

The Turning Point A Breath Taking Novel Of Love Deceit And Desire

"When we awaken to our own light, it becomes possible to develop real wisdom about our life. As wisdom allows us to see clearly, our hearts break open with compassion for the struggles of our own lives and the lives of all beings.

Awakened with wisdom and compassion, we are impelled to live our lives with kindness, and we are led to do whatever we can to repair the brokenness of our world." -From the Introduction

We breathe over 20,000 times a day. But most of us don't breathe properly – years of stress and anxiety mean we breathe through our chest, forgetting to use our diaphragm and stomach. We shallow breathe, we hold our breath – all bad for us. Breathe badly and it affects everything we do. Hold your breath and your blood pressure goes up, your physiology is affected. Learn to breathe correctly and you will be calmer, lose weight, sleep better. Take a deep breath – and learn how to breathe again.

"Why do you look for the living among the dead?" Bible, Luke 24:5 "I know your deeds; you have a reputation of being alive, but you are dead." Bible: Revelation

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3:1-3 “Do you know what feels strange about this hospital? Nobody is laughing here. The person who is not able to laugh anymore has no more reason to be here.” Conversation in hospital. This book is dedicated to the people from whom I have learned the secrets about life and death: especially Michel Boje, my patient for several years who taught me about the mystery of death (he had hepatitis C, was addicted to narcotics but was able to fulfill his dreams), my beloved father Nikolaj Kozevnikov, former chief engineer for hydropower station construction in Russia, who taught me (he is in his 80s) the art of resolving any extreme situations, my dear lovely Danish husband professor Leif Bjørnø who taught me (and he is still teaching) the art of adaptation of any life challenges and many-many others who were my daily teachers in the school of life and death. Thanks to all of them this book was created.

Serious health issues are on the rise around the world, damaging individuals and their families and costing our communities billions of dollars. What’s more, current health practices seem to be not only ineffective but also dangerous to our bodies. It is clear that this destructive pattern must be stopped. In this guide, author Robyn Wood presents a different approach through the new science of epigenetics, quantum physics, and an understanding of the world of energy that affects us all. Wood dissects the twelve most common categories of health

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issues and offers succinct strategies addressing these health challenges. 101 Strategies for True Health and Empowerment can help both health-care practitioners seeking to give value-added services to their clients or patients and individuals looking for an easy-to-use self-help reference on personal growth and healing, providing • a greater understanding on the causes of health imbalances and how to address them; • an expanded consciousness and greater empowerment; and • greater self-love and connectedness. This compilation of self-help strategies invites you on an authentic journey toward an expanded consciousness, helping you find within yourself the power to heal and knowledge of the magnificence of your true self.

As Close to Us as Breathing A Novel Lee Boudreaux Books

A revolution is happening in education, with leaders and teachers now asked to focus on learning, to develop collaborative teams to impact on students, to use and raise professional standards, and to identify and esteem expertise in our profession. With new demands relating to technological advances, changing demographics, internationalism, and the inclusion of 'twenty-first-century skills,' there is pressure on schools to deliver greater and deeper success with more students. The Turning Point aims to present the factors needed to affect real change for school systems, in classrooms, and in the teaching profession by:

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Arguing for the establishment of teaching as a true 'profession' alongside areas such as medicine or law. Identifying the expertise fundamental to the meeting demands of schools. Elaborating on evaluative thinking and clinical practice as the basis of this new profession. Outlining core levers of change to show how teachers can have profound impacts on educational, medical, and social dimensions of students. This book is essential reading for teachers, school leaders, education policymakers, teacher candidates, and teacher educators. Those working in affiliated professions, such as adolescent psychologists and health workers, will also find aspects of the book relevant to their work.

