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KEY=YOUR - GONZALES JOHNNY

BE STILL MY SOUL

A NOVEL

Multnomah When Gideon and Lonnie are forced to marry, their married life begins badly until they meet Jebediah and Elsie Bennett, who offer a steady example of what a marriage can be.

THE BRITISH STUDY EDITION OF THE URANTIA PAPERS BOOK [EREADER PDF]

Tigran Aivazian The British Study Edition of the Urantia Papers is based on the standard SRT text, but uses the metric system and adds a critical apparatus of textual variants and study notes.

THE SATISFIED SOUL

SHOWING THE SUPREMACY OF GOD IN ALL OF LIFE

Multnomah Books These 120 devotional readings celebrate God's sovereignty in every aspect of our world, from how to feed our soul, the danger of hero worship, and loving our enemies, to suffering, having a passion for purity, and ways we can be a refuge for our children. This collection offers a daily feast of truth and wisdom that places God right where He belongs at the center of our lives.

THE SCARS THAT HAVE SHAPED ME

HOW GOD MEETS US IN SUFFERING

21 surgeries by age 13. Years in the hospital. Verbal and physical bullying from schoolmates. Multiple miscarriages as a young wife. The death of a child. A debilitating progressive disease. Riveting pain. Abandonment. Unwanted divorce... Vaneetha begged God for grace that would deliver her. But God offered something better: his sustaining grace.

PDF NABARAVA SPECIAL EDITION - DDU IS NICER THAN HUMAN

NOW, THE BEST SMARTPHON E-BOOK

Diggalto "About the Book" Humans, it's time to be nice. Diggalto offers the world's first PDF e-book optimized for smartphones. "Ddu is nicer than Human" is a PDF version of "Nabarava" an e-pub-type E-book published in six volumes. We bound up six volumes into one, so we do not wish to have duplicate purchases by readers who have already purchased in single volume. Dianus King's worldview is all new and vast. The key to his worldview in the Nabarava series is the Grumm World. There are six stories in "Ddu is nicer than Human" that are independent, and connected like a puzzle. Nabarava's main characters are Cukang, Bangku and Cudangs, but Dianus King made the minor characters through Storyteller and Mini versions into main characters. This unique composition allows readers to understand the Grumm World in a variety of ways. To explain briefly with the character, this is what it is. O, K, and Qonya shows how interesting public transportation is. Gisaro, who is tone-deaf, gives information that there are Coucous on the Grumm planet that are similar to dinosaurs on Earth. Dalgma tells us that there are many craftsmen living on the continent of Jaran. Nomudara, who makes Romendery candy, tells the story of Ddus' love. Masiddama tells friendships with her Earth friend by food-related stories. During your trip to Grumm World with this work, your smartphone will turn into a wonderful paper book. It also recommends Nabarava OST, which invigorates the trip. "Contents" 1. Uco's Lucky Horn 2. DJ Dalgma 3. Nomudara's Candy Shop 4. The Elderly Woman Masiddama's A Box Lunch 5. An Octuple-decker Bus and A Giant Grummer 6. Nabarava1 O.K.Qonya "Publisher's Review" Grummers, it's time to start a deal. Meet the Imagination Exchanger. Don't forget to express your respects, if you meet a Vaturai on the way.

ATLANTIS RISING MAGAZINE ISSUE 28 - SEARCHING THE ANDES FOR ATLANTIS PDF DOWNLOAD

Atlantis Rising magazine In this 88-page download: LETTERS EARLY RAYS THE NEW HERETIC Infinite Energy Editor Eugene Mallove Starts a Regular Atlantis Rising Column THE FORBIDDEN ARCHAEOLOGIST A New Column from the author of Forbidden Archaeology: Michael Cremo FUEL FROM YOUR TAP? Can a New Technology Solve the Energy Crisis? 'BIMINI' IN JAPAN? What Do Underwater Discoveries in the Pacific Say about the Caribbean? THE MOUND MATRIX MYSTERY Is It Evidence of Ancient High Technology? AT THE EDGE OF THE FUTURE Len Kasten Talks with Sean David Morton FIGHTING FOR ALIEN TECHNOLOGY The Drama Intensifies for Embattled Computer Inventor Jack Shulman HOW AMERICA DISCOVERED YOGA The Amazing Story of Paramahansa Yogananda BLUEPRINT FROM ATLANTIS Excerpting Colin Wilson & Rand Flem-Ath's New Book ATLANTIS IN THE ANDES Tracking Plato to South America FENG SHUI The Ancient Roots of the Current Fad BALZAC AND THE OCCULT He Saw Dangers Where Others Did Not ASTROLOGY VIDEOS RECORDINGS

