

The Soul Of Money Reclaiming The Wealth Of Our Inner Resources

The best-selling book about restoring "heart and soul" to the workplace by one of today's most sought-after speakers. Praise for Reclaiming Higher Ground: "Reclaiming Higher Ground is a must read." Ken Blanchard, coauthor of The One-Minute Manager "Lance Secretan applies principles of higher consciousness to the business world. . . this book is extremely valuable." Marianne Williamson, author of A Return to Love "Finally, a clear, compelling voice arguing that employees are not liabilities but instead are an organization's greatest asset." David Chilton, author of The Wealthy Barber

A poet, essayist and columnist argues that abortion is a common part of a woman's reproductive life and shouldn't be vilified, but accepted as a moral right that can be a force for social good.

Healing That Reaches Beyond the Self In this landmark work, Marianne Williamson reminds us that there is a point in everyone's spiritual journey where the search for self-awareness can turn into self-preoccupation. All of us are better off when contemplation of holy principles is at the center of our lives. But it is in applying those principles in our lives that we forge the true marriage between heaven and earth. In the compassionate but clear-eyed prose that has won her so many avid readers, Williamson shows us that the principles which apply to our personal healing also apply to the healing of the larger world. Calling on Americans to turn the compassion in our hearts into a powerful force for social good, Williamson shows us how to transform spiritual activism into a social activism that will in turn transform America into a nation seriously invested in the hope of every child and in the potential of every adult.

The popular guide—over 80,000 copies sold of the first edition—now revised and enhanced with an audio CD of guided meditations According to Time magazine, over 15 million Americans now practice meditation regularly. It's a great way to reduce stress, increase energy, and enjoy better health. This fun and easy guide has long been a favorite with meditation newcomers. And now it's even better. For this new edition, author Stephan Bodian has added an audio CD with more than 70 minutes of guided meditations that are keyed to topics in the book, from tuning in to one's body, transforming suffering, and replacing negative patterns to grounding oneself, consulting the guru within, and finding a peaceful place. The book also discusses the latest research on the health benefits of meditation, along with new advice on how to get the most out of meditation in today's fast-paced world. Stephan Bodian (Fairfax, CA and Sedona, AZ) is a licensed psychotherapist and the former editor-in-chief of Yoga Journal. He has written for Fitness, Alternative Medicine, Cooking Light, and Tricycle and is the coauthor of Buddhism For Dummies (0-7645-5359-3).

Reclaim Your Soul: Your Path to Healing explores self-transformation. Many of

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us find ourselves suppressing emotions and falling victim to patterns of unhealthy behavior. We can live this way for decades in a half-baked existence, not knowing why meaninglessness plagues our days and leaves us feeling unsatisfied. The goal of this book is to immerse the reader in previously suppressed feelings. Readers will be able to liberate themselves and allow themselves to feel in order to heal successfully. The book also illuminates patterns that keep us stuck. Each vignette describes a way out of the morass and contributes to exponentially building our awareness. Reclaim Your Soul highlights patterns and feelings that serve to increase our strength and enrich our lives. Through this process, we can start to reach for dreams that uplift our soul and help us achieve our fullest potential.

Now updated with new material by #1 New York Times bestselling author and 2020 Democratic presidential candidate Marianne Williamson, the twentieth anniversary edition of *Healing the Soul of America* shares her timeless, visionary message of political healing. In the twentieth anniversary edition of *Healing the Soul of America*, Marianne Williamson reclaims her powerful voice for social conscience in American society. This is a time, according to Williamson, for Americans to return once again to our first principles, both politically and spiritually. Here, Williamson draws plans to transform the American political consciousness and encourage powerful citizen involvement to heal our society. With updated material throughout, Williamson explores the current state of American politics, reminding us of her theory of holistic politics—the convergence of political activists looking toward spiritual wisdom and spiritual contemplatives extending their service into the political landscape. She believes that a morally concerned American must now take an active stand in turning this country away from its current identity as a nation obsessively in love with its money to a nation more seriously invested in all of its children and the potential brilliance of every citizen. “Marianne Williamson...is attempting to...help not only her followers but an entire nation” (People). In the wake of the current political dysphoria, with countless tragedies consistently on the nightly news, America is facing a time of immense division. Political parties that completely polarize friends and family, mass shootings, threats of nuclear war, and a lack of confidence in our governmental leaders show that the country is in desperate need of restoration. We need a new paradigm of political understanding, a moral commitment to express it, and a new kind of activism to bring it forth. *Healing the Soul of America* is a blueprint for all three and there has never been a more urgent need. An Invitation to Community and Models for Connection After almost every presentation activist and writer Mia Birdsong gives to executives, think tanks, and policy makers, one of those leaders quietly confesses how much they long for the profound community she describes. They have family, friends, and colleagues, yet they still feel like they're standing alone. They're "winning" at the American Dream, but they're lonely, disconnected, and unsatisfied. It seems counterintuitive that living the "good life"--the well-paying job, the nuclear family,

