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Long a rallying point for concerned Christians who accept the authority of the Bible, this new third edition includes a new preface detailing the book's history and purpose; new material on wife battering, recovery from divorce, caring for aging parents, sexual harassment, and abuse; gender-related issues and the backlash against feminism; and more. An honored resource on the challenges and opportunities facing Christian women. A story of a man's journey through life and the two women he loves. Break the rules, not the fast with world-renowned biohacker and Bulletproof Coffee founder Dave Asprey, author of *The Bulletproof Diet*, *Head Strong*, and other New York Times bestsellers. For more than a decade, Bulletproof founder Dave Asprey has shared his unique point of view and expertise to help fans become the best versions of themselves. From living longer to getting smarter, maximizing performance to practicing mindfulness, Dave's followers look to him for his take on the most effective techniques to become healthier and more powerful than most doctors think is possible. Asprey has been fasting for years, long before it gained widespread popularity, and if you're a fan of Bulletproof coffee and *The Bulletproof Diet*, you have been enjoying some of the benefits of Intermittent Fasting too. In *Fast This Way*, Dave asks readers to forget everything they think they know about the ancient practice and takes them on a journey through cutting-edge science to examine the ways novice fasters and Intermittent Fasting loyalists can up-end their relationship with food and upgrade their fasting game beyond calorie restriction. What IF eating the right foods at the right time can actually enhance your fast? What IF how you work out and sleep could trick your body into thinking you are fasting? What IF it were easy to skip a meal, or two, or three? What IF fasting is different for women, can be personalized to your genes, and can impact your mental health? What IF all fasts could be created equal? *Fast This Way* is a compelling read through the latest thinking on fasting and gives readers the manual and toolkit to make the most of their fasts and their personal biology. *From Mud to Lotus: I Meant to Behave, but There Were Too Many Other Options* By: Dr. Pratibha Eastwood "From Mud into Lotus is a real page-turner that takes the reader on a roller coaster ride of such epic proportions that one almost forgets it's not fiction. A great read that is reminiscent of the lineage of Anais Nin, it champions tireless and daring explorations of what it means to be culturally, spiritually, and sexually free." — Sunny Massad, author of *Untherapy* "This book will draw you in from the beginning. An insecure, fearful, lonely and neglected child in the mud of Israel becomes a hippie in America, a PhD in psychology, a sannyasin (seeker) in India. She experiments with drugs and therapies and ends up with Osho Rajneesh for a while. From that commune, her adventures take her all over Asia, to the Himalayas, Australia, and back the US. In the end, she comes full circle to reconcile with her estranged parents, having grown into a lotus blossom blessed with Freedom, Trust, and Forgiveness. A great read!" — Roshani Shay Curtis, PhD, Professor Emeritus, Western Oregon University "Powerful and thought-provoking. . . .Pratibha's nuanced, richly descriptive writing introduced me to places and faces I'll never forget. Such a vividly engaging story. It touched me deeply." — Lizbeth Hartz, author of *Angel Hero: Murder in Hawai'i: A True Story* Colorful illustrations and simple ideas help to explain egg and sperm donation to young children, while keeping the focus on how loved the children resulting from in vitro fertilization truly are. It's only natural that Kevin would join his parent's family law firm. Kevin preferred to spend time reading or at his parent's office. If Kevin gets a specialized degree, his potential income could double and guarantees his parent's firm expanding. When love hits Kevin for the first time, his world is shaken. Will he find that making the right choice could jeopardize his career path and let his family

down? Meanwhile, a pretty young high school student struggles with her grades as her best friend gets boy-crazy. At their bleakest moments, the help that they desperately need comes from the people they didn't expect. Their resolution, determination, and loyalty are tested over the next couple of years, as their paths require them to overcome painstaking hurdles. Follow these students as they learn the hard-knocks of life and lessons that mold them into the adults that they become. A New York Times Bestseller An Indie Bestseller Perfect for fans of Marie Lu and E. Lockhart, *The Ones We're Meant to Find* is a gripping and heartfelt YA sci-fi with mind-blowing twists. Set in a climate-ravaged future, Joan He's beautifully written novel follows the story of two sisters, separated by an ocean, desperately trying to find each other. Cee has been trapped on an abandoned island for three years without any recollection of how she arrived, or memories from her life prior. All she knows is that somewhere out there, beyond the horizon, she has a sister named Kay, and it's up to Cee to cross the ocean and find her. In a world apart, 16-year-old