

Falling Into Ease Release Your Struggle And Create A Life You Love

Love's Touch Anit Arca 2022-04-10 Is the world an illusion? Is our Universe a hologram? This is a magical world. "All there Is" is you; you are the magnificent reflection of "All That Is" in the world of Existence and three dimensions. Let us wake up from this illusion. We have to realize we will leave this body one day; we have to realize all of our possessions will be left behind as we depart for our next new adventure. This is not a book of divine informative revelation. These words do not come from heaven. These writings (knowledge) arose in the Heart through Universal Intuition and were written from Oneself to oneself without the interference of the author's personal thoughts (ego). What you call 'I' is your identity. Bonding yourself with your identity creates the 'I am' ego personality. This identity of yours is not actually you, it is an illusory state of what you are not. In Reality, you are not your ego-identity. The external world and its social parameters play a big role in forming this ego-identity. You do not own anything, no name, no form or any image that you can call 'I'. You have not constructed or created these. You do not own anything you think you can control or possess. When you identify yourself with these things, the things that you are not (or do not own), you are creating a self-imposed prison for yourself and living inside of it. In other words, you create your 'ego-personality. In this case, we have to ask the following question - who am I Really? Are you really all that you claim to own, names, forms and images? Are you only made up of body and mind? When you identify with these beliefs and those of the collective world consciousness you get lost and break away from your true Reality. When you claim ownership of these names, forms and images, you create your 'ego-personality. Whenever you say 'I am' this or that, you are identifying with that thing which you now claim as your own and you unify yourself with that thing. If you do not identify with anything, if you do not claim ownership of anything, the 'I' ceases to exist. Removing the 'I', dissolving it, is the ultimate freedom we seek. The walls of the self-imposed prison of ego personality you possessively created will fall away. Here, in this liberated state of being, the necessity for choice or decision falls away too. You act just as is needed in each moment of life as it arises in the Now. Thoughts of "should I have done this or that?" will disappear. The mind is like software running on a computer. The "virus" that corrupts the software is the ego. It is this ego-personality that creates erroneous beliefs and then claims ownership of them. Only when this virus is removed by an antivirus program, Mind reveals itself in its full capacity. With this cleaning up process, human minds become increasingly liberated and expansively intelligent. In this Book, knowledge of advanced life is being released into the public publishing domain for the first time. This life can be described with concepts of "Absolute Human", "Birth of Absolute Humanity", "Experiencing Non-Existence" and "Beyond Non-Existence". We believe through our life experience that the only way to change our individual and collective point of view is to know NON-EXISTENCE. The will behind the writing and publishing of this knowledge in the Book arose in servitude.

CSB Life Counsel Bible New Growth Press 2023-08-15 In the midst of challenging seasons of life there is hope. The CSB Life Counsel Bible is designed to equip readers with biblical truth and counsel on a wide range of topics and tough life issues related to relationships, marriage, parenting, and more. Featuring over 150 full-length articles from respected Christian counselors and scholars, word studies, callout quotes, book introductions, and a robust cross-reference system, this Bible is full of useful tools and resources for life application and discipleship grounded in the truth of the gospel of grace. FEATURES More than 150 full-length articles on a wide-range of topics and tough life issues from respected Christian counselors and scholars Article contributors include Amy Baker, Michael Emler, Elyse Fitzpatrick, Justin Holcomb, Bob Kelleman, Diane Langberg, Timothy S. Lane, Robert Jones, Marty Machowski, David Powlison, Deepak Reju, Joni Eareckson Tada, Paul David Tripp, Ed Welch, and many more Callout quotes placed near each article that provide truth, hope, and encouragement to remember and apply to life Over 100 word studies focusing on key words from the Bible applicable to personal healing, growth, and counsel Book introductions including "Circumstances of Writing," "Structure," "Contribution to the Bible," and a special "Truth for Healing" section with an overview of key themes and truths related to healing from each book of the Bible Robust page-end cross-reference system with over 25,000 cross-references connecting Scripture from Genesis to Revelation Durable Smyth-sewn lay-flat binding Elegant two-color interior design Two-column text format Topical subject headings Easy-to-read 9.5-point type size Black-letter text Footnotes Ribbon marker for easy referencing between pages Concordance Topical Index Presentation page for gift-giving Full-color maps The CSB Life Counsel Bible features the highly readable, highly reliable text of the Christian Standard Bible® (CSB). The CSB captures the Bible's original meaning without sacrificing clarity, making it easier to engage with Scripture's life-transforming message and to share it with others. *Life Is a Journey, Not a Destination* T. C. Downing 2012-02 Life Is a Journey, Not a Destination will teach, inspire, and coach you to discover peace, joy, and happiness in your everyday life. With the combination of stories and practical action steps, you will be guided to discover who you really are, forgive your past mistakes, reconnect with your spouse, and be present with your kids. Are you unhappy? Do you often find yourself stressed? Are you struggling with trying to juggle the areas of your life? This easy-to-read book will help you in these areas along with many other challenges you may face in your day-to-day life. This lighthearted advice book will have you getting back to the basics, starting with yourself and moving on to other areas of importance in your life. You will gain a newfound appreciation for the wonderful people around you and discover how to diminish the effects negative people and stressful situations have on your emotional well-being. This book through connection, nonjudgment, and wisdom will change your life for the better . . . Enjoy!

