and the joy, and to taste and
see that he is good.**

**When a Woman Overcomes
Life's Hurts**

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**Cultivating Health and
Wholeness Through Growing
Your Own Food
The Biology, Psychology, and
Spirituality of the Feminine
Life Cycle
Purpose Awakening**

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**Winning in Life from the
Inside Out**

**How the Love of God Changes
Us**

**God, Evolution, and the Power
of Love**

The Unbearable Wholeness of

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Being

*Where Have I Been All My
Life? is a compelling
memoir recounting one
woman's journey through
grief and a profound
feeling of unworthiness*

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*to wholeness and
healing. It begins with
the chillingly sudden
death of Rice's mother,
and is followed by her
foray into the center of
mourning. With wisdom,*

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*grace, and humor, Rice
recounts the grief games
she plays in an effort
to resurrect her mother;
her efforts to get her
therapist, who she falls
desperately in love*

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*with, to run away with
her; and the
transformation of her
husband from fantasy man
to ordinary guy to
superhero. In the
process, she experiences*

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*aching revelations about
her family and her
past—and realizes what
she must leave behind,
and what she can carry
forward with her.*

This title explores the

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*meaning of Christian
theology in light of the
scientific discoveries
of our age. Like
Teilhard de Chardin and
Thomas Berry, Delio
opens out eyes to the*

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*omni-active, all-
powerful, all-
intelligent Love that
forms and guides the
interrelatedness and
interbeing of everything
and everyone - ourselves*

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included.

*“Living the Life That
You Are weaves together
psychology, ancient
wisdom, and honest
personal reflections
into a coherent and*

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inspiring whole. If loneliness is the great disease of the modern age, then Nic's heartfelt plea for self-love is much-needed medicine." —Jeff Foster,

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*author of Falling in
Love with Where You Are
When you feel isolated
and alone, the world can
seem like an enormously
unfamiliar, confusing,
and scary place. You may*

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*get caught up in your
own thoughts and
feelings, and even avoid
connecting with others
out of fear of being
criticized,
misunderstood, or*

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uncomfortable—which only leads to more isolation and loneliness. This cycle can be hard to break, but you are not doomed to endure this painful condition of

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feeling lost and alone.

This book can help you

find authentic peace,

confidence, and

connection with all that

is, right here and now.

Living the Life That You

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Are examines the modern-day dilemma of loneliness, revealing that its root cause is the belief that we're all separate individuals bound by personal

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limitations. We feel disconnected and incomplete, assuming that life's fullness exists somewhere out there, and that we must be, do, or have more for

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*lasting fulfillment. But
the truth is, despite
our limited appearance,
we are actually
boundless. There is no
divide between our
internal and external*

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*worlds. This is the
ancient philosophy of
non-duality—we are the
wholeness we are
seeking. The life that
you are is all that is
right now: every*

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*texture, flavor,
fragrance, sight, and
sound in their
abundance. Using radical
mindfulness—a
combination of
mindfulness and non-dual*

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*self-inquiry—this book
will guide you toward
awakening to the
transformative truth and
love that is your
foundational being. By
learning to observe,*

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*acknowledge, and
question your experience
without censorship or
prejudice, your sense of
being lost and alone
will give way to an
enriching and comforting*

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*state of communion with
all. Includes music
downloads for a
radically mindful
soundtrack
"The division between
conventional and*

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*traditional medicine is
as artificial as the
division between science
and nature. They can be
woven together in a
fashion that meets our
physical, emotional, and*

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*spiritual needs. This is
the foundation upon
which integrative
medicine is built." --
Tieraona Low Dog, M.D.
In Life Is Your Best
Medicine, Dr. Low Dog*

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*weaves together the
wisdom of traditional
medicine and the
knowledge of modern-day
medicine into an elegant
message of health and
self-affirmation for*

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women of every age. This is a book that can be read cover to cover but also dipped into for inspiration or insight about a particular physical or mental

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health issue or remedy.