Fleeing an abusive marriage, Lilly Crawford escapes Texas, only to become a caretaker for bitter former neurosurgeon Adam Wakefield who has lost his eyesight in a brutal carjacking, and finds tenderness underneath his anger. In September 1862, General Robert E. Lee invades Maryland with the hope of obtaining diplomatic recognition of European nations for the Confederacy. The whirlwind of events that follows changes not only the destiny of the nation, but the destinies of two young people on a pilgrimage of self-discovery. Fifteen-year-old Meg Hamilton, orphaned after the deaths of her mother and grandfather is desperately unhappy living with an aunt and uncle who despise her. Meg's biological father, whom she has met only once, is a Virginian with Lee's invading

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army. Meg's miserable home life and complications involving the family of her oldest and dearest friend Daniel motivate her to search for her father, even though he may not acknowledge her existence. When Daniel discovers her plan, he is determined to help her-despite a deep revulsion he feels towards "the enemy". Daniel and Meg learn that her father is with a regiment led by "Stonewall" Jackson, and they begin a journey together to find his military unit. Their travels lead them not only to the father she never knew, but also to a relationship that becomes much more than a childhood friendship. The Turning Point will transport you back to a place and time when momentous historical events reshaped the future of a nation and the lives of those who were caught up in them.

This book is giving answers of life as ego , how to control ego pain , how control thoughts and thinking , mind , spirit , get a good sleep , yoga , meditation , and pranayam .

Following the brutal murder of his parents when he was only five years old, Jadon West is sent to live with his uncle in Redding, California, a far cry from England, the place of his birth. Living in the land of celebrities and motion pictures makes him yearn to become a Hollywood director. After graduating from high school, Jadon hopes to land a job allowing him to save enough money to attend UCLA. Jadon is soon hired as a butler

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at a beautiful Californian estate, in town called Diamond Lake. On his first day of the job, he is delighted with the elegant mansion, the servants, and Mrs. Eden, the owner of the house. But to his surprise, there is one facet of this seemingly normal life that doesn't make sense. One room in the house must remain locked at all times-and Jadon is forbidden to enter it. Curiosity gets the best of him, however, and Jadon sneaks into the room only to unearth suspicious clues as to Mrs. Eden's true identity-along with some mysterious objects that appear to be used for magic rituals. Just what has he gotten himself into? He's about to find out...

Now a Major Motion Picture, Starring Simon Baker, Elizabeth Debicki, and Richard Roxburgh *Breath* is a story of risk, of learning one's limits by challenging death. On the wild, lonely coast of Western Australia, two thrill-seeking teenage boys fall under the spell of a veteran big-wave surfer named Sando. Their mentor urges them into a regiment of danger and challenge, and the boys test themselves and each other on storm swells and over shark-haunted reefs. The boys give no thought to what they could lose, or to the demons that drive their mentor on into ever-greater danger. Venturing beyond all caution--in sports, relationships, and sex--each character approaches a point from which none of them will return undamaged.

A.B. Arnold's poignant story about self-realization centres around Kelly, a young woman whose secret battle to break free from her past impels her to move through her grief and beyond the self-imposed limitations that have affected all aspects of her life,

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including her closest friendship. Kelly's balance shifts after a chance meeting with a well-travelled stranger who becomes her catalyst for change. Turning Points reveals mysteries that hide beneath the image that people show the world: Kelly's turning points inspire her to push past her insecurities, test her limits of loyalty, and ultimately redefine her with a new emergence of creativity and personal growth. Set in the panoramic surroundings of Halifax, Nova Scotia, Turning Points is a novel for courageous readers who long to understand others at a deeper level. Interwoven between the chapters' narrative is Kelly's mesmerizing and emotionally challenging poetry...readers will find themselves compassionately searching within for their own deepest truths.

Bestselling author Max van Manen's Writing in the Dark brings together a wide range of studies of relevance to qualitative researchers and professional practitioners. Each of the sixteen original chapters by accomplished scholars serves as an example of how a different kind of human experience may be explored, and of how the methods used for investigating phenomena may contribute to the process of human understanding. Van Manen provides the opening and closing chapters for the book, and also an introduction to each selection. This book is a valuable and rich resource for people who would like to learn more about phenomenological reflection and writing. Van Manen and his contributing authors:-Show how the challenge of doing qualitative research can be pursued through the process of inquiry, reflection and writing-Are from a variety of fields

