

Love For No Reason 7 Steps To Creating A Life Of Unconditional Love

REACH Your Dreams Alice Chan, Ph.D. 2011-06-16 Do you have a picture of your dream, but feel uncertain—or even afraid—of what it'd take to make it real? Do you feel an inner nudge to do something, but have no clear idea of what it is, let alone what to do? Are you frustrated with seemingly just marking time in your life, but don't know what you really want or what changes to make? Are you tired of wondering why things seem to just happen to you and wishing you had more control over your own destiny? Are you simply looking for a concise roadmap to raise your consciousness in how you live? If your answer to any of these questions is yes, this book has your answers! After feeling lost for many years, even questioning the point of being alive, author Alice Chan can deeply relate to your discontent and pain. She transformed her life by shifting her perspective from victimhood to self-empowerment. Based on her own success, she has developed a roadmap to step you through how to do the same for yourself. By following these five steps, you too can create the life of your dreams: • Release limiting beliefs and hidden barriers blocking your path to your dreams. • Envision living the life you want and having your dreams fulfilled. • Act on inner guidance to fulfill your dreams—one smart step at a time. • Celebrate the good in your life—even the little things—and attract more reasons to celebrate. • Honor the current you and where you are in life, as you create from the here and now. Are you ready to empower yourself to REACH your dreams?

Loving Well in a Broken World Lauren Casper 2020-02-18 How can we love our neighbors amid so much division and hurt? Loving your neighbor as yourself would be easy if your neighbors were all people you understood, people you agreed with, people like you. But what about playground bullies, colleagues, refugees, online adversaries? They're all our neighbors, and Jesus said to love them. Every one. But how? Lauren Casper believes the key is the lost art of empathy, stepping into other people's shoes and asking what if?—what if it were my child? What if it were me? Casper helps us discover how to identify our blind spots and tune our hearts to the stories around us; seek and extend forgiveness with grace and humility; and engage in diverse and meaningful relationships. Following these steps will enable us to connect in simple but life-altering ways, to respond to conflict with grace, bring about needed change, and shine God's unconditional love into a dark world.

The 5 Love Languages of Children Gary Chapman 2012-02-01 Does your child speak a different language? Sometimes they waver for your attention, and other times they ignore you completely. Sometimes they are filled with gratitude and affection, and other times they seem totally indifferent. Attitude. Behavior. Development. Everything depends on the love relationship between you and your child. When children feel loved, they do their best. But how can you make sure your child feels loved? Since 1992, Dr. Gary Chapman's best-selling book *The 5 Love Languages* has helped millions of couples develop stronger, more fulfilling relationships by teaching them to speak each others' love language. Each child, too, expresses and receives love through one of five different communication styles. And your love language may be totally different from that of your child. While you are doing all you can to show your child love, he may be hearing it as something completely opposite. Discover your child's primary language and learn what you can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in your child's emotions and behavior.

The State of Being Love LeeZa Donatella 2015-11-19 The state I've named Being Love has one of the highest vibrations that you can hope to experience in life. It's much higher than sadness, guilt, despair, anger, hatred, self-doubt, worry, judgement and fear and you can start today. It begins with small steps in your daily life that raise your vibration to Being Love, a state only filled with joy and happiness where your heart overflows with unconditional love. Then the magic begins in the form of a world more amazing than you can possibly imagine unfolding in front of your eyes where each experience is filled with delicious synchronicity combined with opportunity. "I share with you my experiences and challenges, my hopes and my fears and dreams and the steps to getting to the vibration, that state of Being Love to inspire you to move forward."

Love Is the Answer, God Is the Cure Aimee Cabo Nikolov 2019 Her family secrets burst in the spotlight when Aimee and her sister went to the authorities. In this riveting memoir Aimee Cabo shares the inside story of a young girl's courage to stand up to sexual, physical, and emotional abuse while facing her abusers in a trial the media dubbed "The Case from Hell." As she fought court battles, poverty, abuse, and addiction Aimee always turned to love and God. *Love is the Answer, God is the Cure* is a story of a woman who triumphed against all odds, persevered to find true love and form a family that could withstand anything.

