

Read Book Put Your Heart In Your Mouth Natural Treatment For
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I Carry Your Heart with Me From My Heart to Your Heart Writing on Both Sides of the
Brain The Church of England magazine [afterw.] The Church of England and
Lambeth magazine Don't Follow Your Heart The Wall Around Your Heart Putting Your
Heart Online Reclaim Your Heart Put Your Money Where Your Heart Is Brand
Storytelling Revive Your Heart Journey to the Heart Pour Your Heart Into It My
Heart--Christ's Home Put Your Mind Where Your Heart Is Desiring God Heal Your
Heart Lead With Your Heart I Hold Your Heart The Odyssey of Homer The Tell-Tale
Heart You Put a Smile in My Heart Customer Understanding Soulful Simplicity The
Heart and the Bottle Put Your Heart in Your Mouth The Heal Your Gut Cookbook With
All Your Heart State of the Heart Put Your Heart on Paper Put Your Heart on
Paper Restart Your Heart The Light in the Heart Put Your Heart on the Page Put the
Heart Back in Your Community Put Your Money Where Your Heart Is Put Your Money
Where Your Heart Is The Mysterious Affair at Olivetti Bury My Heart at Wounded
Knee The Heart Is a Lonely Hunter

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I Carry Your Heart with Me

Keep a healthy heart for life! Stress and other negative emotions contribute to at least 25 percent of all heart attacks, but now, cutting-edge research shows that positive emotions cause a chemical change in your body that directly improves your overall cardiovascular health. In *Heal Your Heart*, Dr. Michael Miller--a leader in the fields of preventive and behavioral cardiology--outlines his Positive Emotions Prescription, a 28-day program designed to undo past heart damage and reduce your risk of stroke, heart attack, and more. You'll discover how eating certain foods, listening to specific kinds of music, and even increasing the amount of time you spend laughing can promote heart health and overall positive well-being. Complete with success stories from Dr. Miller's patients, this go-to reference and prescriptive plan will help you lose weight, reduce your cholesterol and blood pressure, and keep your heart healthy for life.

From My Heart to Your Heart

Writing on Both Sides of the Brain

Journey to the Heart by New York Times bestselling author of *Codependent No*

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More, Beyond Codependency, and Lessons of Love, contains 365 insightful daily meditations that inspire readers to unlock their personal creativity and discover their divine purposes in life. “Melody Beattie gives you the tools to discover the magnificence and splendor of your being.” –Deepak Chopra, author of Jesus and Buddha

The Church of England magazine [afterw.] The Church of England and Lambeth magazine

With the publication of her first novel, *The Heart is a Lonely Hunter*, Carson McCullers, all of twenty-three, became a literary sensation. With its profound sense of moral isolation and its compassionate glimpses into its characters' inner lives, the novel is considered McCullers' finest work, an enduring masterpiece first published by Houghton Mifflin in 1940. At its center is the deaf-mute John Singer, who becomes the confidant for various types of misfits in a Georgia mill town during the 1930s. Each one yearns for escape from small town life. When Singer's mute companion goes insane, Singer moves into the Kelly house, where Mick Kelly, the book's heroine (and loosely based on McCullers), finds solace in her music. Wonderfully attuned to the spiritual isolation that underlies the human condition, and with a deft sense for racial tensions in the South, McCullers spins a haunting, unforgettable story that gives voice to the rejected, the forgotten, and the

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mistreated—and, through Mick Kelly, gives voice to the quiet, intensely personal search for beauty. Richard Wright praised Carson McCullers for her ability "to rise above the pressures of her environment and embrace white and black humanity in one sweep of apprehension and tenderness." She writes "with a sweep and certainty that are overwhelming," said the New York Times. McCullers became an overnight literary sensation, but her novel has endured, just as timely and powerful today as when it was first published. *The Heart is a Lonely Hunter* is Carson McCullers at her most compassionate, endearing best.

