

The Unmistakable Touch Of Grace How To Recognize And Respond Spiritual Signposts In Your Life Cheryl Richardson

Live the life you've always dreamed of! America's #1 personal coach offers an inspiring, practical seven-step program to help you create the life you want. Imagine finding time to do all the things you want to do. Having plenty of energy for family and friends. Having control over your income and finances. Taking care of your physical and emotional well-being. If you feel as though the life you're living doesn't reflect your true priorities and is leaving you stressed out and unfulfilled, you're not alone. Cheryl Richardson--the leader in the new field of personal coaching, what she calls "a personal trainer for the soul"--has helped thousands of people make changes toward living a high-quality life, and in *Take Time for Your Life* she offers her step-by-step program so you can too. If you're tired of living a life that feels out of control and are ready to live life on your own terms--while still meeting your responsibilities--get ready to take action! Packed with useful exercises, checklists, concrete advice, client success stories, personal anecdotes, and a wealth of resources, Cheryl Richardson's seven-step program shows you how to identify and eliminate the things in life that are draining you and replace them with the things that fuel you. She gives you permission to put yourself at the top of your list. By doing so, you will find not only more energy and more enthusiasm but also that your relationships, your finances, your work, and your sense of well-being are improved and better balanced. Whether you're a corporate executive working sixty hours a week, a single parent trying to raise a family, someone starting his or her own business, or going back to school, *Take Time for Your Life* shows you how to step back, regain control, and make conscious decisions about the future you'd like to create. Richardson's strategies for overcoming the obstacles that block you from living the life you want will help you discover a world in which your priority list reflects your true desires. Take time for your life--and begin living a life that you love.

Women of Faith speakers share insight, advice, laughter, and maybe even a few tears in this daily devotional. Voices from fiction, recognizable names from Christian conferences, and well-known Christian writers also are included. *Daily Gifts of Grace* is a daily devotional designed specifically for women, with a beautiful hardbound case and a magnetic closure. Readers will be pleased to open it for a devotion that will help them face the day or for an inspirational devotion to close the day. Contributors include Joni Eareckson Tada, Lisa Whelchel, Jenna Lucado, Sheila Walsh, Kim Cash Tate, Patsy Clairmont, Natalie Grant, Lisa Harper, and others.

"Every event we experience and every person we meet has intentionally been put in our path to help us lead more conscious and fulfilled lives," says Cheryl

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Richardson, the New York Times bestselling author of *Take Time for Your Life*, *Life Makeovers*, and *Stand Up for Your Life*. In her new book -- her most personal work to date -- she'll show you that, once you learn to view your life from this perspective, the person who smiles at you while you're walking down the street is no longer a stranger, the phone call from an old friend who crossed your mind the day before is no longer a surprise, and the failed relationship that left you brokenhearted is no longer a source of bitterness and pain. Instead, these experiences -- examples of what Richardson calls "the unmistakable touch of grace" -- are seen as blessings in disguise, gifts that make you stronger, more conscious, and, ultimately, more alive. To read this beautiful, intimate, and profoundly inspiring book is like having a conversation with Richardson herself. Filled with illuminating stories, provocative experiments, and striking examples of how grace has influenced her own life, Richardson will help you recognize that your life is being influenced, too, in ways you may never have imagined. *The Unmistakable Touch of Grace* helps you to see the hidden miracles that occur every day -- and gives you the courage to use them to make your life more meaningful, magical, hopeful, and complete.

Hear his voice. Have his ear. Belong to his body. Three seemingly unremarkable principles shape and strengthen the Christian life: listening to God's voice, speaking to him in prayer, and joining together with his people as the church. Though often viewed as normal and routine, the everyday "habits of grace" we cultivate give us access to these God-designed channels through which his love and power flow—including the greatest joy of all: knowing and enjoying Jesus. A study guide for individual and group study is also available.

Beloved author and teacher Cheryl Richardson updates her classic, New York Times best-selling self-care manual, giving you the permission and practical tools you need to dramatically upgrade your life. "For the last twenty years I've dedicated my personal and professional life to the importance of self-care by teaching from my own experience," writes Cheryl Richardson. "In the past, I've sacrificed my health and my relationships for work, given to others at the expense of my own needs, and watched my dreams slip through the cracks of a busy life. As a result, I've learned a lot about what it takes to put an end to the madness. . . . From years of personal experience, as well as coaching great men and women, I've come to understand that selfishness leads to selflessness.