STEM prodigy Kasey Mizuhara lives in an eco-city built for people who protected the planet and now need protecting from it. With natural disasters on the rise due to climate change, eco-cities provide clean air, water, and shelter. Their residents, in exchange, must spend at least a third of their time in stasis pods, conducting business virtually whenever possible to reduce their environmental footprint. While Kasey, an introvert and loner, doesn't mind the lifestyle, her sister Celia hated it. Popular and lovable, Celia much preferred the outside world. But no one could have predicted that Celia would take a boat out to sea, never to return. Now it's been three months since Celia's disappearance, and Kasey has given up hope. Logic says that her sister must be dead. But nevertheless, she decides to retrace Celia's last steps. Where they'll lead her, she does not know. Her sister was full of secrets. But Kasey has a secret of her own. In a book drawn from five years of rigorous research, husband-and-wife scientists, explain how anyone can regain health and lose weight by optimizing nutrition, detoxifying the diet and supporting healthy immune function. "A memoir in text, image, and song. In this unique hybrid work, author/musician Dao Strom navigates the spaces between shores, mother and father, two cultures. The daughter of writers, she fled Vietnam with her mother at the end of the war. It was not until years later that she learned her father was still alive and had spent a decade in Communist "reeducation" camps as persecution for his work as a writer in the pre-1975 era of Saigon. This rift--caught between the forward-looking mother who severed ties with the past, and the only tenuous presence of a father who could not turn away from the past--is the initiating ethos behind this memoir, which renders itself also as an experiment in literary multimedia, combining text, image, and song to express the nuances and buried emotions of aftermath" -- Are you happy with your life? Are you where you want to be? What holds you back -- your family, your work, yourself? This inspiring book touches a universal chord: the desire to find one's purpose and fulfill it. Among the topics covered: how you can change your life, why growth can be so hard and what you can do when the going gets tough. Most importantly, Dr. Gibson provides a practical road map out of old habits to help forge a new path to become the person you want to be. some relations are neither meant to be nor not meant to be. some are just meant to be uncertain of what they are. five years worth of poetry about going back and forth in love, or whatever that was. Counselor and therapist Dr. Beth Blevins Cujé's original approach to self-help takes a giant-step beyond most self-help books. *Become the Person You Were Meant to Be* answers the question, "Why am I this way?" but goes on to answer the question, "How do I change?" Providing a framework for self-monitoring, simple tools for change, and four keys steps to guide change, Cujé's Choice-Cube Method equips readers finally to answer both questions. According to Cujé, normal feelings of defensiveness and self-protection can be dangerous when individuals become stuck in those postures. She points out that readers can use her method to check bodily stress, negative emotions, painful and distorted thoughts, and misdirected desires. Then once aware of those reactions, they can learn to take responsibility for them and use her Choice-Cube tools and four key steps to make necessary changes. Developed out of years of experience as a therapist, university adjunct faculty member, and workshop presenter, this down-to-earth application of current brain research, trauma research, and attachment theory can help readers consistently resolve problems in the present, rework past problems, and program their future. The author believes this method can benefit therapists as well as secular readers and believers. "Real-life examples lend credibility and authenticity to the program...Individuals seeking to better themselves might find that the author's insightfulness and the Choice-Cube Method work well for them." - ForeWord Clarion Reviews The best leaders keep learning new ways to grow. Every good leader shares a common trait: they want to keep getting better. But eventually, most encounter a setback-the limits of their own self-development. To overcome this, they must address their personal leadership DNA-the individual wiring that makes them naturally gravitate toward certain solutions and shy away from others. As a master leadership coach, Rob McKinnon knows that the most powerful and lasting growth starts from within. A leader must address how he or she thinks, feels, and acts, while also identifying their core beliefs. Until these dimensions are recognized and developed, leaders will continue to do things the same way they always have, and get the same results. Lead Like

