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KEY=BODY - NOVAK PATRICK

Fierce Medicine

Breakthrough Practices to Heal the Body and Ignite the Spirit

Harper Collins In Fierce Medicine, Ana Forrest, charismatic teacher and founder of Forrest Yoga, combines physical practice, eastern wisdom, and profound Native American ceremony to help heal everything from addictive behaviors and eating disorders to chronic pain and injury. Fierce Medicine is also part memoir, detailing Ana Forrest's journey to move beyond her past as she helps others to do the same. Filled with helpful yoga exercises, Fierce Medicine teaches us to reconnect with our bodies, cultivate balance, and start living in harmony with our Spirits.

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The Healing Power of Food and Diet - Curing Yourself Through Ancient Dietary Practices

Mendon Cottage Books Table of Contents Introduction Why You Should Never "Diet!" One Food Foods Which "Oppose" Each Other Foods That Complement Each Other The Necessity of Fat in Your Diet The Myth of Calories Conclusion Author Bio Publisher Introduction I decided to write this book when I saw a number of my friends following fatty diets with no proteins, low calories, no carbohydrates or anything else being promoted by any sort of person who called himself a dietitian and had good PR behind him. And I began to think. If these people were put in situations when they could not get food to eat, and had to survive with their body starving, they would not treat food with such casual contempt. However, they were starving their bodies of essential nutrients out of sheer ignorance. They wanted to get thin. Many of them were genetically programmed towards obesity. Others began gaining weight due to the body reaching a stage when it was in such a desperate condition that malnutrition had set in. And that is why it was putting on weight as a last resort in order to protect the body from any sort of future starvation. This book is going to tell you all about ancient food eating practices followed by the wise men of yore. If you say, I cannot do without my potato chips, or my sugar fix, well, you are not ready to live a lifestyle which were followed by our ancestors all over the world, millenniums ago. They ate nourishing food. And they were thankful for what they got. They did not bother much about silly newfangled ideas about calories and in the amounts of calories required to keep you healthy and strong. This of course is a fallacy and is a silly myth, which I am going to explain to you later on, but at the moment I am going to tell you more about how foods were used to heal a number of diseases down the ages, and naturally.

When Your Body Talks, Listen!

CreateSpace How we become ill and the causes of illness are generally a mystery to most people. Researchers now tell us that 70% to 80% of all illnesses seen by medical doctors are either caused by or made worse by stress. The full story of those Stress-Related Disorders, illnesses produced by stress, are now examines and illuminated by Dr's Allen and Lisa Robyn Lawrence. You must read this book if you, or someone you know: Experience symptoms which you believe indicate that you are becoming ill and want to stop the illness process. Are already ill and are not getting the results you want from your doctor. Are well and want to either prevent becoming ill in the future or learn how you can prevent illness before it can set in. Are already ill and want to learn to work with your body's natural healing ability without expensive, painful or dangerous medical treatments. The Dr's Lawrence take you on step-by-step journey illustrating the role you mind, your body and your spirit play in creating and healing illness. When Your Body Talks, Listen! Will teach you how to protect yourself from Stress-Related Disorders, and the detrimental short and long-term effects from them.

Living Energy

The life force, also known as "spirit," is the essence of being and the conscious and most important form of energy. Living energy is personal and within our conscious control, and by learning about it, we can use it to transform our life into vibrant and meaningful expressions of who we really are. Consciousness is purely energetic and therefore difficult to quantify in mechanistic terms. It is the characteristic of living energy and is the foundation of awareness. Consciousness is the thread running through all life. Living Energy is an introduction to the process of mystic spirituality. The reader is encouraged to attain a deep and meaningful connection to the divine with expanded awareness. The principles given in this book are equally relevant to the novice and the advanced practitioner. Robert explains how we may reveal our hidden potential by shifting our perception away from what is customary and comfortable to open the doors to greater spiritual awareness.

