

I Am Enough Mark Your Mirror And Change Your Life

The inner critic is the voice inside our heads reminding us that we are never “good enough.” It’s behind the insidious thoughts that can make us second-guess our every action and doubt our own value. The inner critic might feel overpowering, but it can be managed effectively. Meditation teacher and therapist Mark Coleman helps readers understand and free themselves from the inner critic using the tools of mindfulness and compassion. Each chapter offers constructive insights into what creates, drives, and disarms the critic; real people’s journeys to inspire and guide readers; and simple practices anyone can use to live a free, happy, and flourishing life.

RANDI I've basically run my entire life into the ground. I'm on a first name basis with all cops in this town. The bartenders here know my entire life story, and I'm pretty sure my body count would stack higher than the Eiffel Tower. I'm the resident "bad girl" - have been since I was sixteen. But this man thinks he can fix me . . . I wish him the best of luck. * * SEAN I'm undercover. She's meant to be nothing more than someone for me to use to get closer to the man I'm meant to take in. But she's hell on wheels, and everything about her draws me into her. Before I know it, I'm in deep, and all of my lies are digging me into a deeper hole. Because I can't tell her who I am. I'm not allowed to blow my cover. And I'm terrified that when she does find out who I really am, I'm going to lose her. **Fast paced romance novel. 17+.

A time to reflect on my seventy years of life. Maybe some folks will be interested in my life and the folks I have met, or maybe not. This is a non-traditional memoir, filled with alphabetical vignettes not chronological ones. I have made a foray into fiction with an asterisk: in those cases where I have marked the vignette as fictional, it might be 100 percent not true, but in many cases I knew of, was part of, or heard from others about the story itself. At any rate, the entire book is my recollection of things past, and as in all recollections, the more distant the memory the clearer the details.

Shayla had no idea her life would turn out like it did. She had two kids, independent, a college degree, owns a Top Business Consulting firm in Buckhead, Atlanta and a Non-profit organization for the community, but in the midst of it all she was Trapped. Trapped in love, hate, lust and PAIN!! She had a natural body that these women would die for, her personality made her beautiful, her presence was unreal and she had a smile that would lighten up your darkest days. Shayla wasn't your average chick she was street and book smart, but had one problem men was her weakness. She picked the men she had the weakness for. Shayla was living a triple life and the walls were starting to close in on her fast.. Shayla was focused on her businesses, but on the flip side enjoyed herself, She never meant to hurt anyone feelings, so she tried to be as upfront as possible when they would ask, which was never so, she never offered the information. She is about to go for the ride of her life, she's a street girl by nature, maybe she can get herself out it. Her best friend Kisha is by her side to support her until Shayla finds out her secret. Shayla is into deep.....

Just F*cking Do It

How to Radiate Confidence, Attract Others, and Demand Re
The Tribers

A Jacksepticeye/ Reader Story

TRIBERS Book of Dreams

Africa's Embrace

This is the fantastical tale of the origin of "Fall" (Autumn) as the product of a single idea. The story resonates messages of confidence, courage, anti-bullying concepts and the encouragement to go forward with a "good idea". Vivid images and dazzling colours merge these ideas together and deliver an important and lasting culmination - Don't be afraid to be different or to change! Know that the most significant changes can happen with just one good idea".

Boring, but completely gorgeous. That was my first impression of him. My next two thoughts were 'pompous ass' and 'cocky jerk.' And, I had the glorious pleasure of sharing a table with him for the entire night. He didn't speak, didn't grunt....he just nodded and stared. If I weren't taking my bosses place at this dinner, I'd have found another place to sit and escape Rylan Daniels. 'Absolutely beautiful' was what I thought when I found her at my table at the Ad Execs quarterly dinner. She wore a black strapless dress and exuded confidence from every part of her. I nodded to her, but didn't speak. I really didn't have much to say anyway. I couldn't quit staring and had to excuse myself at one point to stand across the room and watch her. It was a strange, unwelcome feeling I was having about this stunning woman. It had been five years....five years since Kristen....and I still couldn't move on. That kind of hurt you just don't get over so easily and I wasn't even sure that I wanted to get over it. But, here I was, completely intrigued and unable to stop thinking about Jen Bailey.

