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first, we make the beast beautiful

Guide to a Richer Life

There is no doubt in my mind that everything happens for a reason. Every heart break, every job loss, every positive and negative situation occurs to push you towards who you are meant to be. Your purpose. This series of Poems was created to share my journey through heartbreak, healing and into self love in hopes that others may use it as a guiding light and beacon of hope on their own journey through life as well.

Bring Your Whole Self To Work

"Wonderfully honest and relatable, and it's also extremely comforting and reassuring too" MIND, No.1 Mental Health charity "I recommend this for anyone who's looking to find true consistent happiness" Craig David "This book is a way to release what's going on inside your head and to keep heading towards the good stuff. The simple stuff. The stuff that's going to really hit up that happiness on a deep and nourishing level. Whether you dip into these pages every now and then when you feel you need it, or use it daily as a positive exercise, I hope it brings you much relief, joy and calm. Amen to the pen." - Fearne Cotton For many of us, life can feel like it's moving too fast with pressure bearing down on us from all sides - whether that's from school or work, family or social media. As a result, we find ourselves frazzled, lost and - too often - feeling blue. It's a subject close to Fearne's heart. Drawing on her own experiences and including expert advice, HAPPY offers practical ways of finding joy each and every day. Happiness isn't a mountain to climb, it's just one foot in front of the other on the path of life, and here you'll find little steps that will help make the differences that count. With workbook elements to help you start and end the day well; get in touch with your creative side; and find peace through written exercises, simple practical ideas and visualisations, these are daily tricks and reminders to help you unlock that inner happiness.

Tell Your Children

Animosity, confrontation, confusion—from cable news right down to our kids' classrooms, Christians are waking up to a world very different from the one we once knew. We are quick to blame everyone else from Hollywood to Washington, but it is not the culture's fault God is sidelined. If God is missing from the conversation, then it is because His people have failed to represent Him there. Christians have been far too silent for far too long, retreating out of fear of offending someone or the unpleasantness of stepping outside our comfort zone. When Christians have spoken up, too often it has not been in ways that honor Jesus. We have inserted our own opinion, obscuring the beauty and truth of the Gospel in favor of our political, ideological, or personal agenda. It's time for us to embrace our calling as Christ's ambassadors. To do that, we must be equipped to engage the world in ways that bring the mind of Christ to bear on the matters of the day. Carmen LaBerge's *Speak the Truth* seeks to give believers the confidence to speak the truth and the tools to re-engage in the culture and address the problems we are facing today by boldly—and lovingly—bringing God back into every conversation

Speak the Truth

In “a brilliant antidote to all the...false narratives about pot” (*American Thinker*), an award-winning author and former *New York Times* reporter reveals the link between teenage marijuana use and mental illness, and a hidden epidemic of violence caused by the drug—facts the media have ignored as the United States rushes to legalize cannabis. Recreational marijuana is now legal in nine states. Advocates argue cannabis can help everyone from veterans to cancer sufferers. But legalization has been built on myths—that marijuana arrests fill prisons; that most doctors want to use cannabis as medicine; that it can somehow stem the opiate epidemic; that it is beneficial for mental health. In this meticulously reported book, Alex Berenson, a former *New York Times* reporter, explodes those myths, explaining that almost no one is in prison for marijuana; a tiny fraction of doctors write most authorizations for medical marijuana, mostly for people who have already used; and marijuana use is linked to opiate and cocaine use. Most of all, THC—the chemical in marijuana responsible for the drug’s high—can cause psychotic episodes. “Alex Berenson has a reporter’s tenacity, a novelist’s imagination, and an outsider’s knack for asking intemperate questions” (*Malcolm Gladwell, The New Yorker*), as he ranges from the London institute that is home to the scientists who helped prove the cannabis-psychosis link to the Colorado prison where a man now serves a thirty-year sentence after eating a THC-laced candy bar and killing his wife. He sticks to the facts, and they are devastating. With the US already gripped by one drug epidemic, *Tell Your Children* is a “well-written treatise” (*Publishers Weekly*) that “takes a sledgehammer to the promised benefits of marijuana legalization, and cannabis enthusiasts are not going to like it one bit” (*Mother Jones*).