Don't Follow Your Heart

If you stop any person on the street and ask them what causes heart disease, you know what their answer will be: butter and eggs, meat and fat. This infamous Diet-Heart Hypothesis was proposed in 1953, and it took scientists all over the world a few decades to prove it wrong. The trouble is that while science was beginning to cast doubt upon its basic tenets, the Diet-Heart Hypothesis was giving rise to a powerful and wealthy political and commercial machine with a vested interest in promoting it—by means of anti-fat and anti-cholesterol propaganda presented relentlessly and with increasing intensity. In this book Dr. Campbell-McBride tackles the subject of CHD (Coronary Heart Disease), caused by atherosclerosis, a disease of the arterial wall that leads to narrowing and obstruction of the arteries. She maintains that conventional medicine does not actually know the cause of

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atherosclerosis or how to cure it, and explores in this book what it is, what causes it, and how to prevent and reverse it. She dispels the myth of the Diet-Heart Hypothesis, and explains that cholesterol is not the enemy but an integral and important part of our cell membranes.

The Wall Around Your Heart

Struggling to ensure that the customer is at the center of all your business does? This book is your guide to putting the "customer" in customer experience. Not sure what that means? Well, for starters, too many executives believe they are delighting their customers. Why wouldn't they think that?! When they focus on growth, those customer acquisition numbers are pretty sweet, but they don't tell the real story. Prioritizing customer retention is critical. But you can't just throw technology at it, give it some lip service, and call it a day. Retention is hard work! You've got to understand who your customers are and what problems they are trying to solve or what jobs they are trying to do. Then you've got to use that understanding to design an experience that helps customers achieve their goals. That's the key to putting the customer in customer experience! Ultimately, you need to bring the customer voice into all meetings, decisions, processes, and designs. The customer must be at the center of all you do. After all, it's all about the customer! In this book, I cover the three approaches to customer understanding: surveys and data, personas, and journey mapping. I could've

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written the whole book about journey mapping, but there's so much more to building a customer-centric business than journey mapping. The culture must first be deliberately designed to put the customer at the heart of the business. And all foundational elements of a CX transformation must be in place to make that happen. With that knowledge, read this book and: Learn about the three approaches you must use to understand your customers, why you must use them, and how they work together. Create an action plan to ensure insights gleaned from these three approaches are implemented in your organization. Develop and assign personas to your customers in order to better understand their needs, goals, problems to solve, and jobs to be done. Learn the difference between touchpoint maps and journey maps and how touchpoint maps can still be a valuable asset in your customer experience toolbox. Understand why journey mapping is called the backbone of customer experience management - and how to make it so in your organization. Set up and facilitate your own current-state and future-state journey mapping workshops with customers. Set up and facilitate service blueprint workshops with internal stakeholders. Find out how to put the customer at the heart of your business. And more!

Putting Your Heart Online

Sue Stevens shares her vision of how to align your heart-felt beliefs and how you allocate your assets. This transformative process works from the inside out to

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create Radiant Wealth.

Reclaim Your Heart

Poe's preference for not naming his narrators is potent once again in "The Tell-Tale Heart", a story that is trying so hard to appear sane, but fails miserably in the end. With minute preparations, perfect calculations, and even more precise execution of the conceived gruesome act, the narrator successfully fulfills his purpose, only to be lost in a battle with his sanity and guilt afterwards. Backed by the numerous movie and theatrical adaptations, the story is considered one of Poe's most popular and critically acclaimed. Edgar Allan Poe (1809-1849) was an American poet, author, and literary critic. Most famous for his poetry, short stories, and tales of the supernatural, mysterious, and macabre, he is also regarded as the inventor of the detective genre and a contributor to the emergence of science fiction, dark romanticism, and weird fiction. His most famous works include "The Raven" (1845), "The Black Cat" (1843), and "The Gold-Bug" (1843).

Put Your Money Where Your Heart Is

In Lead with Your Heart, author Regina Cates asks us to question our notion of what success and happiness really mean. Through the sharing of her own personal

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stories as well as providing helpful meditations, questions, and exercises, Regina offers a combination of wise advice, compelling anecdotes, and practical strategies for living a life that is authentic, fulfilling, and healing. Regina is well qualified to help others down this path. While sitting alone on her forty-third birthday, Regina hit an emotional bottom with the realization that prior to that moment, she had been caught up in the rat race of trying to live up to other people's expectations, and as a result, she had given away one of her most important gifts: the power of choice. Regina realized that while we can't control other people or situations, we do have a choice in how we respond to them. Regina shows us that if we choose to act from a place of love instead of a place of fear, we make our lives and the lives of those around us better in the process. Throughout the book, Regina shares her amazing (and often heart-wrenching) stories of how she moved away from a volatile, victimized frame of mind to a place of making conscious actions and decisions from a centered, heart-driven state. By following along with Regina's personal stories and practicing the exercises she's developed, we can all learn how to choose positive, heart-centered solutions for the difficulties in our life.

