

# I Like Your Vibe

*8 Buzzy Skin-Care Trends From 2023 That Are Worth the Hype - The Cut*  
*Your Wednesday Kickoff: Vibe checking every potential Western ... - MLSsoccer.com*

**Spadaro: What's the vibe in the locker room ahead of 49ers rematch? - PhiladelphiaEagles.com**

**Catch a VIBE: Find Your New Home with VIBE Realty! - Lavender Magazine**  
*WKD Vibe liqueur range launched to capitalise on layering on-trade ... - The Grocer*

8 Best Small Towns In New Mexico For Retirees - Worldatlas.com

Surf fight splits internet after local filmed slapping visitor at popular ... - BeachGrit

**Horoscope Today: November 23, 2023 - VOGUE India**

Vibe around USWNT camp this week "the start of something new" after Emma Hayes visit - Miami Herald

**Small business Saturday in the ViBe Creative District - WAVY.com**

**Are we finally exiting the "vibecession"? - Marketplace**

*How to change your username on Skype - Android Police*

*The Newcastle Uni halls you belong in based on your vibe - The Tab*

**Governor Lamont Announces Connecticut's 'Find Your Vibe' Tourism ... - CT.gov**

Which American City is Your Vibe? Take the Quiz - My Modern Met

**Stephen A. Smith Defends Malika Andrews Amid Criticism From Dez Bryant - Vibe**  
**Carmelo Anthony Releases New Clothing Line With 1800 Tequila - Men's Journal**

**Chris Brickley is more than a trainer - he's a vibe - NBA.com**

*Horoscopes - The Cooper Point Journal - The Cooper Point Journal*

*Hencla Adds a Touch More Holiday Vibe to Bondi, Courtesy of ... - Broadsheet*

**Saint Laurent's New "Le 5 à 7 Supple" Are Ushering in a Vibe Shift - Interview**

**'Make it here' joins 'Find your vibe' in latest CT marketing blitz - The Connecticut Mirror**

**Know Your Vibe: A Breakdown of SXSW's Unique Austin Venues - sxsw.com**

*Lainey Wilson Opens Up About Love, Family and Just How Many ... - PEOPLE*

**10 things to do in Charlotte based on your vibe - Axios Charlotte**

**Moon Conjunction Aspects for Each Planet in the Natal Astrology Chart - AZ Animals**

*Food Quiz: Pick Pop Songs Get Thanksgiving Food - BuzzFeed*

*37 Products With Some Real Snuggle Up Vibes - BuzzFeed*

**Book Recs: Classics By Women - Woroni**

**These DC Restaurants Are a Whole Vibe - Washingtonian**

**Alicia Keys' 'The Diary Of Alicia Keys' Songs, RANKED - Vibe**

*Mariska Hargitay Got a New Cat — and Named It After Taylor Swift! See Pic - NBC Insider*

*5 Ways To Boost Morale When the Classroom Vibe Is Off - WeAreTeachers*

**Ace Your Vibe This Back-To-School Season with Macy's - Macy's, Inc.**

*9 Best amika Hair Products That I Suggest for All Hair Concerns - PINKVILLA*

*Miracle reprieve for Big Island surf schools as court steps in to delay ... - BeachGrit*

*Food Quiz: Which Fast Food Chain Are You - BuzzFeed*

**Sunday 3 December 2023 - Monocle Minute - Monocle**

**The ultimate December content challenge - GirlsLife**

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[Chicago yoga studio, small business strives for inclusion, calm - CBS Chicago](#)

[The ultimate guide to solo eating around Glasgow - The Tab](#)

[We Tasted And Ranked Every Flavor Of My/Mochi Ice Cream - Daily Meal](#)

**If someone consistently does these 13 things, they're unpleasant to ... - Hack Spirit**

[Christmas Nail Ideas That Are Festive & On-Trend - The Zoe Report](#)

**'The Buccaneers' Is Edith Wharton on TikTok - The Atlantic**

**Haiku Hands Take Us Through Their Sensory New LP "Pleasure ... - FLOOD Magazine**

[12 Bits of Trivia That Saw You From Across the Bar and Really Dug Your Vibe - Cracked.com](#)