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the upward mobility--can make us feel isolated and unhappy. But in a divided America, where only a quarter of us know our neighbors and everyone is either a winner or a loser, we've forgotten the key element that helped us make progress in the first place: community. In this provocative, groundbreaking work, Mia Birdsong shows that what separates us isn't only the ever-present injustices built around race, class, gender, values, and beliefs, but also our denial of our interdependence and need for belonging. In response to the fear and discomfort we feel, we've built walls, and instead of leaning on each other, we find ourselves leaning on concrete. Through research, interviews, and stories of lived experience, *How We Show Up* returns us to our inherent connectedness where we find strength, safety, and support in vulnerability and generosity, in asking for help, and in being accountable. Showing up--literally and figuratively--points us toward the promise of our collective vitality and leads us to the liberated well-being we all want.

Awarded the 2016 Nautilus Silver Medal for Personal Growth! This is the book your money--savvy best friend, therapist, and accountant would write if they could. It's the book about money for people who don't even want to think about money, until the arrival of that inevitable day when we all realize we must come to terms with this thing called money. Everyone has pain and challenges, strengths and dreams about money, and many of us mix profound shame into that relationship. In *The Art of Money*, Bari Tessler offers an integrative approach that creates the real possibility of "money healing," using our relationship with money as a gateway to self-awareness and a training ground for compassion, confidence, and self-worth. Tessler's gentle techniques weave together emotional depth, big picture visioning, and refreshingly accessible, nitty-gritty money practices that will help anyone transform their relationship with money and, in so doing, transform their life. As Bari writes, "When we dare to speak the truth about money, amazing healing begins."

Explores how a personal relationship with money affects financial stability and presents advice on getting out of debt, setting up a savings plan, and devising a realistic budget which reflects personal values and long term goals.

New York Times bestselling author Jefferson Bethke delivers a call to resist our cultural worship of connectivity and achievement before we lose the essentials that make us distinctly and deeply human. Our culture makes constant demands of us. Do more. Accomplish more. Buy more. Post more. Tweet more. And in following those demands, we have indeed become more--more anxious, more tired, more hurt, more depressed, more frantic. What we are doing isn't working because, Jefferson Bethke argues, we have forgotten the fundamentals that make us human, the things that anchor our lives, providing us with roots and meaning. In this highly anticipated new book, Jefferson Bethke delivers a wake-up call to resist our culture and embrace the slowness of Jesus. To stop doing and start becoming by proactively setting up boundaries in our lives and cultivating disciplines within them. He shows his readers how to find landmarks, anchors, and rhythms that provide depth and meaning and that push back against the demands of contemporary life. And he reveals that what the world teaches us to avoid

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at all costs--things such as silence, obscurity, solitude, and vulnerability--are the very things that can give us the meaning, depth, order, and the richness we are truly looking for.