Brand Storytelling

Noelle was overweight, miserable, and hopelessly indebted until "God came knocking," teaching her, through others' writings, how to obtain her heart's deepest desires for health, wealth and personal peace.

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Revive Your Heart

WINNER: NYC Big Book Award 2020 - Sales and Marketing category WINNER: The Stevie Awards 2020 - 'Book of the Year' Silver award, Women in Business category
Written by the award-winning storyteller Miri Rodriguez at Microsoft, this actionable guide goes beyond content strategy and, instead, demonstrates how to leverage brand storytelling in the marketing mix to strengthen brand engagement and achieve long-term growth, with advice from brands like Expedia, Coca Cola, McDonalds, Adobe and Google. Despite understanding essential storytelling techniques, brands continue to explain how their product or service can help the customer, rather than showcasing how the customer's life has changed as a result of them. Brand Storytelling gets back to the heart of brand loyalty, consumer behaviour and engagement as a business strategy: using storytelling to trigger the emotions that humans are driven by. It provides a step by step guide to assess, dismantle, and rebuild a brand story, shifting the brand from a 'hero' to 'sidekick' mentality, and positioning the customer as a key influencer to motivate the audience. Simplifying where to begin, how to benchmark success and ensure a consistent brand voice throughout every department, this book clearly shows how readers can align an emotive connection with the customer's personal values, experiences and aspirations, and how that will enable brand leaders, employees and influencers to celebrate and strengthen brand engagement for the long-term, rather than simply trying to win it. Clarifying why machine-learning, AI and

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automation only tell one side of the story, this book will inspire you with cutting edge interviews and case studies from leading brands like Expedia, Coca Cola, McDonalds, Adobe and Google, to tap into authentic brand loyalty and human connection.

Journey to the Heart

More than ten million readers have enjoyed Robert Boyd Munger's spiritually challenging meditation on Christian discipleship. Imagining what it would be like to have Jesus come to the home of our hearts, Munger moves room by room considering what Christ desires for us. In the living room we prepare to meet Christ daily. In the dining room we examine together what appetites should and should not control us. We even explore the closets in our lives that Christ can help us clean out. Munger's practical and profound booklet (now revised and expanded) helps you give Christ control over all of your life.

Pour Your Heart Into It

My Heart--Christ's Home

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Put Your Mind Where Your Heart Is

In Pour Your Heart Into It, former CEO and now chairman emeritus Howard Schultz illustrates the principles that have shaped the Starbucks phenomenon, sharing the wisdom he has gained from his quest to make great coffee part of the American experience. The success of Starbucks Coffee Company is one of the most amazing business stories in decades. What started as a single store on Seattle's waterfront has grown into the largest coffee chain on the planet. Just as remarkable as this incredible growth is the fact that Starbucks has managed to maintain its renowned commitment to product excellence and employee satisfaction. Marketers, managers, and aspiring entrepreneurs will discover how to turn passion into profit in this definitive chronicle of the company that "has changed everything from our tastes to our language to the face of Main Street" (Fortune).

Desiring God

Heal Your Heart

Poetry has given me a voice to express the many emotions I am feeling at a particular time. I grew up in the era when children were to be seen and not heard.

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Childhood was difficult for me because I loved to talk, but I was not allowed or encouraged to address my feelings, nor was I even asked what I thought. I was the youngest child of four for eight years but still the baby girl. By the eleventh year of my life, I was no longer the baby; I became the middle child. People can't comprehend what that did to me, unless they have been there. I always enjoyed talking, which got me into trouble in school. I had lots of dolls, with which I was able to create my own world until I began to write short stories and then poetry. I came to an understanding of God's existence when I was about eight. I spent a lot of time talking to Him, especially when I was sad. I didn't really get to know the true knowledge of Jesus Christ and salvation until I was twenty-five. Thirty-five years later, I can no longer contain the love, joy, and peace that abide on the inside. My recent poems, mixed with some of my earlier poems, are being poured out for all to share and be partakers of God's grace and mercy. Allowing the Holy Spirit to direct and awaken in me emotions that I was unable to express has been a journey all its own as well as a true blessing. I have always loved poetry; it has a way of saying things that are soothing to the heart of the hearers instead of harsh to what they hear with their natural ears. The journey begins on the inside with the key that unlocks what the heart has to say.