You Were Meant To helps overcome three critical roadblocks: leading too much on autopilot, leading with less than 100% of what the leader possesses, and failing to see the common link between their greatest strengths and greatest weaknesses. Witty tweets, quick-fix seminars, and "do it my way because it worked for me" books don't cut it for the personal, lasting growth that leaders want. Instead, high impact change begins with the customized inside-out self-leadership skills that McKinnon presents. Filled with real-life stories, powerful frameworks, and practical tools, this book offers comprehensive leadership development that endures. New York Times bestselling author and Life Designs, Inc. creator Martha Beck shares her step-by-step program that will guide you to fulfill your own potential and create a joyful life. In this book, you'll start by learning how to read the internal compasses already built into your brain and body--and why you may have spent your life ignoring their signals. As you become reacquainted with your own deepest desires, you'll identify and repair any unconscious beliefs or unhealed emotional wounds that may be blocking your progress. This will change your life, but don't worry--although every life is unique, major transformations have common elements, and Beck provides a map that will guide you through your own life changes. You'll learn how to navigate every stage, from the first flickering appearance of a new dream to the planning and implementation of your own ideal life. Based on Dr. Beck's work as a Harvard-trained sociologist, research associate at Harvard Business School, instructor at Thunderbird Business School, and especially on her experiences with her clients over the last six years, *Finding Your Own North Star* offers thoroughly tested case studies, questionnaires, and exercises to help you articulate your core desires and act on them to build a more satisfying life. "Explorers depend on the North Star when there are no other landmarks in sight. The same relationship exists between you and your right life, the ultimate realization of your potential for happiness. I believe that a knowledge of that perfect life sits inside you just as the North Star sits in its unaltering spot." -- Martha Beck

some relations are neither meant to be nor not meant to be. some are just meant to be uncertain of what they are. five years worth of poetry about going back and forth in love, or whatever that was. This full-color gift book uses Peter's life, from ordinary fisherman to the rock upon which the Christian Church would be built, as a template for our own life's potential. Using serene nautical photographs, compelling excerpts from scripture, new text and inspiring quotes from notable leaders and profound thinkers, the book takes us through Peter's journey, the invitations that were extended to him to have faith and how he responded, and relates that to contemporary life, challenging us not to be held back by struggles and inspiring us to see invitations for greater faith and, like Peter, to see our own extraordinary potential in everyday life. Being different is a wonderful thing. Be proud of who you are and share yourself with the world! Join our diverse group of friends as they proudly show off just what makes them special. A USA TODAY, WASHINGTON POST, AND PUBLISHER'S WEEKLY BESTSELLER! The path to your life's work is difficult and risky, even scary, which is why few finish the journey. This book will help you discover your life's work to live a life that matters with passion and purpose. It's about the task you were born to do, your true life's work. Bestselling author and entrepreneur Jeff Goins explains how the search begins with passion but does not end there. Only when our interests connect with the needs of the world do we begin living for a larger purpose. Those who experience this intersection experience something exceptional and enviable. Though it is rare, such a life is attainable by anyone brave enough to try. Through personal experience, compelling case studies, and current research on the mysteries of motivation and talent, Jeff shows you how to find their vocation and what to expect along the way. In *The Art of Work*, you'll learn: The seven stages of calling to discover your life's work How accidental apprenticeships differ from mentoring and why taking action is key How believing The Myth of the Leap can prevent you from achieving your dreams To live The Portfolio Life and how it can lead to your greatest satisfaction and best work Our hearts crave connection to a meaningful calling. *The Art of Work* illuminates the proven path for anyone who wants to embrace that calling and build a body of work they can be proud of. INSPIRATION "I LOVE YOU DEEPLY BECAUSE....." is a celebration of the euphoric feeling of being in love. When two people care for each other deeply, everything feels lighter and brighter. When you have a special someone in your life, you feel positive energy in your heart and soul. The sentiments are precious expressions of being in love. We all yearn to hear the words, "I love you deeply in my heart." Patricia C. Gallagher www.creativelivingwithpatricia.com INSPIRATION "I LOVE YOU DEEPLY BECAUSE....." is a celebration of the euphoric feeling of being in love. When two people care for each other deeply, everything feels lighter and brighter. When you have a special someone in your life, you feel positive energy in your heart and soul. The sentiments are precious expressions of being in love. We all yearn to hear the words, "I love you deeply in my heart." Patricia C. Gallagher www.creativelivingwithpatricia.com INSPIRATION "I LOVE YOU DEEPLY BECAUSE....." is a celebration of the euphoric feeling of being in love. When two people care for each other deeply, everything feels lighter and brighter. When you have a special someone in your life, you feel positive energy in your heart and soul. The sentiments are precious expressions of being in love. We all yearn to hear the words, "I love you deeply in my heart." Patricia C. Gallagher www.creativelivingwithpatricia.com