My Fathers Prostitute: Story of a Stolen Childhood

From the bestselling author of *HAPPY* and the *HAPPY PLACE PODCAST* THE FOLLOW UP TO THE *SUNDAY TIMES* BESTSELLER, *HAPPY: FINDING JOY IN EVERY DAY AND LETTING GO OF PERFECT* 'Calm for me is less about thought and much more about feeling. It is a stillness that allows my lungs to expand like hot air balloons. It is an acceptance of the noise around me. It is a magic alchemy that might last a second or a whole day, where I feel relaxed yet aware; still yet dynamic; open yet protected . . . ' *** In today's always-on world,

for many of us it seems impossible to relax, take time out or mute the encircling 'noise'. It is easy to feel trapped in this frenzied state of mind: we are surrounded by negative stories in the press, weighed down by pressures from work, family life or school and subject to constant scrutiny under the all-seeing eye of social media. As a result, mental health illnesses are on the rise in every age group, and more of us than ever before yearn for silence, peace and calm. CALM is Fearne's mission to find the simple things that can inch us away from stress and over to the good stuff. Including expert advice, conversations with wise friends from all walks of life, easy ideas to try, activities to complete - and the little things that have made a difference to her own, sometimes-bumpy life - this book is a friendly reminder that Calm is a place that exists in us all, we just have to find our way back to it.

Speak Your Truth

Offering a variety of advice for tapping into your creative voice, sharing your work online, and honing your writing skills, You/Poet shows you how to express yourself creatively through the art of poetry. You may think that writing poetry requires a specific set of skills. You may have read books on writing poetry that were stuffy and full of strict rules and regulations. But You/Poet proves that all you need to be a poet is the desire to share your inner thoughts and emotions with the world. Let HerHeartPoetry—an online poetry community, Instagram, digital zine, and poetry press—take you on a journey of self-discovery and surprise, and show you how to embrace the world of writing poetry with arms wide open. Writing poetry is an act of bravery. It's just you, your thoughts and feelings, and the words you choose to express them. You/Poet can help you do just that. With encouragement and advice on poetry writing basics, how to identify your unique creative voice, and prompts and exercises to help you channel your thoughts and emotions through writing, this all-in-one guide will help you share your talent with the world.

Family of Light

"Speak Your Truth Young Queen" is a soul captivating collection of poetry that represents the opinions and views of a young black woman. The author, Mykia Wilson takes readers on an informative journey that explains the major issues within the black community as well as the major societal issues that have plagued the current generation. Some of the topics include toxic habits in the black community, generational issues, misogyny, rape culture, colorism, and mental health. She combines the use of detailed examples and personal accounts in order to vividly paint the picture of what really takes place in the realm of a millennial. She doesn't hold her tongue and uses bold language to defiantly display her opinionated stance in order to convey a message that involves growth, love, and unity. She addresses the issues that are often seen as a taboo to discuss. With this being her debut project, she is sure to let her voice be heard.

Happy

Seeks to inspire confidence in women to help them achieve the life they want.

Speaking Your Truth

Have you ever said yes when you really wanted to say no? In *How Speaking Your Truth Could Save Your Life and How It Saved Mine*, Lynn shares how to speak one's truth while using his own story to illustrate the vital principles that open the door to living an authentic, vulnerable and transparent life.

Speak Your Truth

Geralt the Witcher -- revered and hated -- holds the line against the monsters plaguing humanity in this collection of adventures in the New York Times bestselling series that inspired the Netflix show and the hit video games. Geralt is a Witcher, a man whose magic powers, enhanced by long training and a mysterious elixir, have made him a brilliant fighter and a merciless assassin. Yet he is no ordinary murderer: his targets are the multifarious monsters and vile fiends that ravage the land and attack the innocent. But not everything monstrous-looking is evil and not everything fair is good. . .and in every fairy tale there is a grain of truth. The Last Wish story collection is the perfect introduction to a one of a kind fantasy world. And look out for *The Tower of Fools*, book one of Andrzej Sapkowski's Hussite Trilogy, coming in October 2020!

Awaken To Your Truth

“I was overwhelmed by how courageous and vulnerable these truly remarkable women have made themselves—for a chance to change someone else's life.” - Dr. Jeanine Zinner *Healing, Loss, Self-Discovery, Defining Moments and Relationships* are the topics covering Volume III of *Speaking Your Truth*. Personal stories are the foundation for our connections to others. No matter what you have experienced in the past, nor what you are up against today – these stories will uplift and inspire you every moment along the way. In *Speaking Your Truth* you'll find 42 individual stories written by women for women. Their stories provide inspiration and heartfelt truths, some of which have never been shared before. In this book you will gain valuable insights into:

- The moments that have defined and inspired your life.
- Moving forward with grief and transitions.
- Overcoming obstacles and challenges.
- Seeing your connection to others.
- And Much More!