Dr. Brooke Spencer always felt different from other girls. Now a successful scientist, she is finally discovering where she belongs: working alongside the brilliant, trailblazing researcher Dr. Charles Samuelson. Dr. Samuelson has recently made a discovery that has eluded philosophers and dreamers for centuries: How to transmute iron into gold. Determined to use the knowledge for good, Dr. Samuelson recruits Brooke to assist him with his new plan, his "Golden Manifesto." But humans are not alone and his discovery has not gone unnoticed. Extraterrestrial visitors seek to control Dr. Samuelson's Breakthrough, and before long, Brooke is all that stands between Earth and total Destruction. Will she be able to hold her ground? Or will the timeless temptation of gold prove too much for even the strongest of spirits? Brooke will soon face a choice that will make her question her background, her career, and the fate of the planet.

Life, liberty, and the pursuit of happiness are prescribed ideals in America of 2050. The Moral Authority, the nation's newest branch of government, has virtually eliminated crime, poverty, and most social ills, but it also rules the land with a tyrannical fist, championing ignorance and brandishing fear. Mark Bryan is a gay man whose existence brands him an outlaw; Isaac Montoya is a charming stranger, who entices Mark to defy moral law; and Samuel Pleasant runs the Moral Authority and plans to punish moral offenders and a rebellious uprising-no matter the cost. Will liberty and justice return for all?

Loving Her

Moral Authority

With One More Look at You

A Psychological Thriller

A Billionaire Romance

Rule and Camryn 2

Our lives are spent watching the clock. We go to sleep by it. Wake up to it. Rely on it. Race it. It's easy to forget that we're only given so much time. We ignore it because we're convinced we'll always have more. I am proof that we aren't promised anything. The clock owes us nothing. I know because not only was Time my name, I wasn't given enough of it. Sure I had challenges but I vowed to make the most of it, of my young limitations wouldn't hold me back. Time was on my side. Then I was told otherwise. Now the clock was working against me. I would face them alone. Then he walked in and changed everything. He gave me a reason to fight. He helped me prepare. Like others before me, when time wasn't ready. I begged for more. But the clock, it stopped for no one. On the day my world went black, I refused to take him with me. Only listen. I was a doctor. A bringer of bad news. I read the chart. She was fucked. My hands, they were tied. I was a doctor who could not heal beyond that door. I had no hope to offer her. But I wanted this over with. The sooner the better. I walked in, looked up and saw color. Not them. They surrounded her. She was a patient. You did not cross that line. I would not cross that line. I should have kept my eyes closed. Life is easier when you didn't see. But they were open now. They saw her. They saw everything. Suddenly invisible lines ceased to matter. For me, it mattered. How far would you go to make sure the one you loved had enough of it? Would you challenge the clock? Help them prepare? Could you watch them suffer? Could you accept a life without them in it? Or, would you follow them into the darkness? I did. This is our story.

Marisa Peer's unique brand of hypnotherapy is truly life changing the proof is overwhelming her last book has over 245 five star customer reviews, with readers saying again and again how their lives have completely turned around since reading Marisa's book. Now in her fantastic new book Trying to Get Pregnant (and Succeeding) Marisa gives you the tools to get pregnant quickly and easily in a programme that is effective and rewarding. Marisa's tried and tested programme is a natural way to increase your fertility. Her powerful hypnotic language and effective techniques mean that just reading the book enables you to change negative thought patterns that have been suppressing and blocking your fertility without you knowing it. Marisa uses her revolutionary method of reprogramming the brain to alter any blocks related to pregnancy, birth and motherhood. Addressing women with every kind of infertility problem and women who are planning or undergoing IVF, Marisa's powerful techniques, which are not to be found anywhere else, lie in the process of reading the book. Trying to Get Pregnant (and Succeeding) is a book that enables any women struggling to get pregnant to deliver a healthy baby, even if they've been told they were infertile. It works on multiple levels using techniques including powerfully affecting exercises, subtle repetition and straightforward questionnaires to break down blocks about pregnancy and birth whilst improving your fertility. An effortless process, the reader's progress through the book is a hypnotic treatment in itself. Marisa Peer was voted Britain's Best Therapist and is listed in The Tatler guide to Britain's very best Doctors and she has a unique ability to help people with fertility problems. Written in the highly engaging style she is renowned for, Marisa speaks to an extremely personal level and tailors her proven methods in boosting conception to your unique needs. Unlike other books, not only does the programme naturally boost fertility but it can do so by your next cycle. If you want to have a baby the most important tool to boost your fertility is your mind. This book offers hope for all women with fertility issues, so if you are struggling with unexplained infertility or secondary infertility

Marisa's brand new book shows you how to get pregnant fast. With Marisa's proven programme you can increase your fertility, improve ability to conceive naturally, or with IVF, and then carry your perfect baby to full term.

