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## KEY=HOW - WILLIAMSON LANG

**Breaking The Habit of Being Yourself How to Lose Your Mind and Create a New One** *Hay House, Inc* You are not doomed by your genes and hardwired to be a certain way for the rest of your life. A new science is emerging that empowers all human beings to create the reality they choose. In *Breaking the Habit of Being Yourself*, renowned author, speaker, researcher, and chiropractor Dr. Joe Dispenza combines the fields of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible. Not only will you be given the necessary knowledge to change any aspect of yourself, but you will be taught the step-by-step tools to apply what you learn in order to make measurable changes in any area of your life. Dr. Joe demystifies ancient understandings and bridges the gap between science and spirituality. Through his powerful workshops and lectures, thousands of people in 24 different countries have used these principles to change from the inside out. Once you break the habit of being yourself and truly change your mind, your life will never be the same! **Becoming Supernatural How Common People are Doing the Uncommon** *Hay House, Inc* The author of the New York Times bestseller *You Are the Placebo*, as well as *Breaking the Habit of Being Yourself* and *Evolve Your Brain*, draws on research conducted at his advanced workshops since 2012 to explore how common people are doing the uncommon to transform themselves and their lives. *Becoming Supernatural* marries the some of the most profound scientific information with ancient wisdom to show how people like you and me can experience a more mystical life. Readers will learn that we are, quite literally supernatural by nature if given the proper knowledge and instruction, and when we learn how to apply that information through various meditations, we should experience a greater expression of our creative abilities; that we have the capacity to tune in to frequencies beyond our material world and receive more orderly coherent streams of consciousness and energy; that we can intentionally change our brain chemistry to initiate profoundly mystical transcendental experiences; and how, if we do this enough times, we can develop the skill of creating a more efficient, balanced, healthy body, a more unlimited mind, and greater access to the realms of spiritual truth. Topics include:

- Demystifying the body's 7 energy centers and how you can balance them to heal
- How to free yourself from the past by reconditioning your body to a new mind
- How you can create reality in the generous present moment by changing your energy
- The difference between third-dimension creation and fifth-dimension creation
- The secret science of the pineal gland and its role in accessing mystical realms of reality
- The distinction between Space-Time vs. Time-Space realities And much more...

**You Are the Placebo Making Your Mind Matter** *Hay House, Inc* Is it possible to heal by thought alone—without drugs or surgery? The truth is that it happens more often than you might expect. In *You Are the Placebo*, Dr. Joe Dispenza shares numerous documented cases of those who reversed cancer, heart disease, depression, crippling arthritis, and even the tremors of Parkinson's disease by believing in a placebo. Similarly, Dr. Joe tells of how others have gotten sick and even died the victims of a hex or voodoo curse—or after being misdiagnosed with a fatal illness. Belief can be so strong that pharmaceutical companies use double- and triple-blind randomized studies to try to exclude the power of the mind over the body when evaluating new drugs. Dr. Joe does more than simply explore the history and the physiology of the placebo effect. He asks the question: "Is it possible to teach the principles of the placebo, and without relying on any external substance, produce the same internal changes in a person's health and ultimately in his or her life?" Then he shares scientific evidence (including color brain scans) of amazing healings from his workshops, in which participants learn his model of personal transformation, based on practical applications of the so-called placebo effect. The book ends with a "how-to" meditation for changing beliefs and perceptions that hold us back—the first step in healing. *You Are the Placebo* combines the latest research in neuroscience, biology, psychology, hypnosis, behavioral conditioning, and quantum physics to demystify the workings of the placebo effect . . . and show how the seemingly impossible can become possible. **Evolve Your Brain The Science of Changing Your Mind** *Simon and Schuster* Why do we keep getting the same jobs, taking on the same relationships, and finding ourselves in the same emotional traps? Dr. Joe Dispenza not only teaches why people tend to repeat the same negative behaviors, he shows how readers can release themselves from these patterns of disappointment. With the dynamic combination of science and accessible how-to, Dispenza teaches how to use the most important tool in ones body and life—the brain. Featured in the underground smash hit of 2004, "What the Bleep Do We Know!?" Dispenza touched upon the brain's ability to become addicted to negative emotions. Now, in his empowering book *Evolve Your Brain* he explains how new thinking and new beliefs can literally rewire one's brain to change behavior, emotional reactions, and habit forming patterns. Most people are unaware of how addicted they are to their emotions, and how the brain perpetuates those addictions automatically. In short, we become slaves to our emotional addictions without even realizing it. By observing our patterns of thought, and learning how to 're-wire the brain' with new thought patterns, we can break the cycles that keep us trapped and open ourselves to new possibilities for growth, happiness and emotional satisfaction. Key Features A radical approach to changing addictive patterns and bad habits. Based on more than twenty years of research. Bridges the gap between science, spirituality and self-help—a formula that has proven success. Easy to understand and written for the average reader. **Summary of Breaking the Habit of Being Yourself by Joe Dispenza How to Lose Your Mind and Create a New One** Book Summary of *Breaking the Habit of Being Yourself* by Joe Dispenza \*\*\*\*ORIGINAL BOOK TITLE: *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One* by Joe Dispenza\*\*\*\*IMPORTANT NOTE: This is not the original book, this is an executive summary / book summary of "Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One" by Joe Dispenza \*\*\*\*ORIGINAL BOOK DESCRIPTION: *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One* Oct 21, 2016 | by Joe Dispenza and Adam Boyce | ABOUT: You are not doomed by your genes and hardwired to be a certain way for the rest of your life. A new science is emerging that empowers all human beings to create the reality they choose. In *Breaking the Habit of Being Yourself*, renowned author, speaker, researcher, and chiropractor Dr. Joe Dispenza combines the fields of quantum physics, neuroscience, brain chemistry, biology, and genetics to show you what is truly possible. Not only will you be given the necessary knowledge to change any aspect of yourself, but you will be taught the step-by-step tools to apply what you learn in order to make measurable changes in any area of your life. Dr. Joe demystifies ancient understandings and bridges the gap between science and spirituality. Through his powerful workshops and lectures, thousands of people in 24 different countries have used