We learn that, despite

the widespread

availability of

pharmaceutical

medications, advanced

surgical care, and state-

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*of-the-art medical
technology, chronic
illness now affects more
than 50% of the American
population. The evidence
is overwhelmingly clear
that much of the chronic*

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*disease we are
confronting in the
United States has its
roots in the way we live
our lives. Research
shows that if Americans
embraced a healthier*

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lifestyle, which includes a balance between rest and exercise; wholesome nutrition; healthy weight; positive social interactions; stress

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*management; not smoking;
limited alcohol use; and
no or limited exposure
to toxic chemicals; then
93% of diabetes, 81% of
heart attacks, 50% of
strokes, and 36% of all*

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cancers could be prevented! This means that each one of us has the power to shift the odds of being healthy in our favor. And if you do get sick, being fit

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*gives you a much better
chance for getting well.
Your health has a great
deal more to do with
your lifestyle and a lot
less to do with taking
prescription drugs than*

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most people realize.

*Part I. The Medicine of
My Life is a personal
and passionate*

introduction to the book

*Part II. Honoring the
Body includes Food,*

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*Supplements, Illness,
Wholeness Part III.*

*Awakening the Senses
includes Nature, Garden,
Music Part IV. Listening
to Spirit includes
Humor, Relationships,*

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*Play, Meditation,
Animals Epilogue.*

Contentment

*A Skeptic's Paths to a
Richer Life*

*The Embodied Present and
the Ordinary Grace of*

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Being

Leap to Wholeness

How the World Is

Programmed to Help Us

Grow, Heal, and Adapt

Winning the War Within

Healing and Wholeness

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*The Yoga Journey to
Wholeness, Inner Peace,
and Ultimate Freedom
Balance*

Feeling defeated? Lost as to
what steps to take next in your
life and career? Leave behind

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society's false ideas about how to achieve self-worth and success, and begin reclaiming your life. Wholeness Within will help you shift your perception, integrate your past, and accept yourself. A spiritual guidebook

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for the modern woman stepping into the unknown, Wholeness Within follows author and spiritual career coach Emily Smith on her journey from fear and victimhood to rapturous self-acceptance. Throughout, Emily

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shares her personal experiences of battling grief, burnout, anxiety, career dissatisfaction, addiction, and depression, which ultimately led her to a personal rebuilding and the development of a breakthrough coaching method

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that can help women everywhere shed negative self-images, create a career they actually love, and reclaim their narratives. In her twenties, Emily lived an alluring life that looked victorious on the outside. She worked in

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the corporate world, living in London and New York City, and had a stimulating social life. On the inside, she felt numb. She lost herself in relationships, alcohol, partying, and work. But after a cataclysmic event

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uspended her life and cracked her heart open, Emily knew that in order to move forward she would have to find her way back to herself and figure out how to heal. What she didn't realize then was that she would have to

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come to terms with her past, trust in an unseen force to guide her, and revolutionize her entire belief system. Part memoir and part step-by-step guide, Wholeness Within is a framework for learning to trust

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and respect yourself, your intuition, and your emotions. With Emily's guidance, begin building an awareness of the energy around you, learn how to overcome mindset blocks, and take the steps toward aligning

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your authentic life and career. It only becomes possible to transform your life when you transform your perception of yourself. You have the power to cultivate wholeness within; you just need to wake up to it.

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Imagine learning to tap into the awareness, sensitivity, and highest thought patterns that enable the most successful outcomes in life, love, and business. What would your life look like if you were able to

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break the patterns of inconsistency that keep you from your absolute best? Could it be possible to identify and regularly access the highest version of yourself, leaving behind past hit-or-miss cycles and instead

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starting to win in every key area of your life? These goals are not only possible--they are what you were made for! In Balance, bestselling author Touré Roberts guides us on the eye-opening journey that unpacks the divine

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formula that makes this a reality.

This illuminating guide brings a unique and eye-opening perspective to the evasive concept of balance.

