

Access Free Spirit Hacking Shamanic Keys To Reclaim Your Pers Pdf Free Copy

Reclaim Your Power Reclaim Your Heart Reclaim Your Power! Time Smart The Comfort Crisis Reclaim Your Brain Reclaim Your Manhood Reclaim Your Soul Restoring Order Reclaiming Your Community Reclaim Your Sovereignty Freedom from Government How To Reclaim Your Energy Reclaim Your Right To Grow Old I, Citizen Reclaim Your Heart Reclaiming Pleasure Rebuild Your Health, Reclaim Your Life Reclaim Your Life After Trauma 40 Days to Reclaiming Your Soul Reclaim Your Soul Time Smart Attention Hijacked Reclaim the Stars How To Reclaim Your Innocence Running a Successful Business and Life Reclaim Your Life How to Reclaim Your Life When It's Been Stolen from You Reclaim Your Youth: Growing Younger After 40 Homecoming Reclaiming Our Forgotten Heritage Beat Depression and Reclaim Your Life Reclaim Your Power and Keep It! A Brown Girl's Epiphany The Extra Hour The Smart Enough City Reclaim Your Sh*t! Water. Beyond Value Cookbook For Reclaim Your Body Reclaiming Conversation

This book explains that simple is best and that is ok to have that occasional hiccup in life. By taking advantage of wholesome, non processed foods and putting a bit of effort into exercise - who knew? The book does not preach to you but is rather an encouraging way to rethink what you are doing in life. This book offers easy tips for reclaiming your health. Debbie and her daughter both battle auto-immune diseases, Lupus and Hashimoto's Disease. They have both been able to reclaim their health, and the author shares what they are doing that is working without medicine. Chances are you or someone you care about is currently battling weight, pre-diabetes, diabetes or heart disease, or another illness that can be corrected with food and lifestyle changes. Majora Carter shows how brain drain cripples low-status communities and maps out a development strategy focused on talent retention to help them break out of economic stagnation. "My musical, In the Heights, explores issues of community, gentrification, identity and home, and the question: Are happy endings only ones that involve getting out of your neighborhood to achieve your dreams? In her refreshing new book, Majora Carter writes about these issues with great insight and clarity, asking us to re-examine our notions of what community development is and how we invest in the futures of our hometowns. This is an exciting conversation worth joining." —Lin-Manuel Miranda How can we solve the problem of persistent poverty in low-status communities? Majora Carter argues that these areas need a talent-retention strategy, just like the ones companies have. Retaining homegrown talent is a critical part of creating a strong local economy that can resist gentrification. But too many people born in low-status communities measure their success by how far away from them they can get. Carter, who could have been one of them, returned to the South Bronx and devised a development strategy rooted in the conviction that these communities have the resources within themselves to succeed. She advocates measures such as • Building mixed-income instead of exclusively low-income housing to create a diverse and robust economic ecosystem • Showing homeowners how to maximize the long-term value of their property so they won't succumb to quick-cash offers from speculators • Keeping people and dollars in the community by developing vibrant “third spaces”—restaurants, bookstores, and places like Carter's own Boogie Down Grind Cafe This is a profoundly personal book. Carter writes about her brother's murder, how turning a local dumping ground into an award-winning park opened her eyes to the hidden potential in her community, her struggles as a woman of color confronting the “male and pale” real estate and nonprofit establishments, and much more. It is a powerful rethinking of poverty, economic development, and the meaning of success. A road map for dismantling the fear and shame that keep you from living a free and authentic life. In the aftermath of stress, disappointment, and trauma, people often fall into survival mode, even while a part of them longs for more. Juggling multiple demands and responsibilities keeps them busy, but not healed. As a survivor of sexual assault, racism, and evacuation from a civil war in Liberia, Dr. Thema Bryant knows intimately the work involved in healing. Having made the journey herself, in addition to guiding others as a clinical psychologist and ordained minister, Dr. Thema shows you how to reconnect with your authentic self and reclaim your time, your voice, your life. Signs of disconnection from self can take many forms, including people-pleasing, depression, anxiety, and resentment. Healing starts with recognizing and expressing emotions in an honest way and reconnecting with the neglected parts of yourself, but it can't be done in a vacuum. Dr. Thema gives you the tools to meaningfully connect with your larger community, even if you face racism and sexism, heartbreak, grief, and trauma. Rather than shrinking in the face of life's difficulties, you will discover in Homecoming the therapeutic approaches and spiritual practices to live a more expansive life characterized by empowerment, healthier relationships, gratitude, and a deeper sense of purpose. *DVD Study is designed as a companion peice to the Reclaim Your Soul Study Guide Take back your personal power! Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2) Have you ever wondered?If everyone wants to succeed, why do so few people become successful? Can certain relationship patterns prevent me from stepping into my destiny? Are there habits or behaviors in my life that keep me from fulfilling my purpose? Develop the skills you need to succeed in life! While The 40 Day Soul Fast focused on the 40 characteristics of an authentic person, now bestselling author and empowerment specialist, Dr. Cindy Trimm delivers her follow-up ?Reclaim Your Soul, which focuses on the 40 behaviors of a resilient person. By going through the Reclaim Your Soul video sessions?either individually or with a group?you will discover how to: Identify destructive relationships in your life and break free from their harmful impact Avoid unhealthy emotional attachments and shield your soul from possible damage Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose Successful people are resilient people. The key to resiliency is learning how to reclaim your soul each and every day! "A timely and groundbreaking take on the roots of the Christian church and its place in the entirety of God's kingdom. . . . There is no better time than now to learn about and become firmly grounded within your spiritual heritage." —from the foreword by Perry Stone The early church was made up of Jewish and Gentile followers of Jesus, and the church's culture was rooted in Judaism and a Jewish understanding of God's relationship to His people. Over time, however, Christianity became increasingly more Roman than Jewish, and the church lost its identity. Rabbi Curt Landry's personal story is remarkably similar. Born to a Jewish mother and a Catholic father, Landry was put up for adoption, and for more than thirty years he had no understanding of his heritage, his roots, or who his parents were. But when he discovered the truth of his story, his life changed completely. The key to a life of power and purpose is understanding who you are. In this revelatory book, Curt Landry helps Christians discover their roots in Judaism, empowering them to walk in the revelation of who they really are and who they are born to be. Reclaiming Our Forgotten Heritage reveals the mysteries of the church, letting Christians grasp the power that comes from connecting with their true identity. Disillusionment is the dissolution of an illusion and a return to wonder, to innocence, and to truth. What is "the red pill"? The red pill is a term used in the movie The Matrix, to refer to "The undistorted truth." What distorts truth? False belief. The phrase "I don't believe it" implies that something is evident but that one does not or will not accept it because the evidence does not fit an existing belief (i.e. and existing denial). "I don't believe it" is often the first thing someone says when he eventually accepts that which becomes obvious to him in due time. This information is presented not just to dissolve mistaken belief, but to provide information that may not be readily available to a person who is unaware. From stories that take you to the stars, to stories that span into other times and realms, to stories set in the magical now, Reclaim the Stars takes the Latin American diaspora to places fantastical and out of this world. Follow princesses warring in space, haunting ghost stories in Argentina, mermaids off the coast of the Caribbean, swamps that whisper secrets, and many more realms explored and unexplored; this stunning collection of seventeen short stories breaks borders and realms to prove that stories are truly universal. Reclaim the Stars features both bestselling and acclaimed authors as well as two new voices in the genres: Vita Ayala, David Bowles, J.C. Cervantes, Zoraida Córdova, Sara Faring, Romina Garber, Isabel Ibañez, Anna-Marie McLemore, Yamile Saied Méndez, Nina Moreno, Circe Moskowitz, Maya Motayne, Linda Raquel Nieves Pérez, Daniel José Older, Claribel A. Ortega, Mark Oshiro and Lilliam Rivera. 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 how to protect your most prized possession: the heart. If you are looking for a quick and simple book to either help you get your business back on track or to start a new business, then this will be a good read for you! There is no doubt that owning your own business is tough! But, there are ways to manage it so that you do not create more stress for yourself but to also manage it so that you can still have a life. I have seen so many business owners try to do it all because they are afraid to delegate jobs to their staff or management or in other words they want to be in control. This is not good and gets you into trouble with your business in the long run. It's important to understand what really is important when running a business and you might be surprised on what you learn because it may not be what you thought it would be. This book is great for beginners but also for those who just want to learn. My name is Alyssa and I sold my business in May 2021. My first goal after selling was to write a book on how to run a good business and this was a dream of mine about 10 years ago. Now that I have more time on my hands I can look back at my experience and share it with the world. My new favorite past time is helping others accomplish their business goals. Why? Because I know that "lonely at the top" feeling is not easy when you feel like no one understands you or your position. Technology surrounds us every day: a phone alarm wakes us up, an electronic calendar tracks assignment deadlines, GPS directs us to the new dentist's office, social media keeps us connected to friends and family, and streaming platforms make sure we're never without something new to binge-watch. Our devices and apps can make life much more convenient and entertaining. But for years, scientists have warned that too much screen time may have negative effects on our health. With portable devices and remote learning, it is even more difficult to put down electronics. Being intentional about how and when to unplug can help teens and young adults to protect their physical and mental wellbeing in a world where screens and technology are increasingly becoming necessities rather than just conveniences. Attention Hijacked offers a roadmap for those deciding how they want to deal with technology, exploring the ways technology affects the individual, dispelling common misinformation, and using this knowledge to make personalized decisions. Page Plus links in the book lead to mindfulness and meditation audio clips. Using mindfulness techniques, this book gives readers the power to take charge of their technology use. This is a story of hope, but also of peril. It began when our nation's polarized political class