The Book on Internal STRESS Release

Get Powerful Health and Nutritional Secrets

With the combination of Coach Melvin's Dynamic Application of Internal Awareness(tm) (DAIA) Method, Dr. Totton's 100-day method to condition your body's neural pathways to establish a new habit which then becomes automatic, and with Dr. Painter's method of committed practice of Li Family Yixingong (Standing Meditation) to produce profound results at the neurological level, novices to advanced practitioners gain the ability to access your inner core, tapping into an area that can positively affect your overall well-being, prevent stress from taking hold, and give you perpetual mental-

[physical rejuvenation.](#)

Quantum Brain Healing With Alternative Medicine

[Quantum Brain Healing offers alternative medicine, nutritional therapies, vitamins, amino acid therapy to treat, heal, and prevent many brain diseases. It also shows how to protect the brain from aging, cognitive disorders, and learning disorders. Modern anti-aging tips for protecting memory and working longer. Medical solutions to sharpen your memory and improve your mood. Help in eliminating addictions and depression. The book chapters include depression, anxiety, insomnia, PTSD, OCD, mania, Parkinson's, Alzheimer's, addiction, neuropathy, dyslexia, epilepsy, memory, ischemia, stroke, autism, stress, cognitive disorders, and auditory hallucinations. Each chapter contains the many solutions and treatment plan for the specific disease and related medical symptoms. Learn how to keep yourself healthy, fight environmental toxins, repair cellular damage, and operate in your best health zone. Let Dr Rebecca Stone MD-India light the pathway to Camelot for your family's health and wellness.](#)

Healing After Loss

Daily Meditations For Working Through Grief

[Harper Collins](#) For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort.

Anatomy and Asana

Preventing Yoga Injuries

[Eastland Pr-International Rebate Code](#)

40 Days to Starting Over

No More Sheets Challenge

[Destiny Image Publishers DIV](#) The 40 Days to Starting Over: No More Sheets Challenge is an essential tool and companion piece to the ground-breaking and empowering book, No More Sheets. Many believers today are bound by the sheets of their pastdrug addiction, emotional bondage, sexual issues, abuse, and other life-shattering troubles. Dr. Juanita Bynum provides an easy-to-follow guide for believers struggling to live in Gods perfect will. Through devotions, meditation, and journaling, you are led through a process to cast off the sheets that are entangling you and lead a fuller, more productive life serving the King of kings. This journal is a 40-day journey to find your identity. By the time you complete Day 40, you will have met the person you lost so long ago. You will have become reacquainted with who you really are, and you are going to like who you see! /div

The Philosophy and Mechanical Principles of Osteopathy

[The Philosophy and Mechanical Principles of Osteopathy](#) by Andrew Taylor. Still, first published in 1902, 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.

Breaking Point

How the Primary Care Crisis Endangers the Lives of Americans

[John Geyman, M.D.](#) Our market-based, profit-driven health care system in the United States has put necessary care increasingly beyond the reach of ordinary Americans. Primary health care, the fundamental foundation of all high-performing health care systems in the world, is a critical but ignored casualty of the current system. Unfortunately, primary care is often poorly understood, even within the health professions. This book describes what has become a crisis in primary care, defines its central role, analyzes the reasons for its decline, and assesses its impacts on patients and families. A constructive approach is presented to rebuild and transform U.S. primary care with the urgent goal to address the nation's problems of access, cost, quality and equity of health care for all Americans.

Homo Luminous

[Mike Frost](#) David Werden wants nothing more than to lead a quiet, ordinary life. But his world is turned upside down when an unknown event changes the face of the planet. Realizing he cannot live alone in the ruins of the old world, and compelled by a strange internal force to reach the sea, he sets out on foot, carrying what he can, struggling against the harsh post-apocalyptic environment to search out others who may still be alive. Thrust into the leadership of a band of survivors, David struggles to scratch out the necessities of life while dealing with the staggering destruction and overwhelming sense of loss - and begins to understand the tragic and marvelous events that have occurred to the planet and to humanity itself. Finding love and betrayal, he must fight those who cling to the old world with all their strength and those who wish to stamp out the growing number of people coming to terms with their new levels of perception and insight into the Universal Mind.

The Power of Forgiveness

A Guide to Healing and Wholeness

The Power of Forgiveness is a comprehensive guide to forgiveness as a healing practice. The author makes the crucial point that, for us to be the most empowered versions of ourselves in the world, we must prioritize our healing. And forgiveness is the most important path toward healing that we can undertake. The book is made up of three distinct parts. Part I engages the reader in considering what forgiveness is, and what it isn't, and why it is so important to participate in this powerful and often misunderstood, process. Part II reveals the framework and process. The author offers readers a comprehensive roadmap, with a series of written exercises and guided meditations, toward forgiveness. The structure she provides helps to strengthen the competencies we need to forgive fully. The final section of the book discusses concepts related to forgiveness that deepen our understanding of the healing practice. In considering the impact of personal forgiveness on the world around us, Hooks shows us in great detail how people who practice forgiveness in their daily lives have the capacity to heal both themselves and the world.

