

The Little Book Of Letting Go A Revolutionary 30 Day Program To Cleanse Your Mind Lift Spirit And Replenish Soul Hugh Prather

Just when everything seems to be going wrong, hope—and love—can appear in the most unexpected places. Summer has begun, the beach beckons—and Francesca Schnell is going nowhere. Four years ago, Francesca's little brother, Simon, drowned, and Francesca's the one who should have been watching. Now Francesca is about to turn sixteen, but guilt keeps her stuck in the past. Meanwhile, her best friend, Lisette, is moving on—most recently with the boy Francesca wants but can't have. At loose ends, Francesca trails her father, who may be having an affair, to the local country club. There she meets four-year-old Frankie Sky, a little boy who bears an almost eerie resemblance to Simon, and Francesca begins to wonder if it's possible Frankie could be his reincarnation. Knowing Frankie leads Francesca to places she thought she'd never dare to go—and it begins to seem possible to forgive herself, grow up, and even fall in love, whether or not she solves the riddle of Frankie Sky.

Find the Key to Happiness in Letting Go Shed what weighs you down. From long-harbored guilt to deep-rooted prejudices, many of us bear the weight of harmful tendencies in our daily lives. Whether we realize it or not, these things are actively holding us back from the happiness we long to attain. In this inspirational book, minister and counselor Hugh Prather provides a guide for mental cleansing. It is only in ridding our minds of the fear and judgments we cling to that we open the door for happiness. Embrace opportunities as they come. The more we hold on to, the less room we have to take on more. If our minds are clouded by negativity, then we aren't facing each day with the openness that it deserves. By facing each moment with enthusiasm, we pave the path for positive thinking and make the most out of every opportunity that comes our way. Practical exercises and lasting tools. Changing how we think takes practice. This is why Prather doesn't just tell us that it's important to let go—he shares with his readers simple steps for how to go about letting go of things that hold us back. Through learning from Prather's shared experiences and adopting the practices he offers, we can find happiness, peace, and a chance at spiritual renewal. Read a copy of Hugh Prather's *The Little Book of Letting Go* today and discover...

- A simple 3-step process for letting go
- A 30-day plan for spiritual renewal
- Personal stories from Prather about his own journey

Readers of *Letting Go: The Pathway of Surrender*, *It's All Under Control*, *The Art of Happiness*, or *Love is Letting Go of Fear* will love *The Little Book of Letting Go*.

Vengeance and bitter violence have had their turns -- without redemptive results. How should we as a society respond to wrongdoing? When a crime occurs or an injustice is done, what needs to happen? What does justice require? Howard Zehr, known worldwide for his pioneering work in transforming our understandings of justice, here proposes workable Principles and Practices for making restorative justice both possible and useful. First he explores how restorative justice is different from criminal justice. Then, before letting those appealing observations drift out of reach, into theoretical space, Zehr presents Restorative Justice Practices. Zehr undertakes a massive and complex subject and puts it in graspable form, without reducing or trivializing it. This is a handbook, a vehicle for moving our society toward healing and wholeness. This is a sourcebook, a starting point for handling brokenness with hard work and hope. This resource is also suitable for academic classes and workshops, for conferences and trainings. By the author of *Changing Lenses*; *Transcending: Reflections of Crime Victims*; and *Doing Life: Reflections of Men and Women Serving Life Sentences*. There must be few people who have never felt a lack of self-confidence or heightened self-awareness when going to a party, meeting, or social occasion. Reading this book will help transform a wallflower into a sunflower. *The Little Book of Confidence* shows us how to challenge our preconceived notions about confidence. Through tips, quotes, and practical exercises we can learn how to restore or improve positive faith in ourselves through heightened levels of competence, compassion, and self-awareness.

In the Buddhist tradition, love is not just a feeling but a way of being present with ourselves and others. This book offers practical advice on how to cultivate love, how to deepen it, and how to let it flower in our lives. We may feel great love for our partners, our children, and our friends, but how do we put that love into action so that others are nurtured by it? And what about loving ourselves? How can we develop greater self-acceptance and self-compassion? Meditation teacher Moh Hardin offers key insights and practices from the Buddhist tradition for deepening our relationships and finding true fulfillment in our lives. Topics include:

- Simple Buddhist practices for awakening the heart
- How and why to become your own best friend
- Finding freedom from destructive patterns in relationships
- Listening and speaking with love
- Loving and letting go

Hardin ultimately introduces the inspiring idea of becoming a "bodhisattva warrior," a person who commits to living open-heartedly and working to ease the suffering of the world. Written with unusual clarity, simplicity, and warmth, this little book contains a wealth of wisdom and guidance that could change your life.

