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Oriental Stories as Techniques in Positive Psychotherapy - with 100 case examples for education and self-help and transcultural understanding - represents a new approach that taps fantasy and intuition and reactivates the individual's potential for conflict-solving. Given the way society is developing now, the solution of transcultural problems will create one of the major tasks of the future. While people of differing cultural circles used to be separated by great distances and came into contact only in unusual circumstances, technical innovations have dramatically increased the opportunities for contact in our time.

Discover ten vital and extraordinary life lessons from one of the most important and influential philosophers and peace activists of the twentieth century—Mahatma Gandhi—in this poignant and timely exploration of the true path from anger to peace, as recounted by Gandhi's grandson, Arun Gandhi. In the current troubled climate, in our country and in the world, these lessons are needed more than ever before. "We should not be ashamed of anger. It's a very good and a very powerful thing that motivates us. But what we need to be ashamed of is the way we abuse it." —Mahatma Gandhi Arun Gandhi was just twelve years old when his parents dropped him off at Sevagram, his grandfather's famous ashram. To Arun, the man who fought for India's independence and was the country's beloved preeminent philosopher and leader was simply a family member. He lived there for two years under his grandfather's wing until Gandhi's assassination. While each chapter contains a singular, timeless lesson, *The Gift of Anger* also takes you along with Arun on a moving journey of self-discovery as he learns to overcome his own struggle to express his emotions and harness the power of anger to bring about good. He learns to see the world through new eyes under the tutelage of his beloved grandfather and provides a rare, three-dimensional portrait of this icon for the ages. The ten vital life lessons strike a universal chord about self-discovery, identity, dealing with anger, depression, loneliness, friendship, and family—perfect for anyone searching for a way to effecting healing change in a fractured world.

Jude Deveraux portrays the power of a woman set on a bold course for true love—and the glory of fulfilling a magnificent promise. Handsome plantation owner Wesley Stanford would barely recall the poverty-stricken young girl named Leah Simmons who adored him from afar years ago. Now, in an unexpected twist of fate—a chance encounter on the Virginia riverfront—he will become Leah's reluctant husband. Determined to forge a new life in untamed Kentucky, Wesley discovers that the bride he hopes to abandon is passionate, proud, and brave—and may be the woman he cannot live without.

In medieval England, Gloriana, Lady of Kenbrook, awaits her husband, Dane St. Gregory, whom she has not seen since childhood. She is stunned to discover that he has returned with a betrothed; beautiful Gloriana is to be cast into a nunnery. Dane's mysterious sister-in-law, Elaina, counsels her to win Dane's heart or see the entire Kenbrook line imperiled. Entranced by her passionate will, he cannot resist Gloriana's potent charm, while she falls ever more deeply in love with Dane, her valiant swordsman. But their newfound happiness is brief -- suddenly, Gloriana is swept across the chasm of time to a dazzling future. Trapped centuries apart, Gloriana and Dane

suffer the torment of their longing, knowing that only their love for one another and the strength of their desire can reunite them at last.

From the author of *Conversations with God*, comes a book of wonderful insight on how to achieve the goal of every human being: a meaningful life.

This beautiful journal offers a wonderful way to reflect on some of the most insightful and life-changing passages from Tolle's brilliant book, and a place to write whatever thoughts one wishes to add.

After getting help for their father, who is cursed with rapid aging, twelve-year-old twins John and Philippa travel through the spirit world in search of Faustina, the only one who can keep their mother from becoming the Blue Djinn.

Live the life you've always dreamed of! America's #1 personal coach offers an inspiring, practical seven-step program to help you create the life you want. Imagine finding time to do all the things you want to do. Having plenty of energy for family and friends.