Tough Call

A Little Book on Making Big Decisions

Life is full of tough calls and daunting decisions. The question isn't if you'll face a big decision in the future, but how you'll face the tough call that's guaranteed to come your way. Think about it. There are wedding proposals to ponder, college applications to submit, career moves to make, homes to sell, and confrontations to consider. And, knowing how poorly things could go, we sometimes find ourselves facing these decisions with a deep fear of future regret. The pressure is on. Or is it? Short and straightforward, yet full of practical insight and spiritual truths, Tough Call, will help you see that the Christian faith offers a mindset to confidently and joyfully make your next big decision. More importantly you'll see that you can face life with your fears recognized, your peace maximized, and your hope anchored in something greater than your ability to "get it right." Readers familiar with authors like Acuff, Chan, and Tchividjian will resonate with Matt Popovits's witty, practical, and gospel-centered take on complicated topics. Tough Call is an enjoyable and essential read for any and all facing a major decision.

What Stress Can Do

Whether it's your daily dealings at work or a pervasive concern for your physical safety, the stress you regularly experience may actually be more harmful than the threat that triggered it. Not only can it lead to isolation and an erosion of happiness, stress can be biologically harmful, bringing about health issues, such as heart disease, high blood pressure, ulcers, and strokes. In short, successfully managing stress could be nothing less than a life-or-death situation. Now, professional biofeedback practitioner Harry L. Campbell presents "What Stress Can Do," his unprecedented guide to the importance of minimizing everyday stress in order to short-circuit its many serious side effects. What's more, his easy-to-implement recommendations enable you to do so without use of any drugs. Recent data on the prevalence of stress documents that as much as 90 percent of all doctors' office visits are related to stress. However, with the right skills and perspective, you can preempt the physical fallout from the tolls of daily life, and gain new mastery over your mind. The time is right to take a step back, breathe easy, and once and for all address all that ails you.

Meditation for Beginners

How to Meditate (As an Ordinary Person!) to Relieve Stress, Keep Calm and Be Successful

CreateSpace Meditation is not only about crystals, hypnotic folk music and incense sticks! Forget about sitting in unnatural and uncomfortable positions while going "ommmmm...." It is not a club full of yoga masters, Shaolin monks, hippies and new-agers. It is super practical and universal practice, that can improve your overall brain performance and happiness! -Looking to be truly happy... not just fake smiles anymore? -Sick of being held up and helpless, a victim of terrible circumstance? -Do you really want to be a slave to your emotions anymore? -Are you so depressed and negative that no one really enjoys spending time with you? Well, I was not necessarily talking to you, but if it speaks to you, you have picked up the right book! Most People Walk Through Their Life In a Walking Daze And I was too. I was constantly fighting everything going on in my life: with my mind. Day to day stressors like traffic, the mean lady at the gas station with the bad breath that I had to see every morning, and the long hours put in at work, were enough to drain me. My boss, with his long nose hair, breathing down my neck about my productivity level was enough to deplete a person every day. "What do I do? What will happen next? What if, what if, what if...?" I could not even enjoy a second of my day, because I was lost in worry and stress over what was going to happen next and what I could do to maybe control it. In this book you will find techniques to step out of your thinking and allow your mind to finally rest. When meditating, you take a step back from actively thinking your thoughts, and instead, see them for what they are. The reason why meditation is helpful in reducing stress and attaining peace is that it gives your over-active conscious a break. Just like your body needs it, your mind does too! I give you the gift of peace that I was able to attain through present moment awareness. In This Book I'll Show You: -My favorite meditation and mindfulness techniques perfect for ordinary busy people like you and me -My personal experience -How exactly do I practice and how it helped me in so many ways -How to maintain stillness, peace and focus in everyday life -How to stick to your meditation practice and maintain high level of motivation -The right mindset you should have to keep your brain and thoughts healthy -A few simple things you can do to instantly feel better and happier! -And many, many more! Table of Contents: Introduction: Why Meditation For Life Success? Chapter 1: Meditation? What it's all about? Chapter 2: Let's Get Started! Various types of Meditation/Guided Meditations Chapter 3: Meditation and Stillness in Everyday Life Chapter 4: How to Maintain Inner Peace and Never Feel Anxious or Distracted Again Chapter 5: Conclusion