Never feel alone again through the discovery that many other people have also experienced similar life stories to your own. This book will give you the courage to stand up and speak your own truth. “Many women believe secrecy is the price they must pay for the past. The authors of *Speaking Your Truth* decide that secrecy is a prison. By airing out the skeletons in their closets, they discover how different the truth is from what they were told. And they learn to love and value themselves—no matter what.” - Carol Marleigh Kline, author of *Streetwise Spirituality: 28 Days to Inner Fitness and Everyday Enlightenment*

You/Poet

Read PDF Speak Your Truth

Speak Your Truth, as the title suggests, is honest, it's confusing, it's frustrating. It is everything that is and was true for me during the last few years of my life. The book portrays many styles from free verse to a pair of contrapuntal poems. I hope that you can find your truths, within mine.

Speak Your Truth

Speak Your Truth: How You Can Recover from Lupus is part memoir, part self-help book. Denise Dorfman takes you on her own self-healing journey and teaches you how she recovered from lupus. She now lives a happy, healthy life with no active disease. If you have been diagnosed with lupus, you too can learn how to improve your health and even recover from lupus by learning the main probable mental causes of lupus; using your mind to manifest wellness; employing simple lifestyle changes to feel better each day; and choosing the right affirmations for the major symptoms of lupus you are experiencing.

Speaking Our Truth

Do you keep quiet even when you have something to say? Do you struggle to stand up for yourself? Do you find it difficult to articulate your needs? Do you find yourself going along with other people's plans even when they don't suit you? In *The Power of Speaking Your Truth*, author Harinder Ghatora presents a self-help guide to empower you to find your true voice. Offering a journey of self-discovery and positive change, this step-by-step handbook shows you how to move from passivity and disempowerment to assertiveness and confidence. It discusses: - what it means to speak your truth-and some common misconceptions that people have; - how and why you learned to not speak your truth; - the mental, emotional, and physical consequences of not speaking your truth; - the underlying thought patterns and beliefs that prevent you from expressing yourself fully and firmly; and - a simple, but highly effective model for facilitating change that you can learn and implement. The **POWER of SPEAKING YOUR TRUTH** helps you identify, challenge, and transmute the fears and unhealthy beliefs that prevent you from communicating clearly and effectively. The ability to speak your truth is a prerequisite for leading a happy, healthy, and empowered life.

Speak Your Truth

Expanded and updated for graduates just entering the workforce, a latest edition of a best-selling guide to finding and getting the most out of a first job shares professional advice for résumé writing, recommended interviewing practices and salary negotiation.

Let the Fire Burn

CELEBRATING THE 25TH ANNIVERSARY, THE OFFICIAL NATIONAL POETRY DAY COLLECTION. CURATED AND INTRODUCED BY

CERYS MATTHEWS. *Tell Me the Truth About Life* is an indispensable anthology which celebrates poetry's power to tap into the truths that matter. Curated and introduced by Cerys Matthews, this collection draws on the wisdom of crowds: featuring poems nominated for their insight into truth by a range of ordinary and extraordinary people: from Britain's first astronaut, Helen Sharman, to sporting heroes and world-famous musicians, teachers, artists and politicians. Their choices include contemporary work by Yrsa Daley-Ward, John Cooper Clarke and Kei Miller alongside classics by W H Auden, Emily Dickinson and Dylan Thomas. Here you will find poems to revive the spirit, ballads to mobilize and life-lines to hold you safe in the dark. Compiled for National Poetry Day's twenty-fifth anniversary, *Tell Me the Truth About Life* is a book that reminds us we are never completely alone in our search to glimpse the truth. Containing nominations from a number of high-profile poetry lovers and poets, including Michael Morpurgo, Mark Gatiss, Dolly Alderton, and Helen Sharman, among others.

The Power of Speaking Your Truth

Buffeted about by the demands and priorities of others, directed by the shoulds and shouldn'ts of society and religion, the true self and inner voice can be lost and silenced. In this inspirational self-help resource, counselor and consultant Eileen Hannagan provides a practical road map that leads readers back to the core of their true selves. Exercises & worksheets.

