

## Losing Control Finding Serenity How The Need To Control Hurts

What if you had just learned that your days are about to come to an end? Would you quietly accept your destiny, or would you fight this one final battle? And what if the demons of your past disturb the delicate reconciliation you thought you had found? These are the questions facing John Kadel in "If only I could..." a simple story about love. This is not a romance. It is a tale of the true and lasting love each of us dreams about, the undeniable love only some of us find in a lifetime of searching. John Kadel is a stubborn, single old man with a colorful past and questions for which he has no answers. Not long after his doctor hands him a death sentence, John runs into someone from his past.

Sinjin Cameron is a broken man, living in a world filled with death, danger and deceit. His days are spent fighting for justice, his nights fighting the demons that plague him. His job and his demons interrupt everything most important to him, especially his ability to love. While he longs for love, he knows he can never have it. Not the kind he wants, the love of a good woman. No woman will ever understand his world of danger and demons. In rare moments of peace, he cannot deny his longing for Asia Carrington. She is the one good thing that haunts him. The love in his heart is battling with the demons in his head. Thinking to keep her safe, he pulls away. Yet she draws closer. Will he be able to conquer the demons, the danger, and the walls he Jess has been in love with her best friend, Kate, for seven years, but her feelings have never been returned. One night they sleep together, and Jess finds out how much it is possible to be hurt by someone close. Jess and Kate struggle to redefine their friendship. They spend a week at Jess's family holiday house in a small seaside town, Awatangi, intending to make the time to talk things through, but the conversations never happen. Kate makes vague promises, but begins to have second thoughts. Jess wants Kate, and nothing else, and is heartbroken that isn't enough. Jess decides – while everything is changing in her life – that she doesn't want to go on living in the city, that she wants to return to Awatangi. Part of her hopes some physical distance between them may help things with Kate, and part of her – frustrated and upset – simply wants to leave Kate behind. In Awatangi, Jess meets Keri, a local lawyer who has also recently returned home. Like Jess, Keri surfs, and like Jess, she seems to feel some attachment to her family roots in Awatangi. Jess is drawn to Keri, but forces herself not to let anything happen. Despite everything, Kate is still Jess's closest friend, and she has loved Kate all her life. She feels she has to give the situation with Kate as long as she can to work itself out. Awatangi is about coping with feelings for a close friend that are not returned, set in a small holiday township on the West Coast of the South Island of New Zealand. It is an exploration of getting what you've always wanted and it not being enough, of being in love with one person and wanting another, and of finding out that life doesn't always turn out as expected.

She emerged as innocent as any newborn. The party of starbursts and sparkles came to a standstill. In awe, millions of heavenly beings paused. Shine Star, Princess of the Universe, was the most precious and rare of all creations. As an expression of perfect happiness, thus was the king's daughter born. A magical love story unfolds in Vikrant Malhotra's wondrous debut, *The Stories of Goom'pa: Book One*. Meet Goom'pa. He is a Poofy, a small furry creature who resides on Earth in a place called Palidon, on the edge of the Miron National Forest. His world is a quiet one-until he spies Shine Star, a glorious star in the sky and the daughter of Prime Ray, the king of the universe. Enchanted by her elegance, Goom'pa knows he is willing to do anything to win the love of this celestial beauty. As the two meet and fall in love, Shine Star's father worries about his only daughter. Exploiting that concern is the Star Lord, Rath, who wants nothing more than to wrestle control of the universe away from Prime Ray. Will Goom'pa and Shine Star find a way to be together? Or will Rath's evil plan doom them all?