started conscripting everyday citizens into its culture war. From their commanding heights in political parties, media, academia, and government, these partisans have attacked one another for years, but increasingly they've convinced everyday Americans to join the fray. Why should we feel such animosity toward our fellow citizens, our neighbors, even our own kin? Because we've fallen for the false narrative, eagerly promoted by pundits on the Left and the Right, that citizens who happen to vote Democrat or Republican are enthusiastic supporters of Team Blue or Team Red. Aside from a minority of party activists and partisans, however, most voters are simply trying to choose the lesser of two evils. The real threat to our union isn't Red vs. Blue America, it's the quiet collusion within our nation's political class to take away that most American of freedoms: our right to self-governance. Even as partisans work overtime to divide Americans against one another, they've erected a system under which we ordinary citizens don't have a voice in the decisions that affect our lives. From foreign wars to how local libraries are run, authority no longer resides with We the People, but amongst unaccountable officials. The political class has stolen our birthright and set us at one another's throats. This is the story of how that happened and what we can do about it. America stands at a precipice, but there's still time to reclaim authority over our lives and communities. "In a time in which the ways we communicate and connect are constantly changing, and not always for the better, Sherry Turkle provides a much needed voice of caution and reason to help explain what the f*** is going on." —Aziz Ansari, author of Modern Romance Renowned media scholar Sherry Turkle investigates how a flight from conversation undermines our relationships, creativity, and productivity—and why reclaiming face-to-face conversation can help us regain lost ground. We live in a technological universe in which we are always communicating. And yet we have sacrificed conversation for mere connection. Preeminent author and researcher Sherry Turkle has been studying digital culture for over thirty years. Long an enthusiast for its possibilities, here she investigates a troubling consequence: at work, at home, in politics, and in love, we find ways around conversation, tempted by the possibilities of a text or an email in which we don't have to look, listen, or reveal ourselves. We develop a taste for what mere connection offers. The dinner table falls silent as children compete with phones for their parents' attention. Friends learn strategies to keep conversations going when only a few people are looking up from their phones. At work, we retreat to our screens although it is conversation at the water cooler that increases not only productivity but commitment to work. Online, we only want to share opinions that our followers will agree with – a politics that shies away from the real conflicts and solutions of the public square. The case for conversation begins with the necessary conversations of solitude and self-reflection. They are endangered: these days, always connected, we see loneliness as a problem that technology should solve. Afraid of being alone, we rely on other people to give us a sense of ourselves, and our capacity for empathy and relationship suffers. We see the costs of the flight from conversation everywhere: conversation is the cornerstone for democracy and in business it is good for the bottom line. In the private sphere, it builds empathy, friendship, love, learning, and productivity. But there is good news: we are resilient. Conversation cures. Based on five years of research and interviews in homes, schools, and the workplace, Turkle argues that we have come to a better understanding of where our technology can and cannot take us and that the time is right to reclaim conversation. The most human—and humanizing—thing that we do. The virtues of person-to-person conversation are timeless, and our most basic technology, talk, responds to our modern challenges. We have everything we need to start, we have each other. Turkle's latest book, *The Empathy Diaries* (3/2/21) is available now. There's an 80 percent chance you're poor. Time poor, that is. Four out of five adults report feeling that they have too much to do and not enough time to do it. These time-poor people experience less joy each day. They laugh less. They are less healthy, less productive, and more likely to divorce. In one study, time stress produced a stronger negative effect on happiness than unemployment. How can we escape the time traps that make us feel this way and keep us from living our best lives? *Time Smart* is your playbook for taking back the time you lose to mindless tasks and unfulfilling chores. Author and Harvard Business School professor Ashley Whillans will give you proven strategies for improving your "time affluence." The techniques Whillans provides will free up seconds, minutes, and hours that, over the long term, become weeks and months that you can reinvest in positive, healthy activities. *Time Smart* doesn't stop at telling you what to do. It also shows you how to do it, helping you achieve the mindset shift that will make these activities part of your everyday regimen through assessments, checklists, and activities you can use right away. The strategies Whillans presents will help you make the shift to time-smart living and, in the process, build a happier, more fulfilling life. We all need more hours in the day, as we spend more time than ever working, studying and caring. So what if we could reclaim an entire hour, every day, to spend on the things we love? With proven advice from over 300 busy contributors, *The Extra Hour* condenses the best strategies and secrets into just 190 pages, to instantly supercharge your productivity. Whether you're a time-poor student, a frazzled entrepreneur or burned-out at work, waste no time in discovering how to: · cut time spent on emails in half · banish distracting thoughts for good · power-surf the