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KEY=CHARLES - MARISA AUBREY

HARMONY

A NEW WAY OF LOOKING AT OUR WORLD

Harper Collins **For the first time, His Royal Highness Charles, the Prince of Wales, shares his views on how mankind's most pressing modern challenges are rooted in our disharmony with nature. In the vein of Al Gore's An Inconvenient Truth and Van Jones' Green Collar Economy, Prince Charles presents the compelling case that solutions to our most dire crises—from climate change to poverty—lie in regaining a balance with the world around us.**

HRH THE PRINCE OF WALES

HARMONY A NEW WAY OF LOOKING AT OUR WORLD

HARMONY: A NEW WAY OF LOOKING AT OUR WORLD

HarperCollins UK **A practical guide to what we have lost in the modern world, why we have lost it and how easy it is to rediscover. Harmony is a blueprint for a more balanced, sustainable world that the human race must create to survive.**

HARMONY CHILDREN'S EDITION

A VISION FOR OUR FUTURE

Harper Collins **G'night mateys . . . His Royal Highness The Prince of Wales sends an inspiring message about how we can change the course of environmental destruction by living in harmony with Nature. In an adaptation of his adult book Harmony: A New Way of Looking at Our World for young readers, The Prince shares how many years of research have led him to a series of holistic solutions for change. He encourages global citizens of all ages to search for a harmonious balance with Nature in order to solve the greatest crisis in modern history—the survival of our planet.**

HARMONY BOOK

Carl Fischer, L.L.C. **This comprehensive resource features more than 400 projections and colour illustrations augmented by MRI images for added detail to enhance the anatomy and positioning presentations.**

MULTIMIND

ISHK **This reprint of Robert Ornstein's classic presents a startling new concept of how the human mind works -- a readable and accessible introduction to the new science of the mind, where different parts of the midn are thought to come to the fore to handle different situations. This means that "we" are not the same person from moment to moment and have different memories and abilities in different situations. The book has a wonderful new cover from the drawings of Ted Dewan.**

RESTORING HARMONY

Penguin **The year is 2041, and sixteen-year-old Molly McClure has lived a relatively quiet life on an isolated farming island in Canada, but when her family fears the worst may have happened to her grandparents in the US, Molly must brave the dangerous, chaotic world left after global economic collapse—one of massive oil shortages, rampant crime, and abandoned cities. Molly is relieved to find her grandparents alive in their Portland suburb, but they're financially ruined and practically starving. What should've been a quick trip turns into a full-fledged rescue mission. And when Molly witnesses something the local crime bosses wishes she hadn't, Molly's only way home may be to beat them at their own game. Luckily, there's a handsome stranger who's willing to help. Restoring Harmony is a riveting, fast-paced dystopian tale complete with adventure and romance that readers will devour.**

A THOUSAND NAMES FOR JOY

LIVING IN HARMONY WITH THE WAY THINGS ARE

Harmony **In her first two books, Byron Katie showed how suffering can be ended by questioning the stressful thoughts that create it, through a process of self-inquiry she calls The Work. Now, in A Thousand Names for Joy, she encourages us to discover the freedom that lives on the other side of inquiry. Stephen Mitchell—the renowned translator of the Tao Te Ching—selected provocative excerpts from that ancient text as a stimulus for Katie to talk about the most essential issues that face us all: life and death, good and evil, love, work, and fulfillment. The result is a book that allows the timeless insights of the Tao Te Ching to resonate anew for us today, while offering a vivid and illuminating glimpse into the life of someone who for twenty years—ever since she “woke up to reality” one morning in 1986—has been living what Lao-tzu wrote more than 2,500 years ago. Katie's profound, lighthearted wisdom is not theoretical; it is absolutely authentic. That is what makes this book so compelling. It's a portrait of a woman who is imperturbably joyous, whether she is dancing with her infant granddaughter or finds that her house has been emptied out by burglars, whether she stands before a man about to kill her or embarks on the adventure of walking to the kitchen, whether she learns that she is going blind, flunks a “How Good a Lover Are You?” test, or is diagnosed with cancer. With her stories of total ease in all circumstances, Katie does more than describe the awakened mind; she lets you see it, feel it, in action. And she shows you how that mind is yours as well.**