Better Apart

In today's work environment, the lines between our professional and personal lives are blurred more than ever before. Whatever is happening to us outside of our workplace —whether stressful, painful, or joyful —follows us into work as well. We may think we have to keep these realities under wraps and act as if we “have it all together.” But as Mike Robbins explains, we can work better, lead better, and be more engaged and fulfilled if —instead of trying to hide who we are —we show up fully and authentically. Mike, a sought-after motivational speaker and business consultant, has spent more than 15 years researching, writing, and speaking about essential human experiences and high performance in the workplace. His clients have ranged from Google to Citibank, from the U.S. Department of Labor to the San Francisco Giants. From small start-ups in Silicon Valley to family-owned businesses in the Midwest. From what he's seen and studied over the years, Mike believes that for us to thrive professionally, we must be willing to bring our whole selves to the work that we do. Bringing our whole selves to work means acknowledging that we're all vulnerable, imperfect human beings doing the best we can. It means having the courage to take risks, speak up, have compassion, ask for help, connect with others in a genuine way, and allow ourselves to be truly seen. In this book, Mike outlines five principles we can use to approach our own work in this spirit of openness and humanity, and to help the people we work with feel safe enough to do the same, so that the teams and organizations we're a part of can truly succeed. “This book will offer you insights, ideas, and tools to inspire you to bring all of who you are to the work that you do —regardless of where you work, what kind of work you do, and with whom you do it. And, if you're an owner, leader, or just someone who wants to have influence on those around you —this book will also give you specific techniques for how to build or enhance your team's culture in such a way that encourages others to bring all of who they are to work.”

Speaking Truth in Love

Always Speak Your Truth Women Men Girls integrity: 100 Lined Journal Pages Planner Diary Notebook Perfect for taking notes, agendas, to-do lists, brainstorming, or as a diary. 100 lined matte pages to create your way to an amazing day! Just the right size to take on the go. Makes a wonderful gift! Size: 6 x 9 inches

Speak Your Truth Young Queen

Whether you wish to elevate yourself professionally or you want to sustain healthy, thriving personal relationships, communicating effectively is key. It begins with communicating truthfully first with yourself. Once you establish that honorable inner connection, which is a critical first piece, you and move on to communicating truthfully and effectively with others.

How Speaking Your Truth Could Save Your Life

'Fearne Cotton is a tireless seeker of the truth, and a wonderful communicator of sanity, hope, and (most refreshingly of all) reality. This is, simply put, a beautiful book.' Elizabeth Gilbert, author of Eat, Pray, Love and Big Magic 'During a time where misinformation is spreading faster than ever and people are finding it hard to keep it real, Fearne shows us the power of living in our truth. She has a magical way of making us feel understood through her compelling storytelling, while showing us a path to a more authentic life.' Vex King, author of Good Vibes, Good Life 'This book is going to help a lot of people.' Philippa Perry, author of The Book You Wish Your Parents Had Read 'We need truth talkers more than we ever have right now. Wild, bold, connected truth talkers. Fearne takes our hand and shows us how to be one by treading the wild, vulnerable path first.' Sarah Wilson, author of First, We Make the Beast Beautiful Fearne Cotton's voice is familiar to millions, whether that's through television, radio or on her hugely successful Happy Place podcast. Her voice is her career, her livelihood and the way she communicates with her audience and her loved ones. So, when Fearne's doctor told her she was at risk of needing a throat operation followed by two weeks of being unable to speak, she found herself facing a period of unexpected contemplation. As she considered what silence would mean, Fearne began to think about other times her voice had gone unheard - as a young woman, as 'just the talent', as the foil to louder, more dominant figures. She found herself wondering, at what point do we internalise this message, and start silencing ourselves? When do we swallow down our authentic words to become pleasers and compromisers at the cost of our own happiness or wellbeing? Speak Your Truth dives into all the ways we learn to stay quiet for the wrong reasons, and explores how to find your voice, assert yourself and speak out with confidence. Brave, vulnerable and deeply personal, Speak Your Truth shares Fearne's compelling story and helps you to shape your own.

Always Speak Your Truth

Unchangeable. Unwavering. Let God's Truth Anchor You. The world is a sea of clashing beliefs and thoughts. Your own feelings and circumstances change from one day to the next. Your heart longs for something to hold on to something to steer you in the right direction and give you peace. Only God's truth can satisfy that longing. Bestselling author Randy Alcorn shares daily meditations, Scripture readings, and inspirational quotes to help you grasp the wisdom and love found in the eternal Word of God. When you know the truth, you'll be better prepared to recognize your place in God's plan detect the deceit you encounter in the world point others to Jesus, who is Truth personified God's truth is real, alive, and able to transform you into the person you long to be. This is your invitation to refresh your heart and find lasting security.