When we care deeply for ourselves, we naturally begin to care for others - our families, our friends, our greater global community, and the environment - in a healthier and more effective way. We tell the truth. We make choices from love instead of guilt and obligation. And we soon realize that we're all connected and that our individual actions affect a greater whole." This updated edition of Cheryl's best-selling handbook *The Art of Extreme Self-Care* brings her message home to readers in a fresh and compelling way. Her practical, action-oriented program outlines 12 strategies to transform your life one month at a time, each one challenging you to alter one behavior that's blocking your path. Chapters

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include "End the Legacy of Deprivation," "Take Your Hands off the Wheel," "The Absolute No List," and "Does That Anger Taste Good?" (Hint: it really doesn't.) Beckman Haddonfield has always solved his problems by moving on. When he's given the job of restoring a family property, he finds in Sara Hunt the one woman who makes him want to put down roots. As housekeeper on a neglected estate, Sara has finally found a quiet place to raise her daughter and heal from a tumultuous past. She has good reasons for ignoring Beckman's overtures, but wants to trust him when he says that this time, he's not going anywhere without her. But will he still say that when Sara's past catches up with her?

Introduces you to people who have dreamed big dreams and overcome daunting obstacles to achieve their goals, confronted challenges, and found new meaning and purpose in life as a result.

Provides strategies for making over one's inner life and explains how to transform such obstacles as self-doubt, conflict phobia, and anxiety into a firm foundation for building personal power and self-confidence.

On September 11, 2001, Alison Lanza Falls had a great career as a Wall Street banker, a caring and supportive family, and an enormous secret. She was silently and profoundly unhappy. Nine years after watching smoke billow from the World Trade Center where she was heading for a meeting, Alison began an incredible journey of personal transformation, with guidance from David Prudhomme, mind coach and founder of Mederi Wellness. While chronicling the evolution of her remarkable life, Alison shares her unique experiences and important life lessons using Prudhomme's framework, *The Best Me NOW!*, that guided her through an experiential process on how to choose emotions, let go and feel free, practice forgiveness, release deep-seated fears, love herself and others unconditionally, and accept and embrace her uniqueness. Alison's story reveals simple, practical lessons for anyone interested in improving self-talk, applying universal truths in a professional setting, and preparing the mind for excellence, proving that positive change is not only possible, but also that it follows a specific path of perception, awareness, and choice. *Be Happy NOW!* combines two unique voices to share an inspiring story of transformation and life lessons intended to guide others on how to attain authentic happiness and a true understanding of self.

The year following my diagnosis of breast cancer, having a total mastectomy and chemotherapy, I felt as if I was out at sea in the midst of a storm. The faster I ran from the darkness and turmoil the closer it came. I was frightened but I learned to depend on the energy of the Universe. I realized that the quickest way to the light was to go directly into the darkness and face my fears. Accepting my new body image was very difficult, along with not being able to respond to my husband touch. Due to my insecurities, low self-esteem and self-confidence I placed my marriage in jeopardy. Learning to rediscover myself was difficult. I learned to trust in the positive energy of the Universe to help me heal. Depending on myself only led me further away from where I wanted to go. I needed to allow God and His angels to take me in their hands and carry me. Depending on the power of the

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Universe established inner strength and courage to be a survivor. We have a choice in how we react and respond to situations, lessons that life presents to us. Learning to let go of certain feeling and situations is difficult but it makes each day more peaceful and comfortable. Learning there is life after breast cancer is a difficult journey. Everything happens for a reason and it is up to us to learn from the lessons which are presented to us. You can be a survivor when you accept that being a survivor is a state of mind which is dictated by you and not others. Realizing that guilt and shame is wasted energy, and that you are still loved and can love others. Everyone's path in recover and rediscovery will be different and the rate in which we achieve it will be different. What worked for me may not work for you. We cannot compare ourselves to others. We are individuals with different childhood experiences, different backgrounds, personalities and with different support systems. I hope that "Journey to New Beginnings" gives you a sense of comfort and hope. Sharing my journey has helped me heal. Each year will be another path of learning, experiencing the joys of living and life - enjoying the extraordinary in the ordinary.