Manboob Nation

An Integrative Medical Model to Low Testosterone

CreateSpace Testosterone provides the hormonal foundation for masculinity, determining what it means to be male. So what does a global decline in testosterone levels say about the current generation of men? Why is the greatest testosterone decline seen in American men under the age of thirty? A broken, reactive medical system isn't concerning itself with answering these questions. The medical profession classifies testosterone loss as "testicular dysgenesis syndrome." Calling a condition a syndrome, however, is just a fancy medical term for "we don't know why this is happening." When a condition is classified as a syndrome, the symptoms receive treatment, not the cause. Nathan Goodyear, MD rejects reactive approaches to testosterone loss, as well as the pharmacological marketing that sees low testosterone as the latest cash cow. Instead, he offers a solution. Dr. Goodyear argues that low testosterone results from eight specific causes, backing up his claim with hard scientific facts and outlining treatment options for each cause. With proper treatment, low testosterone levels can be reversed.

Lord Deliver Me from Negative Health Talk

A Guide to Speaking Healing Words of Faith

Createspace Independent Pub When you talk to yourself about your health condition, what do you say? Are you negative. Do you say only what the doctor has diagnosed. Do you allow others to speak negatively in your presence? Or do you say what God says? This book defines the most powerful healing principles in Scripture and encourages you to stop negative self-talk, control your thinking, and declare healing over your body regardless of the current health condition or medical diagnosis. Included, the positive self-talk guides will help affirm God's will for victory in the area of healing emotionally, physically, mentally, financially, and spiritually. Daily devotionals will reinforce your faith. And as you begin to meditate and confess the word, your thoughts, words, outlook and expectations will change for the better. You will find victory and healing in the name of Jesus. Trust God and mediate on His word. The enemy likes to keep illness and perceived limitations in front of us at all times. He wants to rub sickness and disease in our faces so that we lose faith and hope in healing. Don't talk yourself out of your healing. Today, declare, "By Jesus stripes I am healed and made whole."

And don't let anyone talk you out of it. The victory is yours in healing- whether it be emotional, physical, and psychological. This is the 3rd book of the By Faith I Declare series. For your spiritual growth read the companion books in this series, [Deliver Me From Negative Self Talk: Faithful Words to Say When You Talk T Yourself](#) and the latest title, [Positive Self Talk For Emotional Peace: Set Boundaries and Take Back Control of Your Life](#).

Biomagnetic Healing with Your Hands

Therapeutic Magnetism in Theory and Practice

CreateSpace What holds the world together at its innermost core, is – according to this detailed and deeply researched book - the magnetism that dwells in everything that exists. Magnetic fields are the link between different dimensions and planes of creation, on both a large and a small scale. How all of the knowledge that is presented here in such an easily understandable fashion can be applied in practice even by absolute beginners is detailed in this book very impressively, using a very practical approach to the topic. She writes how the ethereal bodies are interwoven with the material one and how therapeutic magnetism works in practice. By following precise directions for exercises in this book you will learn how to return the magnetic fields of a human being to their natural balance simply by laying on of hands. The techniques described will enable the self-regulating forces in your organism to be able to take effect again.

Let patients help : a patient "engagement" handbook - how doctors, nurses, patients and caregivers can partner for better care

Createspace Independent Publishing Platform Concise reasons, tips & methods for making patient engagement effective. The third book by e-Patient Dave, cancer beater, blogger, internationally known keynote speaker and advocate for patient engagement; co-founder and past co-chair of the Society for Participatory Medicine. Profile: www.ePatientDave.com/about-dave The book's web page: <http://epatientdave.com/let-patients-help> Buyers of the earlier pre-release editions will be offered 50% off on this final edition. Stay tuned for details.

Energy Healing for Everyone. a Practical Guide for Self-healing.

Createspace Independent Publishing Platform Have you ever wondered what it would be like to heal yourself? Well, now you can. In this book, Abby Wynne, MSc, teaches you simple techniques to connect to a source of healing energy that we all have access to. You need never feel out of control, stressed or panicked again. Over time, by using these techniques, you will feel more emotionally balanced, more confident and happier with life. Abby uses a mixture of visualisations and meditations to help you connect to a source of healing energy. She explains grounding, shows you how to do it, and tells you why you need to! Abby also teaches how to send loving energy to your friends and family. And if that wasn't enough, there are twenty six additional exercises for morning, afternoon, evening and at night time to bring energy healing into every hour of your day.