Weekly World News 1981-05-26 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the Weekly World News has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site.

Life Lessons for My Black Girls Natasha Munson 1999

The Needs of the Working Poor United States. Congress. Senate. Committee on Health, Education, Labor, and Pensions 2002

Love Your Life Not Theirs Rachel Cruze 2016-09-14 In *Love Your Life, Not Theirs*, Rachel Cruze shines a spotlight on the most damaging money habit we have: comparing ourselves to others. Then she unpacks seven essential money habits for living the life we really want--a life in line with our values, where we can afford the things we want to buy without being buried under debt, stress, and worry. The Joneses are broke. Life looks good, but hidden beneath that glossy exterior are credit card bills, student loans, car payments, and an out-of-control mortgage. Their money situation is a mess, and they're trying to live a life they simply can't afford. So why exactly do we try so hard to keep up with the Joneses? Are we really living the lives we want, or are we chasing someone else's dream, just trying to keep up appearances on social media, at church, and in our community? Why are we letting other people set the pace for our own family's finances? In *Love Your Life, Not Theirs*, Rachel shows you how to buy and do the things that are important to you--the right way. That starts by choosing to quit the comparisons, reframing the way you think about money, and developing new habits like avoiding debt, living on a plan, watching your spending, saving for the future, having healthy conversations about money, and giving. These habits work, and Rachel is living proof. Now, she wants to empower you to live the life you've always dreamed of without creating the debt, stress, and worry that are all too often part of the deal. Social media isn't real life, and trying to keep up with the Joneses will never get you anywhere. It's time to live--and love--your life, not theirs. "I've never read a book about money that takes this approach--and that's a good thing! Comparison has a way of weaving itself throughout all aspects of our lives, including our money. In *Love Your Life, Not Theirs*, Rachel Cruze outlines the seven money habits that really matter--and they have nothing to do with keeping up with the Joneses!" Candace Cameron-Bure Actress, author, and co-host of *The View* "Love Your Life, Not Theirs is full of the kind of practical, straightforward advice we've come to expect from Rachel Cruze. She offers guidance on paying down debt, smart saving, and the right way to talk to your spouse about money. These indispensable tips can help with day-to-day spending decisions and put you on a path to establishing healthy financial habits." Susan Spencer Editor-in-Chief for *Woman's Day* "Cruze's self-deprecating and honest voice is a great resource for anyone wanting to take charge of their money. With humor and approachability, she helps her readers set themselves up for success and happiness, no matter what current financial state they may be in." Kimberly Williams-Paisley New York Times best-selling author of *Where the Light Gets In* "In today's world of social media, the temptation to play the comparison game is stronger than ever. *Love Your Life, Not Theirs* is the perfect reminder that, when it comes to money, comparison is a game you can't win. A terrific--

and much needed--read." Jean Chatzky Financial Editor, NBC TODAY and Host of HerMoney with Jean Chatzky Podcast

The Law of Attraction & Manifestation Mastery Olivia Clifford Are you looking for a life-changing experience that will help you achieve all of your goals? Are you wanting to finally experience the complete manifestation of everything you envisioned your life to be? Are you hoping for your circumstances to change for the better? If so, you are in desperate need of the law of attraction. The good news is, by finding this book, the Universe is already helping you live the life of your dreams! You need to encourage it by sending signals, and this book will help you by: · Introducing you to ancient, proven techniques for shifting your energy and the core principles of the power of your thoughts; · Showing you how to tap into your feminine and masculine energy (yes, we have both of these energy centers regardless of gender) and how to set proper heart-mind synchronicity; · Explaining how to find your way back to being your authentic self and learn to appreciate yourself by choosing to believe in your unlimited potential; · Letting you in on insider secrets as to achieving the ultimate nirvana - healthy mind, healthy body, healthy soul; · Showing you what you need to do when it comes to manifesting relationships with others; · Enabling you to uncover the secrets of Manifestation for financial success; · Revealing how to bring deep, emotional connections into your life; · And much more Everything you can imagine is real. How far does your imagination go -or, are you afraid to unleash its full potential? You're never stuck - if you're feeling that way it's because you choose to be. It's time for you to take control of your destiny and stop waiting around for things

Dropping the Struggle Roger Housden 2016-07-15 Is it possible to fully accept, even love, the life you have? Is it possible to drop the struggle to make yourself and your life different? Acclaimed teacher and bestselling author Roger Housden says yes in this profound alternative to nonstop striving and self-criticism. Whether about our relationships, careers, or spirituality, many of us judge ourselves as not measuring up. But fulfillment comes when we stop struggling and learn to trust the wisdom of what life presents us with. Housden wrote *Dropping the Struggle* as someone who, up until a few years ago, spent much of his time in a covert struggle with life. Despite his success, he often felt that something was missing. He struggled for years with an ongoing spiritual longing, with questions of meaning and purpose, with the search for love, with all the usual difficulties of being human, until he finally realized — though not with his thinking mind — that the only thing life was asking of him was to rest in a deeper knowing that was always there, usually silently, behind the arguments and strategies that would so commonly occupy his conscious self. "Struggle will never get us the things we want most," Housden writes, "love; meaning; presence; freedom from anxiety over the past and future; contentment with ourselves exactly as we are, imperfections and all; the acceptance of our mortality — because these things lie outside the ego's domain. For these, we need another way. That way begins and ends in surrender, in letting go of our resistance to life as it presents itself."