Transcending familiar theories of work-life balance, Roberts

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teaches that balance is a state of existence, a becoming that, when realized, not only brings forth the highest version of an individual but optimizes their life's output, productivity, relational value, and overall

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achievement. As he unpacks balance with stunning relatability, Roberts connects with readers on every level. His easy-to-grasp style of teaching and unabashed vulnerability illuminate and clarify how living in balance is the

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longing in each human heart. Roberts shares life-changing personal stories and the principles they inspired while discovering balance in his own life. As an author, speaker, entrepreneur, CEO, and lead

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pastor of two large congregations in the United States--not to mention a devoted husband and dedicated father of six--Roberts knows that merely juggling responsibilities is not the answer. Balance departs from

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traditional techniques of time management and better organization to get to the core issues at stake. Roberts reveals that the path to true balance prioritizes self and discovers the unique, deep internal needs of

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the individual first. "Identifying your deepest needs not only is life-transforming but brings forth your greatest self, pouring an overflow of your best and highest abilities into the lives of everyone around you," Roberts explains.

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"Balance is not about learning to effectively give pieces of yourself to important parts of your life. Balance is about knowing and becoming your entire self--and then giving from your wholeness to everyone and everything

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within the context of your life."

Key chapters include The Power of No, which unpacks why "no" is the most powerful word in your vocabulary; There's No Team in I, a liberating and paradigm-shifting exploration of the

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difference between being selfish and the transformational quality of a term Roberts coins as being "self-ful"; The 5 Signs of Imbalance, which will help you quickly identify the imbalances in your life and effectively respond

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before crisis hits; and Balance after The Blow, a step-by-step guide to get you back on your feet after experiencing an unexpected setback. You'll walk away from each illuminating chapter with powerful principles,

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tools, and prompts for self-evaluation. A personal navigation guide like no other, Balance charts your path to productivity, peace, positivity, purpose, and unlimited possibilities.

A guidebook for discovering how

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heartbreak can become the doorway to profound meaning and joy from the bestselling co-creator of the Don ' t Sweat the Small Stuff Series In 2006, after building the bestselling franchise Don ' t Sweat the Small Stuff with

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her husband Richard, Kristine Carlson faced a shattering loss—the sudden death of her beloved spouse. Woven together with the remarkable stories of others ' loss and recovery, her deeply moving story reveals a

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clear process of healing that is common to everyone and goes far beyond ordinary prescriptions for getting through hard times. In her new book, *From Heartbreak to Wholeness*, Kristine offers a life-altering map for navigating

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the heroic journey from loss to joy—one that ultimately awakens readers to a deep love affair with life. Every day, people suffer heartbreaks of some kind—loss of a loved one, divorce, illness, loss of a job or home—and seek

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to understand why these losses and traumas have befallen them and how they ' ll make it through in one piece. For readers who have endured loss of any kind, Kristine takes them by the hand, showing them how to traverse

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their own jagged edge of growth and emerge as the hero whole, happy, and empowered. Each chapter of From Heartbreak to Wholeness includes powerful exercises in self-inquiry and reflection, along with step-by-

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step guidance for writing one ' s
own heroic story of healing.

Journey with Kristine Carlson
and learn how you can walk the
path from heartbreak to
wholeness.

This book reminds us when we

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bond our lives to truth, to the person of God in a living relationship with Him, the result is integrity. Integrity equals commitment plus truth. The example of Job is the starting point for each principle shared,

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but the author goes further making it personal and applicable for today. Job's fierce trial of fire refines, rather than consumed, his crown of integrity. Ten promises we must keep to live a life of integrity are shared

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by the author in a practical manner. The work ends with a prayer for integrity based on Job 31.

Stay

Discover the Epic Idea That
Motivated Your Birth

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Recovering Wholeness Through
Body, Mind, and Breath

Essential truths for Creating
Happiness, Wholeness, &
Success

Finding Healing, Wholeness, and
Connection through Embodied

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Living

The Way of Truth to a Life of
Wholeness

The Wholeness of Life

Finding Hope in the Detours of
Life

How can a skeptic tap

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the benefits of religious belief? When no religious account of the Universe satisfies, where does one turn for depth, meaning and engagement? This book

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explores secular,
intellectually credible
sources for the goods
normally delivered by
religion.