Having control over your income and finances. Taking care of your physical and emotional well-being. If you feel as though the life you're living doesn't reflect your true priorities and is leaving you stressed out and unfulfilled, you're not alone. Cheryl Richardson--the leader in the new field of personal coaching, what she calls "a personal trainer for the soul"--has helped thousands of people make changes toward living a high-quality life, and in *Take Time for Your Life* she offers her step-by-step program so you can too. If you're tired of living a life that feels out of control and are ready to live life on your own terms--while still meeting your responsibilities--get ready to take action! Packed with useful exercises, checklists, concrete advice, client success stories, personal anecdotes, and a wealth of resources, Cheryl Richardson's seven-step program shows you how to identify and eliminate the things in life that are draining you and replace them with the things that fuel you. She gives you permission to put yourself at the top of your list. By doing so, you will find not only more energy and more enthusiasm but also that your relationships, your finances, your work, and your sense of well-being are improved and better balanced. Whether you're a corporate executive working sixty hours a week, a single parent trying to raise a family, someone starting his or her own business, or going back to school, *Take Time for Your Life* shows you how to step back, regain control, and make conscious decisions about the future you'd like to create. Richardson's strategies for overcoming the obstacles that block you from living the life you want will help you discover a world in which your priority list reflects your true desires. Take time for your life--and begin living a life that you love.

"*Journey of Souls* and *Destiny of Souls* are two of the most fascinating books I have ever read."—Academy Award-Winning Actress and Author Shirley MacLaine

A pioneer in uncovering the secrets of life, internationally recognized spiritual hypnotherapist Dr. Michael Newton takes you once again into the heart of the spirit world. His groundbreaking research was first published in the bestselling *Journey of Souls*, the definitive study on the afterlife. Now, in *Destiny of Souls*, the saga continues with 70 case histories of real people who were regressed into their lives between lives. Dr. Newton answers the requests of the thousands of readers of the first book who wanted more details about various aspects of life on the other side. *Destiny of Souls* is also designed for the enjoyment of first-time readers who haven't read *Journey of Souls*. Explore the meaning behind your

own spiritual memories as you read the stories of people in deep hypnosis, and learn fascinating details about: Our purpose on Earth Soul mates and spirit guides Spiritual settings and where souls go after death Soul travel between lives Ways spirits connect with and comfort the living The soul-brain connection Why we choose certain bodies

The author of *The Millionaire Course* counsels readers on how to live a life of fulfillment, ease, and inner peace, explaining how to use the power of the mind to realize one's creative and spiritual potential. 25,000 first printing.

Tiger-Tiger, Is It True? is a story about a little tiger who thinks that his whole world is falling apart: his parents don't love him, his friends have abandoned him, and life is unfair. But a wise turtle asks him four questions, and everything changes. He realizes that all his problems are not caused by things, but by his thoughts about things; and that when he questions his thoughts, life becomes wonderful again. This is a heartwarming story with a powerful message that can transform the lives of even very young children. Byron Katie's wisdom-filled words and Hans Wilhelm's vivid, magical illustrations combine to make a book that will become one of the classics of children's literature.

The goals of this book are to help you discover that besides hunger there are six other factors that make you want to eat; help you realize how much you control what you eat, how you are doing this and why it may be harmful to you; teach you to quickly recognize the emotional wounds preventing you from eating a nutritious diet; help you love and accept yourself at every moment.

To truly heal is to "make whole" on all levels, in contrast to "treating" which is limited and short-sighted, as Hawkins has emphasized in his best-selling series of books on human consciousness. These holistic lectures were first presented to a variety of recovery organizations and clinicians from diverse backgrounds. The emphasis is on recovery in its fullest sense - mental, physical, psychological and spiritual. Hawkins draws from a diverse clinical background of over 50 years as a leader in the field.--