How to Fall in Love - A 10-Step Journey to the Heart Katherine Baldwin 2017-03-08 Are you struggling to understand why you're single and why none of your relationships work out? Do you find yourself drawn to men or women who won't commit? Do you wonder if you'll ever meet your match? *How to Fall in Love* is a relationships guide with a difference, written for those who want to explore the real reasons for their singleness.

From Chaos to Clarity Alex Bratty 2015-09-12 If you're feeling stuck in your life, this book can show you how to identify what's holding you back and how to make change so you can transition to a life that you love living, instead of one you think you should be living. Alex shares her own struggle with being stuck and how she moved from a life that felt unfulfilled, constricted, and frustrated to one that is expansive and filled with love, abundance, and joy. She lives by the belief that if she can make these changes, anyone can, and she provides a step-by-step guide for how to do just that. If you dare to create the life you want instead of doing the same old thing over and over, this book is for you.

Changing the Gift Fabienne Gassmann 2014-06-04 Every book starts with an idea that transforms into an outline, and only later becomes a story. No one ever writes a book alone. This book was written in such a way that my daily ups and downs were constantly used as my eyes to see inspiration around me, connecting my personal experiences in life to the things my eyes saw. The purpose of this book is to emphasize the deep spiritual values that one has in oneself. It is a collection of short stories about my days—stories about how I feel or what inspired me on that day. It reflects my vision and dreams, and I hope that as you read this book you, as a reader, will be inspired too.

Take It Easy, Vol 1 Talks on Zen Buddhism Osho 2023-03-07 Religion is the vast sky of existence. Reason is a tiny human phenomenon. The reason has to be lost, has to be dropped. Only by going beyond the mind does one start understanding what is. That's the radical change. No philosophy can bring that radical change - only religion. Religion is non-philosophic, anti-philosophic, and Zen is the purest form of religion. Zen is the very essence of religion. Hence it is irrational, it is absurd. If you try to understand it logically you will be bewildered. It can only be understood illogically. It has to be approached in deep sympathy and love. YOU CANNOT approach Zen through empirical, scientific, objective concepts. They all have to be dropped. It is a heart phenomenon. You have to feel it rather than think it. You have to BE it to know it. Being is knowing. And there is no other knowing.

The Struggle Is Real Nicole Unice 2018-08-21 "It just shouldn't be this hard!" Raise your hand if you've ever had a day where everything that could go wrong does go wrong—you lock your keys in the car while it's running, lose control with your kids, make a mistake at the office that results in hours more work. And just when you think not one more thing could possibly happen . . . well, fill in the blank. The struggle is real, friends. It may not be major stuff. Lives are not on the line here. But it makes us feel awful . . . and then we feel guilty for stressing when other people have "real" problems that are so much more serious. Yet the fact remains: We live in a world that often feels harder than we think it should be. And so it can be easy to believe the stories we tell ourselves—that we're doing it wrong, that we'll be stuck in this place forever, that God doesn't love us. We struggle to practice gratitude, to make godly choices, and to live our daily lives with confidence and contentment. So what can we do? Join popular Bible teacher and counselor Nicole Unice to discover why the struggle is real . . . and what to do about it. Nicole offers practical tools to help you navigate the daily ups and downs, and ways to rewrite your struggle into a new, God-centered life story. *The Struggle Is Real* is an invitation to take the hard, hurtful, and confusing moments and turn them into opportunities to grow in wisdom, strength, and joy. Includes access to free online video streaming for 90 days!

THE BOOK I NEVER HAD Rose Butterfly 2022-01-23 **THE BOOK I NEVER HAD (NEW EDITION)** Struggling to move on after a breakup? Regain your Power! When the pain of brokenness is unexplainable and when your heart sinks into a state, where you seek a larger power and put out this question; WHAT SHOULD I DO? You will receive an answer. You will be helped. *The Book I Never Had* by Rose Butterfly, gives you the support, strength, and kindness, to take charge of yourself, to heal and overcome all that pain and approach life with much more clarity. The Book has all the thought process that helped the author to come out of her struggles. The second Edition of **THE BOOK I NEVER HAD**. How is it different from the first? The second edition of **THE BOOK I NEVER HAD** addresses some of the questions that the readers have been asking the author to write about. This means it has some of those specific questions that your heart seeks an answer to. The books covers more topics and is a guide to help you get out that stuck state, where you are unable to truly live your life. What can you expect from this book? To gain that inner strength to accept your reality. Overcome the pain that you are going through. Give you the courage to move on. Make peace with yourself. Deal with your emotions Overcome dilemmas Overcome the feeling of Anger, Jealousy, and Vengeance How to deal with Anxiety & Fear And more.... How wonderful would it be to be free! To feel good and powerful. Whatever you may be going through in your relationship, if this book finds you, let there be something solely for you to embrace and discover. Let not your crisis shatter you, may you be able to navigate through it all with ease and emerge out in your true power. **INDUSTRY REVIEWS** *The Book I Never Had* is an insightful book of finding your way back to yourself after a breakup.