**Lenny Kravitz Admits That He Hasn't Always Felt "Celebrated" By Black Media - Vibe**

**Social media algorithms to blame for antisemitic, Islamophobic content online, Waterloo expert says - CBC.ca**

**10 things to do in Toronto this weekend - blogTO**

[How fragrance experts make homes smell great at Christmas - Ideal Home](#)

**The Best Acrylic Nail Kits Afford You Budget-Friendly Manicures at ... - Yahoo Life**

[For insects that glow, artificial light is killing the vibe - PBS NewsHour](#)

**John John Florence paternity thrown into doubt, again, with freshly ... - BeachGrit**

**Joanna Gaines-Inspired IKEA Hacks That'll Give Your Home A Fixer ... - House Digest**

**How to Master the Art of Going to a Bar Alone - Men's Journal**

*Barbie movie 2023: Why is everyone hyped for Barbie? - Vox.com*

*Victoria Monét Gifts Usher With Custom Super Bowl LVIII Jacket ... - Vibe*

*SZA Recalls Frustration Over Label Giving Rihanna Her Song, "Consideration" - Vibe*

*33 New Year's Eve Appetizers — Tasty NYE Apps and Snacks - Cosmopolitan*

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**Food Quiz: Pick Christmas Gifts Get Holiday Flavor - BuzzFeed**

*Now is the best time to stock up on all your guitar essentials - here ... - Guitar World*

**Emma Stone joins the 'Saturday Night Live' Five-Timers Club - Entertainment Weekly News**

*NHL Vibe Check: Rule Changes We'd Like to See - Bleacher Report*

**YouTube Music Recap is no Spotify Wrapped, but it's still pretty fun - TechCrunch**

*How Canva's HR team boosts morale with a 'head of vibe' - HR Brew*

*Where to stream 'How the Grinch Stole Christmas,' more holiday ... - The News Journal*

**Five quirky 'Yulefest' Kilkenny events for you and your family this ... - Irish Independent**

**10 Christmas wreath trends to know about this festive season - Ideal Home**

**Movie trailers are far too long. Just give me the vibe, don't walk me through it like a stupid baby - The Guardian**

**Spadaro: 5 stories that define the vibe heading into Tampa Bay - PhiladelphiaEagles.com**

*30 Retro-Inspired Items If You're Digging A Nostalgic Vibe - BuzzFeed*

**Studio Sessions | TropDavinci helped Rick Ross and Meek Mill make 'Too Good To Be True' in a few months - REVOLT**

**10 Tips For Making Glorious Soft Pretzels From Scratch - Tasting Table**

*Which TV Show Matches Your Vibe? - BuzzFeed*

*Surf fans break out in bitter sobs as core surfer Leslie Fhima has ... - BeachGrit*

**From rap to experimental flute, how and why musicians reinvent ... - WMFE**

**20 Best Clitoral Vibrators of 2023, Tested and Reviewed - Cosmopolitan**

*Natasha Lyonne Jokes She Likes to Bring a 'Sexy Vibe' When ... - PEOPLE*

**This Quiz Will Reveal Which Type Of House Matches Your Vibe - BuzzFeed**

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*Sexy Red, AZ, Domani, And More Explosive New Music Friday Releases For Your Playlist - Vibe*

*20 Questions to Ask When Your Team's Vibe Is Off - HBR.org Daily*

*Bringing Your Vibe on Vacay? Follow These Travel Tips - Cosmopolitan*

**Plan Dinner Party Which Taylor's Version Album Are You - BuzzFeed**

**McG Reveals How Jennifer Garner Was Instrumental In Building ... - TooFab**

*I Tried To Dress Like A Pinterest Board Girl For A Week, And Here ... - BuzzFeed*