ATLANTIS RISING MAGAZINE ISSUE 25 - THE ENIGMA OF MA'MUN'S TUNNEL PDF DOWNLOAD

Atlantis Rising magazine In this 88-page download LETTERS EARLY RAYS HILLY ROSE THE DAILY GRAIL The internet's best alternative science site now in print EARTH CHANGES 2000 Paradigm-busting researchers gather in Montana REMOTE VIEWERS IN ALEXANDRIA FIRST Underwater psi explorers make history SACRED GEOMETRY'S HUMAN FACE Demonstration shows amazing connections ENERGY MEDICINE IN THE O.R. Surgical patients get help from an intuitive THE ATTRACTIONS OF MAGNETISM Is a little child leading us to free energy? ROCK LAKE UNVEILS ITS SECRETS Underwater discovery made from the sky IS THE BIG BANG DEAD? Maverick astronomer Halton Arp challenges conventional wisdom THE ENIGMA OF MA'MUN'S TUNNEL What did he really find in the Great Pyramid? THE PARANORMAL CELLINI Did this renaissance master get cosmic help? AMERICA'S MAGIC MOUNTAINS Strange stories from Rainier and Shasta ASTROLOGY BOOKS RECORDINGS

THE WEIGHT OF A SOUL

North Star Editions, Inc. When her sister is found dead under mysterious circumstances, Lena strikes a gruesome deal with the Norse gods to bring her back and finds herself in the middle of an impending doomsday—all while discovering dangerous secrets about her sister's identity.

FAHRENHEIT 451

A NOVEL

Simon and Schuster A totalitarian regime has ordered all books to be destroyed, but one of the book burners suddenly realizes their merit.

ALL ABOUT LOVE

NEW VISIONS

HarperCollins A New York Times bestseller and enduring classic, All About Love is the acclaimed first volume in feminist icon bell hooks' "Love Song to the Nation" trilogy. All About Love reveals what causes a polarized society, and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. "The word 'love' is most often defined as a noun, yet we would all love better if we used it as a verb," writes bell hooks as she comes out fighting and on fire in All About Love. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness--not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society's failure to provide a model for learning to love. As bell hooks uses her incisive mind to explore the question "What is love?" her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The Utne Reader declared bell hooks one of the "100 Visionaries Who Can Change Your Life." All About Love is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better.

DREAMING THE SOUL BACK HOME

SHAMANIC DREAMING FOR HEALING AND BECOMING WHOLE

New World Library A practitioner of ancient shamanic techniques for healing and journeying explains how to restore reader's animal spirits, heal old wounds through shamanic dreaming and ultimately recover and grow their souls. Original.

THE SOUL OF EDUCATION

HELPING STUDENTS FIND CONNECTION, COMPASSION, AND CHARACTER AT SCHOOL

ASCD Offers practical advice on how schools can create a place for spirituality in the classroom.

SOPHIE'S WORLD

A NOVEL ABOUT THE HISTORY OF PHILOSOPHY

Farrar, Straus and Giroux One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

ONE SOUL, ONE LOVE, ONE HEART

THE SACRED PATH TO HEALING ALL RELATIONSHIPS

New World Library John Welshons has a gift for sharing wisdom in ways that connect with readers and fuel change. In this wonderfully practical guide, he explores the notions at the heart of the world's faith and wisdom: love one another and recognize the interconnectedness of all life. Step-by-step, in short, easy-to-read chapters filled with contemporary examples, he explores how we blame others and why the problem isn't other people's; it's our perception of them as "other."

SOUL MILLIONAIRE

Summertime Publishing Aged 28, David Scarlett was alone, broke and homeless. Yet, thanks to chance introductions to mentors and new friends, he turned his life around, repaid over AGBP100,000 of debt, and became a respected Financial Adviser and Business Coach.