Efter tretten år som nonne i et kloster i Wales, må en ung kvinde træde hjælpende til, da hendes bror begår selvmord og efterlader familiens spinderivirksomhed på fallittens rand

After one too many late night discussions, football journalist Paul Watson and his mate Matthew Conrad decide to find the world's worst national team, become naturalised citizens of that country and play for them - achieving their joint boyhood dream of playing international football and winning a 'cap'. They are thrilled when Wikipedia leads them to Pohnpei, a tiny, remote island in the Pacific whose long-defunct football team is described as 'the weakest in the world'. They contact Pohnpei's Football Association and discover what it needs most urgently is leadership. So Paul and Matt travel thousands of miles, leaving behind jobs, families and girlfriends to train a rag-tag bunch of novice footballers who barely understand the rules of the game. Up Pohnpei tells the story of their quest to coach the team and eventually, organise an international fixture - Pohnpei's first since a 16-1 defeat many years ago. With no funding, a population whose obesity rate is 90 percent and toad-infested facilities in one of the world's wettest climates, their journey is beset by obstacles from the outset. Part travelogue, part quest, Up Pohnpei shows how the passion and determination of two young men can change the face of football - and the lives of total strangers - on the other side of the world.

As a human resources leader, you can make a difference in your organization one employee at a time. Human resources is a "people profession." Its goals are to help people achieve their potential and the organization succeed. But as the profession has evolved, these objectives have fallen by the wayside-and it shows. Employees are unhappier than ever, negativity runs rampant, and the organization's ability to deliver quality service and product is challenged. HR professionals are desperately trying to keep their heads above water as they juggle the demands of their organizations. How do we get back to our roots? Reclaiming the Soul of Human Resources will show you how to nurture and protect the vital human spirit in your organization. It also addresses one of the biggest issues in today's organizations: capacity-getting the most out of your resources without losing sight of quality. You will learn about systems and policies that both support the human spirit and deliver on the organization's purpose. HR professionals, executives, managers, and supervisors will find connections and insights that they can apply to their own work. The stories are universal, the "how to's" are practical, and the possibilities are endless.

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

A revolutionary program that can free your financial energy, increase your wealth, and help you achieve personal life goals "Money is congealed energy," said Joseph

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Campbell. And releasing it releases life's possibilities. . . . Thousands of people worldwide have learned how to build a powerful new relationship with their money and bring their dreams to fruition through Dr. Maria Nemeth's dynamic workshops. Now you can, too. In *The Energy of Money*, Dr. Nemeth—who received an Audio Publishers Award for her *Sounds True* series on which this book is based—draws upon her more than twenty years' experience in synthesizing spiritual and practical techniques for managing yourself and your work. Combining a complete self-help and self-discovery regimen with proven methods of money management, this powerhouse guide to prosperity presents twelve principles that will help you to

- Uncover the hidden landscape of beliefs, patterns, and habits that underlie and sometimes subvert your everyday use of money and personal resources
- Tame the dragons of driven behavior and busyholism
- Defuse fears of deprivation and scarcity
- Embrace and work through paradox and confusion
- Consciously focus your money energy
- Clear yourself to receive the energy and support of others and the universe
- Develop and stay on your personal path to abundance

Through easy-to-follow exercises and meditations, effective worksheets, and other interactive processes, Dr. Nemeth will guide you to financial success and help you manifest your special contribution to the world.

Subtitle varies with different printings.

Now updated: the classic guide that teaches women how to take control of their own finances When this groundbreaking yet compassionate book was first published ten years ago, it lifted a veil on women's resistance to managing their money, revealing that many were still waiting for a prince to rescue them financially. In this revised edition, which reflects our present-day economic world, Barbara Stanny inspires readers to take charge of their money and their lives. Filled with real-life success stories and practical advice - from tips on identifying the factors that keep women fearful and dependent to checklists and steps for overcoming them - this book is the next best thing to having one's own financial coach.

My Body, My Soul is Vandee Crane's riveting memoir. A survivor of child sex trafficking, Vandee was betrayed by her own mother and left vulnerable to the dark, insidious world of child sex trafficking, where she fell prey to a sadistic law enforcement officer who not only trafficked her, but also tortured her. Her memoir shares how she was able to create a life of happiness, peace, and forgiveness-despite her trauma. Today, Vandee has her own practice as a Wellness Coach in New Mexico, after having worked in the behavioral health field for over ten years. She combines her professional and personal insight in this deeply introspective account of her triumph over unimaginable obstacles, how she transformed self-hatred and self-abuse into universal love and compassion, and how this experience has led her to helping others find the same satisfaction in life. Join her as she shines light in the darkest of places and uses her own pain and suffering to break her own hardened heart wide open, allowing her to fall in love with herself, with the Creator, and with every single aspect of life.