web · and much, much more This is the last productivity book you'll ever need. So, what will you do with your Extra Hour? The storm of consumerism has left generations of individuals buried under years of accumulated possessions and left to their own devices to dig themselves out. The good news is that Vicki Norris, professional organizer and a regular on HGTV's nationally syndicated "Mission: Organization," is here to help. Vicki gives readers a framework that puts first things first and helps them establish an understanding of their priorities trade in the chaos of disorder for the peace of process embrace a plan that is personalized and possible Anyone who has ever stood in a room surrounded by unidentifiable or unreachable stuff will appreciate this sensible, biblical, and realistic approach to making a personal exodus from clutter to order. What if you knew how to create AMAZING health? Reconnect with your body and rebuild yourself to healthy and energized with this unique and truly integrated mind-body approach that taps into your innate ability to heal. Let Jacqueline change what you think you know about health as you learn: * - How your body communicates through symptoms * - How to unravel illness using age-old tools and forgotten techniques * - Which fuel your body really wants and why diets don't work * - How to set up the support you need * - The 3 golden rules of rebuilding * - How to remove the 7 biggest blocks to great health And much more... Writer, natural nutritionist, transformational coach and change agent for health, Jacqueline developed her rebuild process after battling serious illness and spending over a decade studying unconventional practices and the mind-body connection. Use her unique approach to understand what your body needs now and how to rebuild to amazing health. Exert your birthright to obtain freedom from corrupt government agencies and their jurisdiction. "Freedom from Government; How to Reclaim Your Power" is your handbook for dealing with government on your terms. Learn how to win any court case, what to say to law enforcement, the problem with attorneys (and why you NEVER want to hire one), why statute and legislation only apply to you if you allow it, the difference between a "right" and a "privilege", what it means to be truly free and responsible for yourself and your estate, the history of our legal system (and why it is so messed up), how to get remedy for inherent rights violations, and everything else you will need to make them LEAVE YOU ALONE FOREVER! Thank heaven youth and middle age are behind you. Now you can concentrate on yourself. And celebrate, indulge in and be enthralled by the most significant experience you will have as a human being: the process of growing old. Our culture says the best way to deal with aging is to fight it. Look young, act young, feel young, they tell you, for as long as you can. But when it comes to crafting a blueprint for successful aging, society seems to be lagging behind modern science and way behind the philosophies of our ancestors. Leading-edge gerontologists are now discovering wisdom revealed

centuries ago: that old age may be the most important stage in the human life cycle. To miss out on it by chasing after your younger self means forgoing some of life's most meaningful moments. In *Reclaim Your Right to Grow Old*, Kathleen O'Brien takes you on her journey into ancient philosophy, ground-breaking science and our culture's misconceptions about aging. Her advice? Tell people your age, expect young people to respect you, be eccentric, never age gracefully. Kathleen reminds you that empowerment, peace and self-knowledge unfold effortlessly when you age the way nature intended. Your later years are like no other. You are meant to experience them so you can uncover the reasons we grow old in the first place. Don't let this remarkable time pass you by. Old age only comes around once. Why do we defecate in drinking water? Sarah Poppy Jackson has pondered this question for many years. Have you ever considered that we use drinking water in our toilets? In these times of climate breakdown, ecological degradation, social stress, and resource scarcity, isn't it time this changed? Taking a journey through the history of the flush, to our changing relationship with water, and on to bold suggestions for change, *Reclaim Your Sh*t* is starting the conversation we need to have, but convention holds us from having. Jackson is going to have you sitting on the toilet wanting to finish this pipe-blocker of a book. What are you passionate about? A simple enough question, right? But what if you don't have an answer? What if your mind goes blank? Well, that very thing happened to author Lauren Krasnodembski. That seemingly simple query left her speechless and sent her on a multi-year inner quest that would change her forever. *Reclaim Your Power* chronicles the trajectory of Lauren's life from the moment that fateful question was posed. We follow along as she searches for her passions and purpose, and struggles through breakdowns and breakthroughs along the way. From running around like a hamster on a wheel and crying on the floor of her closet, to phone calls with a soul-exploration life coach, one-on-one yoga sessions, and a surprisingly enlightening Uber ride; we are there for it all. But, this book isn't just the telling of Lauren's journey. It offers insight into how YOU can use her experience to hit the pause button on your own life and make yourself a priority. Ultimately, *Reclaim Your Power* serves as a guide to allow more light and love into your life and serves as a pathway in allowing your passions and purpose to discover YOU! There's an 80% chance you're poor. Time poor, that is. Four out of five adults report feeling they are time-poor: They have too much to do and not enough time to do it. And the consequences are severe. The time-poor experience less joy each day. They laugh less. They are less healthy, less productive, and more likely to divorce. In one study of 2.5 million Americans, time stress produced a stronger negative