You've Got Me All Wrong If we've got God all wrong, we've got everything else wrong, too. Is it possible that everything we think we know about God, and what God wants, is wrong? In direct and spiritually challenging language, Walsch exposes the many ways in which he believes that humanity completely misunderstands God. He describes in clear terms how the world could change overnight if humans accurately comprehended what God is, what God wants, who they are in relation to that, and to each other. Walsch calls this the Missing Data, which if ever embraced and acted on by our species, would create a spiritual revolution across the globe, bringing humanity both inner and outer peace at last. Does anybody care why our species has been such a failure? Does anybody imagine it has not been? Does anybody want to know how this whole situation can be turned around in the virtual blink of an eye? If you do care about those questions, then you will read this book. Neale Donald Walsch is one of the most influential and widely read authors in the new spirituality movement,

with eight books on the New York Times bestseller list. His life and work have helped to create and sustain a worldwide spiritual renaissance, and he travels globally to bring the uplifting message of his books to people everywhere. Fiery magic in a land of ice! The third djinncredible adventure for the Children of the Lamp. Midnight intruders and murder by snakebite sweep the Gaunt twins headlong into another breathtaking adventure. In snowy Nepal, they face the ultimate test of their amazing djinn powers. Can they uncover the venomous secrets of an evil Snake Cult to find the long-lost talisman of the Cobra King? The now widely known Map of calibrated levels of Consciousness was presented in Power vs. Force in 1995 and has been translated into all the world's major languages. This was followed by The Eye of the I (2001), I: Reality and Subjectivity (2003), and Truth vs. Falsehood (2005), which explored the levels of Truth reflected throughout society. Transcending the Levels of Consciousness returns to the exploration of the ego's expressions and inherent limitations and gives detailed explanations and instructions on how to transcend them. As with the reading of Dr. Hawkins' previous books, the reader's level of consciousness is advanced as a consequence of exposure to the information itself. This opens up avenues to the relief of suffering for oneself and others, which fulfills the purpose of the work and the intention to facilitate the reader's own Enlightenment.

In Intelligence: The Creative Response to Now, one of the twentieth century's greatest spiritual teachers reveals a different approach to thinking about our brainpower. In Intelligence, Osho challenges the common conception that the best way to promote intelligence is to train the intellect. Intellect is logical, he says; intelligence is paradoxical. Intellect takes things apart to see how they work; intelligence puts things together to see the functioning of the whole. Osho posits that when our education systems put too much emphasis on developing intellect, an imbalance is created and both the individual and the society suffer. It is only through intelligence that we can respond creatively to the challenges of a changing world. By exploring the distinction between intellect and intelligence, Intelligence encourages readers to be more aware of how they approach problems—logical, emotional, and practical—and how they solve them. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the "1000 Makers of the 20th Century" and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world. EditBuild The first step to implementing kaizen in any organization is to provide training on the Toyota Production System (TPS). This title provides this training material and explains why the TPS tools, including kaizen, must work in tandem with a fresh way of thinking to bring about cultural change. It also includes reusable charts and forms.

Whether it's the loveless marriage, family frustrations, the dead-end job, or all the other stressors that result in a health issue that won't go away, most people have some prototypical problem that has caused them to get stuck in a rut and feel lost and confused. . . . And in just about every city or town, you can find a psychic advisor who will offer to advise you about these topics . . . often for a hefty sum of money. But these types of "fortune tellers" give you only limited advice—more like a weather report. They tell you if things will get better or get worse, whether the boyfriend or girlfriend you just broke up with come back, whether that

check you've been waiting for will be in the mail, or whether your loved one's health will improve. All that's left is for you to go home and wait for things to happen. Well, there must be a better way to learn how to deal with issues that affect your health . . . and there is! In this enlightening book, Mona Lisa Schulz, M.D., Ph.D., shows you how to combine intuition with intelligence to solve your most pressing health problems. But she's not your run-of-the-mill intuitive. Described as a psychic doctor with humor, solutions, and credentials, Dr. Mona Lisa gives you no-nonsense, grounded, practical, in-your-face solutions on how to fix the relationship, or job/family/physical/emotional problem. She also explains how to deal with many ailments that affect your well-being, including fatigue, allergies, skin problems, weight, digestion, depression, anxiety, and much more. By mastering the "7 Rules for Intuitive Health," you can learn to intuitively conquer pain and suffering and create a life filled with health and happiness.