Katherinelovesbooks, Instagram *The Book I Never Had* could help high school girls see their worth outside of what the movies depict as true love. Two Bluestockings Podcast *The Book I Never Had* is one of the must reads for people who are struggling with relationships and break-up. Praveena, Goodreads Would recommend *The Book I Never Had* to anyone going through a rough phase in their relationships or has just had a separation or an ex who has fallen out of love. This book will make you feel so much better. Nisha Mohan, Author You need solid advice. You need affirmations. You need faith in life. You need a guide. *The Book I Never Had* has it all. Anusree, Goodreads

Apologetics Study Bible for Students Sean McDowell 2010-02 Provides Old and New Testament text, accompanied by articles and features to help young students better articulate and defend their faith as they begin to approach young adulthood.

The Crimson 1876

Falling Into Easy Dee Willock 2012-02-23 Uses a discussion of basic meditation mechanics and instructive metaphors to help even the most mindfulness-challenged people learn meditation and engage in regular practice. Original.

Social Buzz for Books Susan Ordon 2016-03-10 According to research, 81% of the US population wants to write a book. You're not one of them anymore. You finally did it! writing your book and getting it self-published—something that you have been wanting to do all this time. That's quite an accomplishment! But did you know that 600,000 to 1 Million books are self-published every year in the United States alone? Quite a bit of competition! Whether you wrote your book mainly to sell your books or to boost your business if you are a small business or entrepreneur, there's one thing you have to do to get your book from published to a best seller. It's marketing! Social Buzz For Book is about online and offline social marketing strategies, tips, tools and techniques that are used to launch books to bestsellers. With the ease and practicality of this list of social buzz, a marketing plan for your book launch to bestseller is here.

The Heart of Numerology Lynn Buess 2012-10-01 Perhaps you have read a little about numerology and wondered just how it manages to reveal so much. If you have been looking for more information to take you beyond the elementary texts and teachings of numbers, you have come to the right place. By choosing the study of this symbolic matrix, you have chosen a path that can take you into the most sublime heights and penetrating depths of human consciousness and beyond. Do you want to know a secret? Many of them can be revealed as you weave your way through a multidimensional journey of symbolic delight that numerology presents. Lynn Buess, MA, EdS, has served more than one half of a century studying, teaching, and counseling in the field of symbols, cycles, and numbers. Lynn is well qualified to be the one to outline this journey and help show you the way. He is the only practicing professional numerologist to have completed two accredited graduate degrees in which he specialized in the meaning of numbers and symbols and the psychological application of these symbols to life. In his teaching, he reveals the psychology, cosmology, and spirituality of numerology. To him, numbers are not a static set of symbols; rather, they are like cosmic chords of sound and light that help make up the rhythms of the cosmic dance. Would you like to dance?

Build Your Resilience Deepak Rajagopalan 2022-04-01 What happens when you all of a sudden hit a brick wall? Do you fight, freeze, or flee? Or would like to learn the art of responding like a tennis ball; the harder you get hit, the faster you bounce back. Most of the time we look at the external circumstances and wonder why this is happening to us! The answer, though, lies within us, and this path of discovery takes us towards resilience. This book reveals four secrets which are the founding pillars to attain self-mastery and break through all barriers of resilience. There have been many learnings from my experiences in life so far and I am always a work in progress. This book has helped me discover myself more. The book reveals various simple tools and techniques, if implemented can help you take failure in your stride and tap into your true and full potential. Succeeding in life is a matter of perception and differs from one person to another, but there is a common thread among all of us, which is to live a life well lived.