HARMONIC EXPERIENCE

TONAL HARMONY FROM ITS NATURAL ORIGINS TO ITS MODERN EXPRESSION

Simon and Schuster An exploration of musical harmony from its ancient fundamentals to its most complex modern progressions, addressing how and why it resonates emotionally and spiritually in the individual. W. A. Mathieu, an accomplished author and recording artist, presents a way of learning music that reconnects modern-day musicians with the source from which music was originally generated. As the author states, "The rules of music--including counterpoint and harmony--were not formed in our brains but in the resonance chambers of our bodies." His theory of music reconciles the ancient harmonic system of just intonation with the modern system of twelve-tone temperament. Saying that the way we think music is far from the way we do music, Mathieu explains why certain combinations of sounds are experienced by the listener as harmonious. His prose often resembles the rhythms and cadences of music itself, and his many musical examples allow readers to discover their own musical responses.

HALFWAY TO HARMONY

Farrar, Straus and Giroux (BYR) A heartfelt middle-grade novel from New York Times bestselling author Barbara O'Connor about a boy whose life is upended after the loss of his older brother—timeless, classic, and whimsical. Walter Tipple is looking for adventure. He keeps having a dream that his big brother, Tank, appears before him and says, "Let's you and me go see my world, little man." But Tank went to the army and never came home, and Walter doesn't know how to see the world without him. Then he meets Posey, the brash new girl from next door, and an eccentric man named Banjo, who's off on a bodacious adventure of his own. What follows is a summer of taking chances, becoming braver, and making friends—and maybe Walter can learn who he wants to be without the brother he always wanted to be like. Halfway to Harmony is an utterly charming story about change and growing up. Don't miss Barbara O'Connor's other middle-grade work—like *Wish*; *Wonderland*; *How to Steal a Dog*; *Greetings from Nowhere*; *Fame and Glory in Freedom, Georgia*; *The Fantastic Secret of Owen Jester*; and more!

TREATISE ON HARMONY

Courier Corporation One of most important books in Western music. Detailed explanation of principles of diatonic harmonic theory. New 1971 translation by Philip Gossett of 1722 edition. Many musical examples.

HOME IN HARMONY

Hay House, Inc We all deserve a calm, well-ordered, pleasingly designed refuge where we can relax and enjoy our families. Having had four children in a little more than five years while running a thriving design business, Christa O'Leary has become the guardian at the gate of our sanctuaries—our homes. She teaches us to be aware of the toxins found in both our food and furnishings; the detrimental effects of our unhealthy habits; and society's frantic need to have the latest gadgets, to get ahead, and to be forever on the go. As a designer, therapist, and eco-friendly expert, she's often asked how she makes her hockey-mom life and peaceful, beautiful, healthy home look so effortless. Well, the hunt for her secret is over! Christa shows us that it's possible for all of us to feel inspired, energized, and in love with our lives and our homes. There are other books that address some of the components found in *Home in Harmony*, including design, color, feng shui, psychology, clean eating, detoxification, meditation, and finding our soul's purpose. However, this is the first book that puts it all together in a fun-to-read, easy-to-implement format. This is the formula for living an extraordinary life, and it's now available to everyone!

DYNAMIC THOUGHT

Prabhat Prakashan The essence of Hamblin's mystical experience and philosophy was of the omnipresence, omnipotence and all-goodness of God. He believed that abounding health, sufficiency of supply, achievement, accomplishment and joy indescribable are the normal state for man., and that, to achieve this state, man needed to come into harmony with Cosmic Law.

