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characteristics. this model can be applied to many countries around the globe. additionally, author points out that in the construction of chinese national spirit it is also important to consider positive elements from different cultures in other nations. This book discusses the Chinese nation's spiritual home in a modern context. It analyzes various aspects of the problem, including background, theory, history, recent advances and solutions, from a global view. In discussing the development of Chinese national spirit, it also refers to western experiences of national culture and national spirit. To build the spiritual home, the traditional culture, values and faith need to be learned, analyzed and adapted to the modern context. Doing so helps to maintain the traditional characteristics while at the same time reinforcing new characteristics. This model can be applied to many countries around the globe. Additionally, the author points out that in the construction of Chinese national spirit it is also important to consider positive elements from different cultures in other nations.

This book discusses contemporary Chinese philosophy. It is the outcome of the author's own twenty year-long studies on the relationship between modernization and Chinese culture

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from the perspective of cultural reconstruction and philosophical reflection. The book highlights the author's opinions and research outcomes. Part I Culture 1 1 The Basic Spirit of Ancient Chinese Culture I. Schools of thought on the basic spirit of ancient Chinese culture II. The cultural spirit with humanism as its core 2 Types and Characteristics of Chinese Culture I. The culture of ethical politics that seeks good governance II. Characteristics of the studies of ancient Chinese culture 3 Thinkers and Cultural Traditions I. Thinkers and connotations of cultural traditions II. The major cultural tradition promoted by thinkers III. The main approaches taken by the thinkers to shaping cultural traditions IV. The relationship between thinkers and the cultural traditions V. Absorbing historic resources and reconstructing the cultural traditions 4 The Study of Ancient Chinese Culture and the Spirit of the Times I. The connotation, content and scope of studies of ancient Chinese culture II. The essence of the debate about ancient Chinese culture is how to achieve China's modernization III. The interaction between ancient Chinese culture and the spirit of the times 5 Ancient Chinese Culture and the Chinese Spiritual Homeland I. What is the spiritual homeland? Anient Chinese culture III. Constructing the Chinese spiritual homeland 6 Traditional Chinese Thought on Humanism I. The indomitable spirit of observing the Way II. The ideal of worshipping the mean and valuing harmony III. The consciousness of tolerance of "cultural China" IV. The conservative and innovative consciousness of evolution V. The pursuit of morality and justice VI. The function of traditional Chinese humanism 7 Issues of the Chinese Culture and the Chinese Spirit I. The connotation and function of cultural spirit and national spirit II. The relationship between Chinese culture and the Chinese spirit III. The innovative study of the spirit of Chinese culture IV. The human spirit, cultural spirit and national spirit 8 The Developmental Direction of Chinese Culture and

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Postscript of the English version

From the author of *A New Kind of Christianity* comes a bold proposal: only doubt can save the world and your faith. "Will help you live fuller and breathe easier.." —Glennon Doyle Sixty-five million adults in the U.S. have dropped out of active church attendance and about 2.7 million more are leaving every year. *Faith After Doubt* is for the millions of people around the world who feel that their faith is falling apart. Using his own story and the stories of a diverse group of struggling believers, Brian D. McLaren, a former pastor and now an author, speaker, and activist shows how old assumptions are being challenged in nearly every area of human life, not just theology and spirituality. He proposes a four-stage model of faith development in which questions and doubt are not the enemy of faith, but rather a portal to a more mature and fruitful kind of faith. The four stages—Simplicity, Complexity, Perplexity, and Harmony—offer a path forward that can help sincere and thoughtful people leave behind unnecessary baggage and intensify their commitment to what matters most.