**Ultimate Surfer Koa Smith eye-witness to faith healer Joe Dispenza ... - BeachGrit**

**Holiday concerts offer soundtrack to the season - Boston Herald**

**Forget the Roman Empire: Here's what thinking about these time ... - The Tab**

Don't Read This...Your Ego Won't Like It! - Dov

Baron 2009-09

Don't Read This...unless you're looking for a practical guide for applying the art and science of manifestation that your ego won't like—but you will love! While our ego minds can be tempted by the rich promises of the 'Law of Attraction' movement, it is the very conditioning of the ego-mind that prevents so many of us from realizing

true abundance. Is there a flaw in the science of it? Is the ego-mind sabotaging our best efforts? Or are we missing a piece of the puzzle when it comes to applying the theory to our daily lives? Mind master and manifestation expert Dov Baron delivers the key that unlocks the mystery once and for all: The Equation For Manifestation. This easy, practical, step-by-step process will help you get past the ego-mind so

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that you can align yourself completely with your desired outcomes. You will discover the "X factor" that will help you bridge the gap between wishful thinking and practical results. You will finally be able to apply the art and science of conscious manifestation in your life. Applying the techniques in this book, you will realize the true root of any limited beliefs still holding you back from attaining the levels of success that may be eluding you and eradicate them! Whether you're looking to attract vibrant health, abundant wealth or empowering relationships, you will find a treasure trove of practical wisdom within—but beware: Your Ego Won't like It!

**Elevate Your Vibe** - Rashad Rayford 2019-08-18  
Elevate Your Vibe is a breath of fresh air. This book really speaks to the heart of people. Beyond the façade of social media and the hype of today's trends, this book talks directly to us about us. We are all searching for things that will uplift us and take us to higher heights in our everyday life. This book offers practical ways in

which we can grow and have positive change in our lives and our communities.

**Love Letters To A Man** - Barbara Jackson  
2013-10-31

Love Letters to a Man, is an exploration through falling in love, the depression and resolution of the end of a relationship and starting over in love and life. It is written in spoken word prose because through this journey sometimes getting the emotion out doesn't always mean simply talking about the problem or being rational. Writing is a release and poetry is simply the method used to say what is in the head and heart. This is not a self-help book but is intended to lend insight to others that they are not alone in their efforts to get through the ups and downs of life and relationships. Love Letters to a Man does speak from the heart felt experiences and trial and error of working through the aftermath of break ups, and starting over in new relationships and the self-examination that should go on in between. It also uses the

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imagery of experiences from childhood that lend insight into the hard taught lessons about the authors own self-image.

*QUANTUM HIGH PERFORMANCE BLUEPRINT*  
- SUBRAT MAHAKUL 2023-03-26

Do you want to be famous and successful like other people, but you don't know what's stopping you? Do you feel like you work hard but don't get what you deserve for it? Have you tried hard but failed over and over, and now you want to give up? Do you think you are negative, lazy, failed, unsuccessful, poor, and unlucky? Do you still have problems with your own demons and don't know how to solve them? If yes, then "Quantum High Performance Blueprint" is only for you. So, if you are a curious person who wants to know, learn, and put the deep principles into practice, you will see amazing things happen in your life, career, business relationships, and other areas. The book you're holding isn't a theory; it's a practical guide that will point you in the right direction and help you

become the best version of yourself. Whether you want to get more done, be a better leader, get better at something faster, or feel a lot happier and more confident, the habits in this book will help you do all of those things. In addition to understanding what you will read, you can also share the ideas with your close friends and family so they can learn from them and have similar experiences.

Raise your Vibe in 21 days - T.J. Batts  
2020-05-15

This is book is to give you tools to help raise your vibration and elevate your life. So many of Us wish to live a better life but have no idea how to do it. This book is the perfect way to start implementing small chances to help you shift to a more positive mindset. As you shift to a more positive state your vibration changes. The higher your vibration, the more you acknowledge your true self. Alignment with your true self leads to a more magical life. You are a creator. The time has come to start creating YOUR life.