The Man Who Wonder Leon Hodge 2012-05-02 none

Choosing Easy World Julia Rogers Hamrick 2010-08-03 "Don't be fooled by this book's simplicity: therein lies its power and magic! Choosing Easy World is transformational. It is an invitation to a new paradigm for living." —Marci Shimoff, #1 New York Times bestselling author and featured teacher in *The Secret* Contrary to what we've believed, life does not have to be hard. And it was never intended to be! Choosing Easy World explores the concept that we can access a place where everything works out effortlessly, harmoniously, and in support of our highest possibilities for well-being. As its title implies, Choosing Easy World reveals that the key to being in this reality—in "Easy World"—is as simple and easy as choosing to be. Woven throughout with powerful personal stories of opting into Easy World with remarkable results, Choosing Easy World provides readers with inspiration, instructions, and support for doing so themselves. In this book, you will learn: • How eleven simple words can take you to Easy World • True stories of people who have used the Easy World technique to change their lives • The differences between Difficult World and Easy World • What to do when Choosing Easy World seems impossible • How to Choose Easy World even under the worst of circumstances • And many more techniques and stories using these powerful tools. Choosing Easy World not only gives you the secret to getting to this amazing alternate reality even in the most challenging of times, it teaches you how to transcend the Difficult World-addicted aspect of your mind and contains a wealth of practical, leading-edge strategies for supporting your Easy World existence. This life-transforming book is for everyone who • Is experiencing problems with finances, career, relationships, or any facet of life • Is tired of trying hard but feeling as though they're getting nowhere • Isn't experiencing joy as their usual state of being • Feels overwhelmed by their never-ending to-do list with all its shoulds and ought-tos • Is tired of doing things they're not passionate about, or even suited for, just to pay the bills. • Yearns to discover their life purpose and fulfill it • Is longing for contentment and inner peace—outer peace, too

How do You love ME? Jewel Moore 2015-01-16 "How do You love ME" is not just a question; it's a journey that you take with the author... but pack light. You'll need to leave space to collect jewels. When we operate under the spirit of rejection, we take people on a trip... forcing them to prove their love for us or admit that they don't. The purpose of this book is to lead the reader to freedom; freedom from rejection and every accessory that comes along with the spirit of rejection. In order for something to grow, it has to be watered, nurtured and fed. The spirit of rejection is the same; in order for the spirit of rejection to grow, it has to be watered, nurture, fed and an environment has to be created for it to grow. Through her own life story, the author takes you on a trip, revealing ways we nurture and harbor rejection. Rejection is a seed that's planted within us and grows slowly. This book is a journey to freedom.

Because You're Worth It Cassandra Mack 2021-02-14 Are you overly critical of yourself? Do you have a tough time quieting that inner voice inside your head that tries to eat away at your confidence and make you believe that who you are is not enough? Have you ever compared yourself to someone else and wished you could be more like them? ... YOU ARE NOT ALONE. There's a collective human experience that affects so many of us. It's the belief that who we are is not enough. And it's this pervasive feeling of, "not enoughness," that causes us to walk through life feeling inadequate and insecure. Self-love is a funny thing in that most people know that loving yourself and being okay with who you are authentically is the foundation for happiness, and healthy self-esteem. Yet, so many of us struggle to love ourselves. That's where this journal comes in. The, *Because You're Worth It* Journal, provides powerful journal prompts that correspond with the 25 components of self-love that are necessary to develop a healthy, self-affirming relationship with one's self. It's easy to fall into patterns of self-doubt and self-sabotage when we haven't learned to cultivate the 25 essential components that encompass self-love and that empower us to love ourselves from the inside out. Self-love is all about developing a self-appreciating mindset, embracing your authenticity, being compassionate with yourself and letting go of faulty beliefs that undermine your confidence. The *Because You're Worth It* Journal is packed with lots of actionable exercises and self-esteem building tips to help you center yourself in self-love so that you never forget how amazing you are and you learn to appreciate yourself at every stage of life. It goes without saying that in order to truly love yourself you have to have a healthy relationship with yourself. This comes about by spending time getting to know YOU. But the truth is, most people spend more time investing in their relationships with others than they spend investing in themselves. This is a problem. Why? Because in order to show up for others from a full and resilient place, you have to have a strong and healthy relationship with yourself. Through the 25 components of self-love presented in this journal, you will discover how to do just that. The *Because You're Worth It* Journal, was written to help you breakthrough the emotional clutter of feeling like who you are is "not enough" so that you can shift into a more self-actualized version of yourself and vibrate at a higher level of confidence. Truth is ... You deserve to be loved unconditionally, by the most important person in your life - YOU! Because you're worth it!!! What this journal will do for you is, help you become more intentional about loving yourself completely, unconditionally and unapologetically. Because when you love yourself ... I mean truly love yourself ... you make your well-being a top priority and you do your best to show up for life as your most authentic self. The 25 components of self-love are essential for building a loving, supportive and compassionate relationship with one's self. The *Because You're Worth It* Journal, will help you cultivate and strengthen your skills and capacity in each of these areas.

Find Your Bridge Jaryd Jarrett 2015-05-21 Find Your Bridge I bid you welcome. My name is Liza. I am an aspect and an alter. One of many who once spoke through the body of Rebecca. Buried secrets had torn Rebeccas identity apart. Multiple personalities, friendship, love, and divine guidance put it back together again. The divorce that started it all was bad enough. What came next was a bizarre and mystical trip to the past where Rebecca discovered that one violent act from her childhood had changed the course of her life. Meet Liza and the other alters and guides that came from within to save Rebecca; and meet her friends and daughters who would not let her go. Find Your Bridge is a psychological and spiritual odyssey you will not soon forget. This vivid, true account of an incredible journey from a painful past to a peaceful present will inspire you to seek your own bridge to happiness. Where and when does your journey to your bridge begin? Right here, right now. Jayd Jarrett lives peacefully in a cottage on the east bank of a lazy river. She watches sunsets reflect in the water and loves her life.