Your Truth Know It Speak It Live It

The awareness, peace of mind and joy that you are yearning for is available to you now. Anything real that has been obtained by religious leaders or spiritual gurus is also obtainable to you. In fact, awareness, peace of mind and joy are not so much obtained as they are realized and remembered. Love, harmony and awareness are natural qualities of your soul. If you simply extend what you truly are, you will create more beauty than anything that could or has ever been built. There are many paths you may choose to take in order to realize awareness, peace of mind and joy in your life. The journey will be as complicated as you choose to make it, or as easy as you allow it to be. This book provides simple strategies to make this process easy. You Have Chosen to Remember: A Journey from Perception to Knowledge, Peace of Mind and Joy is an incredibly inspiring book filled with simple, yet very effective, strategies for remembering your true self, and embodying self-awareness, forgiveness, peace of mind and joy - in your day to day life.

Tell Me the Truth About Life

Holding each other up with respect, dignity and kindness.

Lean in

Do you realize that you are the only person in the world who is called to live your exact life? Think about it: you are the only person who can live out your specific purpose. When life is hard and filled with trials and challenges, we would love nothing more than to have someone else take on those struggles for us. Though they may be uncomfortable, there is something honest about understanding that if you own them, those struggles can bring you to a point of realization and greater purpose than had you just given up. Fearlessly Made You: Surviving and Thriving in a Perfectly Imperfect Life takes you through the honest, authentic, and, dare we say, chaotic trials in the life of Kristie Tobias. Kristie is a seasoned healthcare and business consultant, a national speaker, a nonprofit board member, an advisor to the mayor of Pensacola, Florida, and a former Miss North Carolina International, all of which she achieved before reaching the age of thirty-five. Professionally, Kristie has broken down the barriers that young minority women struggle through to reach her goals. The journey has not

been easy. At twenty years old, after years of sexual abuse and trauma, Kristie was diagnosed with post-traumatic stress disorder (PTSD). Kristie takes us through the realistic, messy, sometimes dark, but ultimately inspiring journey of her struggles with PTSD; her challenges with just trying to thrive in life when every obstacle seemed to bring her down; and her complicated relationship with her own self-worth, goals, and expectations. *Fearlessly Made You* isn't just about Kristie, it's about you. It's about understanding that your unique purpose in this life is not for life to be easy but to own the journey that is laid out for you and the direction you choose to take. *Fearlessly Made You* shows you that you don't have to always be perfect or wake up at the crack of dawn every morning to accomplish your goals. Your journey looks different to you than it does to anyone else, and Kristie encourages you to embrace your journey and not allow challenges to keep you from pushing forward through the struggles to live out your purpose.

You Have Chosen to Remember

Speak Your Truth: Proven Strategies for Effective Nurse-Physician Communication Kathleen Bartholomew, RN, MN The #1 best-selling book on nursing empowerment is newly expanded and better than ever As of June 20, 2014, contact hours for nurses are no longer available with this product. ""This book is required reading for anyone committed to working with nurses and the nursing profession toward forging new collaborative and supportive relationships both within and between nurses, physicians, and other healthcare professionals, so that it can gain the stature and respect that will result in rebuilding the ranks of those willing and able to contribute to the nursing profession in a meaningful and contemporary manner."" --Jon Burroughs, MD, MBA, CMSL A witty and entertaining book that delivers a mission-critical message. This best-selling book by Kathleen Bartholomew, RN, MN, delivers effective strategies for improving nurse-physician relationships. Bartholomew uses engaging case scenarios, critical-thinking activities, and real-world tips to help nurses understand and communicate with physicians. Don't miss what Kathleen has to say in this expanded edition of " *Speak Your Truth*." She now provides strategies for both nursing and non-nursing leadership to create and sustain a healthy work environment. This book helps you: Ensure patient safety through improved collegiality between physicians and nurses Increase recruitment and retention by creating a healthy work environment Empower nurses to improve communication by confidently interacting with disruptive physicians Increase productivity through creating a culture of accountability With new research highlighting the latest strategies for improving communication, the expanded version now includes: A chapter for senior leadership containing organization strategies to improve communication and ways to intervene with disruptive physicians Fresh insight for leaders on establishing expectations with physicians, nurses, and other staff New strategies to promote zero tolerance for bad behaviors More ways to promote a collegial workplace Additional words of praise for "*Speak Your Truth*" by Kathleen Bartholomew, RN, MN: ""Unprecedented, brilliant, and right on target! Kathleen Bartholomew has dared to speak the truth about one of the greatest threats we face in patient safety: Dysfunctional physician-nurse communication and relationships."" --John J. Nance, JD, Founding Member of the National Patient Safety Foundation ""Kathleen Bartholomew, a gifted nurse and teacher, explores many of the dysfunctional dynamics destroying the morale of healthcare professionals, and she does it with a fresh, deadly serious voice interspersed with delightful humor that also inspires change. This is a must read for physicians, nurses, or anyone trapped in a traditionally subservient role, regardless of whether that role is work-related or not."" --Allen R. Wyler, MD, neurosurgeon, author of *Deadly Errors*, a novel about medical errors ""Kathleen uses the vehicle of story, liberally