Third Eye Activation Mastery

Proven and Fast Working Techniques to Increase Awareness and Consciousness

CreateSpace THIRD EYE ACTIVATION MASTERY 5th EDITION: Proven And Fast Working Techniques To Increase Awareness And Consciousness NOW ! Bonus Inside Do you want to become a psychic and have intuitive awareness? Do you want to know how to open your third eye ? Do you want to achieve an incredible third eye activation experience ? No need to look any further ! This book will teach you powerful and proven techniques to increase you awareness and consciousness beyond your imagination ! You also will be able to learn the measures to take if you find the intuitive awareness you get too powerful to handle. In short, this book not only shows you how to open your third eye with amazing and proven techniques, but also how to close it. How great! Being able to control the volume of intuitive information flowing into your system... In this book you will learn: The meaning of the third eye and how to get the third eye working The meaning of the third eye and how to get the third eye working Common techniques used to open your third eye and how to tell the 3rd eye is actually open Unconventional methods used to open your third eye What it means to be a psychic and what it means to be a medium How to hone your skills either as a psychic or even as a psychic medium Why you need to be selective about the psychic circle that you join How to know you have natural psychic abilities or if you are a natural medium How you stand to benefit from opening your third eye How to make money out of your psychic abilities How to reduce the impact of your third eye How to identify psychic auras in individuals How to tell that a child is an Indigo Child How to support an Indigo Child while growing up How to create harmony in your living environment How to improve your third eye using essential oils and crystals How to stimulate your third eye using yoga and other exercises How to protect your 3rd eye from blocking How to tell that you have succeeded in spiritual awakening And much,much more.. Want to find out more ? Buy your copy today!

Get Fit, Stay Fit, Remain Fit

Create Habits That Last

There is no secret to losing weight, building muscle, and getting in shape. We have always had the tools. We have lacked in creating habits using the tools we have. In this breakthrough book you will not hear the same old advice you have always heard about health, fitness, and dieting. This book is about truly creating a healthy lifestyle and making exercise a lifelong habit. Get Fit, Stay Fit, Remain Fit is a discovery of: - How to build a system for achieving the healthy body you want. - How to set goals, achieve goals, and stay on track as you go after your goals. - How to stay motivated with exercise for the long-term so that nothing will stop you in the pursuit of what you want to accomplish. It's time for you to achieve your health and fitness goals. Forever. No more fitness-related New Year's resolutions. No more going on diets. No more temporary results. With Get Fit, Stay Fit, Remain Fit you will create habits that last and create results that last.

Acupuncture

The Beginnings and Benefits of Acupuncture

Createspace Independent Publishing Platform Do you happen to always be experiencing a lot of aches and pains from different parts of your body? Still wonder on how to treat them? Back aches, and foot sores can't be good to one's health without having a proper medical checkup and visiting the doctor every day. It is essential for every one of us to maintain our health. A simple back ache, stomach ache or even a foot sore can lead to a multitude of ailments in the body. These simple back aches may lead to paralysis and even damaged nerve cells. These simple aches is typically caused by a lot of burdens you put your body almost on a daily basis. These burdens may include sitting in a chair all day, standing in one place for a long period of time and lifting heavy objects. Almost everyone is no exemption to these pains and may strike at almost anyone. These back aches and joint pains are typical in most adults around the mid 20's and elders who are over 70. These pains are even a much more rarer case on children. When you experience these sudden back pains, joint pains and muscle pains, it is important to have it checked to know what condition it is. And if it turns to be a severe condition, it is vital to get it treated immediately. Of course, not everyone has the luxury of getting proper medical care and treatment. So this comes to question, what is the alternative to get these pains treated? To put an answer to that question, one alternative way on getting rid of these back pains and joint pains is through acupuncture. What exactly is acupuncture? To find that out, read further on what acupuncture really is. In this eBook, you'll be learning on what is acupuncture, including its history, medical benefits and application. You will also be learning on how and when it is time to give yourself an acupuncture treatment yourself.