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such as education, health sciences, psychology, arts and design, communication technology, and religious studies-Include numerous recognizable human experiences including common ones, forgotten ones, and ritualized ones

A daily guide to harnessing the amazing power of breath. Breath Perception is your companion to understanding the power of breath and using it as a tool to improve your physical and mental health. Partly because we take breath for granted and do not “work” with it, we are somewhat unaware of the potential it holds to reduce stress, change metabolism, and increase our supply of energy. Breath Perception presents 261 simple exercises—one for every Monday through Friday—for using breath to attain greater well-being. On each page is a daily exercise followed by a “wake-up call,” bits of wisdom to inspire you and enrich your meditation. Develop compassion, gratitude, and forgiveness while de-stressing, lowering your blood pressure, and building up your immune system. Yes, simple breathing has the power to do all of that and more! Sleep better at night, concentrate better at work, and connect better with loved ones at home. Once you learn to harness the power of breath, you’ll find that it serves you wherever you are, in whatever situations you find yourself. Smartly packaged and attractively designed, Breath Perception is perfect for anyone who wants to give the gift of well-being or who is looking for a way to enrich a yoga or meditation practice.

The hunt is on. The Elite Response Force won the Metacorporate War. Now ERF interim commander Captain Lonny Meyers leads the battered unit. Their first mission:

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apprehend former SunCorps CEO Chad Milton Waverley, the architect behind the war. The hunt takes Meyers and the ERF to Turning Point, a powder keg of a city on a frontier colony world far from Earth, run by a strongman armed with military-grade weapons systems. With limited resources and a mandate to not endanger relations with the frontier colonies, Meyers must locate Waverley before time runs out. But there's more to Turning Point and Waverley than anyone could have expected, and it may spell the end for the ERF. For action-packed, high-octane military science fiction, pick up Turning Point today!

Nursing and the Experience of Illness encourages nurses to reflect on the experience of their patients, in order to improve their practice and to develop an individualised approach to care. Vivid case studies present real nursing encounters and offer a user-friendly model for independent research by the reader. This accessible introduction to phenomenology for nurses explains what has become one of the most widely used qualitative research methods within healthcare and covers topics including:

*phenomenology in nursing *critical illness and intensive care *breast cancer and mastectomy *living with schizophrenia. Building on the work of key nursing theorist Patricia Benner, this readable way in to qualitative research in nursing will be suitable for both undergraduate and postgraduate nursing students.

In every person's life, there comes a moment in time when circumstances or events require decisions and responses that greatly determine the future. This book has no design to be

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another volume on leadership techniques. Rather, it is a candid exploration of those unexpected turns birthed out of the experience of being confronted with a reversal of circumstances in the life of an individual. Frankly, it is a study about the drama of life. The intention of the author is to give a sincere and straightforward examination of why turnabouts often get high-jacked and fail to live up to people's expectations. Even more, individuals will find a plea for courage and faith when things do not occur as they once envisioned they would. Consequently, it is a clarion call for courage to go further than some would desire, but also a caution to impatient leaders to be watchful of their own intentions to push a change further than would be wise. In the end, some leaders must be willing to consider a more contemplative life built on valuing people above their own ideological mindset. Dr. Wallace R. Pratt is an administrator, minister, teacher, and writer. He lives in Salem, Oregon and has been married thirty-eight years to his wonderful wife Judy. They are blessed with two daughters, two great son-in-laws and five grandchildren. Dr. Pratt serves as a regional supervisor in the Northwest for his church organization, while also serving as an adjunct professor for Gordon-Conwell Theological Seminary. His leadership experience has included thirty-three years of pastoral ministry and approximately eighteen years of teaching in sixteen nations. He has been serving on the Doctrine and Polity Committee of his church organization for fourteen years and presently holds the position of chairman for this international body.