CHANCE OF A LIFETIME

Longman Helen Davies is sad and lonely when her boyfriend, Tom, goes to Australia without her. But a friend encourages her to take an exciting new job and Helen sets off on an adventurous journey round Europe. This adventurous journey brings her new confidence and the chance of a lifetime A great read for everyone who loves to travel.

HIMAWARI HOUSE

First Second A young adult graphic novel about three foreign exchange students and the pleasures, and difficulties, of adjusting to living in Japan. Living in a new country is no walk in the park—Nao, Hyejung, and Tina can all attest to that. The three of them became fast friends through living together in the Himawari House in Tokyo and attending the same Japanese cram school. Nao came to Japan to reconnect with her Japanese heritage, while Hyejung and Tina came to find freedom and their own paths. Though each of them has her own motivations and challenges, they all deal with language barriers, being a fish out of water, self discovery, love, and family.

I SAW WHAT I SAW

A HARMONY NEIGHBORHOOD MYSTERY

Crime blogger, Sheila Sammartino, witnesses a murder, but the police disagree. Sheila knows better, and to prove it she will solve this herself, not just write about it. The small town of Harmony's number one Internet sensation is crime reporter turned blogger, Sheila Sammartino. Inquisitive, self-conscious and often clumsy in an oddly endearing way, everything is going great for Sheila until she stumbles into a murder mystery, and not as a reporter! She witnesses a newcomer to the neighborhood, Arthur Jones, murdered in the alley next to Harry's Bagel Shop. The police are quick to call it a mugging gone wrong, but Sheila saw what she saw. With the help of her outspoken former college roommate and her classically handsome new next-door neighbor, this trio take it upon themselves to get all the answers the police refuse to look for. Who was Arthur Jones after all? And who would want to kill him?

A PLACE CALLED HARMONY

Penguin When three struggling couples in nineteenth-century Texas band together to turn their empty patch of land into a town, their lives are transformed in ways they could have never imagined.

CURRICULUM FOR JUSTICE AND HARMONY

DELIBERATION, KNOWLEDGE, AND ACTION IN SOCIAL AND CIVIC EDUCATION

Routledge Barton and Ho present a global vision of social and civic education, one that reorients the field toward justice and harmony. Drawing from diverse philosophical and cultural traditions, as well as empirical research, they introduce curriculum principles designed to motivate and inform students' thoughtful and compassionate deliberation of public issues. This book argues that the curriculum must prepare young people to take action on issues of justice and harmony—societal ideals that are central to all communities. Effective action depends on deliberation characterized by emotional commitment, collaborative problem-solving, and engagement with diverse perspectives and forms of expression. Deliberation for public action also requires knowledge—of people's lives and experiences, their insights into social issues, and strategies for advancing justice and harmony. These curriculum principles are illustrated through case studies of public housing, food insecurity, climate change, gender bias, public health, exploitation of domestic workers, incarceration of racialized minorities, the impact of development and environmental change on Indigenous communities, and other pressing global concerns. For additional resources and related information, please visit the authors' website, www.justiceandharmony.com.

STRUCTURAL FUNCTIONS OF HARMONY

W. W. Norton & Company This book is Schoenberg's last completed theoretical work and represents his final thoughts on the subject of classical and romantic harmony. The earlier chapters recapitulate in condensed form the principles laid down in his 'Theory of Harmony'; the later chapters break entirely new ground, for they analyze the system of key relationships within the structure of whole movements and affirm the principle of 'monotonicity, ' showing how all modulations within a movement are merely deviations from, and not negations of, its main tonality.

EARTH MEDICINE

ANCESTOR'S WAYS OF HARMONY FOR MANY MOONS

Harper Collins The true spirit of Native American ways of knowing shines through in these heartfelt meditations, poems, and stories. In 364 daily offerings organised according to the cycles of the moon, Jamie Sams offers stirring and poetic insights into the spirituality of the earth, connecting with our communities, and our own soul journeys. Based on Native American creeds and legends, these meditations cut to the heart with their honesty, beauty, and authenticity. Sams teaches such grounded lessons as how to face an unknown future with confidence and conviction, how to rediscover the joy of curiosity, and how to develop a true intimacy with nature.