B.K.S. Iyengar--hailed
as "the Michelangelo of

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yoga" (BBC) and considered by many to be one of the most important yoga masters--has spent much of his life introducing the modern world to the

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ancient practice of
yoga. Yoga's popularity
is soaring, but its
widespread acceptance as
an exercise for physical
fitness and the
recognition of its

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health benefits have not been matched by an understanding of the emotional, intellectual, and spiritual development that the yogic tradition can also

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offer. In *Light on Life*, B.K.S. Iyengar brings readers this new and more complete understanding of the yogic journey. Here Iyengar explores the

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yogic goal to integrate the different parts of the self (body, emotions, mind, and soul), the role that the yoga postures and breathing techniques

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play in our search for wholeness, the external and internal obstacles that keep us from progressing along the path, and how yoga can transform our lives and

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help us to live in
harmony with the world
around us. For the first
time, Iyengar uses
stories from his own
life, humor, and
examples from modern

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culture to illustrate
the profound gifts that
yoga offers. Written
with the depth of this
sage's great wisdom,
Light on Life is the
culmination of a

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master's spiritual
genius, a treasured
companion to his seminal
Light on Yoga.

A journey into holistic
transformation that can
impact every area of

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your life—social,
emotional, financial,
physical, and
spiritual—allowing you
to live more
deliberately and
joyfully Will I ever

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feel like "me" again? Am
I on the right track?
How will I reach my
dreams and find
happiness? Based on her
comprehensive
qualitative research,

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Suzy Ross identifies
thirteen phases of
personal
transformation—processes
that form an upright
figure 8—to guide you
along your path toward

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wholeness. Readers will learn the map by entering into the stories of two ordinary individuals who face life-changing experiences that bring

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them into and through the depths of crisis to emerge transformed and whole. Equipped with The Map to Wholeness, we can understand the deeper purpose behind major

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life events and seemingly ordinary circumstances. In a world of constant change and complexity, how can we achieve lasting transformation in our lives? Using the

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wisdom of the Enneagram,
expert teacher Suzanne
Stabile opens the
concept of three Centers
of Intelligence:
thinking, feeling, and
doing. When we learn to

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manage these centers in relation to our Enneagram number, we open a path to reducing fear, improving relationships, and finding wholeness.

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The Journey to Healing
and Wholeness

Intentional Integrity

Light on Life

A Handbook for Thriving
in the 21st Century

Insights from One

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Woman's Journey of
Creating a Career and a
Life in Alignment
Radical Wholeness
A Woman's Book of Life
Real-Life Stories of
Crisis, Change, and

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Reinvention--Your Guide
through the 13 Phases of
Transformation

**What would it take for you to
make a change? Weight loss can
sometimes be a very self-focused
endeavor. Maybe you have**

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struggled with your weight your entire life, riding a constant roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world and all its demands. Perhaps you just don't feel as well in your body as you do

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in your spirit. In The Wellness Revelation, certified fitness professional Alisa Keeton will challenge you to get fit with God so that He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually,

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we will be better equipped to love and serve others. The Wellness Revelation will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study,

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small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside

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out.

David Bohm was one of the foremost scientific thinkers and philosophers of our time.

Although deeply influenced by Einstein, he was also, more unusually for a scientist, inspired by mysticism. Indeed, in the

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1970s and 1980s he made contact with both J. Krishnamurti and the Dalai Lama whose teachings helped shape his work. In both science and philosophy, Bohm's main concern was with understanding the nature of reality in general and of

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consciousness in particular. In this classic work he develops a theory of quantum physics which treats the totality of existence as an unbroken whole. Writing clearly and without technical jargon, he makes complex ideas accessible to anyone interested in

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the nature of reality.

**Bennett has worked closely with
Deepak Chopra for many years to
develop her innovative
techniques of breath, exercise,
yoga, and meditation. She has
advised everyone from world-
famous celebrities to corporate**

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CEOs on using movement and breath to achieve serenity and health. Line drawings.

Using his own story as a poignant, evocative illustration of God's grace and healing, Jason Vallotton--with a contribution from his father, bestselling

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author Kris Vallotton--invites you to reframe your understanding of pain in terms of redemption. It is possible to steward the deepest hurts in your life so that God can lay the foundation for your future. While it might seem incomprehensible that good can

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**ever come from such profound pain, you will discover that God not only can heal your wounds but will use the healing process to equip you for a restored, fulfilled, and powerful life!
Discovering Grace, Freedom, and Wholeness Where You Never**