Lead With Your Heart

Put Your Money Where Your Heart Is offers a sensible, easy-to-follow yet powerful

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set of investing strategies for the would-be investor—from the complete novice to those with experience. Natalie Pace urges the reader to begin with an area of investing that they care about or know about, learning how to get rich by putting their money where their passions lie. Her method is based on a three-part investment recipe and a six-step “Buy My Own Island Plan,” all presented in an informative and engaging style. In 2000, Natalie was a single mother about to lose her home because she couldn’t afford to pay her property taxes. She never dreamed during those desperate hours that in two short years she would begin adding a splash of green to Wall Street, transforming lives on Main Street, and making outstanding returns for the men and women who were smart enough to put her theories into practice. Natalie maneuvered her way out of poverty and up above the ranks of Harvard-educated MBAs to become the #1 ranked stock picker on Wall Street. She shows us, through anecdotes and carefully outlined investing strategies, that making the transformation to a life of financial freedom and happiness is easier than one might think. Put Your Money Where Your Heart Is isn’t just another personal finance book. Natalie’s personal story as well as her credibility and expertise in the area of wealth building will inspire and delight readers, revealing her secrets to lifetime success and prosperity.

I Hold Your Heart

The “fascinating” #1 New York Times bestseller that awakened the world to the

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destruction of American Indians in the nineteenth-century West (The Wall Street Journal). First published in 1970, *Bury My Heart at Wounded Knee* generated shockwaves with its frank and heartbreaking depiction of the systematic annihilation of American Indian tribes across the western frontier. In this nonfiction account, Dee Brown focuses on the betrayals, battles, and massacres suffered by American Indians between 1860 and 1890. He tells of the many tribes and their renowned chiefs—from Geronimo to Red Cloud, Sitting Bull to Crazy Horse—who struggled to combat the destruction of their people and culture. Forcefully written and meticulously researched, *Bury My Heart at Wounded Knee* inspired a generation to take a second look at how the West was won. This ebook features an illustrated biography of Dee Brown including rare photos from the author's personal collection.

The Odyssey of Homer

The tense, tender must-read book of the summer – perfect for fans of Louise O'Neill and Sara Barnard 'You make me feel like there's something good in the world I can hold on to,' Aaron says. He kisses me again, draws me so close it's almost hard to breathe. 'I love you, Gem. And I promise I'll hold your heart forever.' When Gemma meets Aaron, she feels truly seen for the first time. Their love story is the intense kind. The written-in-the-stars, excluding-all-others kind. The kind you write songs about. But little by little their relationship takes over Gemma's life. What happens

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when being seen becomes being watched, and care becomes control? Told in both Gemma's and Aaron's words, this is a raw, moving exploration of gaslighting in teenage relationships that skewers our ideas of what love looks like.

The Tell-Tale Heart

Perhaps the measure of a great artist is their willingness to learn.

You Put a Smile in My Heart

Put Your Heart On Paper is filled with the inspiring true stories of what happens when people write from their hearts: the shared insights, the new beginnings, the dreams that miraculously come true. In 50 provocative short chapters, acclaimed author Henriette Klauser shows the power of the written word in everyday life -- bringing together parents and children, strengthening personal bonds, mending hurt feelings, solving problems, sharing joys, preserving family history -- and offers tools and tips to get you started right away. Putting your heart on paper does not require special talent, a lot of time or training. All you need is a willingness to be yourself and to be open with others. Nauser's energizing examples show how to get going and keep going past the fear and doubt -- and offer dozens of ideas to try. From a note tucked in a lunchbox to an interactive journal, from love letters to

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apologies to a three-minute poem, Put Your Heart On Paper shows us how to find a direct line from our deepest thoughts to another's heart.

Customer Understanding

A revolutionary approach to writing that will teach you how to express yourself fluently and with confidence for the rest of your life.