“A sensible book, full of insight and hope,”* that offers support and guidance in freeing emotionally abused women from the cycle of abuse and establishing new healthy patterns of relating to others. *Booklist

- Does your husband or lover constantly criticize you and put his needs before yours?
- Do you sometimes wonder if your best friend is truly a friend?
- Does your boss try to control your every move?
- Does your fear of being left alone keep you in chronically hurtful relationships?

If any of these questions

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sound familiar, you could very well be suffering from emotional abuse—the most widespread but also the most hidden abuse that women experience. This type of abuse is just as damaging as physical or sexual abuse. But there is help in this invaluable compassionate sourcebook. As a marriage, family, and child therapist who has grappled with these issues herself, Beverly Engel guides you through a step-by-step recover process, helping you shed the habits begun in childhood and take the first few steps toward healthy change. Using numerous examples drawn from case history and her own therapeutic expertise, Engel will show you how to

- Recognize and understand the abusers in your life
- Identify the patterns that have kept you emotionally trapped
- Complete your unfinished business
- Decide whether to walk away from an abusive relationship or take a stand and stay
- Heal the damage of abuse by building self-esteem
- Break the cycle of abuse and open yourself to the promise of healthy relationships

Take back your personal power! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 1:2 NKJV) Have you ever wondered... If everyone wants to succeed, why do so few people become successful? Can certain relationship patterns prevent me from stepping into my destiny? Are there habits or behaviors in my life that keep me from fulfilling my purpose? Develop the skills you need to succeed in life! While The 40 Day Soul Fast focused on the 40 characteristics of an authentic person, now bestselling author and empowerment specialist, Dr. Cindy Trimm delivers her follow-up—Reclaim Your Soul, which focuses on the 40 behaviors of a resilient person. Learn how to:

- Identify destructive relationships in your life and break free from their harmful impact
- Avoid unhealthy emotional attachments and shield your soul from possible damage
- Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose

Successful people are resilient people. The key to resiliency is learning how to reclaim your soul each and every day!

"In the pages of Reclaiming the Wild Soul, the forests and mountains, the deserts and the oceans, the rivers and the grasslands find their voice. Once heard, we can never forget what they have to say. Nor do we want to. May we all follow the summons and embark on such a journey. Thompson's field guide illuminates the way." --Clare Dakin, Founder, TreeSisters "Woven with enchanting stories and wise counsel, Reclaiming the Wild Soul lavishly supports us, at this time of global crisis/opportunity, to return, emboldened, to Earth and to our own human wildness." --Bill Plotkin, author of Wild Mind: A Field Guide to the Human Psyche and Soulcraft: Crossing into the Mysteries of Nature and Psyche Beyond the chaos and stresses of our modern age, there lies a forgotten yet primal terrain rich in wisdom, healing, and wholeness. In Reclaiming the Wild Soul, Mary Reynolds Thompson takes us on a journey into Earth's five great landscapes as aspects of our deeper, wilder selves. There, where the inner and outer worlds meet, we discover within our souls: the silence and simplicity of deserts the mystery of forests the flow of oceans and rivers the inspiration of mountains the regenerative spirit of grasslands Once awakened, these "soulscapes" reveal the beauty and magnificence of our own true nature--and a path of personal transformation aligned with the healing of the wild Earth. Reclaiming the Wild Soul is simultaneously self-help and a courageous call to action for our times.