The NPR Weekend Edition host explores the cultural impact of adoption while sharing the story of how his wife and he adopted two daughters, in an account that also relates the experiences of other prominent figures who were adopted or became adoptive parents. This book is designed not only for coaches but is applicable to any level of leadership. Do you feel unsettled, unsure, confused, lost, or frustrated? Are you struggling with your identity or your purpose in life? Are you unhappy but don't know why? *Living the Life You Were Meant to Live* will help you transform your existence into a purpose-filled, Christ-centered life devoted to God. The principles taken from the LifePlanning Process will help you direct your efforts toward greater purpose and fulfillment; discover your foremost traits and talents; and balance the five domains of life: Personal, Family, Church/Faith Kingdom, Vocation, and Community. In a remarkable decade of public investment in higher education, some 200 new university campuses were established worldwide between 1961 and 1970. This volume offers a comparative and connective global history of these institutions, illustrating how their establishment, intellectual output and pedagogical experimentation sheds light on the social and cultural topography of the long 1960s. With an impressive geographic coverage - using case studies from Europe, the Americas, Africa and Asia - the book explores how these universities have influenced academic disciplines and pioneered new types of teaching, architectural design and student experience. From educational reform in West Germany to the establishment of new institutions with progressive, interdisciplinary curricula in the Commonwealth, the illuminating case studies of this volume demonstrate how these universities shared in a common cause: the embodiment of 'utopian' ideals of living, learning and governance. At a time when the role of higher education is fiercely debated, *Utopian Universities* is a timely and considered intervention that offers a wide-ranging, historical dimension to contemporary predicaments. Have you ever met someone with the perfect job? To the outside observer, it seems like they've won the career lottery—that by some stroke of luck or circumstance they've found the one thing they love so much that it doesn't even feel like work—and they're getting paid well to do it. In reality, their good fortune has nothing to do with chance. There's a method for finding your perfect job, and Chris Guillebeau, the bestselling author of *The \$100 Startup*, has created a practical guide for how to do it—whether within a traditional company or business, or by striking out on your own. Finding the work you were “born to do” isn't just about discovering your passion. Doing what brings you joy is great, but if you aren't earning a living, it's a hobby, not a career. And those who jump out of bed excited to go to work every morning don't just have jobs that turn their passions into paychecks. They have jobs where they also can lose themselves for hours in the flow of meaningful work. This intersection of joy, money, and flow is what Guillebeau will help you find in this book. Through inspiring stories of those who have successfully landed their dream career, as well as actionable tools, exercises, and thought experiments, he'll guide you through today's vast menu of career options to discover the work perfectly suited to your unique interests, skills, and experiences. You'll learn how to:

- Hack the job of your dreams within a traditional organization by making it work for you
- Find not only your ideal work but also your ideal working conditions
- Create plans that will allow you to take smarter career risks and “beat the house” every time
- Start a profitable “side hustle” and earn extra cash on top of your primary stream of income
- Escape the prison of working for someone else and build a mini-empire as an entrepreneur
- Become a rock star at any creative endeavor by creating a loyal base of fans and followers

Whichever path you choose, this book will show you how to find that one job or career that feels so right, it's like you were born to do it. Leaders aren't born, they're made. Becoming a successful leader is a continual, lifelong process. It's a journey that requires discipline, intention, and drive. Yet true leadership is not about what we do, it's about who we are. So how can we become leaders of integrity, passion, and excellence? *Be The Leader You Were Meant To Be* is a definitive resource for creating leaders who make a difference. Biblically-based, time-tested, and real-world proven, this landmark guide offers powerful, practical insights for personal and professional development. Inside you'll learn: How to cultivate the traits of an effective leader Why some leaders succeed more than others God's standard for authentic leadership How to resolve career challenges and difficulties How to excel in any profession Discover how you can make an impact