In part one of Rule and Camryn you witnessed Rule's persistent and passionate pursuit of Camryn. He carefully yet forcefully broke down walls and showed her that it was okay to love and trust. And she loved and trusted - so much so that she willingly sacrificed her life for two the drama and devotion continues. This time with Rule. After witnessing Camryn's love and commitment in such a drastic way, Rule's demons are brought to the surface. His childhood tragedy sends him into a deep and dark depression that only Camryn's love can break. Will he allow her to? Or will this be the end? Read the final installment of Rule and Camryn: A Memphis Love Story to find out!

Rebecca has been captured and awakens alone in the dark, not knowing where she is. She can feel that Llyr is alive, but cannot contact through the soul link. Chained to a wall and without magic, she must find a way to survive and escape. Llyr was defeated by his brother who witnessed the fall of the tower on Avalon. Being separated from Rebecca has created a problem: the soul link is draining his body of all. Despite not being able to stand on his own, he's determined to return to his world and save Rebecca from the Archwizard. Without Havaar to guide him, he must rely on the ghosts of Havaar's school to find a way home.

You Can Be Thin

You and Me Against the World

Under His Protection

Truth Or Truth

The Ultimate Programme to End Dieting...Forever

I Am Enough

Africa's Embrace is author Mark Wentling's fictional account about the adventures of a young man from Kansas who travels to Africa and becomes caught up in a mystical larger-than-life adventure. This well-crafted novel revolves around the main character of "David," who abruptly leaves his home in Kansas in order to follow his destiny in Africa. Upon arrival, he is renamed "Bobovovi" and chosen by the spirit world to ride the "mountain moonbeam" and become "transformed" by an ancient baobab tree. Bobovovi does his best to make his goodwill prevail, but his humanitarian work is fraught with unforeseen, unusual challenges. He moves from one surprising adventure to another, telling an African story unlike any the reader has ever heard before. Africa changes him in unimaginable ways, and those changes are inculcated into the reader and teach a variety of lessons. Although Africa's Embrace is literary fiction, the novel is, in actuality, a thinly-veiled autobiographical account of the author's three years of working in an African village back in the 1970s. The clever and gripping plot of the novel is a powerful, emotional story, combining magical realism with a colorful description of the practical challenges of living and working in Africa. The book introduces a cast of unforgettable characters and forces the reader to enter deep into the heart of Africa, and to consider the spiritual implications of introducing change. Mark Wentling is one of the rare people on Earth who has visited or worked in all fifty-four African

countries.

Tarot Insights for Healing Your Energetic Body Learn how to combine energy healing techniques with the spiritual power of tarot for a whole new approach to restoring your well-being. Tarot Healer guides you through each of the seven chakras, showing you how to clear blocks and enhance your personal energy. With dozens of hands-on exercises, meditations, tarot spreads, and guided readings, author Leeza Robertson helps you interpret the cards as a road map for emotional and physical healing. This book explores how thoughts, feelings, and actions impact your ability to achieve spiritual renewal and release old wounds. Working with tarot as a guide to aligning and balancing the chakras, you will begin to expand and embody love, security, intuition, and divine energy as you become a true tarot healer.