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"Maurer uses his knowledge of the brain and human psychology to show what I have promoted for the past three decades—that continuous improvement is built on the foundation of people courageously using their creativity. Kaizen is much more than a world-class management practice; it is a technique to remove fear from our mind's mind, enabling us to take small steps to better things. The process of change starts with awareness and desire in our minds and then leads to action and change in the physical world. Readers of this book will surely find new ideas and encouragement to make improvements in personal health, performance at work, and their own well-being." —Masaaki Imai, Chariman, Kaizen Institute

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KAIZEN: The Small-Step Step Solution for You and Your Company Today's businesses love the idea of revolutionary, immediate change. But major "disruptive" efforts often fail because radical change sets off alarms in our brains and shuts down our power to think clearly and creatively. There is, however, a more effective path to change. Change that is lasting and powerful. Change that begins with one small step . . . It's The Spirit of Kaizen—a proven system for implementing small, incremental steps that can have a big impact in reaching your goals. This step-by-step guide from renowned psychologist and consultant Dr. Robert Maurer shows you how to: Lower costs—by offering little rewards Raise quality—by reducing mistakes Manage difficult people— one step at a time Boost morale and productivity— in five minutes a day Implement big ideas—through small but steady actions Sell more—in less time Filled with practical tips and ready-to-use tools for managers, innovators, and entrepreneurs, The Spirit of Kaizen is the essential handbook for a changing world. You'll learn how to think outside the suggestion box, remove mental blindfolds, manage stress with one-minute exercises, and handle rising health-care costs. You'll discover the "small step" secrets for dealing with all kinds of people, from tough bosses and listless workers to stubborn clients and fussy customers. These simple but powerful techniques can be applied to almost any workplace situation, especially when you're trying to navigate the stormy waters of radical change, high-pressure deadlines, and cutthroat competition. These are the same methods of small, continual improvement that have been tested by the largest companies, such as Boeing, Toyota, and the U.S. Navy—methods that will work for you, too. No matter how big the obstacle or how big the dream, The Spirit of Kaizen has a small-step solution to help you succeed. Walk the path of love with one of the warmest, most beloved spiritual leaders of our time, and

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learn how to put faith into action. As the descendant of slaves and the son of a civil rights activist, Bishop Michael Curry's life illustrates massive changes in our times. Much of the world met Bishop Curry when he delivered his sermon on the redemptive power of love at the royal wedding of Prince Harry and Meghan Markle at Windsor Castle. Here, he expands on his message of hope in an inspirational road map for living the way of love, illuminated with moving lessons from his own life. Through the prism of his faith, ancestry, and personal journey, *Love Is the Way* shows us how America came this far and, more important, how to go a whole lot further. The way of love is essential for addressing the seemingly insurmountable challenges facing the world today: poverty, racism, selfishness, deep ideological divisions, competing claims to speak for God. This book will lead readers to discover the gifts they need in order to live the way of love: deep reservoirs of hope and resilience, simple wisdom, the discipline of nonviolence, and unshakable regard for human dignity.

From Dr. Siri Sat Nam, a licensed therapist who stars on *Viceland's The Therapist*, *The Pocket Guru* offers emotional centeredness and mental peace. Using Dr. Siri's calming style, the book presents readers with 108 topics to focus on—including commitment, forgiveness, intimacy, and love—and mantras to help them find personal growth and fulfillment. Packed with wisdom on discovering spiritual harmony, meditative practices targeting 11 different aspects of self, and a simple format that invites readers to dip in and out or read the book from start to finish, this is a rich source for deepening self-awareness.

First published in 2004. The nineteenth century witnessed a flowering of the culture of self-improvement that was reflected in a plethora of institutes, societies and journals that sprang up across Britain with the goal of spreading knowledge and learning to a wide spectrum of society.

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The prophets of self-improvement believed that not only was self-improvement a laudable goal in its own right, but more importantly, it would contribute towards a general improvement in society. In an age in which direct participation in the political processes was restricted to a minority, education and self-improvement could act as an alternative force by creating a sophisticated and knowledgeable population. In other words, self-improvement was also seen as a way of creating active and responsible citizens. Focusing on the city of Birmingham, and drawing on both local and national sources, *Self Help and Civic Culture* explores the changing nature of self improvement and citizenship in Victorian Britain. By approaching the concept of citizenship from a new perspective, provincial identity and its relationship to wider ideas of 'Englishness' and 'Britishness', a distinct ideal of citizenship is elucidated that adds further nuance to current scholarship. By drawing together various issues of citizenship, self-improvement, class and political power, this work brings a new perspective to the on-going attempts to determine who could claim the full rights, duties, privileges and responsibilities of the larger social body, thus illuminating the relationship between culture and power in nineteenth century England.