these principles to change from the inside out. Once you break the habit of being yourself and truly change your mind, your life will never be the same! \*\*\*\*THIS IS A BOOK SUMMARY OF "BREAKING THE HABIT OF BEING YOURSELF BY JOE DISPENZAEXECUTIVE BOOK SUMMARY BY FLASHBOOKS\*\*\*\*ABOUT THE AUTHOR: Joe Dispenza, New York Times bestselling author, researcher, and lecturer: studied biochemistry at Rutgers University in New Brunswick, N.J. He also holds a BS degree with an emphasis in Neuroscience. Dr. Dispenza also received his Doctor of Chiropractic Degree at Life University in Atlanta, Georgia, graduating magna cum laude. Dr. Dispenza's postgraduate training and continuing education has been in neurology; neuroscience; brain function and chemistry; cellular biology; memory formation; and aging and longevity. He is an invited member of Who's Who in America, an honorary member of the National Board of Chiropractic Examiners, the recipient of a Clinical Proficiency Citation for clinical excellence in doctor-patient relationships from Life University, and a member of Pi Tau Delta - the International Chiropractic Honor Society. \*\*\*\*ORIGINAL BOOK AND PUBLISHER DETAILS: *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One* Audiobook - Unabridged Joe Dispenza (Author), Adam Boyce (Narrator), Author's Republic (Publisher) Audible Audio Edition Program Type: Audiobook Publisher: Author's Republic Audible Release Date: October 21, 2016 ASIN: B01M669PBZ Amazon Best Sellers Rank: #3 in Books > Religion & Spirituality > New Age & Spirituality > New Thought #6 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult #30 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One* by Joe Dispenza (Author) Source ISBN: 1401938086 Publisher: Hay House (February 15, 2012) Publication Date: February 15, 2012 ASIN: B006M7A8JJ Amazon Best Sellers Rank: #5,607 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #6 in Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > New Thought #20 in Books > Religion & Spirituality > New Age & Spirituality > New Thought #42 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Motivational\*\*\*\*THIS IS A BOOK SUMMARY OF "BREAKING THE HABIT OF BEING YOURSELF BY JOE DISPENZAEXECUTIVE BOOK SUMMARY BY FLASHBOOKS **Mind to Matter The Astonishing Science of How Your Brain Creates Material Reality** *Hay House, Inc* Best Health Book of 2018 - American Book Fest. Best Science Books of 2018 - Bookbub. Every creation begins as a thought, from a symphony to a marriage to an ice cream cone to a rocket launch. When we have an intention, a complex chain of events begins in our brains. Thoughts travel as electrical impulses along neural pathways. When neurons fire together they wire together, creating electromagnetic fields. These fields are invisible energy, yet they influence the molecules of matter around us the way a magnet organizes iron filings. In *Mind to Matter*, award-winning researcher Dawson Church explains the science showing how our minds create matter. Different intentions produce different fields and different material creations. The thoughts and energy fields we cultivate in our minds condition the atoms and molecules around us. We can now trace the science behind each link in chain from thought to thing, showing the surprising ways in which our intentions create the material world. The science in the book is illustrated by many authentic case histories of people who harnessed the extraordinary power of the mind to create. They include: Adeline, whose Stage 4 cancer disappeared after she imagined "healing stars" Raymond Aaron and two of his clients, each of whom manifested \$1 million in the same week Elon Musk, who bounced back from devastating tragedy to found Tesla and SpaceX Graham Phillips, who grew the emotional regulation part of his brain by 22.8% in two months Jennifer Graf, whose grandfather's long-dead radio came to life to play love songs the day of her wedding Harold, whose 80% hearing loss reversed in an hour Joe Marana, whose deceased sister comforted him from beyond the grave Rick Geggie, whose clogged arteries cleared up the night before cardiac surgery Matthias Rust, a teen whose "airplane flight for peace" changed the fate of superpowers Wanda Burch, whose dream about cancer told the surgeon exactly where to look for it An MIT freshman student who can precipitate sodium crystals with his mind John, who found himself floating out of his body and returned to find his AIDS healed Dean, whose cortisol levels dropped by 48% in a single hour In *Mind to Matter*, Dawson Church shows that these outcomes aren't a lucky accident only a few people experience. Neuroscientists have measured a specific brain wave formula that is linked to manifestation. This "flow state" can be learned and applied by anyone. New discoveries in epigenetics, neuroscience, electromagnetism, psychology, vibration, and quantum physics connect each step in the process by which mind creates matter. They show that the whole universe is self-organizing, and when our minds are in a state of flow, they coordinate with nature's emergent intelligence to produce synchronous outcomes. The book contained over 150 photos and illustrations that explain the process, while an "Extended Play" section at the end of each chapter provides additional resources. As *Mind to Matter* drops each piece of the scientific puzzle into place, it leaves us with a profound understanding of the enormous creative potential of our minds. It also gives us a road map to cultivating these remarkable brain states in our daily lives. **Meditations for Breaking the Habit of Being Yourself Revised Edition** *Hay House, Inc* Edition statement hold on container sleeve. **Summary of Joe Dispenza's Breaking the Habit of Being Yourself by Milkyway Media** *Milkyway Media* *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One* (2012) by Dr. Joe Dispenza is a self-help book about shaking off negativity and using meditation to effect positive change. Many people don't realize how much their mental life directs their physical experience of the world... Purchase this in-depth summary to learn more. **You Are the Placebo Meditation 1 -- Revised Edition Changing Two Beliefs and Perceptions** *Hay House, Inc* After introducing the open-focus technique, Dr. Joe Dispenza moves into the practice of finding the present moment. When listeners discover the sweet spot of the present moment and forget about themselves as the personalities they have always been, they have access to other possibilities that already exist in the quantum field. That's because they are no longer connected to the same body-mind, to the same identification with the environment, and to the same predictable timeline. **Becoming Supernatural How Common People Are Doing the Uncommon** *Hay House, Inc* WALL STREET JOURNAL BESTSELLER The author of the New York Times bestseller *You Are the Placebo*, as well as *Breaking the Habit of Being Yourself* and *Evolve Your Brain*, draws on research conducted at his advanced workshops since 2012 to explore how common people are doing the uncommon to transform themselves and their lives. *Becoming Supernatural* marries some of the most profound scientific information with ancient wisdom to show how people like you and me can experience a more mystical life. Readers will learn that we are, quite literally supernatural by nature if given the proper knowledge and instruction, and when we learn how to apply that information through various meditations, we should experience a greater expression of our creative abilities; that we have the capacity to tune in