STRENGTHENING THE SOUL OF YOUR LEADERSHIP

SEEKING GOD IN THE CRUCIBLE OF MINISTRY

IVP Books In this expanded edition of her spiritual formation classic, Ruth Haley Barton invites us to an honest exploration of what happens when spiritual leaders lose track of their souls. Weaving together contemporary illustrations with penetrating insight from the life of Moses, Barton explores topics such as facing the loneliness of leadership, leading from your authentic self, reenvisioning the promised land and more.

DEEPENING THE SOUL FOR JUSTICE

InterVarsity Press In this new Urbana Onward minibook, Bethany Hoang introduces the concepts and practices that enable International Justice Mission team members to maintain spiritual vitality in the face of the world's injustices. With the IJM model, global justice issues are seen as a catalyst for greater spiritual growth and deeper personal discipleship.

REMEMBER WHO YOU TRULY ARE

Createspace Independent Publishing Platform This book will help you to remember who you truly are, and to be your true, authentic self, in its entirety, to unlock the beautiful spirit and essence of you. You have a soul mission: it's time to wake up to it and fulfill your destiny and be everything you ever dreamed of being, your soul and spirit self really are, unafraid to shine in a world that all too often might seem might seek to undermine or limit you...You are filled with infinite possibilities and great gifts. Many of us are waking up from the illusion of fear, lower consciousness and vibration that we have been trapped in. Though times may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the judgmental and fear-based systems which have ruled and limited our lives in so many ways, to take a jump and leap of faith and really be the full expression of our unique and special souls. "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul.... I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure" "What a beautiful book; one that touches you and works on so many levels." "It doesn't matter where you are on your journey, in this book you will find something new, something to remind you of who and where you are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off the page, and hit the spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in what ever way you wish to connect with it. Bursting with information and and workable ways to experiment and include in your spiritual practice. Sally has worked really hard to make this work appeal to as wider audience as possible and I feel she has pulled it off with a flourish. Well done Sally, when's the next one?" "I really love this

book. As soon as I started reading it, it felt like it was talking directly to my soul and I felt curiously emotional. I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure & refer to when I am in need of uplifting"

MANUAL FOR INTERIOR SOULS

A COLLECTION OF UNPUBLISHED WRITINGS

Manual for Interior Souls : A Collection of Unpublished Writings by Jean Nicolas Grou, first published in 1890, is a rare manuscript, the original residing in one of the great libraries of the world. This book is a reproduction of that original, which has been scanned and cleaned by state-of-the-art publishing tools for better readability and enhanced appreciation. Restoration Editors' mission is to bring long out of print manuscripts back to life. Some smudges, annotations or unclear text may still exist, due to permanent damage to the original work. We believe the literary significance of the text justifies offering this reproduction, allowing a new generation to appreciate it.

THE DANGEROUS DUTY OF DELIGHT

DARING TO MAKE GOD YOUR GREATEST DESIRE

Multnomah Each of us is hard-wired to pursue our happiness. We long for significant, profound joy. Some try to satisfy it with exotic vacations, high-tech gadgets, career success, sports, academics, drug experimentation, even ascetic rigors. Yet the longing remains. Why? In *The Dangerous Duty of Delight*, John Piper turns our heart toward the one true object of human desire and happiness: God. Piper shows from Scripture that pursuing our happiness in Christ is not optional for the Christian, but essential. Come along on a journey from desperate desire to infinite delight. Learn how you were created for ultimate satisfaction in Him, and how this new perspective will change your attitudes toward worship, relationships, material goods—and everything. "Our hearts are restless until they find their rest in Thee." --Saint Augustine

BEST LIFE

Best Life magazine empowers men to continually improve their physical, emotional and financial well-being to better enjoy the most rewarding years of their life.