The bestselling, beloved classic on how to go into the dark side of yourself to bring out

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the light -- now with new material. Debbie Ford believes that we each hold within us a trace of every human characteristic that exists, the capacity for every human emotion. We are born with the ability to express this entire spectrum of characteristics. But, Ford points out, our families and our society send us strong messages about which ones are good and bad. So when certain impulses arise, we deny them instead of confronting them, giving them a healthy voice, then letting them go. It is to these feelings that Ford turns our attention, these parts of our selves that don't fit the personae we have created for the rest of the world. She shows us the effects of living in the dark, of keeping all our supposedly unsavory impulses under wraps. We find ourselves disproportionately frustrated and angry at the selfishness of friends, the laziness of colleagues, the arrogance of siblings. When we are unable to reconcile similar impulses in ourselves, Ford explains, we waste our own energy judging others instead of empathizing. But most important, we deny ourselves the power and freedom of living authentically. Through the stories and exercises in *The Dark Side of the Light Chasers*, Debbie Ford shows us not only how to recognize our hidden emotions, but also how to find the gifts they offer us. This is for fans of Marianne Williamson, Neale Donald Walsch, and Deepak Chopra. The very impulses we most fear may be the key to what is lacking in our lives.

A study of what would happen to Earth if the human presence was removed examines our legacy for the planet, from the objects that would vanish without human intervention to those that would become long-lasting remnants of humankind.

Take back your life in 40 Days! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2) Activate the skills you need to succeed and take back your life! This companion devotional to *Reclaim Your Soul* from Dr. Cindy Trimm will lead you on an interactive 40-day journey to becoming a resilient person. Over the next 40 days, you will... Identify destructive relationships in your life and break free from their harmful impact Avoid unhealthy emotional attachments and shield your soul from possible damage Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose Successful people are resilient people. Get ready to practice 40 disciplines that will lead you into a more resilient life where success and freedom become your new normal!

"A life-changing read. With warmth, honesty, and storytelling, Lynne turns everything we think we know about money upside down...It's the book we all need right now."
—Brené Brown, Ph.D., author of the #1 New York Times bestseller *Rising Strong* This liberating book shows us that examining our attitudes toward money—earning it, spending it, and giving it away—offers surprising insight into our lives. Through personal stories and practical advice, Lynne Twist asks us to discover our relationship with money, understand how we use it, and by assessing our core human values, align our relationship with it to our desired goals. In doing so, we can transform our lives. *The Soul of Money* now includes a foreword from Jack Canfield and a new introduction by Lynne Twist, in which she explores the effects of the Great Recession and environmental concerns about our monetary needs and aims.

McCall's program supports people as they uncover their deep-seated attitudes about money, provides simple, step-by-step tools for healing physical, emotional, and spiritual deprivation, and teaches skills and strategies for experiencing lasting personal and financial fulfillment, even in the midst of economic challenges and reversals.

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If we understood the true role of money in our lives, writes philosopher Jacob Needleman, we would not think simply in terms of spending it or saving it. Money exerts a deep emotional influence on who we are and what we tell ourselves we can never have. Our long unwillingness to understand the emotional and spiritual effects of money on us is at the heart of why we have come to know the price of everything, and the value of nothing. Money has everything to do with the pursuit of an idealistic life, while at the same time, it is at the root of our daily frustrations. On a social level, money has a profound impact on the price of progress. Needleman shows how money slowly began to haunt us, from the invention of coins in Biblical times (when money was created to rescue the community good, not for self gain), through its hypnotic appeal in our money-obsessed era. This is a remarkable book that combines myth and psychology, the poetry of the Sufis and the wisdom of King Solomon, along with Jacob Needleman's searching of his own soul and his culture to explain how money can become a unique means of self-knowledge. As part of the Currency paperback line, it includes a "User's Guide" an introduction and discussion guide created for the paperback by the author -- to help readers make practical use of the book's ideas.