to frequencies beyond our material world and receive more orderly coherent streams of consciousness and

energy; that we can intentionally change our brain chemistry to initiate profoundly mystical transcendental experiences; and how, if we do this enough times, we can develop the skill of creating a more efficient, balanced, healthy body, a more unlimited mind, and greater access to the realms of spiritual truth. Topics include: • Demystifying the body's 7 energy centers and how you can balance them to heal • How to free yourself from the past by reconditioning your body to a new mind • How you can create reality in the generous present moment by changing your energy • The difference between third-dimension creation and fifth-dimension creation • The secret science of the pineal gland and its role in accessing mystical realms of reality • The distinction between Space-Time vs. Time-Space realities • And much more Using tools and disciplines ranging from cutting-edge physics to practical exercises such as a walking meditation, Dr. Joe offers nothing less than a program for stepping outside our physical reality and into the quantum field of infinite possibilities. **SUMMARY - Breaking The Habit Of Being Yourself: How To Lose Your Mind And Create A New One By Joe Dr. Dispenza Shortcut Edition** \* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. As you read this summary, you will learn how relativity theory can be used to positively change your life and solve your problems. You will also learn : to know yourself; to take back control of your life; to think like a visionary; to become who you want to be; to meditate. Changing your life, being healthy, finding a new job or becoming rich involves finding the solutions and means within your reach. Unfortunately, most of the time, the initial enthusiasm fades away, difficulties arise and you fall back into your old ways, habits and blockages. According to the theory of relativity, this is linked to a lack of knowledge of the true nature of man and the way the world works. To understand and effectively apply this theory is to find the source of all solutions. \*Buy now the summary of this book for the modest price of a cup of coffee! **Receiving the Healing Gift in Ms My Journey from Separation to Union After a Diagnosis of Multiple Sclerosis Balboa Press** Can you open yourself up to the possibility of an infinite, loving intelligence guiding and orchestrating this whole universe? Can you listen to the wisdom of your divine body? Can you trust in the divine wisdom of your soul? These are difficult questions, yet in 2007, Mounina Bouna Aly had to seek answers as MS came into her life and turned her world upside down. Receiving the Healing Gift in MS shares Mounina's firsthand journey as she became curious and began to study herself, life, and healing. And after three years of denial, she opened herself to the message the universe was trying to deliver. She allowed her life to fall apart and then surrendered to it. She discovered that MS was a gift for her, because it led to her healing. To heal is to receive with simplicity whatever life brings to your doorstep. To heal is to change from the inside out, become your authentic self, and raise your vibration. And to heal is to forgive the past and create a new future. When we partner with the universe, we become experts at solving life's problems. **The Elevated Communicator How to Master Your Style and Strengthen Well-Being at Work Simon and Schuster** Discover your communication style and elevate consciousness at work to build trust, strengthen collaboration, relieve stress, and improve wellbeing. Our work lives revolve around effective communication. It is essential for cultivating trust and team collaboration, as well as strengthening our motivation and wellbeing at work. And with teams experiencing more anxiety, stress, and burnout than ever before, strong communication skills have never been more essential. The key to this clear and effective communication begins with understanding our own personal communication styles. Bringing our whole and authentic selves to work improves relationships and teamwork. The better we understand what drives us, how we impact others, and how our wellbeing impacts our communication, the faster we can close communication gaps to build healthy, successful, and satisfying work lives and more intentional careers. Drawing on more than a decade of original research on communication tendencies, as well as proven mindfulness and habit-formation techniques, Maryanne O'Brien has developed a proprietary model of communication styles: Expressive, Reserved, Direct, or Harmonious. In *The Elevated Communicator* you will find: -A self-assessment to discover your own personal style -An in-depth style profile to strengthen self-awareness and help you play to your style's strengths -The connection between emotional health and communication patterns -Strategies to manage your communication style under stress -Practices to improve your well-being and reduce conflict -Ways to care for your communication style and improve your wellbeing -Methods to flex toward other styles to communicate more effectively with people -Advice on building healthy, trusted, and productive working relationships Perfect for fans of StrengthsFinder 2.0 and Gretchen Rubin's *The Four Tendencies*, *The Elevated Communicator's* personalized, mindful approach inspires readers to develop daily practices to spiral up, raise consciousness, inspire accountability, and discover their full potential at work. **The Science of Self-Empowerment Awakening the New Human Story Hay House, Inc** New in paperback (originally published as *Human by Design*): At the cutting edge of science and spirituality, New York Times best-selling author Gregg Braden explains that evolution is not the whole story of humanity--and offers a new understanding of our origins that can help us tap the extraordinary abilities we already have. What would it mean to discover we're designed to live extraordinary lives of self-healing, longevity, and deep intuition? Is it possible that the advanced awareness achieved by monks, nuns, and mystics--considered rare in the past--is actually meant to be a normal part of our daily lives? In this revelatory book, now available for the first time in paperback, five-time New York Times best-selling author and 2018 Templeton Award nominee Gregg Braden explains that we no longer need to ask these questions as "What if?" Recent discoveries ranging from human evolution and genetics to the new science of neuro-cardiology (the bridge between the brain and the heart) have overturned 150 years of thinking when it comes to the way we think of ourselves, our origin, and our capabilities. In this reader-friendly journey of discovery, Braden begins with the fact that we exist as we do, even more empowered, and more connected with ourselves and the world than scientists have believed in the past. It's this undisputable fact that leads to even deeper mysteries. "How do we awaken the extraordinary abilities that come from such an awesome connection?" "What role does our ancient and mysterious heritage play in our lives today?" Join Gregg as he crosses the traditional boundaries of science and spirituality to answer precisely these questions. In doing so he reveals a) specific tools, techniques, and practices to awaken our deep intuition on-demand, for self healing and longevity; and 2) concrete solutions to the social issues that are destroying our families and dividing us as people, including the bullying of young people, hate crimes, the growing epidemic