ALL THE STARS AND TEETH

Imprint "Fierce and unrelenting...Do yourself a favor and get lost in this beautiful book!" — Tomi Adeyemi, #1 New York Times bestselling author of *Children of Blood and Bone* Set in a kingdom where danger lurks beneath the sea, mermaids seek vengeance with song, and magic is a choice, Adalyn Grace's *All the Stars and Teeth* is a thrilling fantasy for fans of Stephanie Garber's *Caraval* and Sarah J. Maas's *Throne of Glass* series. She will reign. As princess of the island kingdom Visidia, Amora Montara has spent her entire life training to be High Animancer—the master of souls. The rest of the realm can choose their magic, but for Amora, it's never been a choice. To secure her place as heir to the throne, she must prove her mastery of the monarchy's dangerous soul magic. When her demonstration goes awry, Amora is forced to flee. She strikes a deal with Bastian, a mysterious pirate: he'll help her prove she's fit to rule, if she'll help him reclaim his stolen magic. But sailing the kingdom holds more wonder—and more peril—than Amora anticipated. A destructive new magic is on the rise, and if Amora is to conquer it, she'll need to face legendary monsters, cross paths with vengeful mermaids, and deal with a stow-away she never expected... or risk the fate of Visidia and lose the crown forever. I am the right choice. The only choice. And I will protect my kingdom. An Imprint Book "Vicious and alluring, *All the Stars and Teeth* is a force to be reckoned with." —Hafsah Faizal, author of *We Hunt the Flame* "Jam-packed with swashbuckling adventure, swoonworthy romance, and dark, lush magic. Amora Montara and the crew of *Keel Haul* will drop anchor in your heart and refuse to leave." —Christine Lynn Herman, author of *The Devouring Gray* "A deliciously twisted fantasy that keeps your heart jumping from page to page....Richly imaginative and full of political intrigue, I loved every moment of this fast-paced adventure!" —Akemi Dawn Bowman, author of *Starfish* and the upcoming *The Infinity Courts*

THE BOOK OF QUESTIONS

REVISED AND UPDATED

Workman Publishing Company The phenomenon returns! Originally published in 1987, *The Book of Questions*, a New York Times bestseller, has been completely revised and updated to incorporate the myriad cultural shifts and hot-button issues of the past twenty-five years, making it current and even more appealing. This is a book for personal growth, a tool for deepening relationships, a lively conversation starter for the family dinner table, a fun way to pass the time in the car. It poses over 300 questions that invite people to explore the most fascinating of subjects: themselves and how they really feel about the world. The revised edition includes more than 100 all-new questions that delve into such topics as the disappearing border between man and machine—How would you react if you learned that a sad and beautiful poem that touched you deeply had been written by a computer? The challenges of being a parent—Would you completely rewrite your child's college-application essays if it would help him get into a better school? The never-endingly interesting topic of sex—Would you be willing to give up sex for a year if you knew it would give you a much deeper sense of peace than you now have? And of course the meaning of it all—If you were handed an envelope with the date of your death inside, and you knew you could do nothing to alter your fate, would you look? *The Book of Questions* may be the only publication that challenges—and even changes—the way you view the world, without offering a single opinion of its own.

FRIEDRICH NIETZSCHE AND THE POLITICS OF THE SOUL

A STUDY OF HEROIC INDIVIDUALISM

Princeton University Press Leslie Thiele presents an original and accessible essay on the great thinker's attempt to lead a heroic life as a philosopher, artist, saint, educator, and solitary. He takes as his point of departure Nietzsche's conception of the soul as a multiplicity of conflicting drives and personae, and focuses on the task Nietzsche allotted himself "to make a cosmos out of his chaotic inheritance." This struggle to "become what you are" by way of a spiritual politics is demonstrated to be Nietzsche's foremost concern, which fused his philosophy with his life.

360° GLOBAL KINGDOM LEADERSHIP BOOK II

DRAWING GLOBAL LEADERSHIP WISDOM FROM THE CLASSROOM AND THE WORKPLACE

Xlibris Corporation The information about the book is not available as of this time.

PUBLIC RELATIONS ETHICS

HOW TO PRACTICE PR WITHOUT LOSING YOUR SOUL

Business Expert Press This book represents a practical guide to ethical decision-making tailored specifically to the needs of those who practice and study public relations. It traces the development of ethical theory from ancient Greece through the works of Socrates, Plato, and Aristotle to modern day public relations executives including Harold Burson, Robert Dilenschneider, and Richard Edelman. This book helps readers build personal frameworks for ethical reasoning that will enable them not only to recognize the ethical issues at play in public relations practice but also to analyze the conflicting duties and loyalties in these situations. This volume fills a gap in the currently available books on the subject, most of which either lack theoretical grounding or practical application. Illustrative cases used in this book span a wide range of public relations functions. To update readers on issues discussed in this book, the authors have started an online conversation. Please join the discussion at Updates.PREthics.com.

THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY IN THE HEALING OF TRAUMA

Penguin #1 New York Times bestseller “Essential reading for anyone interested in understanding and treating traumatic stress and the scope of its impact on society.” —Alexander McFarlane, Director of the Centre for Traumatic Stress Studies A pioneering researcher transforms our understanding of trauma and offers a bold new paradigm for healing in this New York Times bestseller Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Dr. Bessel van der Kolk, one of the world’s foremost experts on trauma, has spent over three decades working with survivors. In The Body Keeps the Score, he uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers’ capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments—from neurofeedback and meditation to sports, drama, and yoga—that offer new paths to recovery by activating the brain’s natural neuroplasticity. Based on Dr. van der Kolk’s own research and that of other leading specialists, The Body Keeps the Score exposes the tremendous power of our relationships both to hurt and to heal—and offers new hope for reclaiming lives.

THE BOOK OF PENDULUM HEALING

CHARTING YOUR HEALING COURSE FOR MIND, BODY, & SPIRIT

Weiser Books The Book of Pendulum Healing, suitable for beginners and adepts alike, offers clear, concise instructions for using ancient dowsing techniques, a modern pendulum, and 30 interrelated intuitive healing charts as a spiritual guidance system. The lessons provided are practical--the dowsing process provides concrete, visible-to-the-eye answers and solutions--and other easy-to-learn healing techniques such as communication with the angelic realm, affirmative prayer, meditation, and aura clearing are also included. This profound system opens one's mind to inner intuition and wisdom and addresses many key intellectual, emotional, physical, and spiritual issues.

TITAN

TITANI know I have a black soul. Bloodshed and danger are what I live for.A King is supposed to rule his Kingdom using any means necessary to demand respect.I'm not a weak man... A King kneels to no one.I've only ever cared about one other person in my life, but the thing is, she never belonged to me. And before I could tell her how I felt, she left.Now she's returned, needing someone to save her.Emilee York was always meant to be mine, and I'll see to it that happens. I always get what I want, even if that means I have to take it.And she's no different. She'll be my queen, one way or the other.EMILEEWWhen I left Sin City behind me, I had no plans to return. I avoided everyone, even my friends, to stay in my bubble. I've always been the kind to pull away and run when things get difficult.But one phone call changed everything, and I was racing back. If only I had known what was waiting for me.Titan reappeared like a ghost haunting me.One look and I knew he recognized me. I never forgot him or what we shared. Those feelings that no one else knew existed between us.I ignored them back then, but now they are more intense than ever."Get on your knees..." He demanded I kneel for him.I tried to act like he didn't affect me, but he knew. He remembered the way I reacted when he would touch me. And just like he was taught to do-he used my weaknesses against me.He staked his claim, and I became his queen to use how he saw fit.What makes it worse is that I crave him, and when I kneeled, it was willingly.But was it for nothing? (less)TITAN is the first book in the Dark Kings Series and can be read as a standalone. Due to mature content and themes this book is recommended for readers aged eighteen and over. This novel may contain triggers.

DESIRING GOD

MEDITATIONS OF A CHRISTIAN HEDONIST

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

MY LIFE WITH A SOUL

Pigeon Books Sam, an eighteen years old and young school student, becomes obsessed with a religion that delves into the dangerous nature of religion, love and dreams. He goes on a search of the truth, which according to him will change the course of the world he lives in. His depression, dreams, and his newly found love, Selda, takes him to the world, which he thinks is nothing but an illusion. Things become complicated and his life turns into a chaos. “What will you do if a girl says ‘No’ even after proposing her eighth time?” “What will you do if your lover is suffering from Aids?” “What will you do if your religion tells you that you can’t die?” “What will you do if your girlfriend dies in front of you?”