David Worthington, Viscount Fairly, has inherited a brothel he does not want, but hesitates to sell for fear his employees will not be treated well by the establishment's next owner. He hires Letty Banks, a courtesan currently without protector, to serve as madam, but soon finds himself attracted to her on more than just a physical level. When serious harm befalls Letty, David realizes he cannot continue to ignore the dreams of a woman he cares for. He arranges a way for Letty to return to obscure respectability, and prepares to walk out of her life, only to find he cannot leave her undefended against the trouble bearing down from her past

There is a benevolent force of energy available to guide your life, and it always has your best interests at heart. This energy is grace. When you open yourself to its influence, you'll begin to see the signs, symbols, and messages that are placed in your path to lead you in the right direction. Grace Cards are a practical way of working with this Divine Energy. Close your eyes, ask a question, then choose a card. Follow the message and watch what happens. Doors will open, resources will appear, and a veil of uncertainty will lift to reveal your next step. Enjoy!

When Linda Galante's son, Michael, died suddenly at the tender age of twenty two, she was devastated. To cope with her immense grief, Linda started writing letters to Michael. These inspiring letters, which include several to her daughter, Lauren, and a few others, along with several poems that Michael had written as a child, helped her to sort out her feelings and became a source of comfort and healing. Still Warmed by Your Love is not only a mother's reflections after the death of her only

Death the Door, Music a Key is an invitation to join a journey that is not always easy, but might just alter the way you think about how you live your life. The journey begins in the fragile moments just before life ends, as we sit beside the

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deathbed and seek to understand this sacred process through the eyes of a harpist. This book of stories tells of ordinary people in the midst of extraordinary moments: people experiencing grief, loss and the anticipation of death. For the most part, however, it is the story of the author, who followed a calling to sit with the dying and share her music. It paints a picture of the work that I do as a harpist who plays intuitive music at the bedside, the restorative qualities of the harp, and the gift that it brings many. It is my hope that through telling these stories, not only will the lives of those who I have played for be honoured, but also their death. It is my hope that their story will serve as a reminder to others that this experience does not have to be frightening, though it requires acceptance, and acceptance requires courage. This acceptance of death can be rarely found, and when it is, it is unmistakable, for their peace seems to permeate everything and everyone around them.

“DeYoung brings an event from four hundred years ago right back into the present needs of the church and of theology.” —Herman Selderhuis, Professor of Church History, Theological University Apeldoorn; Director, Refo500 *Grace Is Too Precious a Doctrine to Settle for Vague Generalities* Grace—a doctrine central to the gospel—ought to be clearly defined so it can be celebrated, relished, and consistently defended. In this book, Kevin DeYoung leads us back to the Canons of Dort, a seventeenth-century document originally written to precisely and faithfully define this precious doctrine. The Canons of Dort stand as a faithful witness to the precise nature of God’s supernatural, sovereign, redeeming, resurrecting grace—when so many people settle for vague generalities that water down the truth. In three concise sections—covering history, theology, and practical application— DeYoung explores what led to the Canons and why they were needed, the five important doctrines that they explain, and Dort’s place in the Christian faith today.

This fascinating book provides some of the tools to help you to tap in to one of the most powerful forces in the Universe - your soul! Step by step, it will guide you to follow your true soul's path and help you reconnect with your natural spiritual abilities. You'll develop a conscious awareness of the spiritual laws that help mold your life, and the individual soul force that's in each and every one of you. *Power of the Soul* will help dismantle some of the barriers created by your outer-self, to unveil your true inner-self and enable you to break free from some of the psychological restrictions that have prevented you from identifying and realizing your full potential. The material within these pages will help you overcome those feelings of being trapped, constrained, or unfulfilled and show you how to lead a soul-enriched and authentic life that aligns with your aspirations. Throughout the book, psychic medium John Holland leads you through a number of practical techniques and goal-setting exercises that he's taught in his signature workshops, which will empower you to awaken the power of your spirit and your soul . . . and lead a life of unlimited potential. Within these pages, you'll learn how to:; Discover and access your spiritual faculties; Open