Parenting Your Out-of-Control Teenager Scott P. Sells 2007-04-01 Every teenager rebels against authority at some point—talks back, breaks curfew, or disobeys. But literally millions of teens take their rebellion to a point where it disrupts their families and endangers their own futures or even their lives. If one of these teens is yours, you've probably lived through years of conflicting advice and pat solutions that don't last. Finally, this breakthrough guide from a master therapist will show you the seven steps to positive, permanent change for you and your teenager: 1. Learn the real reasons for teen misbehavior. 2. Make an ironclad contract to stop that behavior. 3. Troubleshoot future problems. 4. End button-pushing. 5. Stop the "seven aces" -- from disrespect to threats of violence. 6. Mobilize outside help. 7. Reclaim lost love within the family. Clear, compassionate, and packed with real-life solutions to real-life problems, *Parenting Your Out-of-Control Teenager* gives parents the tools they need to turn their families' lives around for good.

Through the Dark Forest Carolyn Conger 2013-12-31 It's never too late to transform your life. A practical and deeply healing guide to becoming whole and finding peace during the most difficult time of life When we are confronted with the end of life, we must tackle medical decisions, attend to family and legal matters, and grapple with overwhelming questions such as: How do I manage each day knowing that death is near? What has life up until now meant? What should I do with the time that remains? Carolyn Conger, PhD, has spent thirty years working with people who are imminently facing death. Drawing on her research and experience, Conger shows how we can use active imagination, self-hypnosis, energy medicine, and dreamwork to begin the soul work that can both prepare us for death and enrich our lives. Profound and paradigm-shifting, *Through the Dark Forest* can help us all transform our lives no matter how long we have to live.

Be the Love Sarah Prout 2022-05-10 The bestselling author of *Dear Universe* shares seven simple and powerful lessons full of practical guidance, soulful exercises and nuggets of wisdom in *Be the Love* - your invitation to use the power of your emotions to achieve happiness. Emotional empowerment expert Sarah Prout shares how to Be the Love you believe you deserve, and how to do it by embracing lessons such as overcoming comparison traps, finding freedom in forgiveness and accepting that making choices is how life happens, but living with your choices is how growth happens. These lessons are illustrated by Prout's own raw, personal stories that range from humorous to harrowing. By following the seven pieces of advice and trying them in your own life, you will create radical and magical inner transformation, and inner transformation will lead to outer results, whether that's within your career, relationships, or something as simple as your own self-confidence as you walk down the street. If you live your life with self-love and self-compassion as your North Star, then you will thrive.

The Sacred Ego Jalaja Bonheim, Ph.D. 2015-07-28 Why have we failed to create the happy, peaceful world that we all want? And what can we do about it? For more than three decades, Jalaja Bonheim has explored these questions in her work with women leaders, activists, and spiritual seekers from around the world. In *The Sacred Ego*, she tackles one of the core myths of popular spiritual culture—the myth of the ego, supposedly responsible for our greed, selfishness, and violence. In contrast, Bonheim approaches the ego as a sacred function worthy of honor and gratitude. With riveting stories from her work, she guides us into the depths of our collective psyche to pinpoint the real sources of our problems and illuminate our path to wholeness. Firmly grounded in a lifetime of practical experience, *The Sacred Ego* is a visionary, uplifting book that explains why our world is in crisis and how we can support the unprecedented transformational process that's underway. From the Trade Paperback edition.

In Search of the Canary Tree Lauren E. Oakes 2018-11-27 The award-winning and surprisingly hopeful story of one woman's search for resiliency in a warming world Several years ago, ecologist Lauren E. Oakes set out from California for Alaska's old-growth forests to hunt for a dying tree: the yellow-cedar. With climate change as the culprit, the death of this species meant loss for many Alaskans. Oakes and her research team wanted to

chronicle how plants and people could cope with their rapidly changing world. Amidst the standing dead, she discovered the resiliency of forgotten forests, flourishing again in the wake of destruction, and a diverse community of people who persevered to create new relationships with the emerging environment. Eloquent, insightful, and deeply heartening, *In Search of the Canary Tree* is a case for hope in a warming world.

[The Love Dare](#) Stephen Kendrick 2013 Presents a forty-day devotional of "dares" for parents, challenging one or both parents to understand, practice, and communicate Christ-like love to their children.