A user's guide to the philosophy and practice of one of the most popular types of yoga—by the dynamic yoga teacher Kino MacGregor Ashtanga Yoga is a graceful, athletic type of yoga that has become extremely popular in recent years. Here, Kino MacGregor—a disciple of Sri K. Pattabhi Jois, the great modern guru who developed Ashtanga Yoga—gives a comprehensive

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view of the practice, demonstrating how Ashtanga is fundamentally a path of spiritual transformation and personal development. MacGregor delves into the history and tradition of Ashtanga Yoga and reveals how its philosophy manifests in contemporary lifestyle and dietary choices. She also explains the essential connection of breath, posture, and gaze that is the core of the practice. Her clear, step-by-step instruction of the Ashtanga Yoga Primary Series—including standing, seated, backbending, twisting, hip-opening, and closing postures—is a wonderful initiation for those who are new to the practice, and it will motivate experienced yogis toward perfection of the form. Throughout, MacGregor shares her own personal yoga journey and her devotion to yoga as a path of self-realization in a way that will inspire all practitioners.

This volume showcases key theoretical ideas and practical considerations in the growing area of scholarship on musical gesture. The book constructs and explores the relations between music and gesture from a range of differing perspectives, identifying theoretical approaches and examining the nature of certain types of gesture in musical performance. The twelve chapters in this volume are organized into a heuristic progression from theory to practice, from essay to case study. Theoretical considerations about the interpretation of musical gestures are identified and phrased in terms of semiotics, the mimetic hypothesis, concepts of musical force, immanence, quotation and topic, and the work of musical gestures. The lives of musical gestures in performance are revealed through engaging with their rhythmic properties as well as inquiring into the breathing of pianists, the nature of clarinetists' bodily movements, and the physical acts and personae of individual artists, specifically Keith Jarrett and Robbie Williams. The reader is encouraged to listen to the various resonances and tensions between the

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chapters, including the importance given to bodies, processes, motions, expressions, and interpretations of musical gesture. The book will be of significance to musicologists, theorists, semioticians, analysts, composers and performers, as well as scholars working in different research communities with an interest in the study of gesture.

Karl Albrecht's bestselling book *Social Intelligence* showed us how dealing with people and social situations can determine success both at work and in life. Now, in this groundbreaking book *Practical Intelligence*, Albrecht takes the next step and explains how practical intelligence (PI) qualifies as one of the key life skills and offers a conceptual structure for defining and describing common sense. Throughout *Practical Intelligence*, Albrecht explains that people with practical intelligence can employ language skills, make better decisions, think in terms of options and possibilities, embrace ambiguity and complexity, articulate problems clearly and work through to solutions, have original ideas, and influence the ideas of others. Albrecht shows that everyone's PI skills can be improved with proper education and training and challenges all of us—from parents and teachers to executives and managers—to upgrade our own skills and help others develop their own PI abilities.

The Book of Secrets is a step by step guide to find the best meditation suitable for you. 112 methods of meditation are described and introduced here with helpful background information to give contemporary people a door to meditation. Reading this book, not only will your outlook on life change, but so will your life. If you want to know more about life and yourself this is your book. Each chapter that focuses on describing specific meditation techniques is followed by a chapter of questions from those who were present during the talks. In most cases, their questions relate to the techniques given in the previous chapter. So, as you start to experiment

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with a technique, it will be helpful to look into these chapters for some extra hint, some greater depth of understanding, or response to a question that might have arisen for you in your experiments.

A comparative study of breath and breathing as a core poetic and compositional principle in modern literature. Breathing and its rhythms—liminal, syncopal, and usually inconspicuous—have become a core poetic compositional principle in modern literature. Examining moments when breath's punctuations, cessations, inhalations, or exhalations operate at the limits of meaningful speech, Stefanie Heine explores how literary texts reflect their own mediality, production, and reception in alluding to and incorporating pneumatic rhythms, respiratory sound, and silent pauses.. Through close readings of works by a series of pairs—Jack Kerouac and Allen Ginsberg; Robert Musil and Virginia Woolf; Samuel Beckett and Sylvia Plath; and Paul Celan and Herta Müller—Poetics of Breathing suggests that each offers a different conception of literary or poetic breath as a precondition of writing. Presenting a challenge to historical and contemporary discourses that tie breath to the transcendent and the natural, Heine traces a decoupling of breath from its traditional association with life, and asks what literature might lie beyond. Stefanie Heine is Assistant Professor of Comparative Literature in the Department of Arts and Cultural Studies at the University of Copenhagen. Her previous books include *Reading Breath in Literature* (coauthored with Arthur Rose, Naya Tsentourou, Corinne Saunders, and Peter Garrett).