Pulse

Voices from the Heart of Medicine : the First Year

Voices from the Heart of Medicine, Incorporated Every Friday, Pulse--voices from the heart of medicine (www.pulsemagazine.org) sends its readers a compelling first-person story or poem about health care. These intimate and authentic voices of health professionals, patients and students have earned Pulse an enthusiastic and growing international readership. This volume includes every story and poem from Pulse's first year of publication. "All of the stories in this book...are told with a kind of urgency; these encounters change lives and mark memories. This collection is in some sense about writing for one's life..." Perri Klass, JAMA

Ancient Symbols

Meditative Coloring

Adult coloring for relaxation, stress reduction, meditation, spiritual connection, prayer, centering, healing, and coming into your deep, true self. Ages 9 to 109. The drawings of Ancient Symbols: Meditative Coloring Book 3 feature timeless shapes and forms used by every culture on earth to remind us of the sacred. These drawings serve to inspire deeply meaningful, meditative, or prayerful experiences through coloring. Ancient and indigenous sacred images speak deeply to us, to our bones and bellies, to our cellular memory and wisdom, to our souls' yearnings. Native peoples throughout time and place see the sacred in all of life. For them, holiness IS life. Life is the manifestation of the holy in all things. Step out of the busy world and into calm and peace. Focus on an affirmation while you color, or on a wish or a prayer. Ask for understanding or wisdom. Allow expansion into more of what you are meant to be. Or simply color with an attitude of gentle, graceful willingness. This book includes 32 different original drawings, information about ancient symbols, suggestions for how to use this book, a guided meditation, introduction to the artist, and open pages inviting you to record your own impressions. Five Volumes of Meditative Coloring Books: Angels, Crosses, Ancient Symbols, Hearts, and Labyrinths.

Remembering Joy

CreateSpace One mistake can shatter dreams and shape the future. Alexis knows this first hand. Even though her memory of that day is hazy, she has spent the last ten years trying to put it behind her. Armed with the knowledge that her career will be her only legacy, Alexis works night and day to prove that she is more than just her last name. It's not only that she doesn't have time for love. She doesn't have the heart for it. After all, there's no point in starting something you can't finish. When she meets Adam, she's drawn to him in a way even she can't deny. The film student is dark and brooding and strangely charming. He's the perfect distraction from her mundane life. And, as if fate is pushing them together, he seems to be around every corner. It's enough to almost make her entirely forget about her past and take a chance. But Adam can recall every detail that she's forgotten. What she doesn't remember, he can't forget.

New Year Re-Resolution

A 14-Day Ayurvedic Program to Lose Weight and Feel Your Best

Precious Medicine

Createspace Independent Publishing Platform This book is laden with POWERFUL PRECIOUS DECLARATIONS which can be taken [applied] like medicine. SPEAK it as prescribed several times a day over situations, crisis, circumstances, challenges, turmoil, doubt, fear, sickness and so on. God spoke everything into being & we are made in his image, hence we also have the power to DECREE, DECLARE & ORDAIN and supernaturally take charge by SPEAKING OVER everything or anything facing us. All we need do is believe! This book is for those willing and ready to take charge of their lives, their living and be TRANSFORMED through the POWERFUL declaration of SPOKEN words! This book will set you free in the name of Jesus. All you have to do is believe!

Mentoring Your Child to Win

The 7 Breakthrough Keys How a Single Former Welfare

Createspace Independent Publishing Platform Author Arlene Karian opens the door to success for millions of parents now - and in the future. In "Mentoring Your Child To Win: The 7 Breakthrough Keys How A Single Former Welfare Mom Raised A Multi-Millionaire Kid", Arlene - "The Parenting Mentor" - provides you with a proven plan she created for herself and is now available to all who shape a child's consciousness. Easy and enjoyable to follow, parents will find the tools to create a bond with their children in an exciting new way. Recently validated by science, Arlene's system will open a whole new world of possibilities, empowering you to raise extraordinary children and also uplift you and your entire life in the process. The simple secret: Arlene became a mentor to her son by following a simple original system. Now you can use Arlene's "Road Map to 21st Century Parenting" system to help your children avoid negative outside influences and achieve great things, so they become what they were meant to become. In "Mentoring Your Child To Win: The 7 Breakthrough Keys How A Single Former Welfare Mom Raised A Multi-Millionaire Kid," you'll discover: • The 7 Keys to 21st Century Parenting • The 3 Scientific Research Secrets about Parenting • How To Mentor Your Child to Excel • How to Raise an Extraordinary Child • How To Get Your Kid To Say 'No' to Outside Influences Plus a lot more detailed, step-by-step guidance, inspiration, and help for parents and guardians to modernize parenting with a new breakthrough approach to interface with these troubled times. In addition, the book reveals: • Detoxing Your Mind: An Innovative Way to De-stress • How To Effortlessly Organize Your Day • Keeping The Love Alive In Spite Of Dishes, Laundry and Texting "Mentoring is the new way," Arlene says. "I raised my son to excel while on welfare. It's because I blended parenting with mentoring that my son became so extraordinary, successful, and a living role model of my work. Helping all parents bring out the best in their children, whatever that might be, is now my passion." Arlene believes that true wealth comes from the wisdom of the one who is shaping a child's life. Her book will guide you on an incredible new journey toward that end. Mentoring Your Child To Win: The 7 Breakthrough Keys - How A Single, Former Welfare Mom Raised A Multi-Millionaire Kid brings solutions for parenting in the 21st Century.