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.

'It is easier to complicate than to simplify' - this book takes up that challenge and aims to refine and clarify the theories in

the original Results to produce a more succinct route to clarity and better results for the reader - because we all want to see results at home, at work and in life! Using transformational coaching techniques, examples, exercises and metaphors, Jamie talks the reader through the three key changes they need to achieve the results they are after and inspire others to do the same. Based on the principles of The Clarity Coaching Model, the reader will learn how to de-congest their mind to think more clearly, make better decisions and improve performance – achieving the ‘flow’ state attributed to the results of top-flight individuals. Clearer thinking removes the stress and anxiety from decision making and allows you to focus on your goals. Rather than a step-by-step process, the reader is encouraged to form a deep understanding of themselves to awaken their inner potential and improve their innate abilities including better listening, deeper connections, more motivation and greater innovation and creativity.

The Forgive Process reveals a simple process to forgive the hurts and pains that hold people back. Life is full-contact. There are hurts and joys at every turn. But those hurts, when they are not released, hold people captive. The way through a hurt is forgiveness. Yet many people do not understand forgiveness. The misunderstandings and myths make it even more difficult—unless you have a simple process to work through. With Lee Baucom’s principles, forgiving is a simple, six-step process. Anyone can forgive, move forward, and find peace and healing.

Nobody ever said being an adult was easy. But it's easier with The Little Book of Big Excuses, with hundreds of excuses for things you did, things you didn't do, things you did wrong, and things you never want to hear about again. First things first: "Fake Don't Flake." In here are your excuses for being late for or not showing up to any number of places for any number of reasons--grandma's birthday party, work, home, weddings, dentists appointments. "Excusez-Moi, si'l vous plait" is where to look when you're caught wearing a halter top to a black tie event. Or forget your boss's spouse's name--again. Or don't want to pick up the tab. The French have a word for everything. If you need to learn how to say "I'd Love to, but"--the art of articulating just why you can't do most anything you don't want to do--in any language, this is the book for you. Demonstrate your incompetence. When someone asks you to bring those complicated hors d'oeuvres, show up half an hour late with half the ingredients. Bonus section here: how to get someone else to do all the work while you still get the credit. "Delivery Subsystem Failure--Mailboxes, Messages, Missives Gone Awry, Oh My!" Never, ever again will you want for an excuse for not writing, calling, IMing, or emailing. Fake communication breakdowns make fail-safe excuses for a myriad of don't wannas and didn't do its. "All's Fair in Love" contains excuses for not calling, not going on the second date, forgetting the birthday or anniversary of the one you love. Plus how to retreat with remorse, even from the altar steps. Hint: You could have your mother or your manager phone it in. That's what Julia Roberts did. * Hundreds of excuses for thousands of situations, plus "The Excuse Clinic: How to Make Lame Excuses Walk and Okay Excuses Sing." * Life is serious business, people, so pay attention. Let Addie help you off the hook.

More and more of us are suffering from the stresses and strains of modern life. Mindfulness is an increasingly popular discipline that can not only help alleviate the symptoms of stress, anxiety and depression brought on by the pressures of our daily existence but can actually bring calm, joy and happiness into our lives. In The Little Book of Mindfulness Tiddy Rowan, herself a practitioner for over 30 years, has gathered together a seminal collection of over 150 techniques, tips, exercises, advice and guided meditations that will enable people at every level to follow the breath, still the mind and relax the body, whilst generating and boosting a feeling of well-being and contentment that will permeate every aspect of everyday life. The perfect little gift to bring lasting happiness and peace for friends and family.