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## **Raising Your Vibe** - Monique Joiner Siedlak 2021-10-08

If you feel it, you feel it. They are rare but they do exist- they mitigate other people's existence, they are healers and mediators. They are lightworkers. But most of them don't start believing in themselves soon enough to recognize their beacon and purpose on the Earth to begin healing others, as well as themselves. Or simply, to identify lightworkers sent for them, around them. This book is your perfect first step to teaching yourself everything you need to know to find your inner power, or discover that of others. The latter is as important as reflecting on your potential to unfold. Sadly, many are misguided by generalizing the purpose and types of lightworkers. It is as important to know which kind of lightworker you are, as it is to know if you are one or not, or if the person you're trusting your mind and heart to is one or not. Take your intuition and match it with our guidance and knowledge to discover your

potent, healing powers to elevate humankind's mindfulness. If you feel an astronomic pull towards helping others, or towards helping yourself, it would be a waste of time to make yourself figure it all out on your own. Yes, your gut will play the biggest role in your path of becoming a lightworker, but you need to build up to that intuition with the knowledge and experience tempered in all sorts of ancient fires. We provide precisely that in this book of compressed pearls of wisdom and tools to perceive yourself and others. In this book, you will learn about: ● All types of Lightworkers: From Gatekeepers to Seers, you will learn hard facts about their nature and characteristics, making it simple for you to identify them from miles away. ● How to know if you're a lightworker: You will be advised to take a close look at your soul to identify your sensitivity, healing powers, and your manifestor self. ● How to take care of yourself as a lightworker: Help yourself before you attempt to heal others. You

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will explore how to clear your energy field, ground yourself, meditate, and find stillness in everyday life. If you're ready to embark on this journey... Start today!

**What's Your Vibe?** - Craig David 2022-10-06

\*\*\* I'm still learning, still making mistakes, but I feel ready now - after a lot of twists and turns along the way - to share my journey with you. In his much-anticipated first book, celebrated singer-songwriter Craig David takes us on a journey of connecting, disconnecting and reconnecting, weaving together stories of his life and music - starting with his early days in Southampton working with The Artful Dodger, to his overnight chart-topping success, through to the present day, and everything in between. This is Craig as we've never seen him before - the always-positive showman, baring his soul for the first time. From physical pain, lost love, public humiliation and depression, Craig takes us past his comfort zone, in a raw, honest and courageous account of his own lived experience.

In opening up about how he overcame these obstacles, Craig shares his insight and provides practical advice that will help us to navigate the daily challenges we all face. This is Craig's story of how he learned to tune into his best life.

[She's Got That Vibe](#) - Valerie Campbell  
2021-09-19

Do you feel like you're projecting a vibe that attracts unwanted responses from men? Too often, we're afraid of being our authentic self for fear of not being accepted by others. How then will you attract true love? It is in the shining of our true selves that we attract what is authentically due to us. She's Got that Vibe delivers a life-changing and unique perspective as to why men are attracted to an authentic woman whose vibes communicate what she truly wants! To help women become aware of their negative vibes in the dating/courtship area, the top 10 major mistakes women make that turn men off are amusingly shared, with the intention that you not take yourself too seriously and

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lighten up! This essential guide will show you how to embrace a new you and emanate a vibe that men find simply irresistible! You will learn how to: Project a vibe that will magnetise quality men Break a pattern of self-sabotaging behaviour Increase self-love and have your needs met Attract and retain a loving relationship with your Mr Right! Full of valuable teachings based on the Law of Attraction, this book will have you relating to yourself, men and life in an empowering way. Valerie also shares expert insights in the power of self-value in the dating and courtship space and how this significantly affects the way you are treated by men. The core message here is, change your vibe to change your life.

### **How To Raise Good Vibe Children - and Raise Your Own Vibration Too** - Denise Noonan 2022-04-23

It's all in your 'vibe'! We can feel the 'vibe', the vibration of people's energy. It's just not a quirky saying. This book is literally about raising 'Good

Vibe Children'. We all know and feel the energy of good 'vibe' people. We just know it! We feel their 'energy', their 'vibe'. This 'feel good' energy they have, is also a balanced energy, not too little, not too much. Good 'vibe' people, attract more good 'vibes' into their lives. Growing up with good balanced energy around you is the foundation of being a good 'vibe' person. When children are raised in an environment where they feel good about them-selves, feel loved, feel valued, feel safe and secure, have integrity, are thoughtful and aware, it's easy to nurture physically and emotionally, healthy good 'vibe' children. Over the years as a kinesiologist, I learnt the secret to raising, good 'vibe' people. Positive childhood experiences are a no brainer, when thinking of how to raise good 'vibe' kids, but it's not about perfect experiences. It's about our 'feel good' experiences being in balance. When children experience balanced, healthy, 'feel good' feelings in their life, they will attract more experiences of balanced, healthy, 'feel