in your workplace, on your team, and in your life. And uncover the leader that God intended you to be. In this warm, funny, and wise new book, NPR's award-winning and beloved Scott Simon tells the story of how he and his wife found true love with two tiny strangers from the other side of the world. It's a book of unforgettable moments: when Scott and Caroline get their first thumb-size pictures of their daughters, when the small girls are placed in their arms, and all the laughs and tumbles along the road as they become a real family. Woven into the tale of Scott, Caroline, and the two little girls who changed their lives are the stories of other adoptive families. Some are famous and some are not, but each family's saga captures facets of the miracle of adoption. *Baby, We Were Meant for Each Other* is a love story that doesn't gloss over the rough spots. There are anxieties and tears along with hugs and smiles and the unparalleled joy of this blessed and special way of making a family. Here is a book that families who have adopted—or are considering adoption—will want to read for

inspiration. But everyone can enjoy this story because, as Scott Simon writes, adoption can also help us understand what really makes families, and how and why we fall in love. Only \$6.99! Perfect Journal, Diary, Notebook Amazing design and high quality cover and paper. Matte Cover. Perfect size 6x9" No Spiral Use it as a journal, note taking, composition notebook, makes a great gift! What do you do when you have to give up the person you love most? Thirty-five-year-old Miranda is not an impulsive person. She's been at Domestic Goddess magazine for eight years, she has great friends, and she's finally moving on after a breakup. Having a baby isn't even on her radar—until the day she discovers an abandoned newborn on the platform of a Brooklyn subway station. Rushing the little girl to the closest police station, Miranda hopes and prays she'll be all right and that a loving family will step forward to take her. Yet Miranda can't seem to get the baby off her mind and keeps coming up with excuses to go check on her, until finally a family court judge asks whether she'd like to be the baby's foster parent—maybe even adopt her. To her own surprise, Miranda jumps at the chance. But nothing could have prepared her for the ecstasy of new-mother love—or the heartbreak she faces when the baby's father surfaces.... CONVERSATION GUIDE INCLUDED "Well-written characters and fascinating plot twists will appeal to book groups and fans of women's fiction."—Library Journal "McDonough does a fabulous job showing that being blind-sided isn't always a bad thing. Sometimes, even the best surprises come out of it. Every facet of the book is compelling, but readers might particularly enjoy the dynamics between the heroine and the two male protagonists. The story's effortless fluidity will have readers questioning how this inspired-by-real-events premise unfolds."—Romantic Times "With a deft, sure touch, Yona Zeldis McDonough explores the ways families are formed and how love can take you by surprise. An absorbing and soul-stirring novel."—Christina Baker Kline, #1 New York Times bestselling author of Orphan Train "Abounding with warmth and charm, *You Were Meant for Me*, is a profoundly moving novel which explores the intensity of love and the fallout of heartbreak. It will capture your attention from the very first page and never let go."—Emily Liebert, author of *When We Fall Finding one's purpose in life and fulfilling it is a desire we all share. Yet many of us are living the lives and dreams imposed upon us by our family, friends and society. Once we understand the fears, frustrations and loyalties that sabotage our dreams and best efforts at personal growth, we can free ourselves from doubt and defeat and find out what we really want to do with our lives. Who You Were Meant to Be explains how to use our inner guidance to find our most personal and energizing life purpose. Writing in a friendly, active style, psychologist Lindsay Gibson shows us how to get free of the misguided guilt and loyalty that confuse loving others with sacrificing oneself. We can undo self-defeating ideas and claim our right to happiness and autonomy in our life choices. Thanks to the author's clinical background, this book goes deep enough to address feelings of helplessness, hopelessness, and the common fears that can bring self-actualization to a standstill. Dr. Gibson offers a unique blend of inspiration and pragmatic advice to people who have been reluctant to put themselves first in their own lives. Who You Were Meant to Be provides a practical road map out of old habits and shows how to forge a new path on which each of us can discover or recover our true purposes in life and become the people we want to be. What is our purpose in life? Is there an even grander story at work behind our salvation in Christ? Drawing on the reflections of early church writers and theologians, Who We Were Meant to Be invites the reader to consider the whole tapestry of God's plan from start to finish, culminating in a vision of all creation being restored and renewed as the temple of God's glory. Guided by the wisdom and insights of the patristic age, this book urges us to take up the mantle of our appointed role as royal priests, not only as a status