Has it• Been a rough day?• Been a rough year?• Been a rough career?Do you• Dream about that creative idea just beyond your grasp?• Feel trapped in a job that pays you just enough to survive?• Regret not finishing your music, photography or screenplay?• Wish you had more time, more money, more ability to get things done?If so, **The Pursuit Of Passion** is the book for you.A concise book of deep thought and meditation, **The Pursuit Of Passion** is one of those rare experiences that comes along only once in a great while.It is a treasury of thoughtful, insightful reminders that can be read in one sitting, or can be referred to daily, one page at a time.The book takes you on a journey from the darkest days of the 2009 Great Recession to a place of recovery, creativity, hope and passion."These writings came from a promise. Right before Memorial Day 2009, I met with my business coach Joe Stumpf. After 20 years as a commissioned loan officer, I had just lived through possibly the worst year ever in the business. My previous company had collapsed in the mortgage meltdown of 2008. During the previous 12 months my assistant had earned more money than I had. About 50% of the people in my industry were either out of work or actively looking for jobs in other areas of business. Things looked bleak, and there was no fun left. Work had become a painful grind with very little financial reward to show for all the time spent.I shared my total burn out in the business of 20 years with my coach. Frustrated by what my life had become, it became clear that something had to give. Either I had to change jobs, or change my attitude. Maybe both! I promised to get up at 5:00 AM every day, meditate and journal, and focus on bringing passion back into every aspect of my life, my work, my family and my personal growth. Instead of going to work every day and having a pity party, I have decided to have a passion party.These writings (a sample of the 475+ entries from the website <http://passionparty09.blogspot.com>) are the outgrowth of that commitment. I hope they inspire you to find your passion, and that you enjoy reading them as much as I did writing them."-George Kahn"When a person integrates the practical and the artistic, the material and the spiritual, I listen. The world has more than enough disconnection; I am inspired by people who put things together. Real passion flows from these poems,

the product of a mind and heart in synch.”-Shmuel Klatzkin, Rabbi

The world is infected and humanity is reduced to creatures of vicious insanity. Doctor Thorn's rescue by a group of young survivors is just the beginning of their nightmarish journey to survive. In this apocalyptic landscape, humankind has one final hope that rests on the strength and determination of 10 young men and women.

An Air of Suspicion

Mark Your Mirror and Change Your Life

Superhuman Eye Contact

Make Peace with Your Mind

I'm Trapped

Adult Coloring Book

A #1 New York Times bestseller and Goodreads Choice Awards picture book winner! This is the perfect gift for mothers and daughters, baby showers, and graduation. This gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another comes from Empire actor and activist Grace Byers and talented newcomer artist Keturah A. Bobo. We are all here for a purpose. We are more than enough. We just need to believe it. Plus don't miss I Believe I Can—the next beautiful picture celebrating self-esteem from Grace Byers and Keturah A. Bobo!

When archaeologists discover a burial site near Whisper, they find more than bones. Not only are watches and laptops going missing, so are some of the artifacts. If that's not enough, even people start disappearing. Barringer and Associates are called in to help with security and to investigate the missing items. However, when the body of one of the volunteers turns up, Meg and Rain realize they have something even more sinister going on. Then, Meg's sister Amy goes missing along with one of the archaeologists. Will Meg untangle the barrage of thefts, disappearances and murders in time to save her sister? And Air of Suspicion is a novel of Whisper

"Rapid Transformation Therapy calls us to be present in our bodies now and to address our suffering in a powerful way. The moment I began this work, I knew that I would live."- Crystal Rose Porter (Gux Xex Kaag Waan Taan), daughter of Walter Porter of the Raven Clan, Moon House, Yakutat Tlingit Tribe"

Based on my own experiences and those of a number of my patients, I have seen the resultant ability to access, bring forth and engage fundamental issues related to trauma, enabling impressively consistent transformation. The team of professionals at White Raven Center, led by Dr. Marianne Rolland, clearly have the whole package when it comes to treating trauma. " - Dr. Richard A. Newman Developer of the H.E.A.R.T. system of holistic chiropractic

care

Sy Middleton, a teenager living in Manhattan, enters a secret world when he is initiated into Earth-tribe and becomes a Triber. In the Middle Realm, Tribers from Earth-, Fire-, Air- and Water-tribe train to enhance their powers and compete in monthly Lunar Festivals. The Zodiac Council has protected the Lower and Middle Realms from the Darkforce for thousands of years, but the balance of power has shifted, placing humanity at risk. The Darkforce has stolen the Book of Dreams. Sy and his friend Joshua Ryderson embark on a quest to find it...

Thoughts to Help You Navigate from the Darkest Hours to the Light of Inspiration

Tarot Healer

The Soul Link

Midas

Stop Playing Small. Transform Your Life.