The Underground Church proposes that the faithful recapture the spirit of the early church with its emphasis on what Christians do rather than what they believe. Prominent progressive writer, speaker, and minister Robin Meyers proposes that the best way to recapture the spirit of the early Christian church is to recognize that Jesus-following was and must be again subversive in the best sense of the word because the gospel taken seriously turns the world upside down. No matter how the church may organize itself or worship, the defining characteristic of the church of the future will be its Jesus-inspired countercultural witness. Meyers debunks commonly held beliefs about the early church and offers a vision for the future rooted in the past. He proposes that the church of the future must leave doctrinal tribalism behind and seek a unity of mission instead. Archbishop Emeritus Desmond Tutu says of this volume: "Robin Meyers has spoken truth to power, and the church he loves will never be the same." "It's hard to align with money if you think that it is evil and nasty. But once you come to an understanding that money is neutral, it's easy to see that having money does not necessarily deprive somebody else. There's no reason why you can't be very rich and still be an extremely spiritual and wonderfully generous person—aligned to the God Force—with a huge heart, and compassion for everyone you meet." — Stuart Wilde "Advice and practices for supporting family peace, harmony, and connection in daily life from a life-balance coach"--Provided by publisher.

Soon enough, nobody will remember life before the Internet. What does this unavoidable fact mean? Those of us who have lived both with and without the crowded connectivity of online life have a rare opportunity. We can still recognize the difference between Before and After. We catch ourselves idly reaching for our phones at the bus stop. Or we notice how, midconversation, a fumbling friend dives into the perfect recall of Google. In this eloquent and thought-provoking book, Michael Harris argues that amid all the changes we're experiencing, the most interesting is the end of absence—the loss of lack. The daydreaming silences in our lives are filled; the burning solitudes are extinguished. There's no true "free time" when you carry a smartphone. Today's rarest commodity is the chance to be alone with your thoughts. Michael Harris is an award-winning journalist and a contributing editor at *Western Living* and *Vancouvermagazines*.

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He lives in Toronto, Canada.

This book precisely maps a unique journey that turns the problems and conflicts that inevitably arise in relationships into opportunities for deeper connection. Illuminating case studies, guided self-inquiries, and challenging exercises help you discover how to engage your partner in a deeper dialogue and find ways of expressing the most profound and untamed aspects of your nature.

Allow your children to experience the adventure, freedom, and wonder of childhood with this practical guide that provides all the information, inspiration, and advice you need for creating a modern, quality homeschool education. Inspired by the spirit of Henry David Thoreau—"All good things are wild and free"—mother of five Ainsley Arment founded Wild + Free. This growing online community of mothers and families want their children to receive a quality education at home by challenging their intellectual abilities and nurturing their sense of curiosity, joy and awe—the essence of a positive childhood. The homeschool approach of past generations is gone—including the stigma of socially awkward kids, conservative clothes, and a classroom setting replicated in the home. The Wild + Free movement is focused on a love of nature, reading great books, pursuing interests and hobbies, making the entire world a classroom, and prolonging the wonder of childhood, an appealing philosophy that is unpacked in the pages of this book. The Call of the Wild and Free offers advice, information, and positive encouragement for parents considering homeschooling, those currently in the trenches looking for inspiration, as well as parents, educators, and caregivers who want supplementary resources to enhance their kids' traditional educations.

Examining a host of social and economic injustices from a spiritual perspective, the author of *A Return to Love* offers her perspective on how to change America from a greed-obsessed nation to one that respects the rights and dignity of all human beings. Reprint.

Chuck Feeney was born in Elizabeth, New Jersey, to a blue-collar Irish-American family during the Depression. After service in the Korean War, he made a fortune as founder of Duty Free Shoppers, the world's largest duty-free retail chain. By 1988, he was hailed by *Forbes Magazine* as the twenty-fourth richest American alive. But secretly Feeney had already transferred all his wealth to his foundation, Atlantic Philanthropies. Only in 1997 when he sold his duty free interests, was he "outed" as one of the greatest and most mysterious American philanthropists in modern times. After going "underground" again, he emerged in 2005 to cooperate on a biography promoting giving while living. Now in his mid-seventies, Feeney is determined his foundation should spend down the remaining \$4 billion in his lifetime.