Sacred Marriages David F. Mullins 2018-06-14 This book represents a new direction in the study of religion and marriage by using a postmodern theoretical framework focusing on gendered discourse and culture, to examine the meaning of sacred marriage within social contexts. Drawing upon data from in-depth interviews of couples in long-term, sacred marriages living in the American Midwest, together with an analysis of Christian marriage advice manuals, *Sacred Marriages* explores how couples use religious and nonreligious discourses and cultures to give their marriages meaning, and how those sacred meanings are used in their daily lives and the spaces that they embody. The study shows how religious and secular beliefs are combined to formulate cultural strategies for approaching the sacralization of marriage, and how religious and nonreligious discourses and cultures are ordered, depending on circumstances and social contexts. This often results in other relationships being subordinated in favour of the sacred bond believed to exist between husband and wife. The book argues that sacred marriage is a malleable concept, as people bend religious culture to form new and altered sacred marriages during emotional extremes. A thoughtful examination of long-term Christian marriages, this volume will appeal to scholars of religion and sociology with interests in marriage and the family.

Calling in "The One" Katherine Woodward Thomas 2007-12-18 Are you frustrated by stymied relationships, missed connections, and the loneliness of the search for someone to spend the rest of your life with? Are you ready, instead, to find "The One"? In *Calling in "The One,"* Katherine Woodward Thomas shares her own personal experience to show women that in order to find the relationship that will last a lifetime, you have to be truly open and ready to create a loving, committed, romantic union. *Calling in "The One"* shows you how. Based on the Law of Attraction, which is the concept that we can only attract what we're ready to receive, the provocative yet simple seven-week program in *Calling in "The One"* prepares you to bring forth the love you seek. For each of the 49 days of Thomas's thoughtful and life-affirming plan, there is a daily lesson, a corresponding practice, and instruction for putting that lesson into action in your life. Meditation, visualization, and journaling exercises will gently lead you to recognize the obstacles on your path to love and provide ways to steer around them. At the end of those 49 days, you will be in the ideal emotional state to go out into the world and find "The One." An inspirational approach that offers a radical new philosophy on relationships, *Calling in "The One"* is your guide to finding the love you seek.

The Easiest Way to Live Mabel Katz 2012-08-17 Who's Causing the Difficulties in Your Life? The short answer to that question is, You are! And it may surprise you to realize that this is really good news. Why is it good news? Because the reason you are constantly creating difficulties for yourself is that you don't know how you are doing it or why. Now you can not only understand the cause of your problems, you can know what to do to stop creating them. The best part is, it's easy! In *The Easiest Way to Live*, you will find the keys to becoming your true self, being in harmony with life and pure in heart, which is a state of essential clarity. You will discover that most of the challenges you face are caused by past patterns and memories that keep replaying in your subconscious and block you from being who you really are. You will find that no problems exist outside of you, and since they are inside of you, you have the ability to take 100% responsibility for them and neutralize them. These truths and techniques are ancient secrets of Ho'oponopono. They are as relevant and applicable today as they were centuries ago. Knowing and applying them is, truly, the easiest way to live a joyful, abundant, and eminently fulfilling life.

7 Myths about Love... Actually! Mike George 2010 Do you know love? Have you discovered love? If you think you have this book will make you think again. So what is LOVE exactly and why are we so confused? Mike George takes you on a journey to the very heart of your life where love lives and has always lived. Along the way he dispels the myths about love, clearly defines and locates love, and reveals exactly why we are all so emotionally confused? about love.

Happy for No Reason Marci Shimoff 2009-03-03 Everyone wants to be happy--yet so many people are unhappy today. What are they doing wrong? Clearly, a new approach is needed. Self-help guru Shimoff presents three new ideas and a practical program to change the way readers look at creating happiness in their lives: 1. Happiness is not an emotion, a spike of elation or euphoria, but a lasting, neuro-physiological state of peace and well-being. 2. True happiness is not based on what people do or have--it doesn't depend on external reasons or circumstances. 3. Research indicates that everyone has a happiness set-point. No matter what happens to a person, they will tend to return to a set range of happiness. This book shows how you can actually reprogram your set-point to a higher level.--From publisher description.

Secrets of Happy Relationships Jenny Hare 2014-08-29 What do people in happy relationships know that the rest of us don't? Do they have a secret recipe for success? Is there a special alchemy to make it work? 'The Secrets of Happy Relationships' reveals the 50 things you need to know to put your relationship on a firm footing and remain in love forever. Some will surprise, and all will inspire you. Put these 50 simple strategies together and you have a recipe for lasting happiness together, a proven formula that will unlock the secrets and uncover your potential.