of suicide, religious extremism, and more. When new discoveries prove that the existing human story is no longer based in fact, it's time to change the story. This simple truth is at the heart of the book you're about to read. **The School of Greatness A Real-World Guide to Living Bigger, Loving Deeper, and Leaving a Legacy Rodale** When a career-ending injury left elite athlete and professional football player Lewis Howes out of work and living on his sister's couch, he decided he needed to make a change for the better. He started by reaching out to people he admired, searching for mentors, and applying his past coaches' advice from sports to life off the field. Lewis did more than bounce back: He built a multimillion-dollar online business and is now a sought-after business coach, speaker, and podcast host. In the New York Times bestseller *The School of Greatness*, Howes shares the essential tips and habits he gathered in interviewing "the greats" on his wildly popular podcast of the same name. In discussion with people like Olympic gold medalist Shawn Johnson and Pencils of Promise CEO Adam Braun, Howes figured out that greatness is unearthed and cultivated from within. The masters of greatness are not successful because they got lucky or are innately more talented, but because they applied specific habits and tools to embrace and overcome adversity in their lives. A framework for personal development, *The School of Greatness* gives you the tools, knowledge, and actionable resources you need to reach your potential. Howes anchors each chapter with a specific lesson he culled from his greatness "professors" and his own experiences to teach you how to create a vision, develop hustle, and use dedication, mindfulness, joy, and love to reach goals. His lessons and practical exercises prove that anyone is capable of achieving success and that we can all strive for greatness in our everyday lives. **The Secret Language of the Heart How to Use Music, Sound, and Vibration as Tools for Healing and Personal Transformation Hierophant Publishing** In *The Secret Language of the Heart*, award-winning producer and composer Barry Goldstein shares how every one of us—the musical and non-musical alike—can harness the power of music to treat alleviate specific illnesses, reverse negative mindsets and attitudes, dissolve creative blocks and improve overall health. Backed up by the latest scientific research on the benefits of sound, music, and vibration, this book offers practical, concrete instructions for healing that can be tailored to suit your individual preferences and needs, including how to: Nurture your creativity, mindfulness, and productivity by creating customized playlists to suit your situation and mood. (Your favorite song of the moment is more important than you realize!) Use musical stress blasters to ease challenging situations in a pinch. Find spaciousness (calmness) and peace and serenity with the Heart Song Breathing Process. Chant to transform and elevate the heart and mind. Goldstein presents step-by-step guidance—as well as dozens of song recommendations along the way—to help you create a new music routine that will heal, energize, and inspire. He also shares vivid stories of his own transformation through music, as well as the life-changing effects music has had on his clients. Whether you want to alleviate stress, become more in tune with what you really want, activate your heart's intelligence, or simply have your best day every day, using music and sound with intention is key—let this book show you the tools to build a simple musical practice that will transform your life. **Summary & Analysis : Becoming Supernatural By Dr. Joe Dispenza :: How Common People Are Doing the Uncommon Lulu Press, Inc** *Becoming Supernatural: How Common People are Doing the Uncommon* Dr. Joe Dispenza has created in the book *Becoming Supernatural: How Common People are Doing the Uncommon* a scientifically based method of helping people reach beyond their own, limited matter and connect with the unified field. In unified field theory, first posited by Albert Einstein, electromagnetism and gravity are unified in a single field, and that quantum mechanics would be the result. Einstein was far ahead of his time and physicists today still work on unified theory through the most promising approach, string theory, which requires 10 or more dimensions and describes all elementary particles as vibrating strings, with different modes of vibration producing different particles. **Dancing with the Darkness Moving Through Postnatal Depression Balboa Press** "Dancing With The Darkness" is a book about hope! It is meant to create points of light in the darkness of postnatal depression. We all arrive in the darkness via different routes, and so, our journey towards the light will be defined by our own needs. This book aims to remind us that true healing is in our hands and requires our wisdom and instinct to get there. Written in bursts of inspiration, so as not to overwhelm the exhausted mind, this book provides moments of rest and reminders to keep hoping. **The Science Behind Tapping A Proven Stress Management Technique for the Mind and Body Hay House, Inc** *The Science Behind Tapping* offers readers a deeper understanding of Emotional Freedom Techniques—what it is, and how it can help with a host of issues. "I loved reading this book because it provided answers to some of my own personal questions about the relationship between the mind and the body." -- Dr. Joe Dispenza, New York Times best-selling author of *You Are the Placebo* Emotional Freedom Techniques, or simply EFT, is a powerful way to deal with unresolved issues, transform beliefs, and reprogram yourself for greater happiness and success. Commonly called "tapping," EFT has been utilized by thousands of people worldwide. If you're holding this book, you've probably tried it at least once--or heard about it from a friend. EFT researcher and author Peta Stapleton, Ph.D., brings together the history and cutting-edge research of tapping. She also shows how tapping can be used for a whole host of ailments, including anxiety, weight issues, depression, trauma, and more. Dr. Stapleton's own groundbreaking study involving food cravings in overweight adults helped establish EFT as an effective, valid form of therapy. In *The Science behind Tapping*, you'll come away with a deeper understanding of what EFT is and how it can help you. The book starts with a beginner's guide to EFT, which includes tapping statements and phrases, as well as helpful charts showing the location of tapping acupoints on the face and upper body. After taking you through its many uses, Dr. Stapleton also explores the common obstacles to success with EFT--and how to combat them. Get ready to learn more about EFT and its incredible possibilities. **Sick of Being Sick The Woman's Holistic Guide to Conquering Chronic Illness Morgan James Publishing** *Sick of Being Sick* helps women radically transform their health by showing them how to tap into their innate healing power and begin experiencing lives full of well-being, connection, peace, and joy. Chronic illness - whether it is due to cancer, autoimmune disease, or a slew of mysterious symptoms - cuts to the core of a woman's being. Women who are struggling with chronic illness are familiar with the fear, doubt, and overwhelm that can cost them everything. *Sick of Being Sick* shows women how to move beyond the prison of chronic illness and persistence of health challenges. Dr. Brenda Walding reveals the essential elements to healing, as well as powerful