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Imagined Looking

Discover Your Power, Claim Your

Wholeness, and Heal Your Life

Positioning Yourself to Do All

Things Well

Ten Life Strategies for Wholeness

from the Book of Job

Living the Life That You Are

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**Lose What Weighs You Down So
You Can Love God, Yourself, and
Others**

From Heartbreak to Wholeness

The Hero's Journey to Joy

**A permaculture expert and
popular YouTube**

Homesteader shares the skills

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and the delights of becoming a part of your own food story in this inspiring, accessible, and beautiful invitation to a more abundant, healthy, and connected life. Have you ever wanted to experiment with growing your own food but

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didn't think you had the space, the time, or the knowledge? Justin Rhodes thought the same thing—until after years battling systemic illness and struggling to provide the kind of wholesome food he wanted

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for his family, he bought a seed packet at the grocery store and was hooked! Justin discovered the miraculous potential and empowerment of working with nature to grow food for his family, and since that discovery, he has

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shared his self-taught skills with hundreds of thousands of growers via his popular YouTube channel and website. Whether you're looking for greater food security, better health, tastier food, to save or earn money,

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connect with your food source, this book is for you. If you're looking for a different kind of life—a life focused on health and wellness—take a look down the road less traveled. Looking for every opportunity to pass his hard-

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earned knowledge onto others, Justin Rhodes created this inspiring and practical invitation to growing your own food and experiencing a more connected, sustainable lifestyle, no matter where you live or how much space you

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have. Filled with beautiful and inspiring photographs from the Rhodes' homestead and chock full of resources, including gardening plans, everything you need to know about raising chickens, tips for how to get your kids

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involved, and even recipes for how to serve up your home-grown goodness, The Rooted Life provides you with the inspiration, the encouragement, and the practical wisdom that you need to begin the journey to a

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more rooted life.

Awakening to Wholeness describes a two-fold path of awakening that combines psychological and spiritual development. Psychology is concerned with the personal aspects of our being (i.e.

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body, emotions, mind and ego-self) and spirituality is concerned with the transpersonal aspects of our being (i.e. soul and true-Self. Awakening to Wholeness clearly and comprehensively describes the dynamics of

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human consciousness, ego-formation, psychological healing, personal development and spiritual growth. It also includes a range of powerful transformational tools, techniques and practices that

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can help us to: Understand why we think and behave the way we do. Heal and re-integrate the wounded parts of our psyche. Manifest our full potential. Let go of the things that are holding us back. Lead a happier, richer

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**and more fulfilling life. Know
and express our true-Self.
Realise that what we have
been searching for has always
been here - inside of us.
Recognise that the
opportunity to awaken is
always right here and now.**

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Many of us have a complicated relationship with our body. Maybe you've been made to feel ashamed of your body or like it isn't good enough. Maybe your body is riddled with stress, pain, or the effects of trauma. Maybe

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you think of your body as an accessory to what you believe you really are--your mind. Maybe your experiences with racism, sexism, ableism, heterosexism, ageism, or sizeism have made you believe your body isn't the

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right kind of body. Whatever the reason, many of us don't feel at home in our bodies. But being disconnected from ourselves as bodies means being disconnected from truly living and from the interconnection that weaves

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**us all together. Psychologist
and award-winning
researcher Hillary McBride
explores the broken and
unhealthy ideas we have
inherited about our body.
Embodiment is the way we
are in the world, and our**

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embodiment is heavily influenced by who we have been allowed to be. McBride shows that many of us feel disembodied due to colonization, racism, sexism, and patriarchy--destructive systems that rank certain

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bodies as less valuable, beautiful, or human than others. Embracing our embodiment can liberate us from these systems. As we come to understand the world around us and the stories we've been told, we see that

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our perspective of reality often limits how we see and experience ourselves, each other, and what we believe is Sacred. Instead of the body being a problem to overcome, our bodies can be the very place where we feel most

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**alive, the seat of our
spirituality and our wisdom.
The Wisdom of Your Body
offers a compassionate,
healthy, and holistic
perspective on embodied
living. Weaving together
illuminating research, stories**

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from her work as a therapist, and deeply personal narratives of healing from a life-threatening eating disorder, a near-fatal car accident, and chronic pain, McBride invites us to reclaim the wisdom of the body and