effect on happiness than unemployment. How can we escape the time traps that make us feel this way and keep us from living our best lives? *Time Smart* is your playbook for taking back the time you lose to mindless tasks and unfulfilling chores. Author and Harvard Business School professor Ashley Whillans will give you proven strategies for improving your "time affluence." Sometimes you can find time lost to thoughtless activity--like mindlessly checking your phone. Sometimes you can find time by buying your way out of time-consuming, unrewarding tasks--for instance, by paying for a ride to work. The techniques Whillans provides will free up seconds, minutes, and hours that, over the long term, become weeks of freed up time you can reinvest in positive, healthy activities. *Time Smart* doesn't stop at telling you what to do. It also shows you how to do it, helping you achieve the mind-set shift that will make these activities part of your everyday regimen. At every step, *Time Smart* provides assessments, checklists, and activities you can use right away. Before you've finished reading chapter 1, you'll be accounting for your time and thinking about ways to change. Whillans knows what works. A leading voice in time and happiness research, she's worked with groups as diverse as large consulting firms, couples, the US military, and women with limited means managing vegetable stands in Kenya. The strategies she presents are proven through research and brought to life by the stories of people making the shift--or trying to make the shift--in order to create happier, more fulfilling lives. Take back your life in *40 Days!* Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 2) Activate the skills you need to succeed and take back your life! This companion devotional to *Reclaim Your Soul* from Dr. Cindy Trimm will lead you on an interactive 40-day journey to becoming a resilient person. Over the next 40 days, you will... Identify destructive relationships in your life and break free from their harmful impact Avoid unhealthy emotional attachments and shield your soul from possible damage Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose Successful people are resilient people. Get ready to practice 40 disciplines that will lead you into a more resilient life where success and freedom become your new normal! Why technology is not an end in itself, and how cities can be "smart enough," using technology to promote democracy and equity. Smart cities, where technology is used to solve every problem, are hailed as futuristic urban utopias. We are promised that apps, algorithms, and artificial intelligence will relieve congestion, restore democracy, prevent crime, and improve public services. In *The Smart Enough City*, Ben Green warns against seeing the city only through the lens of technology; taking an exclusively technical view of urban life will lead to cities that appear smart but under the surface are rife with injustice and inequality. He proposes instead that cities strive to be "smart enough": to embrace technology as a powerful tool when used in conjunction with other forms of social change—but not to value technology as an end in itself. In a technology-centric smart city, self-driving cars have the run of downtown and force out pedestrians, civic engagement is limited to requesting services through an app, police use algorithms to justify and perpetuate racist practices, and governments and private companies surveil public space to control behavior. Green describes smart city efforts gone wrong but also smart enough alternatives, attainable with the help of technology but not reducible to technology: a livable city, a democratic city, a just city, a responsible city, and an innovative city. By recognizing the complexity of urban life rather than merely seeing the city as something to optimize, these *Smart Enough Cities* successfully incorporate technology into a holistic vision of justice and equity. *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 and 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 how to protect your most prized possession: the heart. A community philanthropist empowers men of color to discover their own source of healing, hope, and inspiration. "In a time when many men of color are experiencing a sense of isolation and aloneness, it is exciting to know that they realize they do have power!"—Iyanla Vazant, author, and founder of Inner Visions Institute for Spiritual Development *Reclaim Your Power! A 30-Day Guide to Hope, Healing, and Inspiration for Men of Color* is a compact but powerful book in which Terrance Dean provides men of color with meaningful, spiritual meditations that can be practiced anywhere at any time. Quotations and exercises further build upon the daily lessons in the book. Among them: Listen; Be Still; Can't No One Stop You but You; Faith; Have Integrity; and Move, Mountain, Get out of My Way! "It's no accident that you have this book in your hands," writes Dean in his Introduction. "You or someone you know has thought enough about you to get you started or help you remember your connection to Spirit. Know that everything is divinely created and that you are meant to be here, right now, at this time, to become aware of your greatness. I encourage you to read this book and be open to its message." One cannot help but feel empowered after reading this book! *How to Reclaim Your Energy* teaches a new method by experienced Energist, Spiritual Teacher, Oracle and Channel, Kirsten Ivatts. The method came as a download of information that Kirsten has used many times since, on herself and with others. Use it on relationships, events, concepts (such as love and money), places and many other things, with great results. Many people know about cutting cords to sever a connection that is having a negative impact. Kirsten explains why this is not a great idea, and instead offers a far better solution. Reclaiming your energy is simple, quick and provides understanding, Aha moments and compassion. It provides an awareness of all the places you leave your energy behind, and the problems this is causing. The book offers exercises to help you learn, plus ideas of where you may need to reclaim your energy from. *Restoring your sense of self after trauma.