I Am Not My Hair

Escape from the everyday stresses in your life and unwind with Chromalaxing, Kaleidoscope Series, Adult Coloring Book #1. The first book in a new series. Forty intricately and delightfully designed images. Printed one side per page. The reverse side includes the image number so you can share your thoughts and specific feedback for us per image. Your finished work may be suitable for framing or gift giving. Our website (<http://www.chromalaxing.com>) features fun art contests. Enter today and show us your masterpiece for a chance to win great prizes and your favorites too. Our designs offer a pleasing variety in image complexity suitable for beginner to expert-level. Provides unlimited hours of relief, as well as an enjoyable artistic outlet. Tap into the soothing and rejuvenating effects that coloring has been shown to produce. Join us all over the world and rediscover the fun and relaxing hobby of coloring. Grab your pencils, pens... relax and explore your creative side to the fullest. PLEASE NOTE: LINK FOR THE FREE HYPNOSIS DOWNLOAD CAN BE FOUND ON THE CONTENTS PAGE There's so much more to confidence than being outgoing, and self esteem has a huge impact on both your happiness and what you are able to achieve in life. Marisa Peer's programme is an effortless way to maximise your potential and overhaul your whole outlook on life for the better. Her powerful hypnotic and effective techniques mean that just reading the book enables you to change negative thought patterns and break harmful habits that hold you back without you knowing it. Written in the highly engaging style she is renowned for, Marisa's book speaks to you on an extremely personal level and tailors her proven methods in establishing confidence to your unique needs. Unlike other books on the market, not only does her programme deliver results but she focuses much more on how to like yourself, because until you do you can't enjoy the benefits of confidence. Marisa's programme is an effortless way to tackle every type of confidence issue so that you can achieve your full potential in life and reap the rewards.

The perfect keepsake, this front cover is customizable in the title box (YOUR loved one's name, in YOUR writing, is a thing they will cherish). The book has lined pages for your own thoughts and dedications inside. The book is illustrated completely by children, and the simple, sweet text says LOVE exists, even when you're not together. Written for children, but wonderful as a love letter for all ages, for all times of year. I'M SO

HERE is a celebration of love and gratitude.

The Results-Based Accountability (RBA) framework can be used to improve the quality of life in communities, cities, counties, states and everything from the well-being of children to the creation of a sustainable environment. It can help government and private sector agencies improve the performance of their programs and make them more customer-friendly and effective. RBA is a common sense approach that replaces all the jargon-laden methods foisted on us in the past. The methods can be learned and applied quickly. And all the materials are free for use by non-profit organizations. In addition to providing practical methods, the book also makes a contribution to social theory by explaining the relationship between program performance and community quality of life. As such it is a valuable tool for both program administrators and researchers. A workshop DVD is also available from resultsleadership.org. The RBA framework has been used in over 40 states and countries around the world.

3 Steps to Your Full Potential

A Cry of Mercy When Suffering Seems Unfair

Use the power of your mind to look and feel 10 years younger in 10 simple steps

How to Produce Measurable Improvements for Customers and Communities

The Book

The Secrets to Feeling Great About Yourself Every Day

Hairnigans. Friendship. Big Dreams. The previously scheduled life Maya Hatton planned has been interrupted for an emergency broadcast announcement. A news station manager threatens to destroy over twenty years of brand and image building with a new contract from hell. Her husband Roddreccus moved into the rental property and refuses to move home without explanation. Instead of finding confidence, fun, and freedom as she enters her mid-fifties she's faced with crises. Fans believed she had it all together but her dream team lost a member, a villain hijacked her fairy tale marriage and now she needs to remember how to be the Maya everyone thinks she is or lose the best thing she ever had. Natural Sistahs series is written by an African American author whose chosen her natural hair since 1998. While one of many indie published black authors she considers her books appropriate for the women's fiction category though most would be shelved in the black fiction, black books, African American women's fiction, or black women's fiction section in most physical bookstores.