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good' experiences. If their 'vibe' is good and their thoughts, emotions and beliefs are good, they develop a healthy sense of self and are able to work through life's challenges and goals easily. It's all about energy flow in and around all of us. Using the information from our energy centres as a guide, we can easily create experiences for our children and ourselves, that help promote 'good vibes' in them and us. And when energy is flowing freely we are in balance and our world is effortless. This book is a guide for 'good parenting', raising children to have self confidence, certainty, a healthy sense of self, with the ability to see that life can be viewed from all sorts of perspectives. It is also great for the adult reader to look at their own experiences, view those in a different perspective and choose to look into healing past or present stresses or traumas from their life. Using the Law of Attraction's like attracts like theory, we become more conscious that we are in charge of our own thoughts and therefore, our

reality.

Raise Your Vibes! - Athena Bahri 2021-03-03  
Fun and easy to use, this book enables everyone to take advantage of the healing and empowering energies gifted to us by the Universe, and to take their wellbeing into their own hands. Reiki Master Athena Bahri has developed an approach to energy self-healing that combines simple Reiki techniques that anyone can use with a range of different healing modalities, from crystals to lunar rituals. The book is aimed at all those people who are looking for ways of improving their lives that aren't too complicated and can be done without spending time and money on expensive courses. It includes a straightforward process of Reiki self-attunement that will enable readers to access the simple Reiki healing powers and combine these with the other techniques described. The emphasis is on empowering readers to use these tools to create a vibration-raising practice of their own, that they can then

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use in a range of different situations, from dealing with physical pain to ridding themselves of stress and lingering emotional upset to improving the vibes of their surroundings at work and at home.

**Life Music Feel the Vibe** - Dean Glemmey  
2021-06-04

Do you want to be the best you can be and live a life the best it can be? Your life music is the key to unlocking your superpower allowing you to tune reality. In this remarkable guide, Dean Glemmey musician, songwriter and advocate of positive vibes and personal transformation, draws from his life experience, research and intuitive wisdom to take you the reader on an eye-opening, thought-provoking and inspiring journey that will change your life and the way you think about your reality forever. This wonderfully concise self help book is packed full of valuable insights and practical frameworks for self empowerment that can be applied to manifestation and so bring success, happiness

and wellbeing to your true self. In Life Music Feel The Vibe you'll discover > What connects everything > Why you can change the world around you, create your reality > Self help principles to master yourself and change your beliefs > How to use manifestation to realize your desires You'll learn the concepts of: > Life Music > Positive and negative vibes > Interference and toxic energy vibrations > Tuning your reality Life is not fixed or pre-ordained. You are the composer of your Life music. Don't leave lasting happiness to chance. Invite great opportunities into your life with Life Music Feel the Vibe. Simply click on the BUY button on this page to get your copy right now!

**THE VIBE AMPLIFIER** - Adrian Gabriel  
Dumitru

Together with my friends Paul and Brian, talking about the philosophy of life and the paths that we should follow ... trying to find ideas for a beautiful reality ... we came to the conclusion that the human being needs kind of a vibe