*MITE (Book One)* is the first of this gripping, thought provoking, Young Adult story of how a seemingly positive, beneficial breakthrough in medical technology with many wonderful applications can be corrupted for unscrupulous use by powerful companies and their corporate leaders and top scientists. *MITE* is a cautionary tale loaded with drama, corporate conspiracy, exciting adventures and a little teenage romance, Readers of author M.S. Antonucci's novel will be drawn to the charismatic characters and their thrilling conflict. The very real possibilities of *MITE*'s fantasy technology and this absorbing story of its ominous effects on its innocent subjects will inspire readers of all ages to ask, "What if?" A father walking towards the lifeless body of his daughter, Kailey, a fate brought on by his own doing. He never thought that by enrolling her in a program meant for protection it would become her biggest source of danger. *MITE* tells a story of a young couple driven into the scientific community by their inability to naturally conceive. Once given a chance by a doctor with interests in a new form of surveillance, their fears of the world around them leads the young parents to enroll in his program; a decision that will change their lives and the life of their daughter. Spinning out of control, Allen begins a drunken overprotective surveillance over the course of his daughter's adolescence. As tragic events unfold, he is driven into an alcohol-induced madness which sends his daughter seeking freedom from his parental control. Soon, an overlooked stipulation in the contract between him and the doctor shifts Kailey from a patient to prey as the misguided program seeks to tie up loose ends. Now Kailey finds herself part of a hidden resistance of like-fated former patients coping with a life of lies and the reality of being hunted and their only option; to fight back.

The author of *Positive Discipline* offers a warm, beautifully written book which will help people find understanding and compassion in their relationships with children, spouses, employers, friends--and most important, themselves. "A stupendous achievement"--Wayne W. Dyer, author of *Your Erroneous Zones*.

A time to reflect on my seventy years of life. Maybe some folks will be interested in my life and the folks I have met, or maybe not. This is a non-traditional memoir, filled with alphabetical vignettes nit chronological ones. I have made a foray into fiction with an asterisk: in those cases where I have marked the vignette as fictional, it might be 100 percent not true, but in many cases I knew of, was part of, or heard from others about the story itself. At any rate, the entire book is my recollection of things past, and as in all recollections, the more distant the memory the clearer the details.

A tool to help gain momentum and clarity in the sometimes-confusing maze called life and work. The book covers subjects as diverse as parenting, finances, relationships, career, and more. This book, *Clarity in Everyday Life*, is a companion on the journey of gaining assurance in the nature of our mind through the practice of relying on open intelligence for short moments many times until automatically obvious at all times. The focus of the book is very practical and the instruction given here is empowering and useful. Whether the topic is family life, intimate relationships, love, children, money, illness, afflictive states or finding peace in oneself and in the world, the brilliantly clear message of the book brings the reader over and over again to the possibility of the easeful and beneficial solutions of life's challenges through a simple education in the nature of mind. You are joining in the Age of Human Empowerment and Era of Great

Benefit.

Walt Johnson has been a rolling stone most of his life, moving from town to town and living on the edges of homelessness. Now he has run out of time as lung cancer has left him only months to live. Walt then begins a quest to find the son with whom he lost contact decades earlier. Out of money, he lands a job at a small-town restaurant in an attempt to save enough to buy a bus ticket to the last known whereabouts of his son. The friends Walt makes at his new job soon become family for him, especially 14-year-old Danny who is emotionally paralyzed at the loss of his own father in Iraq. Faced with Danny's struggles to grow up and the struggles of his other new friends, Walt comes to realize he is not only on a journey to find his own son, but he is on a journey to find himself worthy of being a father.

When veteran television announcer Charlie Jones got assigned to the hinterlands of Olympic broadcasting to cover rowing, canoeing, and kayaking, he serendipitously discovered a powerful philosophy for focused living: *That's Outside My Boat*. He learned that Olympic rowers never let anything outside their boat prevent them from achieving their goals. Jones, with coauthor Kim Doren, realized that the world of business - and all aspects of life - could greatly benefit when this same perspective is applied. The book uses the power of the personal example to show how focusing on what one decides is important fosters success. Bob Wright, vice chairman of General Electric; Terry Bradshaw, NFL broadcaster and TV personality; Jack Kemp, codirector of Empower America; Liz Dolan, former Nike corporate vice president; and many other business leaders apply this philosophy to their own experience in *That's Outside My Boat*. It's a powerful tool for business and life.

Has arrived. The shit im kicking in this book is explosive. Its overflowing with game and general insight. I always was one to believe that you dont gotta be a pimp to think like one. Most of what i kick in this book can be applied equally to the game of life. The first section of the book is deeply influenced by business and psychology. What's really unique about this master piece is that, im not only exposing secrets to dealing with these hoes, im also giving you a personal account of my life. A short bio of my journey throughout the game.