In Stop Sabotaging Your Life: 3 Steps To Your Full Potential, acclaimed life coach Bruno LoGreco shares his simple path to achieving healthy mental and emotional independence. How many times have you caught yourself thinking something like this?: I'm not enough—good enough...smart enough...good looking enough...successful enough.... LoGreco says we sabotage our lives by focusing too much on being what others want us to be and do, and not spending enough time listening to our own hearts and minds. Some people try to find self-acceptance and contentment through counseling, but end up trapped on the therapy treadmill. Others try to go it alone, but still end up in a tiresome process of navel-gazing that never leads to personal fulfillment. LoGreco offers a three-step plan to

help you reach your own potential: self-awareness (recognize what you have been doing, and why); rebuilding values (learn a different way to do things); and reach your full potential (identify opportunities and set meaningful goals). You will learn to leverage your strengths to stop chasing illusions and work toward achieving your dreams. LoGreco doesn't claim his book will cure everything that ails you. As he says, "There is no secret formula, no magic pill that will make you happy, productive, and successful. You must challenge your beliefs and take back control of your choices. Don't just think outside the box—break out of it altogether." What clients and readers are saying about life coach, mentor, and motivational speaker Bruno LoGreco: "As a divorced mother of three, I've encountered many obstacles, mostly personal ones within myself. I wondered why I kept repeating the same patterns with the men I was dating and why it always ended badly, usually with me being hurt, and questioned what 'I' was doing wrong. Bruno taught me how to love myself again, how to respect myself and above all else, BELIEVE in myself.... Bruno saved me from my self-destructive patterns. Without his help, I wouldn't be the confident woman I am today. I am a better mother for that." —Cristina "The world is filled with very successful executives who for decades focus every waking minute on professional accolades and professional development [only to] realize they haven't take the time out to focus on personal development in terms of a better balance in life, being in touch with their spiritual side and inner self, and even the fun side of life. That would describe me in the past.... I came across Bruno, and I knew he was the man. His personality exudes authenticity and geniality. The man simply knows his stuff, has this uncanny ability to read between the lines, and zero in instantly on underlying triggers. His structured approach steers you to address issues head on; challenges you to challenge yourself; opens your mind; helps you understand behaviors, experiences and patterns; gets you in touch with yourself; fuels a sense of purpose and passion; and escorts you to chart a new course to life. He never judges, but relentlessly encourages and empowers you. He's truly a brilliant, genuine and a humane person with an infectious enthusiasm to make you seize your inborn potential." —Adrian "If I had to sum up my experience with Bruno in one word, it would be 'awakened.' Bruno helped me see life from a different perspective, which is what I needed, but most importantly, he showed me how to do that myself without being dependent on him.... Bruno got me to step outside of my comfort zone and do things I normally wouldn't have done otherwise, which is undoubtedly the key to growth." —Blaine

Transform every area of your life and permanently overcome feelings of disconnection, low self-esteem and rejection. Radiate self-confidence, attract wealth, health and wonderful loving relationships and know that you are enough in every aspect of your life always.

PLEASE NOTE: LINK FOR THE FREE HYPNOSIS DOWNLOAD CAN BE FOUND ON THE COPYRIGHT PAGE, OPPOSITE THE

CONTENTS PAGE The Ultimate Programme to End Dieting...Forever Marisa Peer introduces her revolutionary method of reprogramming the brain to alter feelings and associations related to food, to enable everybody to have a healthy relationship with it and, as a result, have a healthy body at a sustained ideal weight. With its refreshing and empowering style, YOU CAN BE THIN works on many levels by using techniques including fun and powerfully affecting exercises, subtle repetition and straightforward questionnaires to break negative patterns and banish cravings. An effortless process, the reader's progress through the book is a hypnotherapy treatment in itself. Addressing habitual eaters, emotional eaters, addicted and ignorant eaters, the cure, which is not to be found anywhere else, lies in the process of reading the book.

Rapid Transformation Therapy

Amber's Destiny

Stepping Out of the Purgatory of Living and Stepping Into a New Beginning!