When Feelings Don't Come Easy Craig A. Miller 2001-07-02 At the heart of a fragile self-worth, dissatisfaction with life, dysfunctional relationships, emotional suffering, and some physical illnesses is the inability to identify and effectively express feelings. This book helps the reader learn that expressing feelings has everything to do with finding healing from the past; finding peace of mind; and finding the inner happiness that you deserve and God wants you to have.

You Can Make It Through the Struggle Carol Owens Ford 2008-02 If you want to win the battle, you must win the struggle. Say *no* to the enemy. You are a winner not a loser. You may not see the blessing in your struggle now, but with the grace of God and a made up mind that nothing will hinder your walk with God; your struggle will become your testimony. We must clearly see and recognize that the God we serve is able to see us through the most difficult situations. His love and His grace can strengthen us to walk through the storms of life despite the struggles of life. There is a bright side coming. There is a good ending. Struggles don't have to bury us. They don't have to steal our joy. We can take one day at a time and see the beauty that it brings ... hidden somewhere between the struggle ... there is a ray of sunshine. Your greatest troubles can become your greatest triumphs. Losing the fight is not an option. Don't say you can't because you can! You can make it through the struggle!

Numerology for the New Age Lynn Buess 1978-12-01 Our own vibrations and cyclical patterns are numerologically determined by our dates of birth and given names. By understanding these cycles, we can learn to more efficiently express our potential, human and divine. This volume concentrates more on the experiential value of numerology than the historical. Lynn Buess has come into national prominence since the success of his first book *The Tarot and Transformation*. His popularity as a speaker and instructor has taken him across the country many times to universities, churches, professional organizations, and New Age Centers of Light. He has appeared on numerous television shows and on radio talk shows from coast to coast. Although his work with Tarot and Numerology causes most people to associate him with symbolical studies, Lynn spends most of his time today working with various alternative metaphysical healing methods. Since his gift of healing awakened years ago, he has demonstrated and taught numerous techniques of psycho-spiritual healing. He is also the author of *Synergy Session(R)*, which teaches an entirely new system of multiple-level wholistic counseling/healing. Along with his national tours, he has taught courses on parapsychology, healing, Tarot, meditation, and self-awareness at several colleges and one university within the University System of Georgia. As a tireless worker, Lynn is dedicated to bringing sincere seekers into a deeper awareness of the LIGHT within.

Hey Big Spender 'Get an Emotional Grip' Ann Carver 2013-03-04 Hey Big Spender is not saying to never to emotionally or impulse spend again as this is unreal. But is saying you can rein your spending habits in and have more money, confidence and contentment in the process. The intentions of this book are to; Gear you up with common sense spending skills, for you to simply integrate into your daily lifestyle. Then you can reach the end of your day in pocket. Teach you secrets about your relationship with money, that up until reading this book you were totally unaware of. Hey Big Spenders authentic approach is proving to make a BIG difference in many people's lives. You need this book if you are uncontrollably shopping and spending money and just can't stop or if simply want savvier spending skills. Are you earning a lemonade wage, but living it up on a bubbly champagne lifestyle Perhaps your easily seduced by consumerism and need to build your NO muscle Maybe you simply want to fatten your empty wallet/purse Or do you want to get to grips with the powerful emotions that trigger you to spend, once and for all. This book is made up of (1) authentic stories (2) powerful behaviour change tools (3) coaching strategies to move your money and life on. Also included is Hey Big Spenders unique RED Dot Shopping strategy, which is proving to reduce weekly spending by up to a third! I had no idea how much money I was wasting; all I knew was that it ran out fast. After one week of RED Dot shopping, I had 100 left. Michelle H

Getting Through Life S Struggles, Coming Out with the Victory! Cassandra Regina Johnson Burse 2010-09 This book will be a total package for the person or person's that feel alone and think know one understand where they are. It does not matter how old you are or what color your skin type is we have to overcome whatever is in our way. Having the biblical prospect on how those in the bible had some of the same things you and I face today and only through God's word you can be strong and have the Victory Through Your Life's Struggle's!

Backstage: a Rock and Love Story Erika Vanzin 2023-05-01 Get ready to be swept away by the emotional and heartwarming journey of "Backstage," a captivating rock star romance that will leave you breathless. With its slow burn, angst, and abiding friendship, this novel will have you hooked from the very first page. Damian Jones, our enigmatic protagonist, never envisioned a life as a rock star. Fate thrust him into the world of music, and he reluctantly embraced the celebrity lifestyle. Despite his fame and fortune, Damian remains grounded, cherishing every moment of his success. Yet, beneath the glitz and glamour lies a hidden truth—a private life riddled with challenges and sacrifices. Enter Lilly Jenkins, a dreamer whose passion for music knows no bounds. Music became her lifeline during her tumultuous teenage years, and she's forever indebted to its healing power. However, when her band secures the coveted opportunity to tour with the most renowned rock band in the world, her dreams turn into a nightmare. The relentless paparazzi invade her every space, scrutinizing her every move. To complicate matters further, she finds herself irresistibly drawn to Damian Jones—the man who effortlessly attracts gossip like a moth to a flame. "Backstage" is not just another run-of-the-mill love story. It's an emotionally charged tale of two souls navigating the chaos of fame and discovering a love that transcends all boundaries. Prepare to embark on a journey filled with raw passion, a damaged yet redeemable hero, a fiercely independent heroine who's a hot mess in all the right ways, and the captivating dynamics of life on a tour bus. This riveting page-turner promises a happily ever after that will leave you yearning for more. Once you dive into the world of "Backstage," you won't want to put it down. So grab your copy today, but be warned—you might find yourself staying up late, unable to resist the irresistible allure of Damian and Lilly's enthralling romance.