This is the coloring book version of the popular story: *Cora the Cow Loses Her Spots*. Includes the story text. Oh no! Cora's lost her spots! Join her on an adventure around the farm to find them-or will she decide she wants new spots? With fun illustrations and an easy-to-read story, this book is sure to be a family favorite! This delightful children's book is ideal for bedtime and beginner readers and is perfect for fans of Sigal Adler, Elwyn Tate, or Michael Yu.

All old cities have their secrets. Early morning, August 1882. Inspector Aloysius Allaway is awoken and brought into the investigation of a strangely dressed young woman found in King's Chapel Graveyard while one hundred and twenty-eight years later rookie Detective Shiloh Amsel finds a mummified human heart. Two different crimes, connected by Echo Cross, Boston's most closely kept secret. A hidden neighborhood, refuge of fae and supernatural beings, becomes the center of a conspiracy linking both detectives to a dark world of cults, conspiracy, and curious rifts in time.

In times of crisis and confusion, Dr. Charles Stanley has learned the one phrase that can carry him through: "God, You are in control." The peace he has experienced in life stems from that foundational belief. In *Finding Peace*, Dr. Stanley shares with readers how they, too, can experience an unshakeable peace which "passes all understanding." Filled with encouragement to lift the soul, *Finding Peace* offers insight on what causes us to live without God's peace in our lives, and how we can reverse course and open our hearts to receive it. Also, Stanley gives his perspective on the things that hinder peace-including the "Four Great Hallmarks of God's Peace" and "Five Essential Beliefs for a Peaceful Heart"-to put the important message of this book into concrete terms. Addressing regret, anxiety, and fear, Dr. Stanley extends hope for overcoming the obstacles that block peace with the Lord. Finally, he gives direction on learning to live a life of contentment.

Life is indeed a game that we all play to pass time; simply a series of days strung together, made up of how you planned or decided to spend the moments. Like any game how well it is played or whether life's circumstances are interpreted accurately, then used to the best advantage, makes losers and winners to varying degrees. Senseless insanity is alive and well within the world. The world is awash with unruly forces, that if not intent upon harming you do desire to become a destabilising force, either temporarily or over the long term. We are all participants in a charade, how life evolves and turns out all depend on how well the game is played. It is not wise or ideal to treat life like a game of chance, a random roll of the dice that can determine unpredictable outcomes. The cost of success is the careful application of well thought out concepts and ideas. Like any game preparation is critical; understanding the rules, knowing how to manipulate the dynamics at play efficiently to ones own advantage, understanding the intricacies of the rules and how to capitalise upon or create opportunities, pursuing whatever circumstances are present to maximise whatever potential exists to the best advantage. The potential opportunities in life are only limited by the inability to firstly comprehend them and secondly to fully utilise personal abilities to maximise the potential that is available. Don't wait for special times to evolve, rather create them in accordance with your true desires to experience what you wish to make real. Much like any game, the game of life has things that can be obtained, or things that can be lost. How the game is played, the value of the stakes, the opposing factions all come to dictate an outcome, be that favourable or lacking any resemblance of being lucky. A life lived based upon any reliance on luck or fate being favourable is tempting only to the over optimistic, or those extremely lucky ones or who were fortunate in the past and believe that good fortune will continue in the future. While it takes resources to control the world, the control of your own specific world environment is really within your potential to achieve. How you choose to control your world, as well as to what extent your desires are put into action, determine whether your life will meet your wishes or not. The amount of thought and energy you exhort, the persistence of that effort, all comes to determine whether and to what degree what you want is

what you actually get. In life you may win or lose at times, it's basically just like playing a game; the right mentality is changing the wheel of life by trusting and ensuring you will win just the same.

Spot the difference is an amazing activity that boosts your child's fine-ground perception. Fine-ground perception is the skill that would allow children to see in-between the negative spaces. This makes it possible to locate hidden objects, which is an important element to learning math and reading. Don't forget to checkout with a copy of this activity book today!