Curing Electromagnetic Hypersensitivity

CreateSpace Steven Magee received a biologically toxic electromagnetic radiation exposure in 2009. This led to the realization that he had been displaying the symptoms of low level radiation sickness for many years. This book documents his journey into the radiation sickness condition of Electromagnetic Hypersensitivity and the many steps that he took to cure it.

Poetic Healing

Unleash Your Feelings

CreateSpace This is a book of rhyming style poetry, easy to read and easy to understand. It is poetry that grasps your inner feelings and allows you to feel and see things from another perspective. In doing this, it can help people to fix things in their life and to maybe heal themselves from old feelings.

Yoga For Low Back and Hip Health

Gentle and Restorative Yoga to Relieve Chronic Low Back, Hip and Sciatic Nerve Pain De-stress, Find Balance, and More!

Createspace Independent Publishing Platform With 210 pages and over 300 photos, Yoga For Low Back and Hip Health is a step-by-step, visual guide of proven and easy to follow gentle yoga instruction. Relieve pain in the back and hips without drugs or surgery! "Low back and neck pain is an increasingly widespread and expensive condition worldwide, costing the US alone \$88bn a year-the third highest bill for any health condition-despite evidence most treatments do not work." - The Guardian So many people that carry the burden of life on their shoulders-literally. Add to that how much time we spend sitting at computers and the poor posture developed from prolonged smartphone use, and it's no wonder everyone's in pain! Written by private yoga instructor Cyndi Roberts, Yoga For Low Back and Hip Health teaches you how to safely practice restorative and gentle yoga poses at home to relieve pain in the following areas: Upper back Mid back Low back Sciatic nerve Piriformis syndrome Hips Inner thigh/groin Pelvis Yoga For Low Back and Hip Health provides in-depth and appropriate instruction for 43 restorative and gentle yoga poses specifically and thoughtfully put together. 15 practical and unique sequences are included for you to practice at home at your convenience, including over 300 high-resolution images to help you along. Cyndi provides the option of working with mantras and deep breathing exercises paired specifically to each pose for the most benefit. *As a bonus, readers will receive information about each of the 7 chakra energies and how specific poses help to awaken these often blocked or unbalanced energy spaces. Even if you don't suffer from back or hip pain, these poses and sequences help gently and effectively stretch the back body and hips to: Increase flexibility Realign the pelvis Strengthen weak muscles Provide relief from common aches and pains Maintain or improve the health of the joints Maintain or improve range of motion and circulation Increase energy levels Elevate mood and relieve sadness and depression Reduce anxiety Lower stress levels Release negative or stagnant energy and emotions Clear and balance chakra energies Millions of students around the world have benefited from the ancient practices of yoga, pranayama and relaxation. Now you can too!

Spirit Check

Practical Solutions for Emotional Mastery

Createspace Independent Publishing Platform "If you're ever going to master your emotions, the first order of business is to get out of your feelings." From the book "Spirit Check" Your attitude, behavior and mindset define your spirit, which is the seat of your emotions. Through the lens of self examination, five bold and common emotions + character flaws are exposed that derail personal, spiritual success and growth. In Spirit Check, Michelle Collins provides a persuasive commentary on the five [jealousy, intimidation, fear pride and anger], with practical solutions for immediate implementation to transform the mind, soul and spirit. Discover how biblical principles and practical solutions can aid in your goal to become whole and spiritually healthy. Commit to a healthier more excellent way of mastering your emotions, masterfully.