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yourself to a guiding higher-consciousness; Remove psychological and spiritual blocks; Find your true self, as you understand the purpose, nature and function of the soul; Create and control your own path; Use spiritual energy to heal yourself and others; Enhance your body, mind, and soul to live a life of harmony This transformational book is more than just a guide . . . it's a way back to living from the inside out. It will help you (no matter what your walk of life) follow your own spiritual journey. John says, "Once your spiritual gifts are recognized, opened, and used, you'll see yourself and the world in a way you never thought possible!" A Christian cancer survivor authors the book that she searched for during her treatment and recovery. It is a treasure of resources and uplifting Scripture--an inspirational reference for patients and caregivers. (Practical Life)

Studies have shown it takes only 21 days for a new habit to take root. If there's a spiritual interest you've always wanted to take advantage of, the answer is only 21 days away with the 21 Days to Mastery Series. In the rush of everyday life we can often lose sight of our own well-being and inner comfort, to the point where we lose sight of how to bring deep pleasure into every day. In this short, easy-to-read guide, world-renowned life coach Cheryl Richardson shows you how to nurture life's most important relationship: with yourself! As each chapter challenges you to alter one behaviour or circumstance that holds you back, you'll learn how to understand the true impact of your surroundings, accept disappointments in all areas when they arise, find your natural rhythm and ride life's waves, and discover your passions and strengths to get the best out of your life. With sound advice, effective exercises and resources to take each step further, this practical handbook for the heart and mind will show you that by changing your mindset, you can radically change your life in just 21 days.

The Unmistakable Touch of Grace Simon and Schuster

For countless people around the world, the words of Louise Hay have served as a beacon, leading them out of the darkness of despair and into the light of a better life. Cheryl Richardson is one of the many individuals whom Louise has greatly influenced . . . before going on to become a best-selling author herself. So what happens when these two combine their collective wisdom into one book? The result is what you're now holding in your hands. As Louise and Cheryl engage in a series of empowering and intimate conversations, you'll feel as if you're simultaneously having lunch with your best friends and also attending a master class put on by two leaders of the self-empowerment movement. As they travel throughout North America and Europe together, Louise and Cheryl discuss a wide range of topics, including the importance of loving ourselves and our bodies; aging consciously; bringing true prosperity and abundance to the world; manifesting positive relationships—both with family and friends and in the workplace; and facing death in a dignified and peaceful way. These two amazing women are living proof that the spiritual principles they discuss in these pages really work. As you read, you'll discover that you, too, have the ability to create an exceptional life!

Professional speaker Cheryl Richardson supports busy people in achieving professional success without compromising their quality of life. She has designed this journal to help readers begin a process of self-reflection. It is hoped that readers will get to know themselves better.

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Are you ready for a change? Whether you're seeking a more fulfilling job or rethinking your career goals after a layoff, the questions you face are crucial. In *Strategies for Successful Career Change*, seasoned business and career journalist Martha E. Mangelsdorf distills lessons from a diverse group of people who have made the leap and landed on their feet. To help you navigate the challenges, pitfalls, and rewards of career transition, this book will show you how to:

- Align your professional life with your personal goals
- Identify your transferable skills, strengths, and constraints
- Explore possible new careers in low-risk ways
- Change careers while still paying the bills

You'll assess your current work life and aspirations, while taking into account logistical realities such as finances, health insurance, and family obligations. Through exercises, resources, and inspiring stories from successful career-changers, this supportive and empowering guide will help you find your very best next work life. "If you're considering a career change, this book should be your go-to resource for insight, strategy, and practical advice. But even better, it serves up the inspiration we all need to do something great, thanks to real stories from people who've discovered their best life."

--Keith Ferrazzi, author of *Never Eat Alone* and *Who's Got Your Back* "The genius of this book is its integration of solid, tried-and-true principles of career change with practical, engaging real-life stories of people who used them. An essential resource for career-changers and those who love them."

--Margaret Benefiel, PhD, author of *Soul at Work* and *The Soul of a Leader* "If you're thinking about changing careers, Martha Mangelsdorf's book is a must-read. Even if you're not thinking about changing careers, it's a should-read. Her fascinating stories about successful career-changers will make you ask yourself vital questions that are all too easy to ignore."