* "In 1981 as a thirteen-year-old child I was given a routine antibiotic for a routine infection and suffered anything but a routine reaction. An undiscovered allergy to the medication turned me into a full-body burn victim almost overnight. By the time I was released from the hospital I had lost 100% of my epidermis. Even more importantly, I had completely lost myself." Now a professional coach who specializes in helping trauma victims rebuild their lives, Michele Rosenthal struggled with the effects of medically-induced post-traumatic stress disorder (PTSD) for over 25 years before reaching a full recovery. Today, she is 100% free of symptoms of PTSD. In this book, she applies her personal experience and professional wisdom to offer readers an invaluable roadmap to overcoming their own trauma, in particular the loss of sense of self that often accompanies it. If you suffer from the effects of trauma or PTSD, whether it was caused by a single-incident like a car accident, or from chronic childhood abuse, domestic violence, illness, or war trauma, you are well aware of how disconnected you feel from the person you most deeply wish to be. Trauma interrupts—even hijacks—your identity. To cope, you may rely on mechanisms to keep your emotions, triggers, and responses in check, but these very habits can often prevent the true restoration of safety, stability, and inner connection. How can you rediscover your sense of self so that you honor who you were before the trauma (even if that trauma began at birth), understand who you are at this very moment, and determine who you want to be going forward? Like a therapist in your back pocket, *Your Life After Trauma* guides you in finding answers to these tough questions. Expertly

written by a helping professional who keenly understands the post-trauma identity crisis that is so common among trauma and PTSD sufferers, it is a simple, practical, hands-on recovery workbook. Filled with self-assessment questionnaires, exercises, tips, and tools—not to mention insightful personal and professional vignettes—it takes readers through a step-by-step process of healing the identity crisis, from understanding some of the basic brain science behind trauma and why you feel the way you do, to recognizing who you were (or had the potential to be) before the trauma, who you are today, after the trauma, and who you want to become. With this book by your side, it is possible to regain a sense of calm, confidence, and control on your road to recovery. You already have all you need to step into the fullness of your power. Each of us has traumas, triggers, and painful experiences that have shaped our existence in this world. We carry these burdens with us as we navigate the realities of our lives. Learning to embody the truth of imago Dei is our catalyst for healing. We are each made in the image of God, and the Spirit of God lives within us. Therefore, we are allowed to listen to our Spirit. We are invited to develop our own Divine intuition, and we are empowered to trust our inner voice. We don't need anyone else's permission to navigate our life and faith, except our own. With the powerful voice of a woman, pastor, mother, and advocate, Rev. Aurelia Dávila Pratt gives us the compassionate nudge and tools we need to access our inner authority. By stepping out of harmful belief systems informed by white supremacy and scarcity, we can step into healthy paradigms of abundance, liberation, and power. A Brown Girl's Epiphany is a love letter to all of us in need of guidance on our journey. Honest, vulnerable, and humble, Pratt imagines a world where the walking wounded become the fully healed and liberated, where our inner work becomes the starting point for creating heaven on earth. "I believe that this book was Divinely channeled so that those who are about to give up on love open their hearts one more time and experience the pure joy of giving love with no other agenda; those who are about to give up on their brothers and sisters open their eyes one more time and see the spark of good that is in everyone; and those who are about to give up on God look for the grace one more time and find that just on the other side of the darkness, the light is waiting to embrace them. Thank you Temba for being such an open vessel for God to work through." -Debra Poneman, founder and president Yes to Success, Inc., bestselling author of Chicken Soup for the American Idol Soul "Temba brilliantly and compellingly reminds us of the true power we had as children. He takes us on a journey into the heart, where we reconnect with our child-like innocence and our loving essence." Marci Shimoff, #1 NY Times bestselling author of Love for No Reason and Happy for No Reason "Temba Spirit reminds all of us in his deeply moving book, How to Reclaim Your Innocence: Remembering the Love-Beauty Within, that none of us exist in isolation - that each of us are intimately connected to one another, and that with that connection there is an unspoken responsibility to take our life's lessons, no matter how dark or how painful, and transform them into the gift that they are meant to be. Congratulations Temba! You have gone deep into the recesses of your own soul to remind us that we live in a benevolent universe. That everything is always working 'for us' not 'against us.' Through your transparency you have reminded us again that the greatest power in the universe lies within our own heart and when we decide to be the love that we are, anything is possible." -Janet Bray Attwood - New York Times Bestseller - Co/author of The Passion Test - The Effortless Path to Discovering Your Life Purpose "A powerful and poignant message - deep and timely. In How To Reclaim Your Innocence: Remembering The Love Beauty Within, Temba Spirit shares the importance of honoring and loving ourselves as well as those around us every day. He captures the essence