[Real Love](#) Greg Baer 2004-01-19 "He rocked my foundation! Greg Baer touched me deeply. He's got the answer to finding happiness in life."—Tony Trupiano, Talk America Why do most of us search our entire lives for loving and happy relationships but rarely find them? What is the "secret something" that all relationships need in order to thrive? Dr. Greg Baer found the answers to these questions while working with thousands of individuals and couples. In *Real Love*, he shares his enlightening and practical blueprint for creating successful relationships and reveals the secret to finding and keeping what he calls "Real Love." In *Real Love*, you'll discover: · The difference between Imitation Love and Real Love · How to eliminate conflicts with spouses, children, parents, friends and colleagues · How to put an end to destructive "Getting" and "Protecting" behaviors · How Real Love can eliminate anger, resentment, and fear · The four steps to finding Real Love With Real Love as your guide you can begin to heal the wounds of your past and create rewarding and fulfilling relationships in every area of your life.

Happy for No Reason Marci Shimoff 2008-01-01 A BREAKTHROUGH APPROACH TO HAPPINESS There has never been a better, or more important time, to rethink what makes you happy. True happiness comes from the inside out—no matter what's going on in your life or the world around you. In *Happy for No Reason: 7 Steps to Being Happy from the Inside Out*, transformational expert Marci Shimoff offers a breakthrough approach to being happy. Incorporating surprising findings in positive psychology, powerful tools and techniques, and moving real-life stories, this life-changing 7-step program will raise your "happiness set-point." You don't have to have happy genes, win the lottery, or lose twenty pounds. This book will enable you to experience more unconditional happiness in your life—starting today!

Your Owner's Manual for Life Maureen Marie Damery 2016-10-17 "Some books are deeper and more profound than others. They touch us at a deep soul level. This is one of those books. *Your Owner's Manual for Life* epitomizes the Truth that our greatest resource lies within."—Jack Canfield, Co-creator, of the *Chicken Soup for the Soul(R)* book series "I have never met anyone so completely dedicated to her vocation as Maureen Damery has been in her relentless pursuit of this book. She is a student of life with a child's sense of wonder and a teacher of healing light and energy. Maureen's background in software development coupled with her deep spiritual commitment to healing the human soul have converged beautifully to co-create with the divine and birth this incredibly insightful book. Getting lost in it may be the only way to find your true self." ~Karen Biscoe, CPC Desiring more meaning, fulfillment and joy in my life, I embarked on a quest to actualize this aspiration. *Your Owner's Manual for Life* is the synthesis of everything I've learned, believe and love. A compendium of wisdom gleaned from experiential practice incorporating the works of New York Times Best-Selling Authors and Internationally Renowned Inspirational Speakers such as Louise Hay, Deepak Chopra and Dr. Wayne Dyer (to name but a mere few), *Source Code* provides you with practical, empowering tools for creating and enjoying a rich, fulfilling life. Follow the song of your heart ~ embrace its gentle whispers, for they are composed in the *Source Code of Your Soul*.

[Loving Your Spouse When You Feel Like Walking Away](#) Gary Chapman 2018-03-06 What to do when you feel like giving up When you said, "I do," you entered marriage with high hopes, dreaming it would be supremely happy. You never intended it to be miserable. Millions of couples are struggling

in desperate marriages. But the story doesn't have to end there. Dr. Gary Chapman writes, "I believe that in every troubled marriage, one or both partners can take positive steps that have the potential for changing the emotional climate in their marriage." *Loving Your Spouse When You Feel Like Walking Away*, the revised and updated edition of the award-winning *Desperate Marriages*, teaches you how to: Recognize and reject the myths that hold you captive Better understand your spouse's behavior Take responsibility for your own thoughts, feelings, and actions Make choices that can have a lasting, positive impact on you and your spouse An experienced marriage and family counselor, Gary Chapman speaks to those whose spouse is any of the following: Irresponsible A workaholic Controlling Uncommunicative Verbally abusive Physically abusive Sexually abusive Unfaithful Addicted to alcohol or drugs Depressed Marriage has the same potential to be miserable as it does to be blissful. Read *Loving Your Spouse When You Feel Like Walking Away* to learn how you can turn things around.