seasoned with humor, to present imaginative and creative approaches to age-old problems with communications between nurses and doctors." --Genevieve Bartol, RN, EdD, AHN-C(P), Professor Emeritus, University of North Carolina, Greensboro ""This book is a 'must read' for all those nurses who want to enhance communication with physicians to create healthy, productive collegial relationships and improve patient care. Ms. Bartholomew analyzes and interprets all too familiar personal stories using a backdrop of theory to help us understand why we find ourselves in distressing interactions with physicians and how we can take action to initiate a process of healing." --Linda J. Westbrook, RN, PhD, Assistant Professor, Nursing Program, University of Washington, Bothell ""Kathleen's work illuminates and defines a murky and omnipresent problem that has a strangle hold on the heart of the nursing profession." --Chancey Boye, RN

Speak Your Truth, Heal Your Heart

Learn how to improve your intuition from a professional intuitive! In *Angel Intuition*, psychic and angel expert Tanya Carroll Richardson teaches you about your sixth sense so you can receive more divine guidance to improve every area of your life. Tanya picks up where she left off in her first bestselling angel book, *Angel Insights*, offering even more information about angels and other members of your spiritual guidance squad—spirit animals, ascended masters like Buddha and Mother Mary, loved ones who've passed on, and your soul's own higher self. Tanya shares how she discovered and honed her intuitive gifts and gives you the knowledge and practical exercises to understand and develop your abilities as well. Find out how we receive information via the four clairs (clairaudience, clairvoyance, claircognizance, and clairsentience). Take a quiz to help you get more in touch with your sensitivity and to learn where you fall on the intuition spectrum. Discover the eleven most common ways that angels send you guidance, learn Tanya's twenty-five golden rules of intuition, and receive clues about your own past lives, soul archetypes, and current destiny. Take your intuition to the next level with this fun, informative, encouraging book.

Speaking Truth

Speaking through a gifted medium, who has channeled their message of faith and hope, ascended masters existing in a non-physical realm, in oneness with God, have delivered a revelation one that will change our physical and spiritual existence and bring us, and our world, back into desperately needed balance. "We come to you to lead the way in your self-discovery, in remembrance of who you are. We speak to you at this time, for this is the time of new beginnings. Light essences of crystallized forms penetrate the consciousness of your species, with thought forms and inspiration to facilitate the shift that will transform you, to live a life that is free from the egoic state that is contributing to the demise of your species. We love you and have been sent by God/Universal Intelligence to encourage, support, inspire, and awaken you to the truth of who you are. Our messages are of light and love."

Calm

Angel Intuition

With compassion and compelling insight, the Pleiadians, those system-busting time-travelers from the future, take us on a journey through the uncharted lands of The Book of Earth, which comprises all human experience. While “our world goes belly-up in these most absurd of times,” they offer us “tools for survival.” During the crucial period between 1987 and 2012--a nanosecond in the annals of existence where secrets and solutions are stored--we have the unique opportunity to move from the deepest of density to the highest of frequencies--where we shift from linear to multi-dimensional living. To make this transition, we must face not only the limitations of our 3-D world with its electronic manipulation and mind control, we must embrace our own wounds, and those of our ancestors and our leaders. To heal ourselves, to raise our frequency from one of despair and fear to one of great inspiration and love, the Pleiadians urge us to rethink and reevaluate our lives: “You shall change, you will change, you must change, because this is the season of change.”

The Last Wish

"Powerful," "Compelling," "A story well worth writing" - this is what people are saying about this honest, and sometimes brutal, true story of one man's struggle growing up in the shadow of childhood sexual abuse. From his difficulties growing up, to his drug addiction, failed relationships, and struggles with parenthood, the author takes us through the ups and downs of a life spent in the shadows, trying to make sense of the events that formed the basis of his being. Sometimes tragic, sometimes hopeful, but never sugar coated, My Father's Prostitute: Story of a Stolen Childhood takes the reader on an emotional ride which reminds us that the human spirit is more powerful than the demons that haunt us.