of our gentle spirits when we are born and the crucial need to continue to live in this type of love consistently. When we examine and share love, like Temba shows us how to do here, we actively create abundance for ourselves and those around us." Shajen Joy Aziz, M.Ed. Co-author of Discover The Gift It's Why We're Here "Temba Spirit graces us with a vital reminder of that place within us that has never been nor can ever be hurt, harmed, or endangered-the perpetual innocence of our inner spirit. He adds the good news that it is just as accessible to us today through the spiritual practices of meditation, introspection, compassion, and unconditional love as it was when we were children." -Michael Bernard Beckwith, author of Life Visioning "Temba gives voice to every soul that has been victimized by life's circumstances, and truly models a courage to move beyond that victim consciousness into the true empowerment that can only come from a willingness to forgive. He inspires each of us to honor the bullet of mistrust lodged in our own heart and to build our own platform of compassion needed to find our way back to the child within us who holds our faith, hope, love and trust." Cathryn Taylor, MA, MFT, LADC Author of the best selling Inner Child Workbook Beginning at age 30, men and women lose 7% of their lean muscle mass -which is literally the fiber of our being-every decade there after. By the age of 50, that amounts to 15%, The only solution is challenging ongoing physical activity, specifically strength training, to rebuild lost bone and muscle, and regain the physical form of youth. The Gold Standard for reclaiming youth is to literally build, or rebuild, your body, muscle and bone, through strength training. Reclaim Your Youth: Growing Younger After 40 educates the reader on how to perform exercises that rebuild muscle and bone for maximum results in half the time. Accept your thoughts, start living your life with Acceptance and Commitment Therapy Thoughts are simply a normal part of being human, but we've all had them disrupt our lives. Reclaim Your Life teaches you to accept and manage your thoughts with evidence-based principles and strategies from Acceptance and Commitment Therapy. Discover ways to increase your flexibility in thinking, get some distance from your thoughts, and work toward a life full of values and purpose. Acceptance and Commitment Therapy helps you get a handle on your emotions and find more adaptive responses from difficulties like panic attacks and low self-esteem. When strategies like labeling, visualizing, chatting with your mind, and others are implemented, they bring a positive change in your life. This book about Acceptance and Commitment Therapy includes: The program--Apply the six core processes to each week and then bring them all together during the seventh and final week. Broad array of issues--Acceptance and Commitment Therapy can help with mental health issues like obsessive compulsive disorder (OCD), depression, anxiety, and post-traumatic stress disorder (PTSD). Hands-on--Use the six chapter lessons, worksheets, and exercises to learn each step of the process. Reclaim Your Life is everything an Acceptance and Commitment Therapy book should be. It allows you to live the good life you deserve. Millions of people suffer from depression in silence, afraid to admit to their family, close friends or GP that they feel beaten and cannot find a way out. Alexandra Massey has been through the hell of depression and come through the side. Her bestselling book offers a practical, jargon-free and realistic lifeline to help sufferers overcome the worst aspects of the condition without the use of medication. Beat Depression offers hope and empowerment with: * 5 suggestions of what you can do when you are too depressed to move * 5 suggestions for when your head is just above the water * A 14-day workplan that offers a step-by-step recovery you take at your own pace Plus * ridding yourself of negativity and aiding recovery * advice on dealing with your children when you are depressed * dealing with feelings of deep-seated anger and grief * confronting depression head-on without medication Now with a chapter by Majorie Wallace, Chief Executive of Sane, the UK's leading mental health charity, on the wider issues of depression in society and Sane's counselling and support services, Massey's sensitive yet workable solutions could be beneficial to anyone living with depression. The life that wants to live in you is different than the life you are living. If you've ever had the feeling that something is missing, that there must be more to life, or that you have so much more to offer, [reclaim!] is about to change your life. Young or old, single, or married, rich or poor, people from all walks of life share these same sentiments. If you've ever heard your own soul whispering one of these feelings, then this book is about to change your life. Through an enlightening question and answer format, inspiring stories and practical articles, Matthew Kelly reveals a truth we all need to hear: these feelings within us are not human malfunctions. They are a message from the deepest part of you, calling you to settle for nothing less than the very-best-version-of-you. For nearly 30 years Matthew Kelly has been helping people discover the best-version-of-themselves. This book is an exploration of a crucial, but often overlooked, aspect of that process: reclaiming the parts of ourselves and our lives that we've lost along the way. You'll find piercing wisdom and practical insights for reclaiming such things as your: enthusiasm, contentment, emotional boundaries, love of learning, soul in a secular world, priorities, relationship with money and things, and hope for the future. No matter what you've lost, or sense is missing, you'll receive the tools and inspiration you need to reclaim your life, answer the call to more from your very soul, and reach a new level of flourishing. What do you need to reclaim? Reclaiming what you've lost is essential to flourishing as the person you were meant to be--unique and wonderful--like never before. "If you've been looking for something different to level up your health, fitness, and personal growth, this is it."