With tips from leading experts in every field, The Little Book of Life Skills is the practical guide on how to solve the trickiest tasks in your day and make life a little easier. We all have areas of our lives that make us feel disorganized, unprepared, or stressed out. From creating a calmer morning routine to setting yourself up for a good night's sleep, and everything in between, there are easy and proven ways to do things better. Whether you need advice on how to end an argument, iron a shirt, or keep your inbox under control, Erin Zammett Ruddy has spoken to experts including Rachael Ray, Dr. Oz, Arianna Huffington, and condensed their wisdom into easy to follow steps for all of life's simple and not-so-simple tasks, such as: Working from Home Effectively Keeping a Houseplant Alive Giving Constructive Feedback Arranging the Perfect Cheese Board, and many more The Little Book of Life Skills offers simple strategies for being better grown-ups. It's the perfect guide for anybody who wants to get organized, be more efficient throughout the day, and finally learn the best way to fold that #\$\$% fitted sheet.

"Don Miguel Ruiz is the author of The four agreements, The mastery of love, and numerous other bestselling books. He is also one of the most influential spiritual teachers on the planet, having touched the lives of millions and millions of people around the world. No person has been affected more by his teachings than his own son, don Miguel Ruiz Jr., and in this groundbreaking work, don Miguel Ruiz Jr. has compiled the wisdom of his father into one little, albeit extremely powerful, book."--Inside cover flap.

From the moment you drew your first breath, you were good enough. The Little Book of Good Enough will help you to quiet your inner critic, to ditch the doubt that has plagued you your whole life, and to reclaim your self-worth. It's time to set out on the path to the life you really want.

What's an easy way to lower your blood pressure, combat anxiety and depression, and boost your immune system? Shinrin-yoku. The Little Book of Forest Bathing is all about finding strength, peace, and beauty in your surroundings. Drawing on recent research, Forest Bathing maps out the mental, physical, and spiritual benefits of immersing yourself in natural surroundings. It then goes on to provide a how-to guide to forest bathing, with methods ranging from hiking to traditional meditation to literal tree hugging. Interspersed in these informational tidbits are brilliant photos, lush illustrations, sensual typography, poem excerpts, and forest-related quotes. Forest Bathing is perfect for anyone aspiring to slow down, be more mindful, and connect with something greater.

Are you new to a board and have no idea what's expected of you? Do you know what a board's six key responsibilities

are? Do you know what your relationship with the Executive Director should be? If not, this book is for you. So many board members—especially of small nonprofits—want to support a nonprofit and readily accept the invitation to join the board. It's only then that they discover they are in over their heads, with no idea of their expectations and responsibilities. The Little Book of Boards is here to throw that drowning board member a rope. Told with a conversational style, this book will lead you through the basics of being on a board, how meetings work, and what's expected between meetings. In addition, at the back of the book are several in-depth resources for understanding Roberts Rules of Order, bylaws, committee structures, board leadership, and much more. Perfect for any new board member—or for an entire board that is feeling lost—this book and its common sense approach will serve you every year you are on the board.

Clever little ways to improve your daily life!

Many find it hard to move forward from mistakes, hurts, and disappointments. You haven't done or gone through anything that God cannot fix, heal, and restore in your life. The Little Book to Jesus' Heart will help you realize just how much grace God has for you. There are so many people who feel the same shame, guilt, or hurt that you might feel, so let's conquer our common enemy together.

Letting Go: The Quote Book is M. Sosa's fourth book, filled with deep and emotional quotes regarding breakups and moving on. She shares her past experiences, in hopes of relieving the pain you're going through. When you're having a hard time letting go, you want to hear the right words that will soothe your heartache, and that's exactly what M. Sosa does in her newest adventure. She fills the void and brings you through a journey from "Past" to "Present," making sure to guide you towards greener pastures. If you're going through a break up or looking for a little inspiration to move on, this book will be a great addition to your collection.

Written for those of us who struggle with codependency, these daily meditations offer growth and renewal, and remind us that the best thing we can do is take responsibility for our own self-care. Melody Beattie integrates her own life experiences and fundamental recovery reflections in this unique daily meditation book written especially for those of us who struggle with the issue of codependency. Problems are made to be solved, Melody reminds us, and the best thing we can do is take responsibility for our own pain and self-care. In this daily inspirational book, Melody provides us with a thought to guide us through the day and she encourages us to remember that each day is an opportunity for growth and renewal.