SOUL EXISTENCE REVEALED VOLUME 1

SOUL SCIENCES GUIDE BOOK

Spirituality non-fiction

YOU CAN'T SLEEP THROUGH YOUR AWAKENING

In this book, you will:*Awaken to where you are being run by unconscious cultural/social programming*Find ways to free yourself from the limiting beliefs underlying unconscious behavior*Learn a method of healing using the FACE formula of forgiveness, appreciation, compassion and embodiment, in order to "face" life in an awakened state.*Learn to "re-author" unhealthy myths, messages and beliefs that are running your life*Learn to take care of your own unmet needsA combination of personal memoir, shared stories, psychological study, scientific learning and spiritual discourse, You Can't Sleep Through Your Awakening is an exploration into what it actually means to wake up, and includes tools that contribute to the awakening process.

THE DARK NIGHT OF THE SOUL

SOUL EXISTENCE REVEALED VOLUME 3

SOUL SIENCES GUIDE BOOK

Spirituality non-fiction

THE GAME OF LIFE AND HOW TO PLAY IT

Samaira Book Publishers This little book has inspired thousands of people around the world to find a sense of purpose and belonging. Shinn’s distinct philosophy and practical approach included enlightening affirmations, timeless anecdotes, and action-based advice that are still relevant for the fast-paced world of today. According to her philosophy, Our thoughts, deeds, and words return to us sooner or later with astounding accuracy. Florence Scovel Shinn was a prominent and provocative twentieth-century leader of the New Thought movement, was known for her sage guidance on prosperity, intuition, relationships, and fulfillment.

DEMOCRACY AND EDUCATION

AN INTRODUCTION TO THE PHILOSOPHY OF EDUCATION,

John Dewey's *Democracy and Education* addresses the challenge of providing quality public education in a democratic society. In this classic work Dewey calls for the complete renewal of public education, arguing for the fusion of vocational and contemplative studies in education and for the necessity of universal education for the advancement of self and society. First published in 1916, *Democracy and Education* is regarded as the seminal work on public education by one of the most important scholars of the century.

DETOX YOUR SOUL

A 30 DAY ROAD MAP TO LOVING YOURSELF

CreateSpace Inner peace is finally within reach with Tami Shaikh's groundbreaking new book, *Detox Your Soul*. Do you often find yourself wishing to rid yourself of all the negative, harmful influences that often make life so difficult? Look no further than this new thirty-day program that helps you cleanse away your spiritual, mental, and emotional toxins and remove these relentless daily obstacles once and for all. Beginning with day one, you'll learn how to face your inner demons and build up your self-esteem. The strategies are designed to be incorporated into your daily life—no drastic changes to your routine are needed! Waking up just ten minutes earlier and going to bed just ten minutes later each day gives you all the time you need to see and feel a difference. Each of the thirty chapters provides a section for you to record your innermost thoughts, reflections on that day's exercises, and what you have achieved both physically and spiritually in the last twenty-four hours. By the end of the thirty-day program, you'll feel more in tune with your spirit, mind, and emotions. Most importantly, you'll have gained the tools to cleanse your soul for a lifetime to come.

GODEY'S LADY'S BOOK

YOUR BEST AGE IS NOW

EMBRACE AN AGELESS MINDSET, REENERGIZE YOUR DREAMS, AND LIVE A SOUL-SATISFYING LIFE

HarperCollins Although we've been conditioned to think "middle aged" is practically a four-letter word, the realities of women in midlife today are far different than what our mothers experienced. Women in their 40s, 50s, and even 60s are living younger, vibrant lives. But influenced by our youth-obsessed culture, we fear that when we hit midlife, we stop being relevant and no longer have options—that it's simply too late for us. Contradicting long-ingrained beliefs, Robi Ludwig draws on myth-busting data from scientific research and on her experience as a therapist to show midlife is not the beginning of our decline—it is actually a time to pursue our dreams. In *Your Best Age Is Now*, she offers specific advice on how to change our perception of this next life phase and make the best of it by:

- Letting go of stress to create a more balanced life;
- Identifying false thinking that is holding us back;
- Taking charge of our love life and relationships;
- Staying relevant in the workplace or starting new, exciting careers;
- Becoming more spiritual and leading a life of gratitude; and more.

Your Best Age Is Now provides the guidance you need to reject the status quo, become more "you" than ever before, and find the kind of happiness you never thought possible.