Shares stories from the author's pursuit of enlightenment, from his years as a hippie introvert and successes as a computer engineer through his work in humanitarian efforts, counseling readers on how to navigate confusing aspects in the spiritual journey.

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yourself by reading Reset: Control, Alt, Delete find answers and change your life for the better. RESET: Control, Alt, Delete, unlike other self-help books is written specifically to help you to find the encouragement, strength, and personal growth that you will need to change your perspective with positive thinking so you can live a hopeful life that creates a path allowing you to find your destiny. Take action by getting yourself a copy of Brian's book. You will be so grateful you did! "Tags: self help, positive thinking, self-help books, self-help happiness, personal growth book, self-help books, depression"

The Spirit of Self-helpThe Life of Samuel SmilesShepherd-Walwyn Publishers

ARE YOU READY TO DISCOVER YOUR TRUE SELF?The Self-Discovery Book offers you the chance to embark on a breathtaking and unique journey toward finding your true self. Take the first step with the Inner Self-Improvement Book 1. Warning: After reading this book, you'll see life in a completely new way. Psychology counselor, international speaker, workshop leader, artist, and self-improvement guru Michael Cavallaro gives you the tools to look within, master your human experience, awaken to a new sense of self, and discover a new way of being. Start reading now to take the first steps toward: Inner self-improvement; Discovering your true self; Discovering a new way of being; Expanding your personal growth; Mastering your human experience; Understanding who you are; Understanding how the world works; Understanding how your life really works; Understanding what it means to have a human experience; Going far beyond what most people will ever learn; And much more! The Self-Discovery Book, opens many doors into your self and to the outside world. You will change, grow, and experience life in a totally new way, giving you the tools to create the life you want to live. Grab your copy now and begin the journey!

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“With an unparalleled depth of wisdom and insight, Terry Harvey shares her true gift to the world. Her inspiration in writing and healing has touched the lives of many through her private practice.” —Eva Tyson, PhD, founder of The Crystal Gaze Spiritual Circle, Metaphysician The Spirit of AGAPE, Self-Help from Within is an inspirational writing to teach and encourage others to use the gift that came with the human model. When you were born, you did not get an owner’s manual to tell how to use your gift s or even to care for your physical or spiritual life. This book is that owner’s manual to each individual. Terry reveals in our inner spiritual development the idea and tangible aspect of thought—the sum of all things within the universe. It is the key to our success, healing, happiness, failure, and yes, even our prosperity. Terry touches on the world’s religions and dogma, clarifying that it is our inner spiritual development, not the collection tray on Sunday mornings, that brings us to that higher level of consciousness.

Presents psychological commentary on the spiritual development of the self, claiming that the maturation of the self is founded in Christian spirituality.

Grace Secures What Striving Cannot In this hustling, image-forward age of opportunity, we feel more anxious than ever. Despite all the affirming memes and self-reflections that dominate social media feeds, approval and worth often seem assigned to what we do rather than who we are. And we end up constantly feeling like we’re behind, lacking, and failing—at home, at work, with friends, with God. Ruth Chou Simons knows something about feeling measured by achievement, performance, and the approval of others. As a Taiwanese immigrant growing up between two cultures, Ruth was always on a mission to prove her worth, until she came to truly understand the one thing that changes everything: the extravagant, undeserved gift of grace

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from a merciful God. In *When Strivings Cease*, Ruth guides you on a journey to find freedom from the never-ending quest for self-improvement. She shows you how to confront the ways you look to superficial means of acceptance and belonging; find relief in realizing self-help isn't the answer because you can't be so amazing that you won't need grace; stop seeing God as someone to perform for and start finding delight in responding to his welcome; and let go of trying to rely on your own strength, your own abilities, and your own savvy by truly understanding the freedom Jesus purchased for you. With personal stories, biblical insights, practical applications, and touches of original artwork by Ruth, this transformational book helps you see the beautiful truth that God's favor is the only currency you need—because in Christ you are enough.