"Everyone should read this. Mindfulness is such a great way to live life to the full." - Amazon Customer "The greatest 'little book' ever! Take my advice, buy it now and you will wonder how you ever managed without it!" - Amazon Customer "Patrizia Collard's depth of experience as a teacher and practitioner shines through. I love this little book!" - Amazon Customer "Great book to pick up if you just have a few minutes a day." - Amazon Customer "I carry it with me everywhere. Lovely little calming book." - Amazon Customer "Delightful little book." - Amazon Customer Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or setting aside hours of time for meditation. Dr Patrizia Collard will show you how to bring simple 5- and 10-minute practices into your day in order to free yourself from stress and, ultimately, find more peace in your life. This beautifully illustrated book will set you and your family on the road of mindfulness so you can lead a more mindful, peaceful and relaxed life. Find long-lasting happiness with The Little Book of Mindfulness! CONTENTS: 1. Being in the Now 2. Accept and Respond 3. Making Your Mind Up 4. Simply Be 5. Mindful Eating 6. Gratitude and Compassion 7. Everyday Mindfulness

Letting Go is Roth's first full-length novel, published just after Goodbye, Columbus, when he was twenty-nine. Set in 1950s Chicago, New York, and Iowa city, Letting Go presents as brilliant a fictional portrait as we have of a mid-century America defined by social and ethical constraints and by moral compulsions conspicuously different from those of today. Newly discharged from the Korean War army, reeling from his mother's recent death, freed from old attachments and hungrily seeking others, Gabe Wallach is drawn to Paul Herz, a fellow graduate student in literature, and to Libby, Paul's moody, intense wife. Gabe's desire to be connected to the ordered "world of feeling" that he finds in books is first tested vicariously by the anarchy of the Herzes' struggles with responsible adulthood and then by his own eager love affairs. Driven by the desire to live seriously and act generously, Gabe meets an impassable test in the person of Martha Reganhart, a spirited, outspoken, divorced mother of two, a formidable woman who, according to critic James Atlas, is masterfully portrayed with "depth and resonance." The complex liason between Gabe and Martha and Gabe's moral enthusiasm for the trials of others are at the heart of this tragically comic work.

A comprehensive guide to small-space secrets and real-life solutions for living in 1,200 square feet or less. The Little Book of Living Small shows readers how to make the most of limited square footage—with grace and style—and serves as the cheerleader readers need to help themselves feel satisfied and proud of their choice to live with less. In addition to exploring both the motivation behind choosing to live in a small space, as well as the practical, everyday advice for managing a tight footprint, The Little Book of Living Small also includes case studies: 12 style-savvy, small-space dwellers open their doors and share their design secrets. Author Laura Fenton covers a range of homes including studio apartments, one- and two-bedroom houses, a tiny house, a co-living space, and even whole houses. Stylistically these homes range from urban, rural, minimalist, and country, with the unifying thread that they are all real homes of less than 1,200 square feet that offer clever solutions that readers can use in their own homes. Laura Fenton is the lifestyle director at Parents magazine. With more than fifteen years of experience, her work has appeared in major publications including Better Homes & Gardens, Country Living, Good Housekeeping, and on leading home websites including Remodelista.com, HGTV.com, ElleDecor.com, HouseBeautiful.com, Refinery29, and elsewhere. Through her writing she has explored the topic of living small for more than a decade. She lives small with her husband, a photographer, and their son in Jackson Heights, Queens, in New York.

A practical guide to experiencing natural awareness—an effortless and spacious state of resting in the depth of our being. Do you recall, as a child, being enthralled by a drifting cloud, a rain-soaked leaf, a wandering ladybug? Or suddenly having a sense of timelessness, contentment, and ease? If so, then you've already had a taste of natural awareness. Known and revered in many traditions as a complement to focused mindfulness training, natural awareness transcends even these wondrous childhood moments. Some describe it as a profound "awareness of awareness"—an effortless, boundless state of resting in the depth of our being. For those new to meditation and experienced meditators alike, these 72 "mini-chapters" guide you on an in-depth odyssey into natural awareness, illuminated by many simple and enjoyable insights and exercises. The Little Book of Being invites you to explore: The spectrum of awareness practices, from focused mindfulness to flexible mindfulness to natural awareness How classical mindfulness and effortless natural awareness enrich and shape each other, and how to practice both Three ways to move into natural awareness—relaxing effort, broadening awareness, and dropping objects A treasury of "glimpse practices" to spark natural awareness anytime, in just a few moments How to bring this way of "simply being" into your daily life, into your connection with others, and into the world "At first natural awareness may seem far away, just a whisper, but then it will begin to grow and expand and permeate aspects of living. Over time we may feel more peace, more connection to ourselves. We may find ourselves taking life a bit more lightly. We may feel a sense of relaxed 'beingness' throughout the day, and when we do get caught in our dramas, we may find ourselves moving out of them quicker than we imagined we could." —Diana Winston