This book is designed to guide you toward making the empowering personal choices that lead to greater fulfillment within any aspect of life. By living more consciously, you may begin to tap into your greatest potential for creating more love, joy, peace, and abundance. Organized within the seven steps of the "Empower Model," this book offers you the practical wisdom and tools to live More Consciously and Empowered! To live "consciously," is to live in present moment awareness, while aligning with higher principles. To be "empowered" means to live within the strength that supports us in choosing to honor ourselves and others in all situations. This is possible for all people, yet it takes more than wishful thinking, and it cannot be provided by anyone else. What is required is an incremental shift from within; the on-going practice of personal and spiritual growth and healing. This will take great courage, honesty, accountability, and the intention of living your life to its greatest potential. ARE YOU READY to live your highest purpose and potential? Presenting a series of essays about the cancelled television program "Firefly," discussing the cult appeal of its characters, the difficulties of its plot, and the conflict between its creator and television executives which caused its run to be short-lived.

Cassie Porter's family has always pushed her to be an agent for Veritas, the agency responsible for policing nearly all aspects of life for witches living side by side with "regulars." Mixed magick, a result of her mixed blood, leaves Cassie's power volatile. It's only by standing on her own that Cassie untangles her power, and Drew Carter, new to the magical world, finds the world where he really belongs.

Mind Your Thoughts is a book that will help you quiet and focus your thoughts so you speak directly to your unconscious state of being in a language the mind understands. Meditation is nothing more than relaxation, and in a meditative state, your conscious can relax and allow you to speak directly to the unconscious. The unconscious is in charge of your life, even though you allow your conscious to be in control. If you want to experience change in your life, you need to learn to bypass the conscious control which can be described as critical, analytical, and most of all judgmental. Meditating through relaxation is how you reprogram your unconscious with new concepts and information. The unconscious learns by applying this information against the storage of all your memories, experiences, reactions, and emotions. Also, the unconscious is much more accepting of change because it processes information without judgment. You will see both mental and physical changes resulting from this process. Practice with the thoughts in this book; your unconscious will understand even if your conscious seems confused. Mind your thoughts and experience a human metamorphosis from the inside out. The purpose of meditation is to quiet the mind. Meditation removes the clutter of thoughts from everyday life, and also helps you to get in touch with your higher consciousness. It does take practice, so do not become discouraged. Set aside 45 minutes each evening before you go to sleep. Sit in a quiet room, in a comfortable and relaxed position wearing loose clothing. Close your eyes and take a deep breath in through your nose and let it out slowly through your mouth. With each breath in, clear your mind of all thoughts, and feel your body relax. Repeat this 9 times before beginning. This book contains 81 thoughts for you to meditate on. There are 9 sets of 9 thoughts each. Start with Set One and allow 5 minutes of meditation for each thought. After your initial warm up of 9 deep breaths, read the first thought of the first set. Close your eyes and continue your deep breathing as you reflect on the thought and what it may mean to you and your life. Think of nothing else. Repeat this with each thought until you complete Set One. It will take you at least 9 evenings to get through all of the sets in the book. You may want to repeat a set over and over again before moving on to the next set. Eventually, you will have your favorite thoughts that you will want to dedicate your meditations on. Most people enjoy thoughts of wisdom, but rarely take the time to internalize them enough to be life changing. Practice mindfulness in life and create ripples that will forever change your life. This is not an instructional book on the art of meditation.

"A rich, sensual, bewitching adventure of good vs. evil with love as the prize." ~Publisher's Weekly on ETERNITY 300 years ago, Raven St. James was hanged for witchcraft. But she revives among the dead to find herself alive. She is an Immortal High Witch, one of the light. A note from her mother warns that there are others, those of the Dark, who preserve their own lives by taking the hearts of those like her. Duncan Wallace's forbidden love for the secretive lass costs him his life. 300 years later, he loves her again, tormented by hazy memories of a past that can't be real. She tells him of another lifetime, claims to be immortal. Though he knows she's deluded, he can't stay away. And the Dark Witch after her heart is far closer than either of them know. If you liked the TV Series HIGHLANDER, you will LOVE this series. Don't miss Book 2, INFINITY. "A hauntingly beautiful story of a love that endures through time itself." ~New York Times Bestselling Author, Kay Hooper "This captivating story of a love that reaches across the centuries, becomes as immortal as the lover's themselves, resonates with timeless passion, powerful magic, and haunting heartbreak." ~BN.com's official review