to be enjoyed, but as a vocation to shape our entire lives. We have an open invitation to recapture the grand theological vision of Christianity's early centuries, and to step once again into the transfiguring light of who we were meant to be. He swore he wouldn't touch her, but she's about to test his restraint. Prim and proper secretary Melodie Turner has been in lust for her boss for years . . . and she's finally going to do something about it. P.I. Cole Sommers might be able to barely resist her sexy new attitude and flirtatious behavior, but when she takes a cue from his current case and decides to seduce Cole's mind with highly provocative letters, she knows his body won't be very far behind . . . Cole is definitely in over his head. He's got more cases than he can handle, but all he can think about is taking his secretary to bed, turning her over his knee, and showing her what happens to naughty girls who don't behave. At every turn, Melodie is there, taunting him, teasing him, making him burn with a deep, undeniable need. But Cole promised her father that he'd protect her—even from himself—which means she's off-limits. Only he hadn't counted on being the target of Melodie's irresistible sensual assaults. Nor had he planned to lose his hardened heart in the battle . . . Have you ever had in the core of your being a sense that there is no one else who is the same as you? This awareness goes far deeper than our consciousness, relentlessly seeking a sense of who we are and why we are here How much am I worth? Every day, girls ask themselves this question in a variety of ways. Am I pretty enough? Will they like me if I do this? Why do I look like this? Why do I feel so rejected? Constantly thinking about these types of questions can leave our girls damaged and suffering from low self-esteem. It is important for them to know that their worth is not*

deemed by how they look or what they have but by who created them and what He has designed them to become. In *How to Be the Princess You Were Meant to Be!*, girls will learn that God created them to be wonderful. Every part of them, even their perceived flaws, were designed and designated by the Creator. They will learn that true beauty comes from the heart and shows through their actions. Finally, they will learn that they were created for a royal purpose and how to fulfill that purpose through Godly beauty. This is a workbook designed for a group workshop setting. Girls of all ages can benefit and experience growth. In addition to learning what true beauty is and how to fulfill their purpose, they will write their own stories and affirm their place in the kingdom. As a bonus, we share how they can organize their own workshop to continue sharing the message. Brief inspirational readings encourage readers to be the unique individual that God created them to be. Honest and full of heart, this clever contemporary romance debut deftly combines utterly relatable family drama with all the sweetness and uncertainty that comes with falling in love. Rule #1: Don't get attached. Amber lives by strict rules to survive her mother's love life: Always keep your eyes on the horizon and never get close to anyone connected to Mom's boyfriends. But after they move in with Kevin, the latest of her mom's "soul mates," the rules become increasingly difficult to follow. Kevin's daughter, Cammie, keeps acting like Amber's friend, even though she's definitely not. And Jordan—star basketball player, hottest boy in school, and Cammie's best friend—keeps showing up at the most inconvenient moments. Amber has reasons for every one of her rules, and following them is the only way to protect her heart when her mom inevitably moves on. But as she spends more time with Kevin, his daughter, and especially Jordan, she starts to wonder if the rules might be worth breaking this time. Chosen by readers like you for Macmillan's young adult imprint Swoon Reads, *Rules We're Meant to Break* is a charming, heartachingly real story of family and young love by debut author Natalie Williamson. Praise for *Rules We're Meant to Break*: "Vibrant and funny and completely relatable. ... The perfect read for anyone wanting to be swept away." —Danielle Stinson, author of *Before I Disappear* "Rules We're Meant to Break is one of those young adult contemporaries that I truly resonated with... What an amazing debut! I cannot wait to see what Natalie Williamson writes next!" —The Write Kind of Love The secret to getting what you want... You know the value of positive thinking, but you're wondering if it can really bring good things your way. Too often, the things that happen to you, whether good or bad, seem completely beyond your control. *The Awakened Life: The Law of Attraction* teaches you how to take back control and live the abundant life you were meant to have. In this enlightening guide, you'll discover how to start thinking about your life in a new way. You'll learn how to translate your thoughts into positive energy that can change the direction of your life and bring great things into your world! Whether it's your health, relationships, or career that you're struggling with, you'll get concrete, practical strategies for applying the Law of Attraction to transform your life in ways you never thought possible.

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