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to experience the wholeness that has been there all along. End-of-chapter questions and practices are included. We all want a life filled with peace, prosperity, and fulfilling relationships. What's more, Jesus Christ wants us to

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have and enjoy these things. A healthy mind, physical vitality, and success can help you reach a world that so many people never find. Even so, Christians everywhere aren't enjoying the wholeness and victory that Jesus secured

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through His death and resurrection. When you use biblical principles to develop good habits, you can move closer to living a life of wholeness. This handbook to enjoying a more fulfilling spiritual life offers guidance

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to help you - Enjoy what Jesus purchased for you when He willingly gave His life on the cross; - Appreciate the fact that wholeness is only possible through Christ; and - Follow parameters and commandments that can help

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you achieve your goals. Jesus wants His children to experience wholeness, but many continue to live defeated lives. Buck the trend and start enjoying physical, mental, emotional, financial, social, and spiritual well-

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**being with The Way of Truth
to a Life of Wholeness.**

**Catholicity and Life in the
Spirit**

The Wisdom of Your Body

The 20th Anniversary Edition

Remembering Wholeness

Wholeness

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**Secular Wholeness
Enneagram Wisdom for
Stress, Balance, and
Transformation
A Woman's Guide to Health,
Healing, and Wholeness at
Every Age
Embodying Soul: A Return to**

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Wholeness: A Memoir of New Beginnings

A simple and profound approach to creating the life you want and deserve.

Actualizing your own innate powers and the powers of

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heaven to assist you.

Using recent hormonal and neurological research, the author shows how women can use mood swings and life changes to achieve greater health and well being

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There are qualities we all yearn to experience in our lives—peace, simplicity, grace, connection, clarity. Yet these qualities evade us because each of them arises from an experience of wholeness, and

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we live in a culture that enforces divisions within each of us. In Radical Wholeness, Philip Shepherd shows the countless ways in which we are persuaded to separate from the body and live in the head.

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Disconnected from the body's intelligence, we also disconnect from the wholeness of the present. This schism within us is the primary source of stress not just in our personal lives, but for the

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systems of the planet. Drawing from neuroscience, anthropology, physics, the arts, myth, personal stories and his experiences helping people around the world to experience wholeness, Philip Shepherd

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illuminates what true
wholeness means and offers
practices designed to help
readers soften into the
intelligence of the body.

Radical Wholeness is a call to
action: to recover wholeness

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and experience a new way of being.

Popular speaker and New York Times bestselling author of *Woman Evolve*, Sarah Jakes Roberts shows women they are not disqualified by their pain

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and failures and offers encouragement and strength to believe God's best is still possible. Everyone has experiences in their lives that stop them in their tracks and become burdens they carry

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with them everywhere they go. No one knows this better than Sarah Jakes Roberts. Pregnant at fourteen, married by nineteen, divorced by twenty-two, and all while under the intense spotlight of being

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Bishop T.D. Jakes's daughter, Sarah knows what it is to feel buried by failure and aching pain. But when her journey brought her to faith's fork in the road, Sarah found she had to choose between staying in

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the comfort of the pain she knew or daring to make new wounds and move forward. Now Sarah shares the numerous life lessons she's learned along the way with other women also struggling to

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believe they're not disqualified by their pain and past mistakes. She delves into topics such as allowing the past to empower the present, choosing to step forward while still being afraid, facing

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struggles in the midst of community, finding intimacy with God outside of preconceived notions of what it should look like, and learning to focus on others. In Don't Settle for Safe, Sarah will help

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you: View your history with
positivity Demolish destructive
patterns Connect with true
intimacy Repurpose your
passion into to your purpose
Realize your true calling With
deeply personal stories of her

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own, Sarah helps readers find their way to the right perspective and the confidence to walk toward the best God has for them.

Finding Wholeness When You Feel Lost, Isolated, and Afraid

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Breathing Into Life

The Map to Wholeness

Awakening to Wholeness

A Journey Toward Love and
Wholeness

The Journey Toward Wholeness

The Wellness Revelation

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In Pursuit of Wholeness

We desire to be transformed, to grow more and more like Christ. But for many of us, our strategies for change don't work. We misperceive God as a judgmental Father, leaving us demoralized

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and paralyzed by shame.