Soulful Simplicity

Put Your Money Where Your Heart Is offers a sensible, easy-to-follow yet powerful set of investing strategies for the would-be investor—from the complete novice to those with experience. Natalie Pace urges the reader to begin with an area of investing that they care about or know about, learning how to get rich by putting their money where their passions lie. Her method is based on a three-part investment recipe and a six-step “Buy My Own Island Plan,” all presented in an informative and engaging style. In 2000, Natalie was a single mother about to lose her home because she couldn't afford to pay her property taxes. She never dreamed during those desperate hours that in two short years she would begin adding a splash of green to Wall Street, transforming lives on Main Street, and making outstanding returns for the men and women who were smart enough to

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put her theories into practice. Natalie maneuvered her way out of poverty and up above the ranks of Harvard-educated MBAs to become the #1 ranked stock picker on Wall Street. She shows us, through anecdotes and carefully outlined investing strategies, that making the transformation to a life of financial freedom and happiness is easier than one might think. Put Your Money Where Your Heart Is isn't just another personal finance book. Natalie's personal story as well as her credibility and expertise in the area of wealth building will inspire and delight readers, revealing her secrets to lifetime success and prosperity.

The Heart and the Bottle

Family members hurt us. Friends betray us. Fellow Christians deceive us. But Jesus provides a path through the pain—the Lord's Prayer. In *The Wall Around Your Heart*, Mary DeMuth shows you that you can reach wholeness and healing in the aftermath of painful relationships by following the road map of the Lord's Prayer. You'll walk through story after story of hurt people who are led through biblical truth into amazing, life-sustaining, joyful growth. Life is hard. People can be mean and petty and awful. But they can also be amazing and beautiful and sacrificial. God is good. He is faithful. You can trust him with your relationships. "He'll send people to call out what is hard in your heart," Mary shares. "And that's a gift to you." Allow God to access the wall around your heart. Dare to say, "Tear down the bricks, Lord, whatever it takes." Pray first. Ask for bravery—for yourself and for

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others. Risk engaging despite your hurt. Seek the shelter of Jesus. You don't have to resign yourself to your wounds! You can rise above the pain. You'll usher in a new life—an openhearted way of relating to others that expands the kingdom of God. In the process, you'll draw closer to Jesus, be healed, and become an agent of healing to others.

Put Your Heart in Your Mouth

Reclaim Your Heart is not just a self-help book. It is a manual about the journey of the heart in and out of the ocean of this life. It is a book about how to keep your heart from sinking to the depths of that ocean, and what to do when it does. It is a book about redemption, about hope, about renewal. Every heart can heal, and each moment is created to bring us closer to that transformative return. Reclaim Your Heart is about finding that moment when everything stops and suddenly looks different. It is about finding your own awakening. And then returning to the better, truer, and freer version of yourself. Many of us live our lives, entrapped by the same repeated patterns of heartbreak and disappointment. Many of us have no idea why this happens. Reclaim Your Heart is about freeing the heart from this slavery. It is about the journey in an out of life's most deceptive traps. This book was written to awaken the heart and provide a new perspective on love, loss, happiness, and pain. Providing a manual of sorts, Reclaim Your Heart will teach readers how to live in this life without allowing life to own you. It is a manual of

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how to protect your most prized possession: the heart.

The Heal Your Gut Cookbook

Insightful and heart-warming, this classic book is written for those who seek to know God better. It unfolds life-impacting, biblical truths and has been called a "soul-stirring celebration of the pleasures of knowing God."

With All Your Heart

It's important that what thoughts you are feeding into your mind because your thoughts create your belief and experiences. You have positive thoughts and you have negative ones too. Nurture your mind with positive thoughts: kindness, empathy, compassion, peace, love, joy, humility, generosity, etc. The more you feed your mind with positive thoughts, the more you can attract great things into your life.

State of the Heart

The never-before-told true account of the design and development of the first desktop computer by the world's most famous high-styled typewriter company,

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more than a decade before the arrival of the Osborne 1, the Apple 1, the first Intel microprocessor, and IBM's PC5150. The human, business, design, engineering, cold war, and tech story of how the Olivetti company came to be, how it survived two world wars and brought a ravaged Italy back to life, how after it mastered the typewriter business with the famous "Olivetti touch," it entered the new, fierce electronics race; how its first desktop computer, the P101, came to be; how, within eighteen months, it had caught up with, and surpassed, IBM, the American giant that by then had become an arm of the American government, developing advanced weapon systems; Olivetti putting its own mainframe computer on the market with its desktop prototype, selling 40,000 units, including to NASA for its lunar landings. How Olivetti made inroads into the US market by taking control of Underwood of Hartford CT as an assembly plant for Olivetti's own typewriters and future miniaturized personal computers; how a week after Olivetti purchased Underwood, the US government filed an antitrust suit to try to stop it; how Adriano Olivetti, the legendary idealist, socialist, visionary, heir to the company founded by his father, built the company into a fantastical dynasty--factories, offices, satellite buildings spread over more than fifty acres--while on a train headed for Switzerland in 1960 for supposed meetings and then to Hartford, never arrived, dying suddenly of a heart attack at fifty-eight . . . how eighteen months later, his brilliant young engineer, who had assembled Olivetti's superb team of electronic engineers, was killed, as well, in a suspicious car crash, and how the Olivetti company and the P101 came to its insidious and shocking end.