Following the terrorist attack in New York on September 11, Deepak Chopra addresses the feelings it caused in all of us: fear, the meaning of death and how to find your "higher self" under catastrophic circumstances. The sort of questions he asks are: is there a deep wound at the heart of humanity? Will revenge salve this wound or aggravate it? He also comments "if you and I are having a single thought of violence or hatred against anyone in the world at this moment, we are contributing to the wounding of the world." Although this book has grown out of a tragedy that has affected us all, its spiritual message is also of general application in situations where one might be feeling extremely vulnerable, frighteningly angry, deeply sad and trying to make sense of a terrible situation.

Letting Go describes a simple and effective means by which to let go of the obstacles to Enlightenment and become free of negativity. During the many decades of the author's clinical psychiatric practice, the primary aim was to seek the most effective ways to relieve human suffering in all of its many forms. The inner mechanism of surrender was found to be of great practical benefit and is described in this book. Dr Hawkins's previous books focused on advanced states of awareness and Enlightenment. Over the years, thousands of students had asked for a practical technique by which to remove the inner blocks to happiness, love, joy, success, health and, ultimately, Enlightenment. This book provides a mechanism for letting go of those blocks. The mechanism of surrender that Dr Hawkins describes can be done in the midst of everyday life. The book is equally useful for all dimensions of human life: physical health, creativity, financial success, emotional healing, vocational fulfillment, relationships, sexuality and spiritual growth. It is an invaluable resource for all professionals who work in the areas of mental health, psychology, medicine, self-help, addiction recovery and spiritual development.

'Deepak Chopra's thoughts on spirituality and child rearing are original, profound and fascinating' BENJAMIN SPOCK, MD Deepak Chopra's Seven Spiritual Laws of Success have touched a chord around the globe because of their simplicity and trust. This parenting book takes those laws one by one and explores the many ways parents can bring them into the lives of their children. Explaining that success depends on who you are rather than what you do, this world-renowned physician and author shows that spirituality lies at the source of all achievement in life. Suggesting ways that parents can help their children absorb this timeless wisdom from an early age, Deepak Chopra offers a daily programme of practical, thought-provoking ideas for the whole family to follow. In this way, parents can teach their children how to live in the most effortless, harmonious and creative way - and thus know true abundance throughout their lives.

Reveals the spiritual and ascetical life of Saint Augustine. Reissue.

Presents inspirational passages from Eckhart Tolle's "A New Earth" and Byron Katie's "A Thousand Names for Joy," enhanced by color photographs of flowers.

Devastated by the loss of her father, lovely Brynne McFarren returned to the

Washington coastal town of her youth. Brynne was surprised to discover that her family name had a dark notoriety...and alarmed to be caught in a triangle of sudden desire. Drew Tanner, a wealthy young wastrel, was captivated by her beauty. But his brother Joshua, the intense and powerful head of the Tanner shipping empire, was also drawn to Brynne. Now she must unravel the terrible secret that tarnished her father's life...a secret that tortures Joshua Tanner's heart, one that could make her the target of his vengeance rather than his love!

The Power of Chakras reveals the truth that has been concealed until now—astonishing secrets about the human energy field. Dr. Susan Shumsky has delved into the ancient Tantric and Vedic literature to uncover the veiled mysteries of the ages, where the most authentic information about the 7 chakras, 7 sub chakras, and the subtle energy system can be found. Until now, much of this wisdom has been locked in hiding places in the forests and caves of India and Tibet. This COVR Award-winning book is now offered as a new edition. Highly praised by spiritual masters from India as well as thousands of grateful readers, it has been hailed as the “quintessential reference on the subject.” By reading this valuable book, you will: Discover your subtle body and energy field and how to heal blockages. Gain understanding of Kundalini energy and the chakra system. Learn to maintain health of your energy field.