FINDING YOUR HARMONY

DREAM BIG, HAVE FAITH, AND ACHIEVE MORE THAN YOU CAN IMAGINE

HarperCollins In this moving and inspirational memoir, singer Ally Brooke recalls her journey to fame, reveals how she has remained true to her beliefs through her most difficult moments. Featuring sixteen pages of never-before-seen photos, Finding Your Harmony takes readers behind-the-scenes of her proudest musical accomplishments, solo success, and her time on Dancing with the Stars. Ally Brooke burst onto the music scene as a member of Fifth Harmony, and quickly became a fan favorite with her infectious positivity and approachable attitude - not to mention her incredible voice. Following the band's meteoric rise to fame, she embarked on a solo career, releasing her own hit singles, joining the twenty-eighth season of Dancing with the Stars, and showing people everywhere the rewards of hard work and faith. Now in this moving and inspirational memoir, Ally opens up about the experiences that led her to the spotlight, offering lessons from the heart and revealing how her tight-knit, Mexican-American family have helped her to live fearlessly since she was first catapulted into stardom. Tracing her success from its beginnings in San Antonio, Texas, Ally details the passion for music that took hold of her at a young age, and how with the help of her family she pushed herself to achieve her dreams, no matter how impossible they seemed. While her rise to fame was rapid, it wasn't always smooth, and Ally candidly discusses the challenges she faced along the way, sharing how she navigated tough moments by staying true to herself and her beliefs. Opening up about her journey since Fifth Harmony disbanded, Ally recalls her tireless efforts to make music on her terms, charting back to back singles in the top 40 and amassing over 200 million collective worldwide streams. She also delves into her time on Dancing with the Stars, demonstrating how she conquered her fears and insecurities on her way to a top three finish and further established herself as a role model for young people the world over. Infused with the positive approach to life and spiritual openness that have fueled Ally's journey, Finding Your Harmony uses her stories to help others follow their inner voices—even when the outside world makes it hard. Wise, grounded, and filled with sixteen pages of never-before-seen photos, Finding Your Harmony is a fascinating glimpse into the life and heart of one of popular music's rising stars.

TOGETHER IN HARMONY

COMBINING ORFF SCHULWERK AND MUSIC LEARNING THEORY

GIA Publications

LIVING IN HARMONY

Harvest House Publishers Living in Harmony is the first book in bestselling author Mary Ellis's New Beginnings series. It's about fresh starts and love...and how faith in God and His perfect plan for our lives provides us with the peace and joy we desire. Amy King—young, engaged, and Amish—faces difficult challenges in her life when she suddenly loses both of her parents in a house fire. Her fiancé, John Detweiler, persuades her and her sister Nora to leave Lancaster County and make a new beginning with him in Harmony, Maine, where he has relatives who can help the women in their time of need. John's brother Thomas and sister-in-law Sally readily open their home to the three newcomers. Wise beyond his years, Thomas, a minister in the district, refuses to marry Amy and John upon their arrival, suggesting instead a period of adjustment and counseling. During this time Amy discovers an aunt who was shunned. She wishes to reconnect with her, but this puts a strain on her relationship with John. Can John and Amy find a way to live in happily in Harmony before making a lifetime commitment to one another?