In this slender volume, Rumi explores the joy of friendship and the agony of loss. These poetic meditations on the most profound of human relationships are like crystals: they sparkle with the many hues of the rainbow and contain worlds within, capturing us with their mystery. Here

are poems that cause us to reflect on our own relationships, to experience again the intensity of friendship, the ache of loss, and the profundity of immersion. This is a book for poetry lovers, Rumi fans, and all gift-giving occasions; a book to treasure and to share. Previously published in hardcover as *Whispers of the Beloved*. Imitating others, I failed to find myself I looked inside and discovered I only knew my name. When I stepped outside I found my real Self.

A treasury of inspirational writings on happiness shares daily wisdom on everything from overcoming stress to understanding the human mind in a volume that includes contributions by Jane Smiley, Elizabeth Gilbert and Neil deGrasse Tyson.

SUPERANNO The Secret of Letting Go has touched people around the world. Now Guy Finley's bestselling message of hope and liberation is available in this portable treasury of wisdom, featuring an empowering quote for each day. It features a new introduction, inspirational photos, all in a handy take-anywhere size. *Letting Go: A Little Bit at a Time* makes it easy to let go of fear and reach a new kind of self-understanding that leads to true happiness. Original.

Little changes can make a big, big difference! In *The Little Book of Big Change*, psychologist Amy Johnson shows you how to rewire your brain and overcome your bad habits—once and for all. No matter what your bad habit is, you have the power to change it. Drawing on a powerful combination of neuroscience and spirituality, this book will show you that you are not your habits. Rather, your habits and addictions are the result of simple brain wiring that is easily reversed. By learning to stop bad habits at the source, you will take charge of your habits and addictions for good. Anything done repeatedly has the potential to form neural circuitry in the brain. In this light, habits and addictions are impersonal brain wiring problems that result from taking your habitual thinking as truth, and acting on that thinking in the form of doing your habit—over and over. This book offers a number of small changes you can make in your everyday life that will help you stop your bad habit in its tracks. If you want to understand the science behind your habit, make the decision to end it, and commit to real, lasting change, this book will help you to finally take charge of your life—once and for all.

Offers a three-step, thirty-day program for letting go of preconceptions, prejudices, and pre-judgements in order to face each day with a fresh and positive outlook.

Reading Notes To Myself is one of those rare experiences that comes only once in a great while. The editor who discovered the book said, "When I first read Prather's manuscript it was late at night and I was tired, but by the time I finished it, I felt rested and alive. Since then I've reread it many times and it says even more to me now." The book serves as a beginning for the reader's exploration of his or her own life and as a treasury of thoughtful and insightful reminders.

The latest and greatest insights on happiness from around the world *The Little Book of Being Brilliant* is a 'greatest hits' compilation of the best and the latest information from the science of positive psychology. Top-selling author Andy Cope exercises his PhD in happiness, along with his decades of experience bringing 'The Art of Being Brilliant' to rapt audiences around the world, to distill the tips, techniques, facts and ideas you need to know to achieve sustainable wellbeing and happiness in your own life. Andy's keen for you to know that he wants you to enjoy the experience, hence his 'laugh 'n' learn' approach. Inside, you'll find guidance for taking action in the form of activities and challenges that will help you implement the latest empirical evidence on happiness. You'll learn why most people are miles away from feeling as great as they could, and what to do about it. Whether you're motivated to improve your daily life or looking for the insights that will super-charge your career, or in search of inspiration for your students or your team, this little book will set you in motion toward living brilliantly. Develop resilience and embrace positivity by setting goals and taking charge of your life Learn, once and for all, what science says about the connection between money and happiness Overcome road rage and other forms of negativity that are dragging you down in the day-to-day Internalize the latest positivity wisdom for work, sport, parenting, relationships, and more There's absolutely no filler in *The Little Book of Being Brilliant*, and no need to sift through half-baked ideas or wisdom that researchers have already overturned. For the latest proven techniques on getting happy and achieving success, along with the motivation required to put those techniques into practice, pick up this energetic and inspiring book today.