Life Coach 101 A Life coaching E book filled with insider secrets. Stop spending money on gurus and life coaches. This Life Coach E book will show you how to become your own Life Coach. Get ready to live with confidence and peace of mind. Are you ready?

Story, Formation, and Culture brings together a myriad of scholars, researchers, and ministry leaders into conversation about how we can effectively nurture the spirituality of children. Built around the three themes of story, formation, and culture, this volume blends cutting-edge research and insights with attention to how we can bring theory into practice in our ministries with children. The work of children's spiritual formation is often a marginalized component in the church's

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overall ministry. This volume seeks to equip pastors, leaders, and scholars with cutting-edge research and practices that effectively strengthen their ministries with children.

This book celebrates the great stripping process of aging, dying and spiritual awakening. Beautiful, poignant, at times humorous, transcendent, messy, down to earth, refreshingly honest--the book explores death, and more importantly, being alive, through a rich mix of personal stories and spiritual reflections. Joan writes about her mother's final years and about being with friends and teachers at the end of their lives. She shares her own journey with aging, anal cancer, and other life challenges. She explores what it means to be alive in what may be the collapse of civilization and the possible extinction of life on earth due to climate change. Pointing beyond deficiency stories, future fantasies, and oppressive self-improvement projects, Joan invites an awakening to the immediacy of this moment and the wonder of ordinary life. She demonstrates a pathless path of genuine transformation, seeing all of life as sacred and worthy of devotion, and finding joy in the full range of our human experience.

Transform a life of anxiety, uncertainty and frustration into one of peace, strength, purpose and joy For the first time, find in a single book the principal means of changing your consciousness and reshaping your brain, for an increasingly better

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life experience. Discover the power of your mind. In The 3T Path you'll find hundreds of time-tested and scientifically proven suggestions, facts and techniques for your growth and self-improvement. The 3T Path is a comprehensive system that works in multiple fronts at the same time, bringing your noticeable results in a short time. The 3T Path will bring about enormous personal transformation to help you resolve and transcend the challenges of life, maximizing your potential. The strength of The 3T Path lies in its use of ancient and powerful tools from the yoga tradition: Mindfulness Dharma Inner peace Knowledge Devotion All these together with lifestyle suggestions to maximize your potential, and finally, The 3T Method to keep your progress steady. If self-realization seems like something from another world to you, out of your day-to-day reality, this book will change your views. The 3T Path shows how spirituality must be totally integrated into our daily activities and is nothing more than the perfection of the art of living well here and now. This book will give you a new vision of God, of your spiritual nature and of the process of enlightenment, in a practical and down to earth form. You'll see how spirituality will give you a clear advantage when dealing with everything in life, without you having to put aside your intelligence or common sense. This book is the result of decades of practice and research by the author, speaker and teacher of self-improvement and self-

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realization in yoga, Giridhari Das. He shows in this book how you can overcome your anxiety and frustration, how to find your purpose in life and guide your life day by day, the secrets of how to develop inner peace, how to use knowledge as an instrument of growth and enlightenment and the process of bhakti, the highest aspect of the path of yoga. This book will give you the tools to take control of your life experience.

NEW YORK TIMES BESTSELLER • This inspiring guide to healing and growth illuminates the richness and potential of every life, even in the face of loss and adversity—now updated with additional toolbox materials and a new preface by the author In the more than twenty-five years since she co-founded Omega Institute—now the world’s largest center for spiritual retreat and personal growth—Elizabeth Lesser has been an intimate witness to the ways in which people weather change and transition. In a beautifully crafted blend of moving stories, humorous insights, practical guidance, and personal memoir, she offers tools to help us make the choice we all face in times of challenge: Will we be broken down and defeated, or broken open and transformed? Lesser shares tales of ordinary people who have risen from the ashes of illness, divorce, loss of a job or a loved one—stronger, wiser, and more in touch with their purpose and passion. And she draws on the world’s great spiritual and psychological

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traditions to support us as we too learn to break open and blossom into who we were meant to be.