Yes you can understand the Bible! Discovering the Miracle of the Scarlet Thread in Every Book of the Bible takes the mystery and confusion out of the Bible and makes God's Word come alive with new insights and a fresh excitement that will have you searching for more. Dr. Richard Booker unveils the mysteries and secrets of the Bible by explaining its master theme, and then reveals a simple plan so you can discover God's personal revelation for yourself. The author provides Exciting biblical background, An interesting survey of each book in the Bible, Each book's master theme, Practical principles, forms, and guidelines for your own life-enriching Bible study. The sometimes hard-to-understand teachings of Jesus in their original culture and context come alive and become real through discovering the miracle of the scarlet thread. Then Jesus began to explain everything which had been written in the Scriptures about Him. Jesus started with the books of Moses and then He talked about what the prophets had written about Him (Luke 24:27 PEB). This book about the Bible will change the way you think about His Word His life-changing and eternal Word.

Control issues are common among those of us who are chemically dependent. This pamphlet provides constructive methods to let go of self-defeating behaviors. Control issues are common among those of us who are chemically dependent. This pamphlet provides constructive methods to let go of self-defeating behaviors.

Gifts of Acceptance illustrates the profound blessings of accepting our loved ones, children, friends, parents, siblings and others, as well as life's challenges and adversities. It offers tools, intentions, and strategies for practicing acceptance so you can live a more serene life.

Seen on national television, a psychotherapist argues that anxiety is a natural part of life and shows how, paradoxically, it can be a means to find serenity, take advantage of new opportunities, and discover one's true self and potential. Reprint.

ForeWord Reviews Book of the Year Award Finalist! What Would Your Life Be Like If You Simply Let Go of Control? At work, they oversee every detail of every project and expect nothing less than perfection from their coworkers. At home, they obsess over finding the "right" person. Then, they criticize their lover or spouse for doing everything wrong. As parents, they practice zero tolerance for their children's preferred study practices, choice of friends, dress choices, and differing life views. Sound familiar? Everyone knows the type: micromanagers, nitpickers, and domestic despots. Yet, most people fail to recognize the signs of a compulsion to control in themselves--or realize the toll of their behavior on their career, their family, their friendships, and their own happiness. In *Losing Control, Finding Serenity: How the Need to Control Hurts Us and How to Let It Go*, Daniel A. Miller pinpoints the dangers of excessive control. What's more, he shows those who feel the pressure to control how to break free and reap unexpected gifts. Sharing his journey of transformation, Miller reveals what happened when he finally decided to "surrender": his blinders fell away, new opportunities emerged, and he experienced unprecedented, profound inner peace. Drawing on psychological insights, spiritual wisdom, and the real-life stories of acknowledged "control freaks," *Losing Control, Finding Serenity* guides readers through an honest inventory of their control patterns--whether prodding, cajoling, withdrawing, playing the martyr, or intimidating--down to the roots. As most controllers will discover, their compulsion to control is provoked by deep-seated fear, anxieties, and insecurities, then aggravated by anger and resentments. Filled with enlightening true stories, *Losing Control, Finding Serenity* gives readers the knowledge, the courage, the strategies, and the "decontrol" tools to: Identify and overcome the control triggers of fear, anger, and resentment. Become a less domineering parent, build a family democracy, and reduce the struggles with children. Find and keep the right person by accepting who he or she is rather than trying to change their romantic partner. Free your creative flow and process. Delegate to and trust coworkers to reap increases in productivity, efficiency, and job satisfaction--and reduce conflict and dissension. Learn to be patient and calmly accept "what is," even when adversity strikes, to enjoy a more fulfilling and serene life. In a chaotic, unpredictable world that's frequently beyond anyone's control, *Losing Control, Finding Serenity* offers welcome encouragement and validation for going with the flow of life as it is: an ongoing, every changing mystery. Find out how losing control really means gaining control. Critical Acclaim For the Book: "Daniel A. Miller has done an amazing job in delving deeply into the crevices of how most of us would need to be in control, one way or another--in varying degrees--not always realizing how it rules and affects our lives and even more so--the lives and happiness of others. Daniel has clearly lived it, seen the damage, and has learned from it and has designed a formula to teach people how to change these controls by finding, understanding and releasing issues one step at a time. He has created a way of guiding and educating the reader, in a very understandable and logical way, to help everyone "Let Go". A must read for everyone!"--IN LIGHT TIMES