Includes CD-Rom Pupils are rarely taught the principles of effective co-operation although being able to work effectively as part of a group is critical in all contexts; school, life and work. The book is based on the author's practical experience of running the programme in schools and is underpinned by research into the development of pro-social behaviour and friendship skills. The 26 sessions are arranged in the sequence of the alphabet from Attitude to the Zest for life. In each session there is a poster and a 'take away' activity as well as full facilitators' notes for whole class introduction, pair and share tasks and a plenary. A unique feature of the programme is that it addresses the development of non-verbal communication, the ability to read social cues. The sessions raise awareness and understanding of the interpersonal skills necessary for friendships, including communication and co-operation. The teaching sessions cover topics such as: - Reciprocity - Commitment - Giving and sharing - Trust - Specific thinking skills. The programme is intended for whole class work but would also be suitable for small groups.

The Cobra King of Kathmandu

“In order to find The One, you must become The One.” Dr. Alex Schiller doles out hilarious yet profoundly wise dating advice in her new sex and dating manual, which will transform you into an Exceptional Individual capable of seducing everyone you meet.

“My name is Dr. Alex Schiller and I Never Sleep Alone. Unless I want to. Man or woman, rich or poor, teenage or elderly—NSA will transform YOU into The One that everyone wants...” For the past three years in New York City, Dr. Alex (not a real doctor) has been performing her hit comedy and dating show “Never Sleep Alone” to sold out audiences, helping thousands of people from all over the world transform themselves and fulfill their sociosexual desires. Now, with her signature blend of outrageous humor and profound wisdom, the celebrated guru has created an interactive sex and dating guide that takes you on a fantastic journey of exciting new adventures, self-discovery, and transformation. With her nine NSA Principles, her compulsively quotable NSA Truths, and her interactive NSA Challenges, Dr. Alex

inspires us all to laugh at ourselves, to make real human connections, and, most importantly, to Never Sleep Alone. Unless we want to.

It's finally here: the long-awaited sequel to Lise Bourbeau's popular book, *Heal Your Wounds and Find Your True Self*, published in 2001 and still achieving record-breaking sales with translations in 16 languages. With this book, the author really wants to help you discover the tremendous influence and power that your ego can have on you. She shares her wealth of personal experience to guide those who are looking for concrete ways to heal their suffering. You will learn to recognize the operating mechanisms of the five wounds and be better able to determine when they are preventing you from simply being yourself, i.e. happy. By applying the techniques suggested, you will become aware of the countless occasions when your ego is controlling your thoughts, words and actions: a vital condition for healing and taking control of your life so that you can be your true self.

"I am convinced that the fortunate individuals who achieve the most in life are invariably activated by enthusiasm." -- Norman Vincent Peale If you have a tough time coping with life's disturbances, disappointments, and challenges, this book is for you. Dr. Peale offers a simple, sure-fire solution for stress: a healthy dose of enthusiasm. Enthusiasm is the magic ingredient that can make the difference between success and failure, and it can help you to:

- improve your problem-solving abilities
- overcome your fears
- sharpen your mind
- make your job more rewarding
- calm your tensions
- build self-confidence
- kindle the powerful motivation that makes things happen

A national bestseller! Why do so many people think the Bible, the most influential book in world history, is outdated? Why do our friends and neighbors – and sometimes we ourselves – dismiss the Bible as irrelevant, irrational, immoral, or all of these things? This explanation of the Book of Exodus, the second book of the Bible, will demonstrate that the Bible is not only powerfully relevant to today's issues, but completely consistent with rational thought. Do you think the Bible permitted the trans-Atlantic slave trade? You won't after reading this book. Do you struggle to love your parents? If you do, you need this book. Do you doubt the existence of God because belief in God is "irrational?" This book will give you reason after reason to rethink your doubts. The title of this commentary is, "The Rational Bible" because its approach is entirely reason-based. The reader is never asked to accept anything on faith alone. As Prager says, "If something I write does not make rational sense, I have not done my job." The Rational Bible is the fruit of Dennis Prager's forty years of teaching the Bible to people of every faith, and no faith. On virtually every page, you will discover how the text relates to the contemporary world and to your life. His goal: to change your mind – and then change your life.