Little did Kathleen, Chief Architect at ArchiSurance, know, as she walked into a meeting with the CIO, just how much her job was going to change. Her intention had been to get approval for some new ideas she'd had to strengthen their Enterprise Architecture, after having slowly

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lost a grip on it during the merger. During the meeting, however, it becomes apparent that the transformation of the organization to become more digital has caused chaos, and not only for her team. It is clear, despite all good intentions, that the transformation is failing. By the end of the meeting, she has agreed to help turn the situation around. After leading the initial reset of the Digital Transformation, Kathleen is suddenly the owner of the implementation. What follows is a journey of the typical problems faced by companies as they make decisions to deploy digital technologies. Kathleen proceeds to solve one problem after the other using guidance from the open digital standards of The Open Group to lay the foundation for deploying quality digital technology solutions at a faster pace.

Nostalgia tastes like root beer, sweet and dark. Teri is sinking in a morass of pain. Her dream of being a jockey was brutally shattered by an accident that left her broken in every way. Tired of worrying her family, she seeks out the comforts of her childhood — horses and stables and a sweet, blond boy. But the boy is grown now, and so is she. Will Teri be able to remove the armor that's been holding her together long enough to find solace in the arms of an old friend? The Turning Point is a short story that takes place after the events in the Blaze of Glory series. Metaphors and exercises play an incredibly important part in the successful delivery of acceptance and commitment therapy (ACT). These powerful tools go far in helping clients connect with their values and give them the motivation needed to make a real, conscious commitment to change. Unfortunately, many of the metaphors that clinicians use have become stale and ineffective. That's why you need fresh, new resources for your professional library. In this breakthrough book, two ACT researchers provide an

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essential A-Z resource guide that includes tons of new metaphors and experiential exercises to help promote client acceptance, defusion from troubling thoughts, and values-based action. The book also includes scripts tailored to different client populations, and special metaphors and exercises that address unique problems that may sometimes arise in your therapy sessions. Several ACT texts and workbooks have been published for the treatment of a variety of psychological problems. However, no one resource exists where you can find an exhaustive list of metaphors and experiential exercises geared toward the six core elements of ACT. Whether you are treating a client with anxiety, depression, trauma, or an eating disorder, this book will provide you with the skills needed to improve lives, one exercise at a time. With a special foreword by ACT cofounder Steven C. Hayes, PhD, this book is a must-have for any ACT Practitioner.

'Shakespeare and Women' challenges a number of current assumptions about Shakespeare and women. It argues that the current scholarly emphasis on patriarchal power, male misogyny, and women's oppression may tell us more about ourselves than about the world Shakespeare inhabited and the worlds he created in his plays.

The manuscript, "The Turning Point, When the Pleaser of Man Becomes a Servant of the Lord," is a call for believers to stand up to core values and teachings of Christianity in the face of challenges and not to submit to the ways of the world. In the book I address the current state of affairs, where people have submitted to the demands and

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expectations of others to shape the way they live, most often against the virtues taught by Jesus Christ and how it parallels with the struggles in the lives of the men and women of our Biblical times. I address some of the issues we face on a daily basis such as; daily pressures, premarital sex, and the various life roles that we must play. In the latter part of the manuscript I share personal testimonies about my life struggles because of the workings of the devil and how I found peace and joy through the salvation of Jesus Christ. And I close with exhorting everyone to check their own lives and live up to the ways of righteousness.