—Melissa Urban, Whole30 CEO and New York Times bestselling author Discover the evolutionary mind and body benefits of living at the edges of your comfort zone and reconnecting with the wild. In many ways, we're more comfortable than ever before. But could our sheltered, temperature-controlled, overfed, underchallenged lives actually be the leading cause of many our most urgent physical and mental health issues? In this gripping investigation, award-winning journalist Michael Easter seeks out off-the-grid visionaries, disruptive genius researchers, and mind-body conditioning trailblazers who are unlocking the life-enhancing secrets of a counterintuitive solution: discomfort. Easter's journey to understand our evolutionary need to be challenged takes him to meet the NBA's top exercise scientist, who uses an ancient Japanese practice to build championship athletes; to the mystical country of Bhutan, where an Oxford economist and Buddhist leader are showing the world what death can teach us about happiness; to the outdoor lab of a young neuroscientist who's found that nature tests our physical and mental endurance in ways that expand creativity while taming burnout and anxiety; to the remote Alaskan backcountry on a demanding thirty-three-day hunting expedition to experience the rewilding secrets of one of the last rugged places on Earth; and more. Along the way, Easter uncovers a blueprint for leveraging the power of discomfort that will dramatically improve our health and happiness, and perhaps even help us understand what it means to be human. The Comfort Crisis is a bold call to break out of your comfort zone and explore the wild within yourself. A too-busy

brain can interfere with attention, concentration, mood and even the ability to make decisions and solve problems. Annibali shows you how to restore cognitive calm, and provides useful suggestions to help you understand your own brain functions so you can discover which techniques will work for you. It is never too late to change your life. What can you do today to improve yourself? Be persistent and militant with this change and you won't recognize yourself in one year's time. This book is your handbook for straightening out your life so that you can live a more fulfilling and ultimately enjoyable life. This book will- Help you create your life mission- Understand red flags in women- Develop healthy habits- Gain self-confidence- Become a more interesting man- Live a life of excellence

Reclaim Your Manhood is the debut book of author Ryan Felman, creator of the Path to Manliness brand and website: www.PathToManliness.com. Ryan Felman is a man who like many other young men, struggled to find his life's mission. After struggling through the family court system and nearly losing everything in divorce, he bounced back with fury and determination to live life to the fullest. By documenting his rise, Felman has created a path for young men everywhere who are lost and need direction and guidance in life. In less than a year, Ryan Felman went from hating running to running his first 5K and a Spartan Race. He created his own website and now has authored his first book.

Challenge yourself by reading this book and implement its advice into your own life. I have 20 steps here for the modern man to make meaningful changes to his life as well as details about how to take these steps and put them into action. Change your mindset. Change your life. Offers advice for becoming a more spiritually resilient person through breaking free from destructive relationships, avoiding unhealthy emotional attachments, and staying on track toward fulfilling one's purpose. Go beyond surviving to reclaim your sexual self. If you have experienced sexual abuse, assault, harassment, or rape, you may feel disconnected from your sexual self—even if you've overcome the initial trauma of your experience. You are a survivor; but surviving is just the beginning. This book explores what comes next. Written by a psychotherapist and grounded in cutting-edge research, Reclaiming Pleasure picks up where other sexual trauma recovery books leave off. It offers practical tools to help you cultivate a sense of safety, security and trust in order to reclaim the vitality, pleasure and great sex you deserve. The book will also serve as your compass on a journey toward the rediscovery of desire, letting you explore what you want from others and for yourself. This groundbreaking book will help you: Understand the lasting mental, physical, sexual, and relational impacts of sexual trauma Move beyond feelings of shame Reclaim pleasure and reignite passion in your life Surviving is merely the first step in the process of recovery from sexual trauma. With this sex-positive and empowering guide, you are invited to take your recovery to the next level. You'll feel emboldened by the desire for better sex, healthier relationships, and a more connected, pleasurable life. Your coworkers invite you out for a quick drink after work, and you panic. You can't think about anyone in your family without becoming overwhelmingly sad. No matter what you do or what's happening around you, you're always agitated and angry. You mistrust anyone and everyone you meet, and don't feel confident in anything you do. All of this tells you what you may already know ... that a huge part of your life has been stolen from you. Well, now is the time to get it back! If you were raised in any type of high-control environment, and especially if you've spent time in an actual cult or with a domineering partner, you now need to unlearn the hurtful thinking habits that have kept you a prisoner all these years. Anti-cult activist and wellness writer Alexandra James has put together this comprehensive guide for breaking free from what's going on inside your own head, so that you can learn how to reclaim your life and finally make it truly your own!

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