The Radiant Warrior Jason Chan 2009-09-07 The Radiant Warrior explores and guides the reader through four core spiritual paths: the Paths of Awakening, Healing, Empowerment and Surrender. Based on Jason Chan's unique combination of energy work, meditation and spiritual insights from a variety of teachings including A Course in Miracles and Buddhist dharma, The Radiant Warrior is designed to be a practical and complete guide to the journey to become a spiritual master.

A Place Called Home Sophie Haydon 2020-10-14 An art restorer looking for a home. A commitment-phobe running from his emotions. A painting which brings them together but which reveals a mysterious past from which neither can escape... After an itinerant and lonely childhood, art restorer Lucia yearns for what other people have—a home, husband and children. There is no way she's going to get involved with a commitment-phobe again. Guy takes the concept of a commitment-phobe to a whole new level—but with good reason. He's been running from his emotions since his wife's death. But their lives become entwined when Lucia proves his 'forgery' is genuine and reveals a mysterious past from which neither can escape... This emotional and suspenseful women's fiction book will give you all the feels. Sit back, put your feet up and prepare to go on a journey with the Mackenzie brothers and their close friends as they fall in love. But don't expect an easy road to their happy ever afters! There are intense emotions and unexpected twists and turns as these macho brothers fall for strong women with minds of their own! If you love women's fiction with no explicit sex scenes, The Mackenzies series is a great fit for you! Note: This book was previously published as *The Real Thing*. This new edition contains no profanity and mild sexual content only. —The Mackenzies— A Place Called Home Secrets at Parata Bay Escape to Shelter Springs What you See in the Stars Second Chance at Whisper Creek Summer at the Lakehouse Café —Lantern Bay— Yours to Give Yours to Treasure Yours to Cherish Yours to Keep Yours to Love Yours Forever Yours to Love Happy reading!

Calm the Chaos Dayna Abraham 2023-08-15 A simple, fail-proof roadmap for parents raising even the most challenging children from the founder of the life-changing Calm the Chaos methodology and the Lemon Lime Adventures blog. Strong-willed, spirited, explosive, and highly sensitive are just a few of the most common labels for challenging kids. Whether your child has been diagnosed with a behavioral condition, labeled, or is just harder than other children you've met, you are in luck. Parenting expert, Dayna Abraham is here to help. Calm the Chaos is a clearly organized, methodical approach to parenting. Dayna has created a road map to help parents find peace and meet their kids where they are at when conventional parenting tools have failed. There are five steps to calming the chaos—Getting to Safety, Restoring Trust and Energy, Finding Calm in the Moment, Getting Ahead of the Moment, and Defining Family Success. Each step employs a framework that is easy to remember, even when emotions run high: you ground yourself, you connect with your kid, you work with them to understand the catalyst and the issue at the heart, and then together you get curious about finding an empowered solution. Backed by science and tested by hundreds of thousands of families, Calm the Chaos is a revolutionary road map complete with in-the-trenches stories, scripts, prompts, and worksheets that make it simple for parents to build a safe home and support healthy kids.

Falling Into Ease Aliza Bloom Robinson 2016-08-26 Would it be alright with you if life got easier? Aliza Bloom Robinson, vibrational catalyst, is here to show you that it can. Step by step Falling Into Ease systematically removes all the barriers you believe you have to creating a life you love.

The 10 Best Decisions a Single Can Make Bill Farrel 2011-02-01 Bill and Pam Farrel, bestselling authors of Men Are Like Waffles—Women Are Like Spaghetti (more than 260,000 copies sold) and The 10 Best Decisions a Couple Can Make, now lead single men and women through the ten most influential decisions they can make to embrace faith, fulfillment, and purpose. With candor and humor, the Farrels present ten decisions that will help singles live a full life instead of a “life on hold” choose celibacy for the purpose of ultimate fulfillment choose community and activity over isolation or self-focus wake up to the significance of their life and the opportunities ahead give their dreams, relationships, careers, and decisions to God Biblical insights and life examples offer spiritual encouragement and practical guidance for those desiring a complete life as a single and as a person who is open to God's plan for their future.