*Losing Control, Finding Serenity* How the Need to Control Hurts Us and How to Let It Go

*PIECES TO PEACE* is a poetic account of Laila's journey of self-discovery in Toronto as a 26-year-old Afghan-Muslim woman living on her own for the first time. It is her story of pursuing her dreams while coping with personal issues of grief, trauma, poverty, cultural identity and belonging. Laila is a woman in becoming as she rebuilds herself through poetry from pieces to peace.

We've all got our issues! Maybe you feel like life just isn't going your way, or you're afraid that you don't measure up to other people's expectations. Perhaps you have a hard time managing your temper or have someone in your life you just can't forgive. We deal with our "issues" every day in one form or another; the problem is, after a while, they start to feel . . . normal. Unchanging. Just part of who we are. And we forget that we have access to the power of Christ—a power that can transform our everyday weaknesses into our greatest strengths and gifts. In *She's Got Issues*, Christian counselor, ministry leader, and regular mom Nicole Unice explores the ordinary issues that are keeping you from the full and free life you were meant to have. Applying years of counseling with practical scriptural teaching and a fresh and authentic voice, Nicole shows you how to let God freely shape your character—and transform your life from ordinary to abundant.

Do you criticize your spouse, nag your children, or hover over coworkers to control them or prevent them from making mistakes? What if you let events unfold without resisting? Accepted for who they are instead of trying to change them? Let Daniel Miller show you a better way. You'll discover practical strategies and control tools to help you.

An inspirational and handy book of consciousness and love. Bring it with you on your daily journey for happiness everywhere you go.

Thank you very much for getting started with this book! You are reading this now because I hope you have the chance to feel the love, peace, and joy I feel. If you read one chapter each day, you might be amazed before you are halfway through! You get 28 chapters in this book designed to be read one day at a time in the morning, throughout the day, or at night. I do this myself each day and share in my voice what I am learning in my daily journey of being the best person I can be today. Here are the titles for the 28 chapters in this book. From reading these, you can get a great idea of what this book will help you with! 1. Amazing things happen in appreciating the now. 2. How to thrive by taking your own advice. 3. Are you praying for help? You will receive it. 4. How to deal with uncertainty when you don't know. 5. Take your pick: choosing to be happy or sad. 6. How to take responsibility for your emotions and thrive. 7. How to tackle your problems right now. 8. Achieving happiness with positive affirmations every day. 9. Feeling tired? Create an uplifting daily self-care routine. 10. What could you gain from slowing down life? 11. How to continue consistent persistence every day. 12. Do you appreciate what you have today? 13. The benefits of sharing problems with others. 14. One easy solution to improving your mood. 15. How a daily prayer affirmation can improve your life. 16. Reality in the downside of wishful thinking. 17. You do make a unique impact in life. 18. Time travel is real - go backwards or forwards in time to appreciate now. 19. How can I love the people already in my life? 20. The key to overcoming fear with faith. 21. How to enjoy the journey as much as the destination. 22. Happiness challenge:

how to master your mindfulness while sick. 23.Gaining peace in accepting your circumstances. 24.Perfect positioning: the right place at the right time in life. 25.How to treat emotional pain by eliminating physical pain. 26.Getting things done: how to get started on your goals. 27.How to simplify your lifestyle and have more than before. 28.How to be optimistic about death. Thank you for reading this book and I hope you enjoy it as much as I did creating it! Sincerely, Jerry Banfield