--Bo Burlingham, editor at large of *Inc.* magazine and author of *Small Giants: Companies That Choose to Be Great Instead of Big*

Geneen Roth's legions of fans have always responded to her humor and honesty, her warmth and savvy. Those qualities, so present in *The Craggy Hole in My Heart* and *The Cat Who Fixed It*, take us deep into the story of a remarkable twenty-pound cat, Mister Blanche, and Geneen's beloved father, Bernard, and the ways in which each taught her to love without reservation and to accept the fact that she might someday lose those whom she believed she could not live without. In these remarkable, inspiring, and joyous pages, we discover along with Geneen how to break free of the same fears that may drive us to eat or drink or shop too much. Fear of being vulnerable, fear of death, fear of losing what we want most: These are the demons that can inhibit our ability to embrace life freely and fully. Come meet Mister Blanche and the charming Bernard and immerse yourself in a poignant and funny story that is Geneen's best. As her loyal readership already knows: It's not about food, it's not about the cat . . . it's always been about love and how to live with it—and never live without it!

In *Enormous Changes at the Last Minute*, originally published in 1974, Grace Paley "makes the novel as a form seem virtually redundant" (Angela Carter, *London Review of Books*). Her stories here capture "the itch of the city, love between parents and children" and "the cutting edge of combat" (Lis Harris, *The New York Times Book Review*). In this collection of seventeen stories, she creates a "solid and vital fictional world, cross-referenced and dense with life" (Walter Clemons, *Newsweek*).

PRAISE FOR GRACEFUL DIVORCE SOLUTIONS "Divorce doesn't have to be a hideous thing. *Graceful Divorce Solutions: A Comprehensive and Proactive Guide to*

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Saving You Time, Money, and Your Sanity is a guide to happier divorces, some to many at first sight seems like an oxymoron. Advising readers to remember their family, understand their needs, understand why you're breaking up, and more, Graceful Divorce Solutions is a thoughtful read anyone who wants to end their union with less bad blood should consider."-MIDWEST BOOK REVIEW, Oregon, Wisconsin "If you care about your well-being and the well-being of your children while going through a divorce, you need to read this book."-CHERYL RICHARDSON, NY Times bestselling author of Take Time for Your Life, Stand up for Your Life, The Unmistakable Touch of Grace, and The Art of Extreme Self-Care Challenging conventional wisdom and lawyering styles and dispelling myths about divorce, Graceful Divorce Solutions is a wake-up call, legal consultation, and a shout-out to your common sense-all in one. Whether you're going through divorce or just thinking about divorcing, this compassionate and comprehensive book is a useful guide. It is brimming with practical information, realistic expectations, and sage advice, all of which can put you on the path to achieving a better and more mindful divorce experience.

There is perhaps no greater gift one person can give another than to share his or her story. This book is one of those gifts. Moving to A Higher Zip-Code is a heartfelt and honest snapshot of one woman's life. It is the no-holds-barred account of how Deb Brown, RsM, reached her "higher zip-code" — and how you can use what she learned along the way to reach your own. Deb vulnerably shares details of a dysfunctional childhood, addictive relationships and behaviors, dark nights of the soul, family tragedy and betrayal, and more in a voice that is relatable and highly authentic. Like all of us, she stumbles and falls — but she also picks herself up in a way that is both instructional and inspirational. In Moving to A Higher Zip Code, we see Deb at sixty sharing the wisdom and experience that opened her to self-love and self-care, learning to believe and trust in synchronicity and the universe; finding her soul mate; and ultimately discovering inner peace. Knowing that we are never too old to make changes in our life or in finding true love. Accepting daily challenges made her life manageable again. And she chose to live in peace rather than in the turmoil created by her mind. I invite you to tear back the cover of this precious gift and get lost in its pages. With each twist and turn of Deb's "accidental journey," and as you face your own shadow and light along the way, I hope you find your own place in the world and a higher zip code of our own. A true story, this fascinating page-turner demystifies what happens after we die and will forever change your views about life, death and the hereafter. Annie Kagan is not a medium or a psychic, she did not die and come back to life; in fact, when she was awakened by her deceased brother, she thought perhaps she had gone a little crazy In The Afterlife of Billy Fingers: How My Bad-Boy Brother Proved to Me There's Life After Death, Kagan shares the extraordinary story of her after death communications (ADC) with her brother Billy, who began speaking to her just weeks after his unexpected death. One of the most detailed and profound ADC's ever recorded, Kagan's book takes the reader beyond the near-death experience. Billy's vivid, real-time account of his on-going journey through the mysteries of death will change the way you think about life. Death and your place in the Universe. In his foreword, Dr. Raymond Moody, author of Life after Life, explains the phenomena of walkers between the worlds, known to us since ancient times, and says that Dr. Kagan's thought-provoking account is an excellent example.