The Dalai Lama's Cat is back! Latest title in the ever-popular and bestselling series. The Dalai Lama's Cat is back: irreverent, vain-and delightfully insightful as ever! When the Dalai Lama's inner circle is set the task of providing His Holiness with a book he can give his visitors, an unexpected volunteer stretches out her paws. The book is to summarise the four key elements of Tibetan Buddhism-and, importantly, to communicate how it feels to be in the profoundly reassuring presence of His Holiness. Who better to do this than his much-loved feline? Through encounters with celebrity visitors and her own intriguing adventures, the Dalai Lama's Cat explains all four key themes, not so much as ideas but as practices to be embodied. Along the way she even gets a new title: "Therapy Cat". If you have ever sought a summary of Tibetan Buddhist wisdom, albeit from an unusual and whiskery source, this may just be the

book to get you purring!

Florence Scovel Shinn was a woman ahead of her time. To many, she is considered to be among the likes of James Allen, the author of "As a Man Thinketh", Wallace D. Wattles, the author of "The Science of Getting Rich" and Napoleon Hill who wrote the classic "Think and Grow Rich".

Once upon no time there was a Little Soul . . . And this Little Soul wanted to understand forgiveness. Except the Little Soul didn't just want to understand forgiveness--the Little Soul wanted to experience forgiveness and know what it felt like to forgive another. So God helped in the best of all possible ways: by putting the Little Soul in the body of Meghan, a newborn baby just beginning to explore all the magic the world had to offer. But God never sends any Little Soul to Earth all alone. God sent along Melvin, a guardian angel, and a promise that God would always be there--even if the Little Soul forgot from time to time. Experience the world through the eyes of the Little Soul in her first few moments on Earth as Meghan meets her mommy and daddy, learns about love, and begins to figure out what it means--and how it feels--to be human. The Little Soul and the Earth is a delightful, vividly told and illustrated tale from the team that created The Little Soul and the Sun. The first of a new series of Little Soul adventures, it exemplifies the vital truth that God is with us always, no matter where our own adventures lead and no matter how many times we may forget that truth. Gently reminding us that beauty and love are all around, the world of the joyous Little Soul is a place your child will want to visit again and again.

The revised and expanded third edition of the bestselling guide to understanding borderline personality disorder--with advice for communicating with and helping the borderline individuals in your life. After more than three decades as the essential guide to borderline personality disorder (BPD), the third edition of I Hate You--Don't Leave Me now reflects the most up-to-date research that has opened doors to the neurobiological, genetic, and developmental roots of the disorder, as well as connections between BPD and substance abuse, sexual abuse, post-traumatic stress syndrome, ADHD, and eating disorders. Both pharmacological and psychotherapeutic advancements point to real hope for success in the treatment and understanding of BPD. This expanded and revised edition is an invaluable resource for those diagnosed with BPD and their family, friends, and colleagues, as well as professionals and students in the field, and the practical tools and advice are easy to understand and use in your day-to-day interactions with the borderline individuals in your life.

This book was written for those who have made a conscious decision to improve the quality of their lives and have decided to take control. The author provides the tools and the guidelines necessary for step by step personal development in every area of life. Based on the concept of Whole Mind Integration, the book is presented in five parts. Exercises at the end of each chapter provide the opportunity for guided practical application of the concepts presented.

What would it mean to discover an ancient language—a literal message—hidden within the DNA of life itself? What we once believed of our past is about to change. . . . A coded message has been found within the molecules of life, deep within the DNA in each cell of our bodies.

Through a remarkable discovery linking Biblical alphabets to our genetic code, the "language of life" may now be read as the ancient letters of a timeless message. Regardless of race, religion, heritage, or lifestyle, the message is the same in each cell of every woman, child, and man, past and present. Sharing all-new, fascinating research, Gregg Braden discusses the life-changing discovery that led him from a successful career in the aerospace and defense industries to an extensive 12-year study of the most sacred and honored traditions of humankind.

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