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amplifier that should be around all the time. The 3 of us are now over 40 and even if many wrote me asking if Paul and Brian really exist or they are just my imaginary friends ... i smile each time when i read that question, understanding that the 2 of them are somehow my reflection ... of my thoughts, actions, desires and everything defines me. Paul is the one that came first with the weird idea of the ... vibe amplifier and even if me and Brian laughed of him when we heard his theory .... later on we saw that we are actually looking for the same thing .... in different other forms. Paul was practicing a form of a modern art ... admiring beautiful ladies and thought all his life that the right woman, carrying an amazing vibe when she is with you ... can make you have the greatest vibe that you could carry inside of your soul during this life time. I was believing in my businesses. More money i was making, more happier i was. Well ... until i realized that it was just an illusory path ... and the meaning of life, or at least of my life is

not to make money. Brian was somewhere between me and Paul. He wanted money, ladies and everything could make him be happy ... even if he also realized the illusory meaning of it. But ... he always wanted ... the best. In fact we discussed a lot about the illusion of life and this chase for volatile reasons that would make us have an amazing vibe ... and we came up all the time with lots of weird ideas. This is how we started to analyze ... define and redefine the paths that we should follow in life so that life itself should become a beautiful journey. In the book "The vibe ... amplifier" we gonna talk about different ways of becoming ... happy, but also ways of keeping that happiness inside of your inner soul. So .... what if ... Paul's theory with the vibe amplifier is true?! What if ... connected to the present moment ... but also being helped by something, or someone ... the beautiful vibe will be amplified and amazing beautiful feelings will overwhelm our souls?! What if this really works?! Should we pay attention to this theory?!

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Well ... if you are already a happy person ... you can ignore us. But ... maybe if your reality is not the way you wanted ... and you dreamed so much about it ... you can come and join us on this journey of finding the real path of a ... beautiful life. There will be many times when everything might look like a nonsense ... but we've always considered that part of life. We will try to do our best to find that path ... the real one and we'll ask you from the early beginning to forgive us if from time to time we will also guide you to what we love to define as ... pathless paths. But you see ... life is a journey and we should not think so much as we do it ... at the final destination ... but enjoy the journey itself!

[Girl Rebuilt](#) - Tracy Shields 2020-08-08

You're miserable, in pain, frustrated. He says he loves you, but he's never available. Wtf? No matter what you do, no matter how successful you are, you can't seem to break the pattern of dating unavailable, avoidant guys, and you're

sick of it. "Girl Rebuilt" is designed for women who are seeking to avoid dating those partners. It requires asking yourself a tough question: could you be a love addict? Tracy Shields is the bestie you need to talk it out with. She offers up fresh, intense insight on how to reconfigure your defense mechanisms, ditch your fears of abandonment, and become the person you need to be to experience healthy love.

*Raise your Vibe, Rock your Life!* - Elizabeth Bowie 2022-09-12

'Raise you Vibe, Rock your Life,' is a bite size entertaining read filled with 111 ways you can make changes in your life to elevate your vibration and start manifesting like a rock star. Learn why it is important shake things up in life, and how to shift old energy out of the way to allow in all the goodies you have been dreaming of.

**Change Your Vibe** - Patricia Reilly Panara 2021-01-30

Connecting with people comes down to one

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thing and one thing only...your VIBE. Change Your Vibe spells out how to release the "Real You" to the world and to connect with people in ways you never imagined you could. Author Patti Panara explains how to dissolve your self-protective force field and find the fun in socializing with just about anyone. Change Your Vibe smashes things down to a molecular level as you go from Zero to Charming one social interaction at a time. With humor, creative life hacks and a dash of Big Sis bossiness, she shows you how to grab the planet by the lapels and invite it into your life. Whether you're a beginner or a seasoned socializer, Change Your Vibe will change your life - for the better. Traditional communication skills books emphasize the externals of your presentation. Change Your Vibe "flips the script" by focusing on what's REALLY important when you want to connect with people -- what's INSIDE you. Forget the research, ignore the imperatives, consign the rules to the compost heap. What's important in

communicating well is what's in your heart and your ability to convey that. Change Your Vibe shows you how to make a powerful impression, connect with people, invite them into your life, and develop lasting friendships. Don't wait another moment to CHANGE YOUR VIBE.

Trust Your Vibes - Sonia Choquette 2010-09

In this fascinating book, spiritual teacher Sonia Choquette reveals the secrets you need to awaken your intuitive voice and ... trust your vibes. If you're ready to step into a Divine, more energetically uplifting experience and live an easier more satisfying life, you'll learn how to do so within these pages...