A life of peace, happiness and calmness is in your power. Do you find yourself constantly stressed about the little things? Do you feel like you get attached to people too quickly? Are you easily annoyed or irritated by others? The path to acceptance, release and liberation is here. This book is your complete guide on how to live a happier more meaningful life. FREE BONUS Included Right After Conclusion - HURRY before it's gone! Publisher's Note: This expanded edition of Letting Go includes FRESH NEW CONTENT to better help you discover the peace to happiness and harmony. This book contains proven steps and strategies on how to release stress, manage attachments and how to live a fuller and healthier life. These vital teachings will make you enormously better equipped to take on all that life throws at you, and ultimately lead a life of happiness and fulfilment. Have you wondered why we hold on to problems and memories which serve no good purpose other than reminding us of how sad, lonely and hopeless we are? We hoard the memories which have no significant value other than giving us the feeling of failure. Replaying past mistakes which remind us of the pain, shame and regret take up most of the space in our brain. We have an attachment to hold on to all the frustration and worry in our lives. We often equate worry with responsibility, as if because we have responsibility we automatically have to worry. This book will lead you to the path to finding yourself, developing a fresher outlook on life and to understand how to deal with stress, anger and attachments. Learn what it takes to fully embrace life and let go of the self-created frustrations. Discover techniques to handle some of the challenging situations with a clear, calm mind and make conscious and reliable decisions. This book will not only let you feel more comfortable in your skin, but will also make you a happier person. Most importantly, you will have the ability to let go of non-beneficial thoughts and move on with a renewed sense of living. Here is a Preview of What You'll Learn... How to Unveil the Best in Ourselves Understand What Attachments Are & How We Can Release Them Explore Our Attachment to People, Relationships and Situations How Frustration Develops & Techniques to Release Tension How Our Perspective Shapes Our Reality How to Identify Harmful Environments & Methods to Change Them Proven Strategies to help us Become More Present How to Release Anger Effectively Fundamental building blocks in How We Become a New Person Much, much more! Check out What Others Are Saying.. "This is one of the best self-help books I've read. It actually made sense and addressed what it said it would do, which in my opinion is a rarity in these types of books. Like any self-help book, you must read it smart and not take everything the author says as gospel, but see how much of it really applies to what you are looking for. I highly recommend it for anyone hanging on to a lot of old hurts and struggling to get past certain portions of their life. If you have 'stuff' back there that is hindering the here and now, then I highly suggest it.- Audrey, August 2015 Live the life of happiness, peace and fulfilment that you deserve. LIMITED TIME BONUS OFFER: A sneak preview of Bestselling book 'Mindfulness for Beginners' included for FREE! Why wait? Click on the orange 'Buy Now with One Click' button on the top right hand corner of the page to purchase your copy today!

I write my memoirs beginning with sadness. I faced my wife's death from coronavirus; I'm following the hearse to the graveyard in a limousine, observed by sympathetic neighbours from behind net curtains. I alone would attend her funeral in these uncertain times. I returned to an empty house, disillusioned, remembering a book I'd written many years ago. I decided to take one last adventure from Long Marston to the Scottish Highlands to discover what I wanted out of life in my remaining years. I set off by following the route I initially took, enjoying my own company until destiny decided otherwise. Life suddenly became strange; I'm involved in a murder and confronted by a young woman from my past determined to organise my life. If that isn't weird enough, what transpires over the next few months can only be described as bizarre unless you are a Knight Templar in the Royal circle of friends and a pirate!

NEW AGE | VISIONARY FICTION | ALLEGORY | INSPIRATIONAL | SPIRIT. Tormented by the never-ending voices of his inner critic and the 'thought storms' in his mind, a disheartened man travels West on the brink of despair, stopping overnight in a small Nebraska prairie town, where he experiences a surprising inner awakening...Through this allegory, discover and explore a key tool of self-awareness --'The Watcher' (witness consciousness)-- for finding peace on your own inner journey and spiritual path. Inspired by the profound wisdom of Michael Singer's The Untethered Soul, the author here shares the process of one person's internal struggle to understand--and escape from--the incessant voices of their inner self-critic. Then --moving well beyond the entry point of self-criticism--this simple story delves deeply to explore the very nature of thinking and emotions themselves and our relationship to them as human beings. What is real? What is illusion? Who ARE you? Is it possible to be freed from the "thought maze" that typically entangles a person in their everyday life? Through the protagonist's journey the larger picture of personal identity and its relationship to thoughts and feelings is revealed, as he unknowingly discovers a key tool of self-awareness that the reader will also be able take away for everyday use on their own spiritual path. This transformation evolves over the course of only 24 hours...yet magically, time stretches as the mind of the main character opens and his heart begins to truly flow for the first time.This New Age work falls into the more recently developing genre of Metaphysical & Visionary Fiction. Like James Redfield's The Celestine Prophecy and Paulo Coelho's The Alchemist, the subtle--yet powerful--unfolding of this allegorical journey will both captivate and inspire you!