A brilliant distillation of the key ideas behind successful self-improvement practices throughout history, showing us how they remain relevant today Self-help today is a multi-billion-dollar global industry, one often seen as a by-product of neoliberalism and capitalism. Far from being a recent phenomenon, however, the practice of self-improvement has a long and rich history, extending all the way back to ancient China. For millennia, philosophers, sages, and theologians have reflected on the good life and devised strategies on how to achieve it. Focusing on ten core ideas of self-improvement that run through the world's advice literature, Anna Katharina Schaffner reveals the ways they have evolved across cultures and historical eras, and why they continue to resonate with us today. Reminding us that there is much to learn from looking at time-honed models, Schaffner also examines the ways that self-improvement practices provide powerful barometers of the values, anxieties, and aspirations that preoccupy us at particular moments in time and expose basic assumptions about our purpose and nature.

La jaquette indique : "This first biography of the Victorian writer who launched the self-help phenomenon is based on contemporary sources, many previously

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unexamined. Samuel Smiles's *Self-help*, first published in 1859, became an international best-seller, giving beleaguered individuals in an era of startling change a new perspective on their personal destiny - a message with sharp resonance in today's world. 'The mind that passively submits to the will of the others' he said, '...that has resigned its individuality, this is not an educated, but a trammelled and degraded mind.'

In this second book, Leonard and Emma, our two charming souls, continue to grow and learn to leverage 'Covidian' challenges. Strong from their experiences during the first wave, they decide to cope with the challenges of confinement and tightened restrictions and to also embark on a creation project to better themselves. Dealing with a longer second wave proves to stretch their newfound abilities. Thankfully, their solid friendship allows them to share their vulnerabilities, their fears, and their hopes to strengthen their coping mechanisms and resilience skills. Follow their new stories as they remain at home and find deeper wells of patience and positivism through the second wave and up to the end of a full year under unimaginable stress. Which part of you is Leonard or Emma? Follow their thoughts to embrace the powers of creation for self. Self-help books aim to empower their readers and deliver happiness and personal fulfilment but do they really live up to this? This book offers a fresh

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perspective on self-help culture and popular psychology. Research on this subject matter has generally focused on the USA and the Global Northwest. In contrast, this book explores the production, circulation and consumption of self-help books from an innovative transnational perspective. Case studies on Trinidad, Mexico, the People's Republic of China, the UK and the USA explore the roles which self-help's therapeutic narratives of self and social relationships play in the contemporary world. In this context, the book questions the extent to which self-help fulfils its promise of individual autonomy and contentment. At the same time, it addresses debates about contemporary political change under transnational processes of cultural standardization.

"The New York Times bestselling author of *The Code of the Extraordinary Mind* challenges everything you thought you knew about work, showing how aligning with your core values and fostering personal growth will lead to unimaginable success with a sense of ease"--

Why doesn't self-help help? Cultural critic Micki McGee puts forward this paradoxical question as she looks at a world where the market for self-improvement products--books, audiotapes, and extreme makeovers--is exploding, and there seems to be no end in sight. Rather than seeing narcissism at the root of the self-help craze, as others have contended, McGee shows a

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nation relying on self-help culture for advice on how to cope in an increasingly volatile and competitive work world. Self-Help, Inc. reveals how makeover culture traps Americans in endless cycles of self-invention and overwork as they struggle to stay ahead of a rapidly restructuring economic order. A lucid and fascinating treatment of the modern obsession with work and self-improvement, this lively book will strike a chord with its acute diagnosis of the self-help trap and its sharp suggestions for how we can address the alienating conditions of modern work and family life.

In this comprehensive and insightful study, Christian K. Messenger contends that American writers have always created characters at play in the sure knowledge that to be active in sport in America is to be in touch with its people, their traditions, and their fantasy lives. This is the first inclusive critical study of sport in American fiction with chapters on individual authors such as Hawthorne, Lardner, Fitzgerald, Hemingway, and Faulkner, as well as studies of sport in the literature of the frontier and in boys' formula fiction. A work of literary criticism, *Sport and the Spirit of Play in American Fiction* also draws on the cultural history of American sport and leisure and on a century of American literature.