HARMONY CABINS

Kensington Publishing Corp. After a series of shattering losses, all Jackson Sansbury wants is solitude. Hoping to escape his tiny hometown of Trinity Falls, Ohio, with its concerned neighbors and painful memories, he's purchased a secluded cabin resort and thrown himself into renovating the property. He doesn't expect any distractions--until an unlikely guest arrives--a woman who hasn't roughed it a day in her life, yet whose fearlessness just might be contagious. . . A successful songwriter, Los Angeles native Audra Lane has come to Harmony Cabins to recharge her creativity. She's not looking for company, but she does need a guide--and she can't help noticing the sexy, albeit grumpy, Jackson. Soon she discovers that this insightful, private man has more to teach her than how to hike and fish. And as Audra inspires Jackson to express his emotions, the two find themselves falling in love. But neither can hide in the woods forever--and when the past brings challenges, their newfound strengths will be put to the test. . . Praise for Regina Hart's Trinity Falls "Rich and satisfying, with just the right amount of heat." --LuAnn McLane

CREATIVE HARMONY

A PROJECT METHOD FOR ADVANCED STUDY

Createspace Independent Publishing Platform Creative Harmony is an advanced theory textbook by the famous American composer George Frederick McKay (1899-1970) whose music has been presented by conductors Leopold Stokowski, Sir Thomas Beecham, Leonard Slatkin, Arthur Fiedler, Howard Hanson, Karl Krueger, Frederick Fennell, Arthur Benjamin and John McLaughlin Williams. His students have won the Grammy Award, an Academy Award, The Pulitzer and the National Medal for the Arts, in addition to several Guggenheim Grants. Professor McKay also had several hundred of his works published and is currently recorded on several NAXOS CD recordings which receive extensive playings on radio channels and the internet. McKay developed encouraging and experiential teaching techniques over 4 decades of work at the University of Washington, Seattle, and was honored to be commissioned to compose the Seattle Centennial Symphony in 1951, which was performed and broadcast by the Seattle Symphony for the occasion.

A HARMONY OF THE FOUR GOSPELS

THE NEW INTERNATIONAL VERSION

Baker Books An easy-to-use harmony of the four Gospels, featuring one main story line in bold type.

THE COMPLETE COLOR HARMONY, PANTONE EDITION

EXPERT COLOR INFORMATION FOR PROFESSIONAL RESULTS

Rockport Publishers Incorporated "The only color guide a designer will ever need. Completely updated with Pantone colors and new text by Leatrice Eiseman, America's Color Guru"--

RISKING WHO ONE IS

ENCOUNTERS WITH CONTEMPORARY ART AND LITERATURE

Harvard University Press To write about your contemporaries, whose work is enmeshed in the stuff of your life, maybe even in the weave of your self, is risky business. Your interest may be too personal, your involvement too close - but this, as Susan Suleiman demonstrates here, is precisely what makes such a critical encounter worthwhile. *Risking Who One Is* shows how the process of self-recognition, even self-construction, in the reading of contemporary work can lead to larger considerations about culture and society - to the dimensions of historical awareness and collective action. The book gives us a new way of looking at issues that are as personal as they are prevalent in the writing, the criticism, and the life of our times. Through subtle and incisive readings of Simone de Beauvoir, Mary Gordon, Julia Kristeva, Richard Rorty, Helene Cixous, Leonora Carrington, Max Ernst, Angela Carter, Elie Wiesel, and others, we observe Suleiman in a fascinating dialogue with those who share her place and time and whose interests and preoccupations meet her own. Suleiman confronts with them the conflicts between writing and motherhood. Together, they inquire into "being postmodern" and explore the connections between creativity and love. They consider the place of beauty in contemporary art, examine the relations between aesthetics and politics, and reflect on haunting memories of World War II. Through Suleiman's encounter with them, these writers and artists enter an exchange with each other, and with us as readers, that opens new perspectives on the representation of women's lives, history and memory, autobiography, and the intersection of gender and postmodernism. Itself a form of mediated autobiography, this work takes us through the shaping of a critical approach to some of our closest and deepest concerns in reading, in writing, and in knowing ourselves.