Deepening Your Personal Relationships Dr. Max Hammer 2013-12 *Deepening Your Personal Relationships* was written by three experts in the field. Their combined expertise will help you in *Developing Emotional Intimacy and Good Communication*, which will be beneficial in all types of relationships. The book explains how to achieve healthy and fulfilling interpersonal relationships by using effective communication, empathy, shared transformational development, and constructive conflict resolution. *Deepening Your Personal Relationships* provides original, meaningful, and transformational insights that are especially helpful in understanding how to overcome our subconscious resistance against emotional intimacy and good communication. Readers wanting to enhance their personal relationships, gain insight into transformational self-help, and achieve social transformation will find this book especially helpful. It will also be of keen interest to professional relationship counselors, such as marriage counselors, family counselors, and conflict mediators. The goal is to understand how good relationships can produce enhanced levels of spiritual development, psychological healing, self-understanding, creative functioning, inner peace and happiness, and ultimately, fulfillment in life.

Why Worry? Kathryn Tristan 2012-12-04 Discover practical strategies to permanently overcome stress and worry from a scientist with first hand experience on how to truly thrive. Knock fear out of the driver's seat and take control of your own life through simple, proven strategies. There always seems to be plenty to worry about, and worry we do—from nagging concerns to full-blown anxiety. It's time to stop worrying and instead create a more peaceful, powerful, and purposeful life. Kathryn Tristan's hands-on, solution-oriented book empowers you to break free from constant fear, worry, and anxiety. She shows how to eliminate automatic doomsday thinking and take back control of your own life. This no-nonsense approach draws from a variety of disciplines to offer a comprehensive guide for rewiring your brain that includes restructuring how you think, easy relaxation exercises, simple lifestyle changes, and transformative spiritual practices. Through personal anecdotes and inspiring true stories, including self-assessment quizzes and the latest science, you'll discover the secrets to a worry-free existence, including how to: • recognize and eliminate inner trash talk and negative thinking; • create outlook makeovers to slash stress and worry; • master sure-fire worry busters; • and discover calm during chaos.

Love Without Limits Nick Vujicic 2014-11-18 It Doesn't Take a Perfect Person to Find a Perfect Love Even though he was born without arms or legs, Nick Vujicic created a "ridiculously good life." But after dating disappointments and a failed relationship, he reached his mid-twenties worried that he would never find a woman to love him and share his life. Then Nick met Kanae and everything changed. But even with undeniable chemistry, they would have to navigate twists and turns worthy of a romantic comedy before becoming "one" in marriage. In *Love Without Limits* Nick and Kanae tell how they improbably found each other, fell in love, and then fought to overcome skepticism from others about their relationship. Filled with practical insights that will benefit any couple, this inspiring book describes a godly courtship and the early years of the Vujicics' marriage and parenting journey. Above all, *Love Without Limits* is an inspiring reminder that when Christ is at the center of a relationship—even with serious challenges—true love will triumph. *** "Despite my optimism about other parts of life, I decided that love in this world had limits after all. I'd become convinced that no woman would want to marry such an obviously imperfect man as me...." As a boy growing up in Australia, Nick Vujicic could not understand why God had allowed him to be born without limbs and if He would ever bring a woman into Nick's life. On the other side of the world, Kanae Miyahara—a girl growing up in Mexico—saw dysfunction sadly separate her family. She wondered if a loving, lasting marriage was even possible. Later, when Nick realized that God had a purpose for him, his life took on new meaning. But after a long-term relationship ended in heartache, would he ever find someone to marry? Kanae experienced relationships based on superficial attraction, but she longed to find a mate with strong character and faith—a man who would be a godly husband and father. When Nick and Kanae met in the most amazing way, they realized that God—the ultimate Matchmaker—had used even their discouraging and painful experiences to prepare them for each other...for the love of their life.

All About Love bell hooks 2018-01-30 A New York Times bestseller and enduring classic, *All About Love* is the acclaimed first volume in feminist icon bell hooks' "Love Song to the Nation" trilogy. *All About Love* reveals what causes a polarized society, and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. "The word 'love' is most often defined as a noun, yet we would all love better if we used it as a verb," writes bell hooks as she comes out fighting and on fire in *All About Love*. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness—not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society's failure to provide a model for learning to love. As bell hooks uses her incisive mind to explore the question "What is love?" her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The *Utne Reader* declared bell hooks one of the "100 Visionaries Who Can Change Your Life." *All About Love* is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better.