tools, tips, concepts, and daily practices that are essential for radiant health. She teaches women how to overcome overwhelm and fear to make decisions for their highest good, how toxic thoughts and poisonous practices are massively sabotaging their healing efforts, and so much more. For the women who are ready to begin their journey to wellness then *Sick of Being Sick* is their portal of transformation and opportunity to bring them back to their heart, to love themselves again, and to experience wholeness. **Yoga for Pain Relief A New Approach to an Ancient Practice Dudley Court Press, LLC** "Prolonged hours of sitting in Ardha Padmasana (Half Lotus Pose) resulted in an excruciating pain in my right hip. It was so severe I thought at first I might need a hip replacement....Two minutes. That's what it took to fix my hip pain with Lee Albert's method. I can still remember saying, "It's like a miracle! I simply can't believe that the pain is gone." - Peggy Cappy, popular TV host of PBS Yoga Programming Do you suffer from painful muscular conditions that hold you back - on and off the mat? Yoga for Pain Relief shows you how to identify the specific muscle imbalances that cause YOUR pain and create a safe yoga practice to rebalance YOUR body. •Understand how your yoga practice may be creating pain •Learn how to practice yoga safely •Achieve superior results in yoga •Design your own practice to align your neuromuscular system •Learn to use asana practice, pranayama, and meditation • Achieve a pain-free body •Take charge of your own path to well-being "I never would have believed something so simple, both in terms of theory and practice, could do so much to help my own chronic pain. Lee has, and continues to, change lives daily by sharing this methodology with others. It is nothing short of magic." - Charlotte, Yoga teacher and fibromyalgia sufferer "Lee Albert's counterintuitive magic, slackening instead of stretching - as is the case with Chinese puzzles - has gotten me through the fallout of international travel, moving, and various athletic injuries time and time again." - DE, NYC **Logosynthesis: Enjoying Life More Fully Recharge. Revitalize. Reconnect. Balboa Press** When routines are busy and demands are urgent, it can be difficult to create a space to focus on what is important and gives meaning to our lives. In the moment, our desire to breathe deeply and relax is overruled by our belief that we need to control, to change, or to act on the situation. We need to fix things. The habitual, patterned behavior contains energy that damages our relationships and limits our opportunities. Because this energy is bound in our beliefs, we know that we are right and that others need to change. As pressure builds, tensions increase. In *Logosynthesis: Enjoying Life More Fully*, the author illustrates her personal development journey to find a tool to help her let go of the energy in her beliefs so that she could find peace and contentment, through reconnecting with the important things in her life. *Logosynthesis* is both an eloquent philosophy and an

effective, self-coachable technique. As she worked with the tool on her own and with friends, she noticed a shift. Rather than constantly reacting to her past experiences and cultural beliefs, she was able let go of the energy that controlled her behavior and create a more productive environment at work, at home, and in her community. This book outlines the method, along with helpful tips, to encourage others to start using Logosynthesis now to enjoy life more fully. **Summary and Analysis: Dr. Joe Dispenza's Becoming Supernatural: How Common People Are Doing the Uncommon** This is a detailed summary and analysis of Dr. Joe Dispenza's *Becoming Supernatural: How Common People Are Doing the Uncommon*. His work is very exciting, fascinating, and a great way to expand your mind. Here is a taste of what to expect within this summary: In unified field theory, first posited by Albert Einstein, electromagnetism and gravity are unified in a single field, and that quantum mechanics would be the result. Einstein was far ahead of his time and physicists today still work on unified theory through the most promising approach, string theory, which requires 10 or more dimensions and describes all elementary particles as vibrating strings, with different modes of vibration producing different particles. Dr. Dispenza has combined physics, chemistry, biology, spiritualism, religion, psychology, eastern meditative practices, and the power of the human will to create an advanced set of meditations designed to help anyone connect to the unified field, a place of "no one, no thing, no where, no space, and no time." Dr. Dispenza further suggests that connecting to the unified field through various methods of deep meditation will allow one to leave linear space time and connect with any possible future that could exist for that individual. Dr. Dispenza provides scientific evidence (including brain scans done on subjects in real time) to demonstrate his hypothesis. He explores the brain wave patterns common to everyone (beta, alpha, delta, and gamma) and shows through his research how those who connect with the unified field reveal an increase in high beta and gamma waves. Dr. Dispenza teaches his students (during four day retreats around the world) how to reach the optimal state of brain wave activity in order to connect with the unified field. He suggests that his students, who are successful, can draw energy from the unified field and use it to not only change their thought processes, but to change their very gene behavior in their body cells, thus creating healing of diseases. In this summary and analysis of Dr. Joe Dispenza's work, you'll receive: 1. A detailed chapter-by-chapter analysis that will teach you to TAP INTO YOUR FULL POTENTIAL! 2. Exciting cases in which miraculous healings occurred during Dr. Joe Dispenza's retreats. 3. How to remain in an eternal and blissful present moment. And much more! **How to Save Your Fourth Marriage One Person Can Transform a Relationship** *Balboa Press* Whether you're having difficulty in your first relationship, or you're heading into marriage number eight, the information here is for you. It's not so much about how many times you've tried, but rather, do you want your relationship to work or work better? Do you wish to be happier together? If you love each other and don't know how to get along or how to become closer, this information is especially for you. Even if you've given it your best shot and have thrown your hands up, there is still hope. **Joynetix Unlock Your Joy Potential** *Balboa Press* There is an untapped super-power in all of us that, once unlocked, can create a world that works for all, no matter what the circumstances. Yet despite the rapid advances in health, education and technology, many people in the world today, from all walks of life, feel trapped in the STORM (stress, tiredness, overwhelm, resignation and misery) of surviving modern life, with no means to break-through the STORM using the powerful energy source we were born with- JOY. What would your life be like for you if you could trigger joy into those areas of life where it has been missing? Saj Shah's childhood was full of joy inspired by his father through creativity, laughter and playfulness. But in his adulthood, joy became dormant as his life shifted towards a tiring and stressful pursuit of achievement, accomplishments and accolades. Saj accumulated a lot of achievements and accolades but at the cost of his health, vitality and energy. What was missing was a deep sense of