I'm So Glad You're Here

Finding Myself

Purgatory Living

In every trial or tribulation, there is an opportunity that can bring us closer to God and to our goals when we allow God to take control. God, Take Over; I Am Finished is a cry for mercy and divine intervention when suffering seems unfair and you realize that no one else can help you. A dry valley and wilderness experience story, based on the author's tribulations and triumphs as she struggled, willingly and sometimes unwillingly, to submit to God's will. It reveals how she passed through the storm and survived and what she gained out of the pains she had to endure. Its principal message lies in the realization and fact that where human senses, strength, power, abilities, knowledge, and intelligence end, God's supremacy begins. By applying her experiences and the Word of God, Catherine Agada shows you how to discover divine strength in weakness; peace in chaos, and His love in suffering. She inspires and teaches you to love better, live happier, forgive faster, pray efficiently, and increase faith. God, Take Over; I Am Finished can restore hope and improve your relationships with God and man.

'NOOR HIBBERT IS A FORCE OF NATURE AND HER BOOK IS A CANDID, NO-BULLSH*T BLUEPRINT FOR LIVING YOUR MOST AMAZING LIFE. INVIGORATING AND INSPIRING!' Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck 'A ROUSING GUIDE ON HOW TO BUILD MOMENTUM TOWARDS YOUR GOALS, QUASH YOUR INNER DOUBTS AND CHARGE AT WHAT YOU REALLY

WANT' , RED Magazine JUST F*CKING DO IT will take you on a mind-altering journey of self discovery and personal transformation using an approach which combines psychological rigour with spiritual power - helping you to become the best version of yourself and create a life of happiness and abundance. True personal development can only be achieved by changing how you think and interact with the world. This book, by the creator of the hit 'Think It, Get It' podcast, will demonstrate that, alongside purposeful and practical steps to improve your life, you have the power to multiply your success and happiness by harnessing the Law of Attraction. Whatever obstacles you face, this book will show you how to stop thinking small, make positive changes and live the life you deserve.

The way we look and feel has very little to do with our chronological age: positive thinking and changing your belief system are the most important factors in staying young. In this exciting new book, leading therapist Marisa Peer explains how you can arrest the ageing process by harnessing the power of your subconscious mind. By changing your thinking, you can change your body and become physically and mentally at least ten years younger. You Can Be Younger contains a ten-step programme to teach you how to: Retrain your mind so you can stay young and vibrant Use Marisa's cell regeneration therapy to counteract the ageing process Boost energy and visibly improve your skin's appearance Marisa Peer shares the secrets her celebrity clients know so that you too can look and feel more youthful.

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Linde utilises new and ancient knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a summary within each one: Lifestyle; Food & Nutrition; Medical Care; Mind; Water; and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle

improving quality of life, saving time & money and gaining longevity; Fuses together specialised areas in health & mind, lifestyle & environment under one cover; Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, energies and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media weekly, even daily; For more information please visit www.thebookbook.co.uk

A Guided Process for Healing Trauma and Awakening the Light Within

Using the Cards to Deepen Your Chakra Healing Work

God, Take Over; I Am Finished

Trying Hard is Not Good Enough

Trying to Get Pregnant (and Succeeding)

The Creepers Saga

WHEN IT COMES TO LOVE, SOMETIMES IT TAKES THE HEAD YEARS TO DISCOVER WHAT THE HEART HAS ALWAYS KNOWN
When Forbes Branson was a young man ready for something new. A senior in high school, he was the golden boy. Heir to a fortune, he knew what his life was going to be. But he wanted adventure first. A year to do what he wanted, where he wanted before college. An unexpected betrayal would change everything. Sophie Lipton was fifteen the first time she set foot on the Branson ranch. Dragged from one place to another, never having more than one pair of shoes or enough to eat, the moment she saw the wide open spaces, she felt she could breathe for the first time in her life. It was the home she always dreamed of. But her happiness came at a price. To stay in her new home, Sophie had to keep somebody else's lies. Lies that would eventually tear apart a family. And tear apart her friendship with Forbes. Coming home is never easy-especially after twelve years. Forbes isn't the same young man. He found his adventure-and more. Weary, he's ready to settle into a slower, calmer life. Working on his family's ranch and taking the job as Chief of Police sounds like a piece of cake after the things he had seen and done. Sophie isn't the quiet girl Forbes remembers. She's grown into a strong, confident woman. A woman used to being in charge. The Branson ranch is her territory now. If Forbes thinks he's going to waltz back in and take over, he's going to find out fast that Sophie is no pushover. Twelve years ago, they shared one goodbye kiss. More sweet than passionate. Now, as adults it's a whole new game. The attraction between them is undeniable. Just as they begin to move forward, the past has other ideas. Secrets rarely stay buried forever. Lies. Betrayal. Maybe even murder. Before Forbes and Sophie can think about the future, they will need to deal with the past. Together.