Radical Acceptance Andrea Miller 2017-05-02 "Are you in love with the man beside you now or with the man you wish he could one day be? What if you were able to let go of your itch to fix, judge, improve, control, or even nag your partner? There is tremendous empowerment and liberation that comes from loving someone—and being loved—unconditionally. This is called Radical Acceptance. Whether you're looking for Mr. Right or learning how to build a life with him, this is your ... five-step guide to creating a happy, lasting relationship"--

Communication Miracles for Couples Jonathan Robinson 2012-08-23 New York Times Bestseller! – Restore Your Relationship, Enhance Your Marriage Cultivate effective communication and a lasting relationship. *Communication Miracles for Couples* by psychotherapist, popular professional speaker, and bestselling author Jonathan Robinson has helped hundreds of thousands of couples repair their relationships and their marriages. Continuously in print since 1997, *Communication Miracles for Couples* has sold over 100,000 copies. Whether you are looking to enhance your relationship or want to resolve existing conflict, successful techniques taught by Jonathan Robinson can help you develop effective communication and a lasting relationship with a spouse or partner. Honeymoon gift, anniversary gift, or just a gift for him or her. Create lasting harmony and keep love alive with Jonathan Robinson's powerful and effective methods for relationship communication. He has reached over 250 million people around the world with his practical methods, and his work has been translated into 47 languages. Learn how to enhance your relationship by learning to communicate with less blame and more understanding. Find a deeper happiness in your relationship: • Feel totally loved • Never argue again • Have your partner really hear you • Repair broken trust If you have read books such as *4 Essential Keys to Effective Communication in Love, Life, Work—Anywhere*; *The 5 Love Languages*; *Mindful Relationship Habits*; *Communication in Marriage*; or *Couple Skills*; you will love what Jonathan Robinson's *Communication Miracles for Couples* does for your relationship.

Loving an Adult Child of an Alcoholic M. D. Bey 2007-05-25 The child of an alcoholic develops patterns of behavior during childhood which carry over into adult life. As children they were taught to cover up the family secret and suppress their feelings. No matter what is going on, as adults, when asked how she or he is doing your partner will likely answer "fine." Distrust, fear of abandonment, and sensitivity to criticism are all major issues for your adult child. Recognizing these patterns and changing the ones that cause problems will help you and your partner enjoy a deeper relationship.

Ready, Set, Live! Janet Bray Attwood 2015-08-25 An inspirational guide for overcoming adversity and leading a fulfilled life, with contributions by

more than two dozen experts on personal transformation. Trials and difficulties are a part of life. Whether these adversities are related to one's health, finances, career, or family, we all have burdens to work through. With wisdom from more than 25 transformational leaders, including New York Times–bestselling authors Janet Bray Attwood, Marci Shimoff and Chris Attwood, this inspiring collection offers practical advice for pushing through hardships and consciously creating the life you've always wanted. Here you will find engaging personal accounts punctuated with humor, deep insight, and heart-centered wisdom. These entertaining tales contain the knowledge, tools, and motivation you need to build abundance, happiness, health, and love. Covering topics from career to relationships to personal growth, this international team of authors will show you how to finally overcome some of life's most stubborn challenges and live the life you were destined for. No matter what your circumstances, there is a way to make a change. Let Ready, Set, Live! Be your guide.

A Little Life Hanya Yanagihara 2016 Moving to New York to pursue creative ambitions, four former classmates share decades marked by love, loss, addiction, and haunting elements from a brutal childhood.