satisfaction, aliveness and joy. The unexpected death of his father in 2013 provided the jolt of energy to resuscitate joy back into his life. Following his father's death, Saj embarked on a personal journey of exploration, discovery and learning about joy. He experimented with different disciplines and practices - using his own healthcare, pharmaceutical and life-sciences background, weaving it with new emerging discoveries in the field of epigenetics, positive psychology and neuroscience and combining this cutting-edge science with some tried and tested ancient wisdom techniques that have stood the test of time. What he discovered, researched and put into personal practice has profoundly transformed his experience of life. In this debut book Saj shares his prescription to empower and enable you to NOTICE, RESET and GENERATE your joy of life, no matter what the circumstances. Are you ready to see what becomes possible for you and your life when you fully unlock your JOYNETIX potential? **Carefree, It Starts With Open An Invitation to Come Out of Hiding and Embrace Your Super Natural Self** *Adwynna MacKenzie* Still hiding who you really are? Discover how to break free of the chains of the uncertainty and step boldly into your authentic self. "I loved this book! I read it in one weekend. The author described her experience in such a beautiful and vivid way, that I could not help but be there with her every step of the way." "Adwynna's personal testimonials and journal entries are heartfelt and inspiring. Her approach and commitment to motivating others is evidence to the bright light that she shines upon this earth!" Author and intuitive guide Adwynna MacKenzie's breakout book has hit #1 in the Kindle Store and received rave reviews all over the world. Let her story inspire you to step confidently into your future. Despite years of personal and professional development, Adwynna found herself trapped in a downward spiral of stress and anxiety. In 2015, while attending a Dr. Joe Dispenza workshop, an unexpected spiritual awakening freed her into a life of joy and wonder. With her zest for life restored and her dreams coming true, she examined how people could create a similar breakthrough so they could live a more carefree life too! Using an easy-to-follow format of experiences and insights, *Carefree, It Starts With Open*, gives you the framework you need to come out of hiding and embrace your super natural self. Inside this book, you'll learn: · How to shed the trauma of the past and make your life a joy instead of a chore · How opening to more possibilities can create miracles in your daily life · Why we all crave a community of like-minded people, and how to find yours · The simple daily practice to create clarity and momentum in your life · ...and much, much more! Bonus Content: · An invitation to join the Carefree Community. Connect with readers and get your questions answered by the author. · Online resources from each chapter to expand on the concepts. If you like the teaching of Dr. Joe Dispenza, beautifully written stories, and mind-blowing mystical experiences, then you'll love Adwynna MacKenzie's deep dive behind the scenes of a spiritual journey. **Summary Of Becoming Supernatural How Common People are Doing the Uncommon By Dr. Joe Dispenza** This is a detailed summary and analysis of Dr. Joe Dispenza's *Becoming Supernatural: How Common People Are Doing The Uncommon*. His work is very exciting, fascinating, and a great way to expand your mind. Here is a taste of what to expect within this summary: In unified field theory, first posited by Albert Einstein, electromagnetism and gravity are unified in a single field, and that quantum mechanics would be the result. Einstein was far ahead of his time and physicists today still work on unified theory through the most promising approach, string theory, which requires 10 or more dimensions and describes all elementary particles as vibrating strings, with different modes of vibration producing different particles. Dr. Dispenza has combined physics, chemistry, biology, spiritualism, religion, psychology, eastern meditative practices, and the power of the human will to create an advanced set of meditations designed to help anyone connect to the unified field, a place of "no one, nothing, no where, no space, and no time." Dr. Dispenza further suggests that connecting to the unified field through various methods of deep meditation will allow one to leave linear space-time and connect with any possible future that could exist for that individual. Dr. Dispenza provides scientific evidence (including brain scans done on subjects in real time) to demonstrate his hypothesis. He explores the brain wave patterns common to everyone (beta, alpha, delta, and gamma) and shows through his research how those who connect with the unified field reveal an increase in high beta and gamma waves. Dr. Dispenza teaches his students (during four-day retreats around the world) how to reach the optimal state of brain wave activity in order to connect with the unified field. He suggests that his students, who are successful, can draw energy from the unified field and use it to not only change their thought processes but to change their very gene behavior in their body cells, thus creating healing of diseases. In this summary and analysis of Dr. Joe Dispenza's work, you'll receive: 1. A detailed chapter-by-chapter analysis that will teach you to TAP INTO YOUR FULL POTENTIAL! 2. Exciting cases in which miraculous healings occurred during Dr. Joe Dispenza's retreats. 3. How to remain in an eternal and blissful present moment. And much more! **The Seven Tools of Healing Unlock Your Inner Wisdom and Live the Life You Soul Desires** *Balboa Press* If you want to find and treat the real causes of the problems you're facing and take your healing to a higher level, then you need to do some work. That means not only striving to change the conditions you currently face but taking steps to change what brought problems or issues into your life in the first place. In other words, treating both the symptoms and the causes will help you get better results than focusing on one or the other. Steven M. Hall, M.D., gives you a blueprint to do both in this guide to healing. The tools he shares will help you: recognize when something in your life is not working; identify foundational beliefs that contribute to problems; change beliefs when necessary; and focus on solutions instead of problems. Hall doesn't tell you how to eat or exercise, and he doesn't preach about visualizing or saying positive affirmations. Rather, he concentrates on getting to the root causes of your issues and mastering seven straightforward tools to live a longer, healthier, and happier life. **Note by Note A Tale of Trauma, Recovery and Musical Discovery** *FriesenPress* A powerful account of what healing really looks like up close from a woman who followed the song in her heart and built a legacy in the healing arts. Kristi Magraw is an established body-mind coach with a busy practice. She is also a music teacher and a professional musician and composer, with two albums and an extensive catalogue of original folk, country and tango songs. In this book, Kristi tells the story of a life changed dramatically by a traumatic ear surgery at age nine. With honesty and self-compassion, she describes the isolation caused by facial and hearing differences as well as PTSD throughout her unusual childhood. No matter what happened, there was always a song—hers or someone else's—to keep her company as she moved through the difficult times. On the way she discovered