The Little Book of Letting Go Cleanse Your Mind, Lift Your Spirit, and Replenish Your Soul Red Wheel/Weiser

Presenting whimsical inspiration in a delightful package, *Hello Sunshine* is a charming keepsake edition of Fréya Ete's artful messages.

"Enjoy this precious life," "Dance to the music of your heart," and "Never forget you are loved" are just a few examples of Freya's illustrated messages of joy and love. Freya Ete's playful and heartwarming creations are much loved and are held in private and public collections throughout the world. With *Hello Sunshine*, Freya shares her infectious childlike wonder and joyous worldview in a way that can be shared easily with others and dipped into again and again for inspiration when you need it most.

AS HEARD ON THE STEVE WRIGHT SHOW 'FORGET HYGGE. IT'S ALL ABOUT IKIGAI (THAT'S JAPANESE FOR A HAPPY LIFE)' The Times Find out how to live a long and happy life thanks to the ikigai miracle, a Japanese philosophy that helps you find fulfilment, joy and mindfulness in everything you do. It is extraordinary that Japanese men's longevity ranks 4th in the world, while Japanese women's ranks 2nd. But perhaps this comes as no surprise when you know that the Japanese understanding of ikigai is embedded in their daily life and in absolutely everything that they do. In their professional careers, in their relationships with family members, in the hobbies they cultivate so meticulously. Ken Mogi identifies five key pillars to ikigai: Pillar 1: Starting small Pillar 2: Releasing yourself Pillar 3: Harmony and sustainability Pillar 4: The joy of little things Pillar 5: Being in the here and now The Japanese talk about ikigai as 'a reason to get up in the morning'. It is something that keeps one's enthusiasm for life going, whether you are a cleaner of the famous Shinkansen bullet train, the mother of a newborn child or a Michelin-starred sushi chef. The Five Pillars at the heart of everything they do. But how do you find your own ikigai? How does ikigai contribute to happiness? Neuroscientist and bestselling Japanese writer Ken Mogi provides an absorbing insight into this way of life, incorporating scientific research and first-hand experience, and providing a colourful narrative of Japanese culture and history along the way.

Imagine what you could achieve if you could only clear your mind *The Little Book of Clarity* shows you how to clear your head and get things done. Based on bestselling book, *Clarity*, this new edition has been distilled to the essentials, getting right to the point. With no vague theory or superfluous anecdotes, this book gets you right to work reducing stress and boosting productivity by uncovering your mind's in-built "self-clearing" capacity. As you begin to understand the concept of innate thinking, the benefits will start emerging in every corner of your life. As you think less, you'll win more — at work, at home, and at the game of life as a whole. You'll rid your mind of clutter for good as you focus on what matters, and finally free up the time you need to pursue your dreams. Life's constant bombardment of "to-do" and "urgent" pushes your own priorities clear off the radar. Before you know it, you're always busy, but not getting very much accomplished. Personal goals fall by the wayside as you struggle just to keep up with day-to-day life. This book shows you how to cut the noise and clear the fog, and start working on what matters to you. Harness the power of insight and principles Discover your true identity and innate wisdom Build better relationships and stronger connections Discard toxic goals and pursue authentic desires *Clarity* is the mind's natural state, a state to which it will always return if given the chance. Although it's evident in children, most adults have had this ability conditioned out of them by our "go-go-go" society, leaving them mentally muddy, stressed, and ineffectual. *The Little Book of Clarity* helps you erase that conditioning and gain the peace of mind to live a life you love — permanently.

The ultimate cheat sheet that sets out a workable and flexible plan for successful weight loss to fit every lifestyle and diet choice. In this "worst-case diet survival handbook", nutritionist and founder of Foodtrainers™, Lauren Slayton offers strategies and tips to avoid the most disastrous diet booby traps. Along with her no-nonsense nutrition and exercise advice, readers will discover that the missing component of

most weight-loss schemes is planning. Planning to succeed and planning for the obstacles on the way to slim are as vital as what and when to eat and how to incorporate fat-burning activity into your day. All too many dieters give up when they hit a few road bumps created by work, family, socializing, travel, fatigue or indifference. Slayton comes to the rescue with: • The Big 10 “Do-Not-Pass-Go” Basics, from high protein breakfast to “closing the kitchen” after dinner! • Top Ten Things to Avoid to Get Healthy and Slim Down Fast • The 4 P’s -- Plan, Purchase, Prep and Promise -- to get and stay on track • The 4-Step Treat Training Strategy to survive the “Witching Hour” Dozens of smart, simple ways to cope with the big obstacles to slim: family, restaurants, travel, entertaining, alcohol and more. Slayton provides the know-how and the what-to-do-when-things-go-south to help readers keep on track, no matter what diet they follow.