In this inspiring and humorous book, John C. Parkin suggests that saying F**k It is the perfect Western expression of the Eastern spiritual ideas of letting go,

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giving up, and finding real freedom by realizing that things don't matter so much (if at all). It's a spiritual way that doesn't require chanting, meditating, or wearing sandals. And it's the very power of this profanity that makes it perfect for shaking us Westerners out of the stress and anxiety that dominate our daily lives. With the help of this book, people around the world are now saying F**k It to their worries and concerns, to the "shoulds" and the "oughts" that dominate their lives, and finally doing what they want to, no matter what others might think. "Self-help for the time-poor and psycho-babble intolerant." MARIE CLAIRE

A brilliant distillation of the key ideas behind successful self-improvement practices throughout history, showing us how they remain relevant today Self-help today is a multi-billion-dollar global industry, one often seen as a by-product of neoliberalism and capitalism. Far from being a recent phenomenon, however, the practice of self-improvement has a long and rich history, extending all the way back to ancient China. For millennia, philosophers, sages, and theologians have reflected on the good life and devised strategies on how to achieve it. Focusing on ten core ideas of self-improvement that run through the world's advice literature, Anna Katharina Schaffner reveals the ways they have evolved across cultures and historical eras, and why they continue to resonate with us today. Reminding us that there is much to learn from looking at time-honed

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models, Schaffner also examines the ways that self-improvement practices provide powerful barometers of the values, anxieties, and aspirations that preoccupy us at particular moments in time and expose basic assumptions about our purpose and nature.

Perhaps the most commonly held assumption in the field of development is that middle classes are the bounty of economic modernization and growth. As countries gradually transcend their agrarian past and become urbanized and industrialized, so the logic goes, middle classes emerge and gain in number, complexity, cultural influence, social prominence, and political authority. Yet this is only half the story. Middle classes shape industrial and economic development, they are not merely its product; the particular ways in which middle classes shape themselves - and the ways historical conditions shape them - influence development trajectories in multiple ways. This is the story of South Korea's and Taiwan's economic successes and Argentina's and Mexico's relative 'failures' through an examination of their rural middle classes and disciplinary capacities. Can disciplining continue in a context where globalization squeezes middle classes and frees capitalists from the state and social contracts in which they have been embedded?

The last two and a half decades witnessed China's epoch-making economic growth and great social changes, which indicates the commencement of China's national rejuvenation after a near two centuries-long stagnant or backward period. In exploring the causal dynamics of China's rejuvenation, Huang's book examines the internal and external elements from various sides, in both the comprehensive way and the separate way, thus providing a convincing explanation

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about the driving force of China's marvellous development.

This book investigates how persuasion relates to values in self-improvement literature, revealing the discursive practices used to persuade and engage their readers, and construct a credible persona. The author adopts a corpus-driven approach that encompasses an examination of genre analysis and linguistic features such as narrative, pronoun, grammar and structure. The book further draws on insights from original interviews with writers and readers of self-improvement books, as well as people who do not read the genre. It begins by providing a helpful overview of the concepts of ideology and genre. A brief history of self-improvement books and their values and assumptions provide the context for the analysis. Where relevant, linguistic features in self-improvement books are compared with other genres (e.g. academic text, conversation, news). This book will be of interest to students and scholars in the fields of linguistics, culture and media studies.

The Spirits Self-Help Book is a unique and interesting compilation of spiritual insights that are offered by seven distinct entities. Each spirit addresses a different aspect of our multifaceted soul with his or her personal perspective. By reading this book, you will develop a deeper understanding of your spiritual nature as well as a deeper understanding of the inner workings of the universal energy that is available to us all. Each of the seven spirits wishes to guide you toward a more peaceful journey on your path toward enlightenment and love. "Glenn Poveromos seven spiritual stories gave me a new perspective on how our reality really works, which has enhanced my own spiritual journeysome great food for thought and a new way of looking at and embracing life with all our uncertainties. It has helped confirm that we are never alone and always have access to our angels! I will add this to my fund of knowledge and use it