The Physicians of Myddfai

CreateSpace "The Physicians of Myddfai" ("Meddygon Myddvai" in Welsh), or "The medical practice of the celebrated Rhiwallon and his sons, of Myddfai, in Carmarthenshire, physicians to Rhys Gryg, lord of Dynevor and Ystrad Towy," was written about the middle of the 13th century. The collection of herbal remedies are associated with Rhiwallon Feddyg (eldest son of the Lady of the Lake), founder of a medical dynasty that lasted over 500 years and comes from the manuscript called the "Red Book of Hergest," a large vellum manuscript written in Welsh shortly after 1382. The manuscript derives its name from the colour of its leather binding and from its association with Hergest Court between the late 15th and early 17th century. The Physicians of Myddfai practised in the village of Myddfai near the market town of Llandovery in Wales, healing subjects with their herb lore and potions as well as their mystical powers and insight into the human condition.

The Duh! Book of Management and Supervision

Dispelling Common Leadership Myths

Common Sense Press (Melrose, FL) Managerial styles are influenced by habit, familiarity, and workplace culture. It's no wonder that well-intentioned professionals doing their best to be good organizational leaders often repeat unhelpful supervisory practices experienced in their early careers, even if they disliked them at the time. In the DUH! Book of Management and Supervision, the author disagrees with many accepted leadership principles (unabashedly referring to them as myths) and makes new and different approaches easier to imagine. Her challenging and controversial concepts illustrated with poignant stories suggest common-sense and immediately applicable alternatives more suitable in today's workplace.

Escogido XXV

The Chosen

"The horse makes me better." Sallie Stewart suffered a traumatic brain injury when her Andalusian stallion, Escogido XXV, lost his footing and fell over while she was riding him. Sallie hit the ground first, and then Esco landed on Sallie's head, causing facial fractures and a brain injury that dramatically changed her life. A successful real estate broker and dressage rider at the time of the accident, Sallie had been leading a happy life with her husband, children, and four horses. After Esco fell on her, she lost her memory, her balance, and her ability to perform the most basic tasks. She couldn't hold a job or shake the overwhelming fear that replaced the confidence she once felt. While her husband and sons taught her to walk, talk, dress, and feed herself, Sallie's greatest healing was still to come. With her personal life in disarray and her family's finances in tatters, Sallie was contemplating suicide when she received a life-changing phone call from her dressage coach, Mike Osinski. Osinski calmed the traumatized horse and challenged Sallie to conquer her fears. As she progressed in her lessons, Sallie recovered her memories and developed a new sense of self. She discovered that her deepest healing took place on the back of the very horse that had fallen on her. "Escogido XXV: The Chosen" tells the story of a courageous woman, a compassionate trainer, an extraordinary horse, and their determination to heal their accidental wounds.

Reset Chloe 2.0

Reset, Chloe 2.0 a sequel to Onset, Chloe 1.0 is about the quest for discovery that will change medicine and the course of human development. Her legs paralyzed by a cycling accident, a wheelchair-bound graduate medical researcher, Chloe Russo, discovers secrets of the human genome and unlocks the mystery of human evolution and immortality. Her awakening and emergence to a new human species, Homo Evolutis, leads to life-threatening persecution by the government and paramilitary forces that want her new powers weaponized. Will the help of her evolving cohort, specifically Dr. Michael Gregg, a gifted psychiatrist be enough to elude the dark forces and use her research for the good of mankind?

Talk, Think, Feel

Perspectives of Doctors, Children with Cancer, and Their Families

CreateSpace Talk, Think, Feel is an exploration of emotions in children with cancer, their families, and the doctors who take care of them. In this thought-provoking work, Nathaniel Bayer offers insight into the emotional side of medicine and the range of feelings that pervade pediatric oncology and life in general. This book is a collection of reflections, stories, observations of clinical encounters, and extensive direct quotes from interviews Bayer conducted with twenty pediatric oncologists across the United States. The narrative voices are illuminating in their candor and provide a window into the thoughts of doctors and the close relationships they share with patients. The poignant vignettes about the lives and even the deaths of children with cancer serve as a way for readers to further understand the illness experience and to reflect on their own emotional responses. This book is part of an increasingly important conversation about the role of emotions in medicine. Join the discussion.