LIVING A LIFE OF HARMONY

SEVEN GUIDELINES FOR CULTIVATING PEACE AND KINDNESS

Simon and Schuster 7 simple yet powerful guidelines provide a compass for navigating life harmoniously, cultivating a peaceful mind, and spreading kindness • Offers 7 guidelines for living a life of harmony and peace based on existing guidance from Buddhism, Yoga, and other great teachings, integrated and updated for the modern world • Explains how to implement the guidelines in daily life on a practical basis, supported by real-life examples and practices • Illustrates in-depth how and why each of these guidelines hold value and how they provide a set of tools to help us deal with life's ups and downs more skillfully, mindfully, and compassionately In our very busy world it's easy to get lost in the details and demands of everyday living. Fatigued and overwhelmed by the sheer amount of information, the myriad of choices our technologically advanced communication era offers, we lose sight of what life is all about. How do we find balance and harmony in this overloaded world? And how do we navigate life in tune with our soul as well as with modern society? As author Darren Cockburn explains, we are all part of one big universal process that encompasses and connects everything--every thought, emotion, action, nature, all there is. Over the centuries, religions and philosophies have provided direction on how to act ethically and in accordance with this process, yet in our modern world, these "rules" may seem outdated or too rigid. Integrating and updating existing guidance from Buddhism, Yoga, and other great teachings, the author offers 7 guidelines for living a life of harmony and balance: honor the body, bring awareness and acceptance into every moment, act with kindness, understand the truth and communicate it skillfully, do only what needs to be done, harmoniously obtain and retain only what you need, and apply the guidelines to your digital device usage. He illustrates how and why each of these guidelines hold value, revealing their interconnections, and explains how to implement them practically in daily life, sharing real-life examples as well as practices to support each guideline and deepen your existing spiritual practice. The author explores how the 7 easy-to-practice guidelines help us gain a deeper understanding of the universal process of life, as well as provide a set of tools to help us deal with life's ups and downs more skillfully. They enable us to face life empowered and confident, peacefully observe and accept what life presents us with, cultivate compassion and kindness, as well as spread mindfulness to those around us. Practiced together, these guidelines provide a simple yet powerful compass to guide you to a peaceful mind and harmonious living, much needed in today's world.

THE ART OF LIFE

LIVING TOGETHER IN HARMONY

Lee Way Publishing Third in the Books of Wisdom series, *The Art of Life -- Living Together in Harmony* is unique in the field of spirituality. In addition to developing your spiritual life, it provides help in resolving complex human relationship problems. "This is not the time or place to rearrange your life, but you must begin now if you are stuck. Once you know who you are and why you are as you are, you can love others. To love, you must first know you! Life is a joy-if you are aware of why you are here." The Teachers of the Higher Planes Don't be fooled by the simplistic style of The Teachers. Their mission is to get out the word that Earth is in grave danger-and it will take all of us working together in harmony to save it! Their common sense approach delves into the deepest recesses of the human heart and covers what we worry about and hope no one else can see. Meanwhile, how are things going in your life? Do you ever feel as if others don't understand or respect you? Wondering if it's possible to succeed in business and enjoy loving relationships? The Teachers cover it all! The Teachers insist that building relationships, as well as maintaining them is fairly simple, but admit there is a degree of commitment and work involved. Each chapter of *The Art of Life* contains diverse lessons, plus thoughtful exercises designed to improve your life now and your ability to ascend when it ends by *Living Together in Harmony*. Although many cannot see it now, we are all alike. We must rise above this world to see what lies beyond us...and reading *The Art of Life -- Living Together in Harmony* is a great place to start! For more information on *The Books of Wisdom*, visit www.LeeWayPublishing.com

THE POWER OF TIMING

LIVING IN HARMONY WITH NATURAL AND LUNAR CYCLES

"Formerly published by Marlowe & Company New York under the title *Guided by the moon*"--Title page verso.