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Put Your Heart on Paper

Compelling, expert advice on how to live fearlessly with atrial fibrillation AFib patients, their family, friends, and caregivers are often misinformed about the latest research, advancements, and treatments. In this life-changing book, renowned cardiac electrophysiologist Dr. Aseem Desai diminishes the worry and confusion that come with an AFib diagnosis by presenting you with the latest medical information in a concise and positive way. Dr. Desai has made it his mission to significantly improve the lives of those diagnosed with AFib and to offer hope and encouragement to patients and their loved ones. Filled with innovative knowledge and vivid illustrations, Restart Your Heart will empower and inspire you by providing straightforward answers and options to deal with this complex disease. In this comprehensive guide to living your best life with AFib, you will:

- Be Informed about what AFib is, why it happens, and simple steps to take after being diagnosed.
- Be Prepared to deal with the diagnosis and condition on mental and emotional levels, and create a toolbox for resilience in challenging times.
- Be in Control by gaining crucial knowledge about trigger and risk factor modifications, the latest treatment options, and how to monitor the disease for progression or recurrence.

Restart Your Heart delivers cutting-edge information, options, and solutions that will afford you a newfound sense of comfort, confidence, and control.

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Put Your Heart on Paper

Friends, co-workers, and acquaintances touch your life in many wonderful spoken and unspoken ways. Show appreciation by letting each woman know how much she makes your heart smile.

Restart Your Heart

With more than two hundred straightforward, nutrient-dense, and appealing recipes, *The Heal Your Gut Cookbook* was created by GAPS Diet experts Hilary Boynton and Mary G. Brackett to help heal your gut and to manage the illnesses that stem from it. Developed by pioneering British MD Dr. Natasha Campbell-McBride, who provides the book's Foreword, Gut and Psychology Syndrome (GAPS) refers to disorders, including ADD/ADHD, autism, addictions, depression, and obsessive-compulsive disorder, stemming from or exacerbated by leaky gut and dysbiosis. GAPS also refers to chronic gut-related physical conditions, including celiac disease, rheumatoid arthritis, diabetes type one, and Crohn's disease, as well as asthma, eczema, allergies, thyroid disorders, and more. An evolution of the Specific Carbohydrate Diet, the GAPS Diet will appeal to followers of the Paleo Diet, who are still struggling for optimum health, as well as anyone interested in the health benefits of fermentation or the Weston A. Price approach to nutrition. In *The*

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Heal Your Gut Cookbook, readers will learn about the key cooking techniques and ingredients that form the backbone of the GAPS Diet: working with stocks and broths, soaking nuts and seeds, using coconut, and culturing raw dairy. The authors offer encouraging, real-life perspectives on the life-changing improvements to the health of their families by following this challenging, but powerful, diet. The GAPS Diet is designed to restore the balance between beneficial and pathogenic intestinal bacteria and seal the gut through the elimination of grains, processed foods, and refined sugars and the carefully sequenced reintroduction of nutrient-dense foods, including bone broths, raw cultured dairy, certain fermented vegetables, organic pastured eggs, organ meats, and more. The Heal Your Gut Cookbook is a must-have if you are following the GAPS Diet, considering the GAPS Diet, or simply looking to improve your digestive health and—by extension—your physical and mental well-being.

The Light in the Heart

“Here is a book to be welcomed enthusiastically, to be read carefully, and to be returned to frequently.” –Sinclair B. Ferguson In our world, we use the word heart to refer to our emotions. But the Bible uses the word heart to refer to the governing center of life. We need to grasp the true meaning of the heart in order to better understand ourselves, our sin, and our need for redemption. As we rediscover the heart as the source of all our thoughts, fears, words, and actions,

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we will discover principles and practices for orienting our hearts to truly love and obey God with all that we are.