Stumbling toward Wholeness offers a new strategy for spiritual growth and life transformation: regularly returning to the arms of a kind and loving Father. There are many books that explore the

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parable of the Prodigal Son, but few approach it with the personal vulnerability and psychological insight of Andrew Bauman.

Andrew shows how taking the time to identify with each of the brothers in this story can help us

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come to terms with our own brokenness and the need for God revealed in it. We discover a process of change that applies to each of us and a healing journey that moves us toward the likeness of the Father in how we love the

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people around us and address the pain others have caused us.

Wholeness Winning in Life from the Inside Out Zondervan

Author Cindi McMenamin's

bestseller When Women Walk

Alone (more than 100,000 copies

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sold) confirms her gift for encouraging women who are journeying through difficult seasons. In her newest book, she offers help for women who are dealing with wounds from unresolved issues in their past.

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When a Woman Overcomes
Life's Hurts explores the kinds of
hurt women experience and offers
gracious, biblical counsel on how
and where to find healing. Cindi
shares the faulty thinking that
often accompanies life's wounds

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and replaces it with truths every woman needs to know about how God views her. She takes women from feeling insignificant to realizing how much the Lord loves them feeling undesirable to seeing their true beauty feeling they're

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not good enough to recognizing how special they are This is a book filled with grace, redemption, and transformation—leading women toward a renewed focus on God, a resurgence of inner joy, and better

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relationships with others.

Don't let your past keep you from a full future. Like every girl, Sarah Jakes dreamed of a life full of love, laughter, and happy endings. But her dreams changed dramatically when she became

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pregnant at age thirteen, a reality only compounded by the fact that her father, Bishop T.D. Jakes, was one of the most influential megachurch pastors in the nation. As a teen mom and a high-profile preacher's kid, her road was

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lonely. She was shunned at school, gossiped about at church. And a few years later, when a fairy-tale marriage ended in a spiral of hurt and rejection, she could have let her pain dictate her future. Instead, she found herself

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surrounded by a God she'd given up on, crashing headlong with Him into a destiny she'd never dreamed of. Sarah's captivating story, unflinchingly honest and deeply vulnerable, is a vivid reminder that God can turn even

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the deepest pain into His perfection. More than a memoir, Lost and Found offers hope and encouragement. Perhaps you, like Sarah, find yourself wandering the detours of life. Regardless of how lost you feel, you, too, can be

Where To Download Wholeness Winning In Life From The Inside Out found.

Embracing the Uncomfortable to
Become Unstoppable
Discover the Healing and
Wholeness God Has for You
Where Have I Been All My Life?
Don't Settle for Safe

Where To Download Wholeness
Winning In Life From The Inside
Out
Lost and Found

This Life Is Yours
Life Is Your Best Medicine
PURPOSE AWAKENING --
Wholeness is about removing
invisible boundaries from our

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lives that keep us from realizing our highest potential. In order to live an outer life without limits, we have to uncover and address the inner limitations that hide in our blind spots. This life-changing book explains

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that regardless of where you are in life, Wholeness will take you higher. Wholeness will elevate your sense of fulfillment in life, produce healthier, more rewarding relationships, and will position you for optimum

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success in every endeavor.

International thought leader
and pastor Touré Roberts
explains we can't always choose
the experiences that keep us
from being whole, but we can
take control of our lives today

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and bring healing to any broken area. Key chapters include an in-depth relationship guide titled "Two Halves Don't Make a Whole." "The Cracked Mirror" shows how unprocessed experiences can negatively

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shape our view of self, others,
and the world around us.

"Ghosts of the Past" gives
powerful, practical tools for
avoiding the traps of the past
and ensuring that we enter into
the amazing future that God

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has planned for us. Wholeness is filled with wisdom garnered from Touré's own life--raised by a single mom, narrowly escaping the trappings of inner-city life, and finding success in corporate America. His insight

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is further broadened by his role as founder of one of the most influential churches in the nation, with over fourteen years pastoring thousands of millennials, couples, families, and a diverse group of

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individuals. Wholeness will take you on a transformational journey that won't leave you the same. Concluding with a "Wholeness Test," Wholeness will help you track and maintain your progress while walking out

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your journey to your full
potential.