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A practical, action-oriented program that advises individuals how, on a month-by-month basis, to identify and alter troubling behaviors, sharing strategies to stop the cycle of self-betrayal and neglect that stems from daily violations of self-care.

Reprogram your subconscious mind and create a life that honors your deepest desires by using daily affirmations that keep you focused on vibrant health, meaningful experiences, rich relationships, abundant prosperity, and more. In this inspirational card deck, Cheryl Richardson gives you the tools you need to strategically create your life by keeping your intentions firmly rooted in your conscious mind. Use these cards every day and watch your life change forever!

Andrew and Joanne's travelogue of their 23 month, 19,000 km Recumbent tricycle trip around Australia.

Life is never the same from that moment you hear any bad news. The loss of a person, pet, home, relationship all can be life altering. Finding out how to deal with life in a new way, in a new normal, is the reality of the situation. There is no one right way to grieve. Everyone goes through it differently, and nobody can tell you how to grieve. Nobody can understand what you are going through, and nobody can understand the relationship you had with that person. Life will never be the same. You don't have that person to call when you have a question anymore. They are no longer there to share your funny inside jokes with anymore. Its Ok Not to Cry was written to help others who have gone through a loss. It is not all seriousness and tears. Hopefully it will leave you with a smile.

Ever since Tori Weston and MamaBear were abandoned by her dad, finances have been tighter than a new pair of skinny jeans. As if keeping her grades up for scholarships and working every spare moment weren't enough, Tori gets suckered into visiting a retirement home and paired with ancient resident Marigold Williams. After learning she's the only one to visit Marigold in decades, Tori becomes a regular at Willow Springs. Besides, someone has to help with her history homework. Corbin Dallas barges into Tori's life with a prosthetic leg and a dimple, working his way into her hectic schedule. Though she tries to deny it, there's something beyond his Texan drawl that gets Tori hoping she's more than his sidekick. Together, they race to find Marigold's missing family before she fades away. Tori ditches her soul-sucking job, along with her dreams of having a paint-peeled clunker to call her own, in order to help her friend one last time.

Do you sometimes wish you could hit the "pause" button on your busy life? Are you frequently frustrated at the end of the day by all you have yet to do? Are you tired of living for the weekend and ready to start living now? If you answered yes to one or more of these questions, then you need this book. This book is a treasure trove of immediately applicable strategies for finding balance in the midst of life's kaleidoscopic changes. Rather than prescribing a particular path or offering a one-size-fits-all model, this book offers a flexible process, adaptable to your particular style, situation, and season. If you are discouraged by the stacks of books you intend to read but never get to, there's no need to feel daunted by this one. After a beginning balancing process, the book is divided, by season, into collections of short, stand-alone readings which draw wisdom from everyday experiences. Prepare to smile, squirm, laugh, and get misty-eyed, as you

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undoubtedly recognize yourself in these pages. Balance-seekers will benefit from: o innovative tools such as Stepping Stones™ o engaging inquiries that invite action o motivating stories o introspective exercises o practical tips and techniques Accept the invitation to Balance with Grace and embark on a journey to greater joy and fulfillment in every season.

Internationally recognized coach and New York Times bestselling author Cheryl Richardson has toured the world empowering others to make lasting change. But when Richardson's own life no longer worked as it once had, a persistent, inner voice offered unmistakable guidance: it was time to reevaluate her life to uncover what really mattered. *Waking Up in Winter* is the candid and revelatory account of how at midlife, Richardson found renewed contentment and purpose through a heroic, inward journey. The unfolding story, told through intimate journal entries, follows Richardson from the first, gentle nudges of change to a thoughtfully reimagined life – a soulful, spring awakening. With an experienced coach's intuition and an artist's eye, Richardson reexamines everything – her marriage, her work, her friendships, and her priorities – gracefully shedding parts of the self that no longer serve along the way. In the end, she not only discovers what really matters at midlife, she invites readers to join her in the inquiry process by providing thought-provoking questions designed to usher them through their own season of transformation. Offering up Richardson's most powerful teaching tool yet – her own life – *Waking Up in Winter* takes readers on a brave, spiritual adventure that shows us all how to live a more authentic and meaningful life.