Put Your Heart on the Page

Courtney Carver shows us the power of simplicity to improve our health, build more meaningful relationships, and relieve stress in our professional and personal lives. We are often on a quest for more—we give in to pressure every day to work more, own more, and do more. For Carver, this constant striving had to come to a stop when she was diagnosed with Multiple Sclerosis (MS). Stress was like gasoline on the fire of symptoms, and it became clear that she needed to root out the physical and psychological clutter that were the source of her debt and discontent. In this book, she shows us how to pursue practical minimalism so we can create more with less—more space, more time, and even more love. Carver invites us to look at the big picture, discover what's most important to us, and reclaim lightness and ease by getting rid of all the excess things.

Put the Heart Back in Your Community

Put Your Heart On Paper is filled with the inspiring true stories of what happens when people write from their hearts: the shared insights, the new beginnings, the

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dreams that miraculously come true. In 50 provocative short chapters, acclaimed author Henriette Klauser shows the power of the written word in everyday life -- bringing together parents and children, strengthening personal bonds, mending hurt feelings, solving problems, sharing joys, preserving family history -- and offers tools and tips to get you started right away. Putting your heart on paper does not require special talent, a lot of time or training. All you need is a willingness to be yourself and to be open with others. Nauser's energizing examples show how to get going and keep going past the fear and doubt -- and offer dozens of ideas to try. From a note tucked in a lunchbox to an interactive journal, from love letters to apologies to a three-minute poem, Put Your Heart On Paper shows us how to find a direct line from our deepest thoughts to another's heart.

Put Your Money Where Your Heart Is

In State of the Heart, Dr. Haider Warraich takes readers inside the ER, inside patients' rooms, and inside the history and science of cardiac disease. State of the Heart traces the entire arc of the heart, from the very first time it was depicted on stone tablets, to a future in which it may very well become redundant. While heart disease has been around for a while, the type of heart disease people have, why they have it, and how it's treated is changing. Yet, the golden age of heart science is only just beginning. And with treatments of heart disease altering the very definitions of human life and death, there is no better time to look at the present

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and future of heart disease, the doctors and nurses who treat it, the patients and caregivers who live with it, and the stories they hold close to their chests. More people die of heart disease than any other disease in the world and when any form of heart disease progresses, it can result in the development of heart failure. Heart failure affects millions and can affect anyone at anytime, a child recovering from a viral infection, a woman who has just given birth or a cancer patient receiving chemotherapy. Yet new technology to treat heart failure is fundamentally changing just what it means to be human. Mechanical pumps can be surgically sown into patients' hearts and when patients with these pumps get really sick, sometimes they don't need a doctor or a surgeon—they need a mechanic. In *State of the Heart*, the journey to rid the world of heart disease is shown to be reflective of the journey of medical science at large. We are learning not only that women have as much heart disease as men, but that the type of heart disease women experience is diametrically different from that in men. We are learning that heart disease and cancer may have more in common than we could have imagined. And we are learning how human evolution itself may have led to the epidemic of heart disease. In understanding how our knowledge of the heart evolved, *State of the Heart* traces the twisting and turning road that science has taken—filled with potholes and blind turns—all the way back to its very origin.

Put Your Money Where Your Heart Is

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Nouman Ali Khan offers insights on how to reorient our lives for success in both this world and the next.

The Mysterious Affair at Olivetti

Bury My Heart at Wounded Knee

From #1 New York Times bestseller Oliver Jeffers, comes a poignant and beautiful story about finding joy after loss. There is a wonder and magic to childhood. We don't realize it at the time, of course . . . yet the adults in our lives do. They encourage us to see things in the stars, to find joy in colors and laughter as we play. But what happens when that special someone who encourages such wonder and magic is no longer around? We can hide, we can place our heart in a bottle and grow up . . . or we can find another special someone who understands the magic. And we can encourage them to see things in the stars, find joy among colors and laughter as they play. Oliver Jeffers delivers a remarkable book, a touching and resonant tale reminiscent of *The Giving Tree* that will speak to the hearts of children and parents alike.

The Heart Is a Lonely Hunter

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I CARRY YOUR HEART WITH ME, rereleased as a board book, is a children's adaptation of the beloved E. E. Cummings poem, beautifully illustrated by Mati Rose McDonough. Showing the strong bond of love between mother and child, within nature and throughout life, Cummings' heartfelt words expressed through McDonough's lovely illustrations combine to create a fresh, yet classic, portrayal of love.

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