One day I woke up and realized that I had been lost for quite some time. I had got comfortable with how life was treating me. I no longer cared about how I presented myself, stuck between life and death, you know Purgatory. The real me had left long ago and the figure that I saw before

me was just a shell that protects me until I could be found again. I had everything a woman could ask for and more yet somehow and somehow I forgot about myself and ended up in the purgatory of living. When I had my epiphany, I discovered some things that I should have seen all along but was too busy allowing life to consume me that I didn't care to pay attention. You know, taking care of kids, husband, family, work, friends and oh yeah, then me if I'm not too tired.... Me! One day I found myself on the outside of the milk carton... Lost, hanging in the purgatory of living. It was the shock of my life yet not a shock for everyone else. Most often others can see what's going on in your life even when you cannot (or you think you do). Don't let that to happen to you or to allow it to continue. You can step out of the purgatory of living and into a new beginning. It could be easier than you think it is. For me... I have some changing to do and the changing can only be done by me for me. I cannot change you or the rest of the world but we can help each other with the process of changing for the better.... TOGETHER! And look who we shall find! (You and me too) Let's begin... how did I lose myself?

Killian knows all about vampires and aliens. They're not real. But when a handsome swimmer climbs into her storm-tossed boat an hour from her summer destination, the worlds of fantasy and reality suddenly collide... Cuttylea Island has no mall, no social scene, and no action. But it does have a mysterious stone tower, ageless islanders, and a secret as astonishing as a mermaid's tale... Before the summer is through, Killian will find the truth of her family's past...and the role she is destined to play in a centuries-old curse.

I've had a more-than-little crush on Jacksepticeye for just about as long as I've been a YouTuber. Which is a long time. It began as more of a celebrity crush, the admiration from afar. Finally being able to meet him in person would be a total dream... One that may come true sooner than I would think.

Stop Sabotaging Your Life

When Time Stood Still

The Pursuit of Passion

Ultimate Confidence

Chromalaxing

Aquarian

Carry the Day, is a story of the iconic but common beauty between struggle & success. Like the sunflower, Phadila has an unwavering amount of faith in her failures and her successes. Because of her optimism she's hopes for brighter days. Though she has moments of defeat, uncertainty and heart break, she remains patient through her circumstances until her change comes and eventually, it does!

Do you struggle to hold eye contact? Does it make you feel unconfident, uncomfortable, and self-conscious? Or do you just want to appear more charismatic and confident? Then Superhuman Eye Contact has the insightful tips and innovative exercises you need to become an eye contact expert - overnight. If you are bad at eye contact, people will assume that you are creepy or untrustworthy. If you are merely average at eye contact, you won't be negative, yet you won't be memorable either. But if you are SUPERHUMAN at eye contact, you will instantly make an impression and have people clamoring for your attention. All this because of eye contact? Absolutely. If the amount of eye-related phrases in our vocabulary is any indication, (the eyes are the window to the soul...) yes! Eyes are what people use as a guide to your overall character. Mastering eye contact is

essential to becoming the person you've always wanted to be. What tips and exercises from years of coaching eye contact will you learn? * The #1 obstacle to strong eye contact and the two best ways to crush it. * Exactly how and when to break eye contact gracefully. * How to alter your eye contact for meaningful flirting. * What your eyes should never be doing, though you probably do it daily. * How the direction someone looks in can determine their truthfulness. * How to adjust your eye contact according to emotional and physical space. Real, actionable advice that can actually affect your life. How will your daily life improve? * You will project an image of confidence and poise. * You will force others to respect you and your presence. * You will become more captivating without having to say a word. * Your charisma quotient will skyrocket. * Interactions with the opposite sex will improve tenfold, guaranteed. * Most importantly you will feel comfortable making eye contact with anyone, stranger or friend... and use it to make them comfortable with you. Don't hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page!

The Starboard Knife

The Idea Tree

How Mindfulness and Compassion Can Free You from Your Inner Critic

Carry the Day

A Memphis Love Story

You Can Be Younger