**Good Vibes, Good Life** - Vex King 2018-12-04

Be the best version of you that YOU can be. How can you learn to truly love yourself? How can you transform negative emotions into positive ones? Is it possible to find lasting happiness? In this book, Instagram guru Vex King answers all of these questions and more. Vex overcame adversity to become a source of hope for

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thousands of young people, and now draws from his personal experience and his intuitive wisdom to inspire you to: - practise self-care, overcome toxic energy and prioritize your wellbeing - cultivate positive lifestyle habits, including mindfulness and meditation - change your beliefs to invite great opportunities into your life - manifest your goals using tried-and-tested techniques - overcome fear and flow with the Universe - find your higher purpose and become a shining light for others In this book, Vex will show you that when you change the way you think, feel, speak and act, you begin to change the world.

**She's Got That Vibe** - Valerie Campbell

2014-09-25

Do you feel like you're sending out 'vibes' that attract unwanted responses from men? Too often, we're afraid of being our true selves for fear of what others may think. Not realizing that it is in the shining of 'who we really are' that we draw others. She's Got That Vibe delivers a life-

changing and unique perspective as to why men are attracted to an authentic woman whose vibes communicate what she truly wants! To help women become aware of her negative vibes in a dating/relationship situation, The Top 10 Biggest Mistakes Women Make That Turn Men Off are revealed. This essential every woman's guide will enable you to uncover the authentic 'you' and in so doing, ooze such irresistibility that men will find themselves inexplicably drawn to you. You will learn how to: Create a new positive sense of self Love yourself and have your needs met Break the cycle of mistakes that turn men off Use your vibes to attract your perfect partner Be effortlessly, authentically you! Full of invaluable teachings based on the Law of Attraction, She's Got That Vibe will have you relating to yourself, life and men in a powerful new way. Valerie also shares her expert insights in the power of self-value in the dating and relationships game and how this significantly affects the way you are treated by

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men. The core message here is, change your vibes to change your life!"

**Lift Your Vibe** - Richie Norton 2021-06-24  
 THE PERFECT BOOK FOR THE NEW YEAR  
 FROM LIFESTYLE AND FITNESS COACH,  
 RICHIE NORTON 'A book packed with easily  
 achievable, game-changing rituals' FEARNE  
 COTTON 'A wonderful feel-good book full of  
 ideas and advice to lift your mood and energy'  
 JOE WICKS

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For many of us, work, socialising and keeping fit are more challenging than ever and we are feeling disconnected from and unsure of the world around us. In *Lift Your Vibe* Richie shares his transformative, simple-to-follow daily rituals that fit into even the busiest schedule. After an injury brought a sudden end to his professional rugby career, Richie Norton discovered the peace, contentment and joy of breathwork, yoga, nutrition and meditation, and now shares his

expertise to help you unlock and develop your full physical and mental potential. Whether it's a one-minute triangle breath exercise, a five-minute wake-up flow, or a delicious 30-minute recipe, this guide contains accessible practices that anyone can build into their day to create new, healthier habits. Richie's advice is guaranteed to help you achieve a fitter body, lower stress levels, a clearer headspace, increased energy and a better quality of sleep. There's never been a better time to start taking care of your mind and body, so let Richie guide you into your healthiest and happiest life.

**You Are Amazing** - Sonia Choquette-Tully  
 2017-05-30

Grounded Spirituality for the Real World Sonia and Sabrina are sisters and best friends. Trained by their mom, a world-renowned spirituality teacher and visionary guide, they know how to move through life with trust and confidence using their intuition and their intellect. They also have super regular problems, like What the heck

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is bad vibing me right now?, or Where does my soul want to lead me next? They love chic restaurants and Beyoncé. They talk astrology and psychology. They listen to what their Spirits love and they build their lives around what they love, instead of trying to shove their Spirits into their lives. In this book, they share with you their successes and failures. They teach you how

to become your own best friend, trust your vibes and your heart, quiet that jerk that lives in your head, and move through life with confidence, trust, and creativity, even if you 're not totally sure where you 're going. Deep and real, yet silly and fun, Sonia and Sabrina invite you to become part of their tribe so you can create the life you want!

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