"Til death do us part," Aria and her husband swore. But death came much too soon. When tragedy strikes one summer night, everything is taken from Aria: her family, her future. Desperate to find meaning in life after loss, she and her beloved mare leave their home in search of something—anything. It feels like the end of her life. It is the beginning. If she can find her way through the forest of grief, she will discover an incredible adventure waiting on the other side. Hers is no ordinary journey—it is a journey into the nature of the soul. Each step takes her further into uncharted lands. The cave of darkness. The lake of time. The human heart. Each place she goes and each person she meets has a new lesson to teach her, and soon she comes to learn the most astounding one of all: her loved ones have never left her. They are with her throughout the lifetimes. They are eternal and immortal. And so is she. And so are we.

The Grammy- and Academy Award- nominated singer-songwriter's haunting, lyrical memoir, sharing the story of an unthinkable act of violence and ultimate healing through art Mobile, Alabama, 1986. A fourteen-year-old girl is awakened by the unmistakable sound of gunfire. On the front lawn, her father has shot and killed her mother before turning the gun on himself. Allison Moorer would grow up to be an award-winning musician, with her songs likened to "a Southern accent: eight miles an hour, deliberate, and very dangerous to underestimate" (Rolling Stone). But that moment, which forever altered her own life and that of her older sister, Shelby, has never been far from her thoughts. Now, in her journey to

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understand the unthinkable, to parse the unknowable, Allison uses her lyrical storytelling powers to lay bare the memories and impressions that make a family, and that tear a family apart. Blood delves into the meaning of inheritance and destiny, shame and trauma -- and how it is possible to carve out a safe place in the world despite it all. With a foreword by Allison's sister, Grammy winner Shelby Lynne, Blood reads like an intimate journal: vivid, haunting, and ultimately life-affirming.

With a focus on eight categories including memoir, sports, and true crime, a readers' advisory guide includes coverage of the major authors and works, popularity, and style.

Author of the #1 New York Times bestselling *Take Time for Your Life* now shows you how to reclaim your life one week at a time Cheryl Richardson, bestselling author and one of the most sought-after lecturers in the country, knows firsthand how tough it can be to juggle the daily demands of living in a fast-paced world, and how easily you can become disconnected from your true self and what makes you happy. In *Life Makeovers*, Cheryl has taken all the know-how and insight she has gleaned from her years as a personal coach and distilled it into a simple, year-long program that shows how making small changes, over time, can have a huge impact on the quality of your life. In fifty-two simple yet profound essays, Richardson provides a plan for both reflecting and taking action, along with specific, practical advice and exercises to help readers gradually and permanently remodel their lives, week by week. Easy to use and fun to read, this workbook is the perfect companion to *Take Time for Your Life*. Topics include: The Gift of Time: It's Self-Management, Not Time Management Are We Having Fun Yet: When Life Gets Too Serious, Here's What to Do Give Your Brain a Vacation: For Finding the Best Ideas, Try This Standing in the Shadow: Whose Talent Are You Hiding Behind? Stop Juggling and Start Living: Here Are Some of the Balls to Drop Close Encounters: How to Make a Deeper Connection with Others Her brief, personal essays will inspire you to make changes, and her Take Action Challenges, which appear with comprehensive resource sections at the end of every essay, will guide you through small steps that will slowly teach you to think, act, love, work, and even laugh in a whole new way. Written in Cheryl's signature, heartwarming style, *Life Makeovers* is the ideal book for anyone looking for a balanced way to reclaim their life one step at a time. How often do you daydream about living a better life—a life that reflects more of you, your values and deepest desires? How many times have you come to the end of a busy week and toyed with the fantasy of packing up and leaving it all behind? The "Life Makeover" program is a powerful year-long program for change. It is designed to support you in changing your life one week at a time. Each chapter consists of a topic of the week and contains a Take Action Challenge and a Resources section to support you in taking action quickly and easily. Be prepared for your life to unfold in wonderful ways. As you clean up the clutter, reconnect with your inner wisdom, strengthen your character, and take on the challenges of

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high-quality living, you'll find that the lost parts of yourself start to come together to form a pretty amazing life!

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