that she has a great talent for listening and touching people in healing ways. Music was her guide and her guitar was her steady companion during the long, confusing struggle with PTSD and relational problems. Note by note, her voice returned and she completed a CD. Kristi describes all the different modalities and techniques that she had to learn for herself and then passed on to others. She writes about trauma theory, pain, psychodrama, neuro-feedback, attachment theory, the Tomatis method, and many mind-body techniques. Presenting the latest discoveries from neuroscience in easy to understand language, and with many exercises that readers can use to aid their own healing journeys, *Note by Note* is an unforgettable story of a remarkable life, the magic of metaphor, and the healing power of music. **The Soulful Journey of Recovery A Guide to Healing from a Traumatic Past for ACAs, Codependents, or Those with Adverse Childhood Experiences** *Simon and Schuster* More than just a book full of the latest information, this is a dynamic, interactive, and personalized journey of recovery for those impacted by adverse childhood experiences (ACES). Finally, they can put their past behind them where it belongs! For those who have grown up in a family with addiction, mental illness, or other adverse childhood experiences (ACES), the heartache and pain doesn't end when they grow up and leave home. The legacy can last a lifetime and spread to generations unseen, as author Janet Wotitz first showed readers in the groundbreaking *Adult Children of Alcoholics*. In *The ACoA Trauma Syndrome* Dr. Tian Dayton picked up where Dr. Wotitz left off, filling in the decades of research that tell us why pain from yesterday recreates itself over and over again in our today. In *The Soulful Journey of Recovery*, Dr. Dayton gives us the how. There is a journey of recovery that you can start today. Simple, elegantly written and researched, poignant, penetrating, and on point, Dr. Dayton will move with you through the confusion, pain, and anger you may carry in secrecy and silence. Through engaging and enlightening exercises, you will give voice to hidden wounds and space to your innermost emotions and thoughts. Online links will also offer guided meditations, film clips and other tools to enhance the work you do in the book. You will learn what happened to you growing up with dysfunction and you will learn how to deal with it in the present. You will discover that recovery is a self-affirming life adventure, and the kindest and best thing you can do for yourself and future generations. Some books can change your life. This is one of them. **Eat Right for Your Inflammation Type The Three-Step Program to Strengthen Immunity, Heal Chronic Pain, and Boost Your Energy** *Simon and Schuster* This three-step plan to beat inflammation—in the tradition of *Wheat Belly* and *Eat Right 4 Your Type*—will help you identify your specific type, set your lifestyle up to avoid triggers, and cook tailored recipes designed to help you heal. Maggie Berghoff, health consultant to the stars, presents a personalized, accessible approach to fighting inflammation. Using thorough questionnaires to identify your specific ailments, *Eat Right for Your Inflammation Type* prescribes a targeted plan that will help you live free of the major types of inflammation, including those triggered by hormones, digestive issues, stress, allergies, rheumatoid arthritis, and more. With easy tips for healing, eating, and detoxing, and featuring targeted lifestyle advice—including reframing your mindset and optimizing your personal environment—Berghoff offers the most up-to-date instructions for living your best and healthiest life based on your specific inflammation type. Inside you'll learn: -How to supercharge your immune system and feel better instantly -How to set up an anti-inflammatory pantry -Quick and easy recipes that will ease your specific inflammation type -The secret ways stress attacks your system and how to fight it -The ingredients in your day-to-day products to avoid, and how everything from metal cans to your shower head could be affecting you -Detailed detoxes tailored to your lifestyle -Both cutting edge and easy household remedies you may have overlooked **Leadership Through Trust & Collaboration Practical Tools for Today's Results-Driven Leader** *Morgan James Publishing* An executive coach shares the secrets to getting the most out of your team through inspirational tools that lead to real results. Jill Ratliff worked as a Fortune 100 human resources executive for twenty-five years. In that time, she saw what amazing things leaders can do under the right circumstances. Now she shares the essential lessons she learned in *Leadership Through Trust & Collaboration*. This practical leadership guide will teach you: • How to communicate effectively in crisis situations • How to inspire a sense of mission in your daily work • How leading by example inspires trust • How to build collaboration while on the job, not at expensive, time-consuming off-sites • How these skills can lead to better personal lives for a company's leaders—which can save millions! **Summary & Analysis of Becoming Supernatural How Common People Are Doing the Uncommon | A Guide to the Book by Dr. Joe Dispenza** *ZIP Reads* PLEASE NOTE: This is a summary and analysis of the book and not the original book. If you'd like to purchase the original book, please paste this link in your browser: <http://amzn.to/2GPC100> In *Becoming Supernatural: How Common People are Doing the Uncommon*, Dr. Joe Dispenza presents theories and science to educate the reader on ways they can change their thoughts, emotions, and energy to improve both their mental and physical health. Don't miss out on this ZIP Reads summary to understand how you, too, can transcend your daily problems and become supernatural. What does this ZIP Reads Summary Include? A synopsis of the original book Key takeaways to distill the most important points Analysis of each takeaway In-depth Editorial Review Short bio of the original author About the Original Book: Dr. Joe Dispenza's book *Becoming*

Supernatural: How Common People are Doing the Uncommon is a blend of both scientific and metaphysical research describing and supporting his theories on meditation, removing stress, finding positivity, and creating dramatic changes in your own life. Dispenza informs the reader on the links between mindset and physical health, as well as how to improve both through his unique style of meditation. **DISCLAIMER:** This book is intended as a companion to, not a replacement for, Unconventional Medicine. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way. **The Practice of Love Break Old Patterns, Rebuild Trust, and Create a Connection that Lasts** Rowman & Littlefield "The Practice of Love brings together concepts and tools to help couples heal for the long haul"-- **The Art of Purposeful Being Your Destiny Project** Balboa Press The Art of Purposeful Being helps you connect with your authentic self and builds upon the works of Conversations with God by Neil Walsh, and Breaking the Habit of Being Yourself by Dr. Joe Dispenza. With newer, fresher, and more innovative insights, this expanded 20th anniversary edition continues to provide simple and practical means to awaken your true potential, and enhance your inner journey now. The Art of Purposeful Being invites you to explore fresh, innovative insights for experiencing ecstatic joy and purpose by making changes that enhance your inner journey by helping you... • Unlock the blocks to your life's true purpose and destiny • Subject your ego to the transformative power of your soul • Manifest and attract all that you truly desire "This is a book about practical spirituality, an inquiry into personal meaning. I experience a respect for the reader, inviting and encouraging self-investigation without being preachy or doctrinaire. I like this book."