Stand by Your Truth

"Probably the best book on living with anxiety that I've ever read" Mark Manson, bestselling author of The Subtle Art of Not Giving a F*ck Sarah Wilson is a New York Times and Amazon #1 bestselling author, entrepreneur and philanthropist. She's the founder of IQuitSugar.com, whose 8-Week Program has been completed by 1.5 million people in 133 countries. A former news journalist and editor of Cosmopolitan, she was the host of the first series of MasterChef Australia and is the author of the international bestsellers first, we make the beast beautiful, I Quit Sugar: Simplicious, I Quit Sugar and I Quit Sugar For Life. Her latest book is I Quit Sugar: Simplicious Flow. She is ranked as one of the top 200 most influential authors in the world. Sarah blogs in an intimate fashion - on philosophy, anxiety, minimalism and anti-consumerism - at sarahwilson.com, lives in Sydney, Australia, rides a bike everywhere, is a compulsive hiker and is eternally curious. In first, we make the beast beautiful, Sarah directs her intense focus and fierce investigatory skills onto this lifetime companion of hers, looking at the triggers and treatments, the fashions and fads. She reads widely and interviews fellow sufferers, mental health experts, philosophers, and even the Dalai Lama, processing all she learns through the prism her own experiences. Sarah pulls at the thread of accepted definitions of anxiety, and unravels the notion that it is a difficult, dangerous disease that must be medicated into submission. Ultimately, she re-frames anxiety as a

spiritual quest rather than a burdensome affliction, a state of yearning that will lead us closer to what really matters. Practical and poetic, wise and funny, this is a small book with a big heart. It will encourage the myriad sufferers of the world's most common mental illness to feel not just better about their condition, but delighted by the possibilities it offers for a richer, fuller life. MORE PRAISE FOR FIRST, WE MAKE THE BEAST BEAUTIFUL "at once a nomadic journey, a cri de coeur and a compendium of hard-won wisdom " Professor Patrick McGorry AO MD PhD FRCP FRANZCP FAA FASSA, 2010 Australian of the Year "A witty, well-researched and often insightful book about negotiating a new relationship with anxiety." Andrew Solomon, Professor of Clinical Psychology and author of The Noonday Demon: An Anatomy of Depression

Truth

Marital strife and divorce can be your chance to profoundly transform yourself, your mindset and your relationship with a more harmonious and steady vision. While many of us may be better together, some of us can actually become better apart. What if you emerged from your divorce stronger and more resilient than ever before? Better Apart is the first book to apply the life-changing, healing wisdom of meditation and yoga, combined with practical advice, to help anyone going through the painful and seemingly intractable realities of divorce. Gabrielle Hartley and Elena Brower are warm and caring guides who can help you compassionately part from your partner. Whether your separation is amicable, or your ex is combative, Better Apart can help you find peace, calm, and hope. Blending practical advice from a legal perspective together with spiritual wisdom, Gabrielle and Elena are experts and realists who have created a simple five-step process that uses original meditations, perspective-shifting exercises, and fresh suggestions to help navigate the common legal and emotional pitfalls of divorce. Don't worry if you've never tried yoga or mediation; Gabrielle's insight buttressed by Elena's practices and exercises are accessible for all. Together, they show you how to meaningfully shift your mindset and to move forward though any—or all—parts of this emotionally fraught process. Better Apart radically reframes the way couples experience, execute, and recover from when “for better or worse” is no longer an option, and helps you find the road to a new mindset and better life.

Speak Your Truth

Fearlessly Made You

The New York Times bestseller that gives readers a paradigm-shattering new way to think about motivation from the author of When: The Scientific Secrets of Perfect Timing Most people believe that the best way to motivate is with rewards like money—the carrot-and-stick approach. That's a mistake, says Daniel H. Pink (author of To Sell Is Human: The Surprising Truth About Motivating Others). In this provocative and persuasive new book, he asserts that the secret to high performance and satisfaction—at work, at school, and at home—is the deeply human need to direct our own lives, to learn and create new things, and to do better by ourselves and our world. Drawing on four decades of scientific research on human motivation, Pink exposes the mismatch between what science knows and what business does—and

how that affects every aspect of life. He examines the three elements of true motivation—autonomy, mastery, and purpose—and offers smart and surprising techniques for putting these into action in a unique book that will change how we think and transform how we live.