The cutting-edge science that is taking the measure of the universe The Little Book of Cosmology provides a breathtaking look at our universe on the grandest scales imaginable. Written by one of the world's leading experimental cosmologists, this short but deeply insightful book describes what scientists are revealing through precise measurements of the faint thermal afterglow of the Big Bang—known as the cosmic microwave background, or CMB—and how their findings are transforming our view of the cosmos. Blending the latest findings in cosmology with essential concepts from physics, Lyman Page first helps readers to grasp the sheer enormity of the universe, explaining how to understand the history of its formation and evolution in space and time. Then he sheds light on how spatial variations in the CMB formed, how they reveal the age, size, and geometry of the universe, and how they offer a blueprint for the formation of cosmic structure. Not only does Page explain current observations and measurements, he describes how they can be woven together into a unified picture to form the Standard Model of Cosmology. Yet much remains unknown, and this incisive book also describes the search for ever deeper knowledge at the field's frontiers—from quests to understand the nature of neutrinos and dark energy to investigations into the physics of the very early universe.

The Little Book of Sleep is a beautifully colour-illustrated guide to achieving deep, natural, clean sleep. Sleep expert Dr Nerina Ramlakhan explains why a good night's sleep is essential in today's demanding, 24/7, technology-driven world, introduces us to the science of sleep and teaches us that the secret of good sleep is to get out of our head and back into our body. Using a unique combination of Eastern and Western practices, including yoga, ayurveda and body-awareness techniques, and with an abundance of invaluable advice and techniques, Dr Nerina guides the reader on their personal journey back to sleep.

Changing how we think takes practice. This is why Prather doesn't just tell us that it's important to let go--he shares with his readers simple steps for how to go about letting go of things that hold us back. Through learning from Prather's shared experiences and adopting the practices he offers, we can find happiness, peace, and a chance at spiritual renewal.

Find health, wellness, comfort, and recovery with these 200 self-healing techniques designed to nourish the mind, body, and spirit. Self-healing helps you tune into the needs of your mind, body, and spirit to fully understand what you need for optimal health and wellness. With The Little Book of Self-Healing, you'll find 200 practices that will help you learn to recognize the signs your body gives you, achieve the right balance for your mental and physical needs, and feel empowered as you take an active role in your healing. Whether you're dealing with the symptoms of extreme stress, coping with traumatic experience, or simply looking to develop a deeper connection with yourself, this book has the tools you need including: -Letting go of the hustle mentality -Finding movement activities that resonate with you -Creating a community of supportive friends -And more! While modern medicine and simple self-care can still be an important part of your health routine, these simple self-healing techniques—taking a bath, meditating, or decluttering—can take your wellness to the next level. Learn how to truly care for yourself and feel your best every day.

THE INTERNATIONAL, NEW YORK TIMES AND SUNDAY TIMES BESTSELLER, WITH OVER A MILLION COPIES SOLD WORLDWIDE Guaranteed to bring warmth and comfort into your life, The Little Book of Hygge is the book we all need. Denmark has an international reputation for being one of the happiest nations in the world, and hygge is widely recognised to be the magic ingredient. Hooga? Hhyooguh? Heurgh? It is not really important how you pronounce or even spell it. What is important is that you feel it. Whether you're cuddled up on a sofa with a loved one, or sharing comfort food with your closest friends, hygge is about creating an atmosphere where we can let your guard down. The definitive, must-read introduction to Hygge, written by Meik Wiking, CEO of the Happiness Research Institute, this book is packed full of original research, recipes and ideas to help you add a touch of hygge to your life. 'The best qualified author . . . cosy and engaging' Sunday Express 'Infectiously positive . . . the best beginner's guide' Mail on Sunday 'This book explains everything you need to know about the Danish art of living well' Metro

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