Digging Deep Fran Sorin 2016-08-16 Gardening and creativity expert Fran Sorin's *Digging Deep* does for gardeners what Julia Cameron's *The Artist's Way* and Natalie Goldberg's *Writing Down the Bones* has done for millions of writers and artists: it shows how to approach your passion with an eye towards freeing your spirit and living a creative and joyful life. If you're yearning to get out of the rut you're in and cultivate more meaning and connection in your life, you'll find the encouragement and tools to make it happen in *Digging Deep*. Overflowing with tips, exercises, and resources, Fran Sorin's empowering guide offers much-needed inspiration in today's technology-obsessed and often nature-deprived culture. This new edition features a foreword by Larry Dossey and a new introduction, where Sorin encourages us to discover the magic that takes place every day—in the garden and in life—as we engage in a playful type of creating. In her acclaimed classic, Sorin, who is the CBS radio news gardening correspondent and has also been regularly featured on NBC's *Weekend Today Show*, shows you how to apply her *Seven Stages of Creative Awakening* to unearth and connect with your own creative essence in every area of your life. "Digging Deep teaches the art of living creatively—from envisioning and creating the garden of your dreams to cultivating and embodying more imagination, passion, and play in your daily life." —Andrew Weil, M.D., #1 New York Times best-selling author of *Spontaneous Happiness* "Captivating and enchanting!...A must-read for anyone who wishes to find themselves in the garden—and for everyone who didn't know they could." —Amy Stewart, New York Times best-selling author of *The Drunken Botanist* "Full of inspiring stories, creative exercises, and practical gardening tips, *Digging Deep* will help you bloom along with your garden." —Marci Shimoff, #1 New York Times best-selling author of *Happy for No Reason* "Whether you're a beginner or a lifetime gardener, you'll find much to celebrate." —USA Weekend Magazine "A familiar face on television and voice on radio, the longtime broadcaster and popular motivational speaker approaches gardening like yoga. *Digging Deep* rejuvenates the mind and spirit as well as exercises muscles." —The Sacramento Bee

Love For No Reason Marci Shimoff 2012-01-10 Transformational leader and author Marci Shimoff outlines seven steps aimed at helping readers develop and maintain unconditional love which she believes will allow them to have lasting joy and fulfillment in life.

A Stranger in My Bed Debbie Sprague 2013-06-27 *A Stranger in My Bed* takes you inside Debbie Sprague's life for an intimate view of a love story disrupted by the invasion of PTSD—thirty years after the Vietnam War. The cycle moves from love to fear, anger, and despair. Stories unfold of her husband's battle with PTSD, displaying typical behaviors, triggers, and moods. Those familiar with this world will be comforted: "That sounds just like my life, and I thought I was the only one." Others will find a new awareness: "I had no idea it was like that." You will watch a family and marriage almost be destroyed by the contagious effects of PTSD. Yes, PTSD is "contagious"—the family can take on the symptoms, even to the point of full-blown PTSD. Debbie was one of those people. As Debbie began to discover resources and find solutions for her problems, she realized sharing those solutions was her life purpose—what she had been preparing for her entire life. Debbie's gift to you is *A Stranger in My Bed: 8 Steps to Taking Your Life Back From The Contagious Effects Of Your Veteran's Post-Traumatic Stress Disorder*.

Fierce Love Susan Scott 2022-01-11 New York Times bestselling author Susan Scott guides couples through eight must-have conversations to create a fierce love that stands the test of time and grows stronger over the years. Often in our romantic relationships, we long for deep connection, but we don't know how to communicate well and sometimes withhold what we're really thinking and feeling. This can lead to fighting, resentment, or, worse, complacency—where you are just going through the motions, more like roommates than two people in love. As Susan writes, "It's as if we've pulled off our own wings." As couples, we don't stop to think how important our conversations are. And we certainly don't understand that what we talk about and how we talk about it determine whether our relationships will thrive, flatline, or fail. In *Fierce Love*, New York Times bestselling author Susan Scott guides couples through eight must-have conversations that lead to deep connection and lasting commitment. Through the use of true stories and hands-on exercises, Susan helps us understand that the conversation is the relationship; identify and dispel five relationship myths that mislead and derail us; learn eight conversations that are critical to enriching relationships; and stop fighting or ignoring issues and start connecting in a deep and meaningful way. After a season where many relationships were tested and tried, where some relationships thrived and others have exposed cracks couples didn't even realize were there, or realized but didn't acknowledge, now is the best time to learn to communicate well. By having honest, compelling conversations with our partners, we can foster true connection and a fierce love that will withstand the test of time and grow stronger over the years.

Positive Impact Magazine Charity Beck Our mission is to be a multimedia resource for sharing stories, ideas and actions that inspire, educate, motivate and provide solutions that will result in a worldwide movement of positive change.