You've Got This Dr Michaela Dunbar 2022-04-28 Learn how to reframe your thoughts and live your best life with this accessible guide from clinical psychologist Dr Michaela Dunbar, founder of @myeasytherapy _____ Are fear and anxious thoughts holding you back from living the bold and exciting life you want? Everyone experiences self-doubt, feelings of inadequacy, fear of failure and burnout. But not all of us know how to deal with it. In her years spent helping ambitious women overcome self-doubt, Dr Michaela Dunbar has identified seven key ways high-functioning anxiety can manifest in our lives, from people-pleasing to imposter syndrome. In this hopeful, accessible, and genuinely useful book, Dr Michaela offers practical solutions and strategies to help you with . . . Coping with anxiety and overthinking Dealing with imposter syndrome Setting and maintaining boundaries Breaking down the fear of failure Filled with invaluable tools, reflection exercises and case studies, You've Got This shows us how to transform our anxious thoughts and emotions into positive actions. Above all, it will teach you how to overcome self-doubt and free yourself from the traps of overthinking to confidently step into a life you love.

Secrets at Parata Bay Sophie Haydon 2020-10-14 A grieving mother intent on revenge. A millionaire who values honesty above all else. A love threatened by the legacy of family.... Cassandra Lee is a woman on a mission. She's lost both her son and father in tragic circumstances and she's determined to exact revenge on the man she holds responsible by attacking the only thing that matters to him—his wealth. And Dallas Mackenzie's wealth is important to him. He's spent years intent on two things—being the opposite of his father and restoring his family's fortunes. But, in so doing, he's created an emotionally empty life for himself. But empty lives can be filled—at least for a short while—and Dallas sets out to seduce Cassandra. Unfortunately neither seduction nor falling in love with this powerful man were things for which Cassandra could prepare. She just hopes that his interest—and her resistance—will hold out long enough to ruin him... This emotional and suspenseful women's fiction book will give you all the feels. Sit back, put your feet up and prepare to go on a journey with the Mackenzie brothers and their close friends as they fall in love. But don't expect an easy road to their happy ever afters! There are intense emotions and unexpected twists and turns as these macho brothers fall for strong women with minds of their own! If you love women's fiction with no explicit sex scenes, The Mackenzies series is a great fit for you! Note: This book was previously published as The PA's Revenge. This new edition contains no profanity and mild sexual content only. —The Mackenzies— A Place Called Home Secrets at Parata Bay Escape to Shelter Springs What you See in the Stars Second Chance at Whisper Creek Summer at the Lakehouse Café —Lantern Bay— Yours to Give Yours to Treasure Yours to Cherish Yours to Keep Yours Forever Yours to Love

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Table of Contents Falling Into Ease Release Your Struggle And Create A Life You Love

1. Understanding the eBook Falling Into Ease Release Your Struggle And Create A Life You Love

- The Rise of Digital Reading Falling Into Ease Release Your Struggle And Create A Life You Love
- Advantages of eBooks Over Traditional Books

2. Identifying Falling Into Ease Release Your Struggle And Create A Life You Love

- Exploring Different Genres

- Considering Fiction vs. Non-Fiction
- Determining Your Reading Goals

3. Choosing the Right eBook Platform

- Popular eBook Platforms
- Features to Look for in an Falling Into Ease Release Your Struggle And Create A Life You Love
- User-Friendly Interface

4. Exploring eBook Recommendations from Falling Into Ease Release Your Struggle And Create A Life You Love

- Personalized Recommendations
- Falling Into Ease Release Your Struggle And Create A Life You Love User Reviews and Ratings
- Falling Into Ease Release Your Struggle And Create A Life You Love and Bestseller Lists

5. Accessing Falling Into Ease Release Your Struggle And Create A Life You Love Free and Paid eBooks

- Falling Into Ease Release Your Struggle And Create A Life You Love Public Domain eBooks
- Falling Into Ease Release Your Struggle And Create A Life You Love eBook Subscription Services
- Falling Into Ease Release Your Struggle And Create A Life You Love Budget-Friendly Options

6. Navigating Falling Into Ease Release Your Struggle And Create A Life You Love eBook Formats

- ePub, PDF, MOBI, and More
- Falling Into Ease Release Your Struggle And Create A Life You Love Compatibility with Devices
- Falling Into Ease Release Your Struggle And Create A Life You Love Enhanced eBook Features

7. Enhancing Your Reading Experience

- Adjustable Fonts and Text Sizes of Falling Into Ease Release Your Struggle And Create A Life You Love
- Highlighting and Note-Taking Falling Into Ease Release Your Struggle And Create A Life You Love
- Interactive Elements Falling Into Ease Release Your Struggle And Create A Life You Love

8. Staying Engaged with Falling Into Ease Release Your Struggle And Create A Life You Love

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Falling Into Ease Release Your Struggle And Create A Life You Love

9. Balancing eBooks and Physical Books Falling Into Ease Release Your Struggle And Create A Life You Love

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Falling Into Ease Release Your Struggle And Create A Life You Love

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Falling Into Ease Release Your Struggle And Create A Life You Love

- Setting Reading Goals Falling Into Ease Release Your Struggle And Create A Life You Love
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Falling Into Ease Release Your Struggle And Create A Life You Love

- Fact-Checking eBook Content of Falling Into Ease Release Your Struggle And Create A Life You Love
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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