Love Unfinished Revised Edition (Nov 2012) Soul mates from the past leave their love unfinished when a tragic car accident ends their lives on their wedding day. Yet they are destined to meet again to fulfill that love in new incarnations, leading vastly different lives. Emma thought she chose the right path in life, but too late does she realize her mistake when her husband reveals the monster behind the smile. Their happily ever after - is a lie. Trapped in a broken marriage to a powerful, abusive man, Emma knows this is not the life she was meant to live. As her hope for real love withers, she meets James, her love from a lifetime ago. Emma cannot deny the connection pulling them together, but her courage to abandon her marriage wavers, and unknowingly puts her life at risk. Are Emma and James fated to fulfill their love, or will they once again, leave love unfinished?

A clinical psychologist shows readers how to spot a "control freak" and cope with their behavior, emphasizing God's assistance in dealing with difficult people. Reprint. \$100,000 ad/promo.

When Aislinn Amon's father disappears, her mother drags her from New York to Indiana where she is to attend a new boarding school - Source High. At Source High, Aislinn finds herself in a whole other world than what she knew. Everyone has something supernatural about them, including her. Soon, she finds that she's not the normal, rebel, messed up teenage girl she thought she was. Her friends try to help her along the way when trouble comes knocking on her door. People die, she finds herself falling in love with, something she swore she'd never do, and secrets start to form. Can Aislinn cope with everything that's happening? Can she handle the life she's been forced to deal with? Or will she crack under the heavy pressures laid upon her seventeen-year-old shoulders?

Drew Maddox is a rough Private Investigator who believes what his eyes can see and his senses feel. He has very little use for imagination and flights of fantasy annoy him, yet when a naked woman suddenly appears on the road in front of his truck it sends his brain tumbling and his life into a spiral of myth he can barely comprehend. Pandimora wears her name well, causing her own flurries of Pandemonium just by existing. Born to a mother rumored to have the madness in her, Pandimora is different than most fairies in the Realm of Aisywel. She has little regard for the incredible histories of her people, nor of the supposed rules. While not an outright rebel, she skirts the laws of Faerie propriety, but no more so than when she overhears a conversation her ears should never have found. A high elder, one of the strongest and most magical of her people has committed a crime - and now he knows that she has heard, and seen him. Pandimora has fled, but not before the elder, Lukais wraps his dark tentacles of power around her, poisoning her and barring the doors to her realm - forever. Hurt and grieving, Pandimora awakens on a snowy road - moments from being hit by Drew Maddox's fast moving truck. Her senses muddled, her powers muffled and her entire sense of self shaken, Pandimora reaches out to Drew in desperation, finding in him the young boy she once danced with in a field. With cord of attachment fully realized between them, Faerie magic is at play, pulling them both deep into a mire of intrigue and deceit - one that sets this unlikely pair against an entire realm of mystical beings with their own rules, trials and meanings. "Find Me" is Book One in the new Faeries Lost Trilogy - an epic journey into the center of the unknown and the hearts of two souls that can never be.

Shayla had no idea her life would turn out like it did. She had two kids, independent, a college degree, owns a Top Business Consulting firm in Buckhead, Atlanta and a Non-profit organization for the community, but in the midst of it all she was Trapped. Trapped in love, hate, lust and PAIN!! She had a natural body that these women would die for, her personality made her beautiful, her presence was unreal and she had a smile that would lighten up your darkest days. Shayla wasn't your average chick she was street and book smart, but had one problem men was her weakness. She picked the men she had the weakness for. Shayla was living a triple life and the walls were starting to close in on her fast.. Shayla was focused on her businesses, but on the flip side enjoyed herself, She never meant to hurt anyone feelings, so she tried to be as upfront as possible when they would ask, which was never so, she never offered the information. She is about to go for the ride of her life, she's a street girl by nature, maybe she can get herself out it. Her best friend Kisha is by her side to support her until Shayla finds out her secret. Shayla is into deep.....

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