Attempts to think anew about philosophical questions from the perspective of breath and breathing. As a physiological or biological matter, breath is mostly considered to be mechanical and thoughtless. By expanding on the insights of many religions and therapeutic practices, which emphasize the cultivation of breath, the contributors argue that breath should be understood as fundamentally and comprehensively intertwined with human life and experience. Various dimensions of the respiratory world are referred to as “atmospheres” that encircle and connect human existence, coexistence, and the world. Drawing from a number of traditions of breathing, including from Indian and East Asian religion and philosophy, the book considers breath in relation to ontological, hermeneutical, phenomenological, ethical, and aesthetic concerns in philosophy. The wide-ranging topics include poetry, theater, environmental issues and health, feminism, and media studies. “Atmospheres of Breathing, the first collection of

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its kind, explores an emerging 'respiratory philosophy' of great consequence for philosophy and other fields. Its rich and diverse essays, many written by the pioneers of this radically new direction, show the deep historical and intercultural roots of such a philosophy, ranging from treatments of forerunners like Zhuangzi and Heraclitus to contemporary theorists of breathing such as Abram and Kleinberg-Levin. Presented here is the vision of innovative ways in which philosophy, on its own or inspired by spiritual practices, can bring breathing into the center of its concern. This is a landmark book that scintillates with brilliant and original insights. If taken as seriously as it deserves, this book has the potential to revolutionize contemporary and future thought.” — Edward S. Casey, author of *The World at a Glance* and *The World on Edge* “Air, the misunderstood element, finds ways and means of advancing to places where no one reckons with its presence; and, more significantly, it makes space on its own strength for strange places where there were previously none.” — Peter Sloterdijk

Jayne is at a turning point in her life. She wants to stay on at school and take 'A' levels, but her father insists she must leave school and get a job, to earn some money to help the family farm. She is also uncertain about whether she should sleep with her boyfriend of many years as she's not sure whether she's ready or not. But when she discovers the journal of her great-grandmother, she finds she can draw parallels between her own life and that of her great-grandmother and is able to deal with all her insecurities about her future, her sexuality, and her family.

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A New York Times Bestseller A Washington Post Notable Nonfiction Book of 2020 Named a Best Book of 2020 by NPR “A fascinating scientific, cultural, spiritual and evolutionary history of the way humans breathe—and how we’ve all been doing it wrong for a long, long time.” —Elizabeth Gilbert, author of Big Magic and Eat Pray Love No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you’re not breathing properly. There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren’t found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe. Modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines. None of this should be possible, and yet it is. Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the

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conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.

A New York Times Bestseller From #1 New York Times bestselling author Julia Quinn comes the story of Francesca Bridgerton, in the sixth of her beloved Regency-set novels featuring the charming, powerful Bridgerton family, now a series created by Shondaland for Netflix. **FRANCESCA'S STORY** In every life there is a turning point. A moment so tremendous, so sharp and breathtaking, that one knows one's life will never be the same. For Michael Stirling, London's most infamous rake, that moment came the first time he laid eyes on Francesca Bridgerton. After a lifetime of chasing women, of smiling slyly as they chased him, of allowing himself to be caught but never permitting his heart to become engaged, he took one look at Francesca Bridgerton and fell so fast and hard into love it was a wonder he managed to remain standing. Unfortunately for Michael, however, Francesca's surname was to remain Bridgerton for only a mere thirty-six hours longer—the occasion of their meeting was, lamentably, a supper celebrating her imminent wedding to his cousin. But that was then . . . Now Michael is the earl and Francesca is free, but still she thinks of him as nothing other than her dear friend and confidant. Michael dares not speak to her of his love . . . until one dangerous night, when she steps innocently into his arms, and passion proves stronger than even the most wicked of secrets . . .

Effective clinical practice requires a thorough understanding of how turning points

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surface in the play therapy process. These moments can indicate a change in a child's thought or behaviour. The play therapist is the facilitator of these moments and this book will provide guidance on how they can promote these moments. This edited collection demonstrates successful implementation of the author's proven Play Therapy Dimensions Model. Each chapter uses this framework, as well as other theories, to discuss the markers that can reflect shifts and growth in a child's development. Full of applied guidance, this book will prove to be invaluable for practitioners, instructors and students.