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to enlighten others both personally and professionally." Michele Kabas, LCSW

Is there any moral obligation to improve oneself, to foster and develop various capacities in oneself? From a broadly Kantian point of view, Self-Improvement defends the view that there is such an obligation and that it is an obligation that each person owes to him or herself. The defence addresses a range of arguments philosophers have mobilized against this idea, including the argument that it is impossible to owe anything to yourself, and the view that an obligation to improve oneself is overly 'moralistic'. Robert N. Johnson argues against Kantian universalization arguments for the duty of self-improvement, as well as arguments that bottom out in a supposed value humanity has. At the same time, he defends a position based on the notion that self- and other-respecting agents would, under the right circumstances, accept the principle of self-improvement and would leave it up to each to be the person to whom this duty is owed.

SIMPLY SPIRIT is the first book in the "Words by Joseph" series. It is a compendium of original quotes, dealing with diverse subjects organized in chapters such as Intuition, Relationships and Sexuality, Fear, Money and Success, Illusion and Clarity, among others. This easy to read guide to Spiritual clarity offers insights into often confusing and perplexing life situations to help readers advance on their spiritual journeys. Written in laymen's terms, thought-provoking and deeply impactful, SIMPLY SPIRIT also invites readers to reflect on their own core beliefs thus allowing them to arrive at their own conclusions and insights with certainty and clarity that will enhance their connection to themselves and the world around them. REVIEWERS' COMMENTS "Thought-provoking, loving and non-judgmental... Joseph's book strengthens the "inner being" and builds confidence in your personal intuition." --Jivi

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Khehra, TV Host of "Winds of Change with Jivi" "Joseph writes simply and straight from the soul, challenging and beckoning without preaching or patronizing." --Mahalia Eliah, Spiritual Emergence Service "Unapologetic and edgy, yet deeply comforting and inspiring, SIMPLY SPIRIT jolted me into a whole new level of consciousness. I love it here." --Liora Steiman, MD, MEd in Couns. Psych., Therapist Author JOSEPH ELIEZER is a psychotherapist, based in Vancouver, BC, who practises a unique form of therapy, called Intuition-Enhanced Psychotherapy. Joseph combines his highly developed innate intuitive abilities with his counselling and psychotherapy training to help his clients gain insight into their unique circumstances and find solutions to many of life's puzzles. Joseph's website: www.1111spiritroad.com

It's time to get over your self! Written by a clinical psychologist and student of Eastern philosophy, this handy little guide offers a radical solution to anyone struggling with self-doubt, self-esteem, and self-defeating thoughts: "no-self help." By breaking free of your own self-limiting beliefs, you'll discover your infinite potential. There is an insidious, global identity theft occurring that has robbed people of their very recognition of their true selves. The culprit—indeed the mastermind of this crisis—has committed the inside job of creating and promoting the idea that we are all a separate self, which is the chief source of our daily distress and dissatisfaction. No more than a narrative of personhood pieced together from disparate neural activations, the self we believe ourselves to be in our own minds—although quite capable of being affirming, inspiring, and constructive—often spews forth a distressing flow of worry and second-guessing, blaming and shaming, regret and guilt. This book offers an antidote to this epidemic of stolen identity, isolation, and self-deprecation: no-self (a concept known in

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Buddhist philosophy as anatta or anatman). The No-Self Help Book turns the idea of self-improvement on its head, arguing that the key to well-being lies not in the relentless pursuit of bettering one's self but in the recognition of the self as a false identity born in the mind. Rather than identifying with a small, relative sense of self, this book encourages you to embrace a liberating alternative—an expansive awareness that is flexible and open to experiencing life as an ongoing and ever-changing process, without attachment to personal outcomes or storylines. To help you make this leap from self to no-self, the book provides forty bite-sized chapters full of clever and inspiring insights based in positive psychology and non-duality—a philosophy that asserts there is no real separation between any of us. So, if you're tired of “self-help” and you're ready to explore who you are beyond the self, let The No-Self Help Book be your guide.

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