—John (Jock) Herbert Ross McKeen, Physician, cofounder of The Haven Institute, with Bennet Wong on Gabriola Island B.C.. Visit him at [www.toolsforthesoul.com](http://www.toolsforthesoul.com) **The Couples' Castle An Inspiring Tale to Experience the Ultimate Relationship, Find the Love of Your Life, & Make Your Marriage a Masterpiece** Xlibris Corporation When you journey through the castles rooms with the main characters Emma and Titus, Isabella and Zeb, Olivia and Oliver you'll discover how you, too, can become one of the greatest love stories ever told. After all these years of humans walking around on earth, the statistics remains the same: 50 percent divorce and another 40 percent do not have the kind of marriage they wish for their kids. Only about 10 percent are living an authentic happily ever after. How the 10 percenters got there is what you'll discover inside the couples castle. They know what drives relationships in today's world is rapidly changing. The old days of treating the wedding ceremony with pixie dust and the be-all and end-all and providing four walls and a roof with dinner served promptly at 5:00 p.m. aren't enough anymore. They want more... because there's more to be had. This book offers the relationship blueprint to experience the ultimate relationship, find the love of your life, and make your marriage a masterpiece all within a fun and fast-paced narrative. Join the books couples in their race through the castles rooms to find a real happily ever after and discover all that's possible for you. **One Moment Please It's Time to Pay Attention** Hay House, Inc Attention is a most precious gift. It brings meaning, connection and happiness to our lives. Studies suggest attention spans are declining, distraction is growing, and we're more concerned than ever about losing the ability to perform the simple but crucial act of paying attention. It's one of the greatest concerns for current and future generations. When you harness the power of attention, life changes in surprising ways: relationships deepen, experiences become more meaningful and things unfold with greater harmony. Your attention is fragile and, by taking care of it in a few simple ways, it will reward you with the vibrancy of a full life. If you want to be more present, live more fully and experience the magic of life ... take one moment, please. **Your Belief Quotient 7 Beliefs That Sabotage Or Support Your Success** Balboa Press TRANSFORM YOUR BELIEFS TO TRANSFORM YOUR WORLD In this award-winning book, Dr. Lisa Van Allen calls you to live the rich, full life you were designed to lead by breaking through self-limiting beliefs like scarcity, fear, hopelessness, and perfectionism. You will learn how it is possible to build 7 essential beliefs like resilience, initiative, and abundance into your life. ? How beliefs are formed and how they affect your mind, body, and spirit ? Seven powerful beliefs that create success, and the false, skewed beliefs that create failure ? Practical exercises to transform and strengthen your beliefs ? Inspiring stories of courageous belief-builders who prove it's possible to break lifelong patterns of self-sabotage and defeat. If they can do it, so can you! ?Dr. Lisa has shown us how to put our attention on the beliefs that build us up and eliminate focus from those beliefs that get in our way. ? JANET BRAY ATTWOOD, New York Times bestselling author of The Passion Test?The Effortless Path to Living Your Life Purpose ?Deftly weaving threads from psychotherapy, counseling, and coaching, Dr. Lisa offers a sound paradigm and clear pathway for identifying your negative beliefs and stopping them in their tracks. If you want to learn how to stop sabotaging your success, get this book. Read it. And apply it.? - RACHNA D. JAIN, PsyD, Author, Overcome Rejection: The SMART Way **Tipping Sacred Cows The Uplifting Story of Spilt Milk and Finding Your Own Spiritual Path in a Hectic World** Simon and Schuster Encourages readers to dump their personal prejudices and biases and begin to rebuild a spiritual lifestyle that really works. Original. **Supraconscious—The Genius Within You How to Experience Your Infinite Potential and Master Ultimate Performances Every Single Moment on Stage and in Life** iUniverse This book is the core textbook of a quantum science of acting on stage and in life. At a time when the arts and sciences converge more than ever, PAD speaks about a contemporary, tangible meta-physics, fusing theories of quantum physics with mindfulness and the famous Method of the Actors' Studio, in a new harmony. Konstantin Stanislavski had said that the actor of the future, a new actor in the new life, is the one for whom art springs from spiritual intuition. He used the word SupraConscious, indicating to the actor the levels of consciousness he needed to attain. He considered the art of theater as the spiritual path to wholeness. PAD is the new system of translating and decoding, frame by frame the experience, bringing us in touch with the Higher Self, by reference to Nietzsche's Super-human and the transcendental Kazantzakis, creating a new transitional space where everything is in motion and evolves in the face of inertia, continuously actualizing that Alma-Quantum Leap of being. Maria Olon has written SupraConscious, The Genius Within You, a very important book. Cultivation of witnessing awareness in method acting can awaken us to the fundamental reality of existence beyond the roles we play. This is meditation in action. Bravo -Deepak Chopra MD SupraConscious, The Genius Within You is the first acting metatheatre text. Maria Olon not only goes beyond art to find the source of art, she ultimately shines light on the essence of the human soul. -Coni Ciongoli Koepfinger, Playwright, Librettist, Director PAD is the foundation on which every acting method needs to rest in order to flourish. -Menas Kafatos, Astrophysicist, Dhapman University, NASA Goddard Space Flight Center Researches such as Maria Olon through PAD learning process, aim to bring a significant change in the education of the artist and ultimately the viewer, all of us indeed, shaping the man of the new 21st century's culture that humanity is so much in need nowadays. -Rania Lampou, STEM instructor Humanity's greatest story ever told is the "Story of Immortality." This story explains that every human being is an actor in the collective drama of life. Each one's script is unique to the part he/she plays. Maria Olon captures this concept beautifully in her work. The foundation of life is about flourishing at all levels, spiritual, mental, emotional, relational, and physical. This book is a life's manual on how to achieve this through our unique script, unique parts, and unique roles. The world needs a new story and humanity needs a new script. -Gayatri Naraine, Brahma Kumaris Representative to the United Nations Maria Olon's work upholds a Socratic attitude in life: fall as little as you can in the black holes of your high certainties, accepting the selfishness and vulgarity of human existence, not demanding, begging, accepting, condescending and ultimately be sympathetic, with healthy kindness and intelligence, with brilliant honesty, integrity, respect, gratitude. Maria Olon is not a common human being. -Angel Biri, Actor