3 books in one! In a bid to present a more complete version of her work in Interdimensional Biofield Technology, metaphysical author Jasmuheen has now combined the Trilogy of the Biofields & Bliss series into one complete manual. Dealing with principles of the futuristic Higher Light Science that are also based on ancient wisdom, Book 1 – "Four Body Fitness" delivers a free, non-religious based lifestyle to harmonize our internal & external energy flows so that we can experience our full physical, emotional, mental and spiritual potential. Book 2 – "Co-creating Paradise" takes this to the family and community levels while Book 3 – "'The Madonna Frequency' Planetary Peace Program" looks at very specific global projects to eliminate war and violence and address basic human rights and bring peace & prosperity to all in our world.

An Amazon Best Book of the Year A multigenerational family saga about the long-lasting reverberations of one tragic summer by "a wonderful talent [who] should be read widely" (Edward P. Jones). In 1948, a small stretch of the Woodmont, Connecticut shoreline,

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affectionately named "Bagel Beach," has long been a summer destination for Jewish families. Here sisters Ada, Vivie, and Bec assemble at their beloved family cottage, with children in tow and weekend-only husbands who arrive each Friday in time for the Sabbath meal. During the weekdays, freedom reigns. Ada, the family beauty, relaxes and grows more playful, unimpeded by her rule-driven, religious husband. Vivie, once terribly wronged by her sister, is now the family diplomat and an increasingly inventive chef. Unmarried Bec finds herself forced to choose between the family-centric life she's always known and a passion-filled life with the married man with whom she's had a secret years-long affair. But when a terrible accident occurs on the sisters' watch, a summer of hope and self-discovery transforms into a lifetime of atonement and loss for members of this close-knit clan. Seen through the eyes of Molly, who was twelve years old when she witnessed the accident, this is the story of a tragedy and its aftermath, of expanding lives painfully collapsed. Can Molly, decades after the event, draw from her aunt Bec's hard-won wisdom and free herself from the burden that destroyed so many others? Elizabeth Poliner is a masterful storyteller, a brilliant observer of human nature, and in *As Close to Us as Breathing* she has created an unforgettable meditation on grief, guilt, and the boundaries of identity and love.

They say college is where you learn a lot about yourself. Well... in college I learned I wasn't as straight as I thought I was... ..And that I could fall in love with a woman. It was Angela who taught me that. We were just roommates. Two out-of-our-minds-horny roommates. At first I thought what I was feeling was a strange kind of displaced lust. I mean... I was innocent. I didn't have a boyfriend. But the way my body would react when I saw her... The way I would focus on her lips... imagine them on mine. The way heat surged into my center. I couldn't

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explain it. Then I started to notice something else. When I was with her... the world seemed brighter. When she laughed, my heart leapt. When she met my eyes... I felt like I was falling into her gaze. But we're just two straight girls who happen to be roommates. This can't possibly be happening... can it? Turning Point is a steamy lesbian romance-with-a-happy-ending that tells the story of two roommates finding their true selves, and stumbling upon unexpected true love.

What would it be like to know that you are indeed immortal, that your physical body is but the outward form taken by your own eternal inner form or soul body? What would it be like to dissolve the bodily boundaries that seem to separate you from the souls of others, learning to feel your soul in their body and their soul in yours? What would it be like to see and feel your partner as the embodiment of a god or goddess, and to experience the bliss of 'soul body sex' - an intensely sensual intimacy and intercourse with their divine soul body? The New Yoga is a yoga of the soul body - that body with which we can intimately sense, feel and touch others - independently of physical contact. The New Yoga is also 'Tantra Reborn', giving rebirth to the tantric tradition known as Kashmir Shaivism through a wholly new understanding of its sexual symbolism and of 'tantric sex' - seen not merely as a heightening or spiritual elevation of bodily sex, but as an expression of the sublime sensuality and divine sexuality of the soul and its body. 'Tantra Reborn' explains in detail the anatomy, nature and powers of the soul body, its relation to gender and sexuality, to tantric initiation and to the traditional tantric symbolism of 'Shiva-Shakti' and 'Kundalini'. It also offers a practical guide to experiencing the bliss of soul body intercourse through new and original forms of tantric pair and partner meditation.

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