Pearls of Wisdom Jack Canfield 2012-04-01 An oyster can't produce pearls without first suffering with a grain of sand. Each of the chapters in *Pearls of Wisdom: 30 Inspirational Ideas to Lead Your Best Life Now* gives guidance to readers on how to turn their own grains of sand into pearls. With four New York Times bestselling authors, including *Chicken Soup for the Soul's* Jack Canfield, Chris and Janet Attwood, and Marci Shimoff plus 25 of the best up and coming self-help authors, each chapter contains a fresh idea for a positive life change. With each chapter as diverse as the cast of authors who have come together to create this unique book, there is certain to be an idea to help transform anyone's life. *Pearls of Wisdom* contains the greatest ideas of today's top self-help authors, combining traditional and new techniques, affirmations, theories, meditations and practices to lead readers from the struggles they deal with in their current situations to a higher, enlightened life; not merely an existence. For anyone who has thought, "am I really living the best possible life I could be?", *Pearls of Wisdom* grants the answers for any of life's questions, straight from the words of the masters of self-help themselves.

Shine Your Light Janet Bray Attwood 2017-09-05 What does it mean to shine your light? Thirty transformational leaders share their personal stories and practical advice. You can make a difference in the world, and *Shine Your Light: Powerful Practices for an Extraordinary Life* will show you how. With wisdom from well-known contributors including New York Times–bestselling authors Janet Bray Attwood, Marci Shimoff, and Chris Attwood, you'll find practical advice and tools for overcoming adversity, consciously creating the life you've always wanted, and making a positive impact on the lives of others. Here you will find engaging personal accounts punctuated with humor, deep insight, and heart-centered wisdom. You'll be empowered with the knowledge and motivation to create a life of abundance, happiness, health, and love. Covering topics from personal tragedy to relationships to personal transformation, this international team of authors will show you how to finally overcome some of life's challenges and live the life you were destined for.

How to Become a Miracle-Worker with Your Life Dr. Bruno R. Cignacco 2015-11-27 *How to Become a Miracle-Worker with Your Life* is about a powerful ancient technique to solve any kind of problem in a permanent way. This technique, called Ho'oponopono became well-known worldwide when it was used by a doctor to cure a ward of deranged dangerous prisoners without him having any type of personal contact with them. This tool is based on the principles of repentance, forgiveness, love and gratitude. This almighty technique has a very wide application; it can be used to resolve all types of difficulties in different areas, such as relationships, health conditions, financial challenges and career problems. The simplicity and effortlessness regarding the use of this problem-solving tool makes it suitable to be used by anybody on any occasion. The effects of the use of this technique are long-lasting, for this technique focuses on the causes of problems instead of their consequences. This book provides the reader with a

stepwise process to apply this powerful technique, with countless practical exercises. With the frequent use of this technique the reader will gradually become healthier, wealthier and more fulfilled regarding career, business, relationships, and other relevant areas.

Unconditional Parenting Alfie Kohn 2006-03-28 The author of Punished by Rewards and The School Our Children Deserve builds on his parenting theories of working with children rather than trying to control them, argues against practices that teach children that they must earn a parent's approval, and presents techniques that promote desired child qualities through unconditional support. Reprint. 30,000 first printing.

Money, A Love Story Kate Northrup 2013-09-10 Having a good relationship with money is tough—whether you have millions in the bank or just a few bucks to your name. Why? Because just like any other relationship, your life with money has its ups and downs, its twists and turns, its breakups and makeups. And just like other relationships, living happily with money really comes down to love—which is why love is the basis of money maven Kate Northrup's book. After taking the Money Love Quiz to see where on the spectrum your relationship with money stands—somewhere between "on the outs" and "it's true love!"—Northrup takes you on a rollicking ride to a better understanding of yourself and your money. Step-by-step exercises that address both the emotional and practical aspects of your financial life help you figure out your personal perceptions of money and wealth and how to change them for the better. You'll learn about thought patterns that may be holding you back from earning what you're worth or saving what you can. You'll learn how to chart your current financial life and create a plan to get you to where you want to be—whether that's earning enough to live in a penthouse in Manhattan or a cabin in the Rockies. Using client stories and her own saga of moving from \$20,000 of debt to complete financial freedom by the age of 28, Northrup acts as a guide in your quest for personal financial freedom. She'll teach you how to shift your beliefs about money, create a budget, spend in line with your values, get out of debt, and so much more. In short, she'll teach you to love your money, so you can love your life.

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