Know Your Truth, Speak Your Truth, Live Your Truth

You probably speak 20,000 words a day, give or take, and each one influences those who listen. No wonder God has so much to say about our words. We are all counselors, whether we realize it or not! *Speaking Truth in Love* is a blueprint for communication that strengthens community in Christ. The principles outlined in this pivotal work are specific to counseling, yet extend to marriage, family, friendship, business, and the church. Have you ever wondered how to be a more effective counselor? Have you ever looked for a better way to talk to difficult people? Have you ever wanted to express faith and love more naturally in your relationships? Practical in its approach yet comprehensive in its scope, *Speaking Truth in Love* is sure to become required reading for anyone interested in pursuing a career as a counselor or anyone else who longs for ways to redeem relationships.

I Am That Girl

Part memoir, part testimonial, and part life guide, *Stand by Your Truth* mixes Rickey Smiley's down-home humor with the values he learned from being raised by three generations of elders, steeped in the Baptist church, and mentored by some of the most celebrated comics in the entertainment industry today. "I'm very passionate about everything that I do and I don't play any games. I just keep it honest. I don't put on airs. That's the only way you can be. If you tell one lie, you've got to tell another lie. I'm cool with who I am. What you see is what you get." Stand-up comic. Single dad. Radio personality. TV star. Prankster. Producer. Community activist. Man of faith. Visit a church, comedy club, college campus, or barber shop, and you'll find few people who aren't familiar with, or fans of, Rickey Smiley. At least four million listeners in more than seventy markets tune in every weekday morning to hear him banter with his radio show crew, hilariously prank call an unsuspecting listener, and perform skits featuring his one-man cast of characters, including "Lil Darryl," "Beauford," and "Joe Willie." But in between the rapid-fire jokes and celebrity dish are flashes of how Rickey views the world, from the challenges of raising children, to the importance of education, to the need to always stand by your own truth. After more than two decades in the spotlight, Rickey is finally ready to delve more deeply into the opinions he voices on the air, riffing on those issues that his listeners, viewers, and fans find most important. This collection of personal and powerful essays will speak to readers from all walks of life, and is sure to inspire you to Stand by Your Truth.

Use Your Words

Women are fierce and fed-up, and they have been joining hands together for the purposes of societal change for as long as there has been injustice. Women of faith are guided by the Holy Spirit to work together to bring down these injustices, to build on the foundation Christ laid for the beloved community of God on earth. This book is women joining together to speak and act in new ways in response to the increasing

challenges of our day. This book offers to all women the sustenance needed to face blatant racism, bigotry, sexism, heterosexism, and xenophobia in the world and in the church. The writers of Speaking Truth greet these challenges knowing that the Good News of Jesus Christ is bigger than any societal ill and that God has called us to play a part in God's work of transformation. When we pray together and act together, we claim a new vision for how things can be - a vision God gives us through Scripture. We can support both ourselves and other women as we learn to find and claim our voices and end the silences imposed upon us. Speaking Truth:

- Provides inspirational writings by women for women to face the societal challenges specific to today.
- Includes prayers, devotions, scriptures, and inspirational quotes for special challenges.
- Encourages women supporting, advocating, and praying for other women.

Drive

Your past does not define you. The broken girl within has ruled your life long enough. She's given you fear, anger, and pain--but you deserve to live a purposeful life. You are beautiful, bright, and capable. It's time to show the world who you really are. Christy Abram, trauma survivor and self-proclaimed ex-broken girl, has dedicated her life to helping survivors stand in their power and reclaim their life. Her candid, light-hearted approach, walks you through the process of speaking your truth and healing your brokenness. This inspiring, humorous guide, is packed with personal accounts, powerful self-reflection, and self-love tips. Speak Your Truth, Heal Your Heart, delivers a beautiful narrative designed to help you let go of discomfort and fall in love with the new you.

first, we make the beast beautiful

Let the Fire Burn Nurturing the Creative Spirit of Children is an animated and poetic journey into the creative fire of children, and how to fan its flames. Every child is born with the fullest of creative potential, but due to social conditioning they lose touch with it, and consequently, with their power to create a life of meaning and purpose. Children are here to help us birth a new world, one that is full of joy and imagination. And we as adults have an important role to play in this. In this fun and inspiring Children's Book for Adults, learn the many colorful and engaging ways you can support children to feel and express their creative spirit. Gain a better appreciation for how they are our wise teachers, inviting our own inner child and creative fire to come out and play.

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