Reclaim Your Heart is not just a self-help book. It is a manual about the journey of the heart in and out of the ocean of this life. It is a book about how to keep your heart from sinking to the depths of that ocean, and what to do when it does. It is a book about redemption, about hope, about renewal. Every heart can heal, and each moment is created to bring us closer to that transformative return. *Reclaim Your Heart* is about finding that moment when everything stops and suddenly looks different. It is about finding your own awakening. And then returning to the better, truer, and freer version of yourself. Many of us live our lives, entrapped by the same repeated patterns of heartbreak and disappointment. Many of us have no idea why this happens. *Reclaim Your Heart* is about freeing the heart from this slavery. It is about the journey in an out

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of life's most deceptive traps. This book was written to awaken the heart and provide a new perspective on love, loss, happiness, and pain. Providing a manual of sorts, Reclaim Your Heart will teach readers how to live in this life without allowing life to own you. It is a manual of how to protect your most prized possession: the heart.

The Soul of Money Transforming Your Relationship with Money and Life W. W. Norton New in paperback from the author of Outrageous Openness: a witty and spirited guide to radically releasing the burdens of financial fears. It's natural to crave prosperity. Some seek to manifest it in myriad ways--using anything from vision boards to writing a pretend check for a million dollars from the Bank of Divinity. Yet whatever comes, or doesn't, the mind always seems to want more. But what if there was a whole other way? Instead of grasping and chasing, what if we offered everything--our money (or lack of it), our triumphs, our problems, our desires--fully back to Love? What if this offering itself was actually the secret to abundance? Tosha Silver, internationally beloved spiritual guide, has created a practical and powerful financial book unlike any other. Leading you through a deeply transformative eight-week process, she shares the mental, emotional, and spiritual steps that anyone can take to learn to fully receive and prosper. Her step-by-step guidance is filled with prayers, meditations, and stories to help you find and heal the source of these fears and unworthiness. As you come to know you are part of something larger--something that you serve and that longs to serve you--you begin to feel a new sense of freedom and abundance. You yourself become a vehicle for Divine Flow.

*DVD Study is designed as a companion piece to the Reclaim Your Soul Study Guide Take back your personal power! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2) Have you ever wondered? If everyone wants to succeed, why do so few people become successful? Can certain relationship patterns prevent me from stepping into my destiny? Are there habits or behaviors in my life that keep me from fulfilling my purpose? Develop the skills you need to succeed in life! While The 40 Day Soul Fast focused on the 40 characteristics of an authentic person, now bestselling author and empowerment specialist, Dr. Cindy Trimm delivers her follow-up ?Reclaim Your Soul, which focuses on the 40 behaviors of a resilient person. By going through the Reclaim Your Soul video sessions?either individually or with a group?you will discover how to: Identify destructive relationships in your life and break free from their harmful impact Avoid unhealthy emotional attachments and shield your soul from possible damage Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose Successful people are resilient people. The key to resiliency is learning how to reclaim your soul each and every day!

“This guy does next level stuff. I have worked with him and I have no idea how or why he is able to do some of the things I have witnessed. Science is just catching up with biohacking. It's time to start studying spirit hacking and how Shaman Durek can achieve the tangible results he achieves.” —Dave Asprey, author of the New York Times bestseller, The Bulletproof Diet, Silicon Valley investor and technology entrepreneur In Spirit Hacking: Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World, Shaman Durek, a sixth-generation shaman, shares life altering shamanic keys allowing you to tap into your personal power. Through new information you will banish fear and darkness from your life in

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favor of light, positivity, and strength. Shaman Durek's bold and sometimes controversial wisdom shakes loose our assumptions about ourselves and the very world around us. He ultimately teaches us how to step fearlessly out of this Blackout (the age of darkness we are currently experiencing) and access a place of fierce empowerment by use of tools and techniques of timeless Shamanic tradition. This transformation is both personal and collective; as individuals step out of darkness and begin to experience the light, we bring our loved ones and communities out of the shadows as well. Shaman Durek inherited a rich legacy of ancient wisdom and now shares this knowledge for a modern context. He advises everyone from celebrities like Gwyneth Paltrow and Nina Dobrev to innovative executives such as Bullet-Proof Coffee founder Dave Asprey. Spirit Hacking shatters readers' complacency, giving them tools to navigate the tumultuous times in which we find ourselves. We will emerge from this period happier, lighter, and more vibrant than ever before.

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