GRADUS - AN INTEGRATED APPROACH TO HARMONY, COUNTERPOINT, AND ANALYSIS

GRADUS ONE (TEXT AND ANTHOLOGY)

CUPID'S POISONED ARROW

FROM HABIT TO HARMONY IN SEXUAL RELATIONSHIPS

North Atlantic Books Zing! Cupid's arrow skewers a primitive part of the brain. Obediently, we fall in love amid showers of passionate fireworks, bond for a time ... and then often get fed up with each other and grow irritable or numb. Perhaps we try to remodel our mate, seek solace online, or pursue a new love interest. Ancient sages recognized this biological snare and hinted at a way to dodge it: use lovemaking to balance one another and harmony arises naturally. With an entertaining blend of personal experiences, the latest neuroscience, and forgotten insights from around the globe, *Cupid's Poisoned Arrow* confronts current assumptions about sex and love and offers a refreshing, practical approach to sexuality.

HARMONY

THE NEW SCIENCE OF LEARNING

HOW TO LEARN IN HARMONY WITH YOUR BRAIN

Stylus Pub Llc Explains the latest neurological research in the science of learning, stressing the brain's need for sleep, exercise, and focused attention in its processing of new information and creation of memories.

NEW HARMONY, INDIANA

ROBERT OWEN'S SEEDBED FOR UTOPIA

HARMONIOUS DAY

A SELF-LEADING APPROACH FOR MAINTAINING BALANCE AND HARMONY IN YOUR LIFE, AND REACHING YOUR HIGHEST PERFECTION

Booksurge Publishing Harmonious Day is a Self-Leading Spiritual Approach for Maintaining Balance and Harmony in Your Life, and Reaching Your Highest Perfection.

IT'S UP TO US

BUILDING A BRIGHTER FUTURE FOR NATURE, PEOPLE AND PLANET (THE CHILDREN'S TERRA CARTA)

What on Earth Books "Children have a unique curiosity for Nature and for this amazing planet we call home." So writes HRH The Prince of Wales in his introduction to *It's Up to Us: A Children's Terra Carta for Nature, People and Planet*. Join His Royal Highness, author Christopher Lloyd, and 33 amazing award-winning artists from around the world on a beautiful, lyrical, and thought-provoking voyage through Nature, the threats we face, and an action plan for the future. *It's Up to Us* is based on the Terra Carta, a roadmap to sustainability issued by His Royal Highness The Prince of Wales and his Sustainable Markets Initiative. More than 400 corporations have already signed on, agreeing to put the health of Nature, People & Planet at the heart of their activities. Now it's up to all of us to make sure our leaders keep their promises. This book has been developed in partnership with The Prince's Foundation, a charity established by HRH The Prince of Wales to demonstrate how Nature can be put at the heart of human activities. Half of all the proceeds from sales will go directly to the work of the charity, based at Dumfries House in Scotland, UK. Printed in Canada on 30% recycled FSC paper with vegetable inks, and all carbon impacts of the production have been offset through sustainable forestry programs.

HORMONE HARMONY OVER 35

A NEW, NATURAL, WHOLE-BODY APPROACH TO LIMITLESS FEMALE HEALTH

In *Hormone Harmony Over 35, A New, Natural, Whole-Body Approach to Limitless Female Health*, Dr. Michelle Sands addresses the growing epidemic of escalated female hormone decline. This book debunks the myth that menopause is the primary trigger of midlife symptoms such as constant fatigue, lack of vitality, sleep difficulties, mood swings, weight gain, loss of sex drive, forgetfulness, fuzzy thinking, and even hot flashes. In an easy to digest format, Dr. Michelle reveals a systems based approach to optimal hormone balance and identifies the chief lifestyle triggers that are contributing to hormonal havoc. This book goes beyond replacing hormones and instead focuses on optimizing hormones from a holistic prospective. In *Hormone Harmony over 35*, Dr. Michelle offers an evidence-based twenty one-day plan to restore hormonal balance, reduce stress, and detoxify the body naturally. Inside the book you will find- A comprehensive hormone assessment - to give you a good idea as to which hormones are causes problems for you- Suggested test to ask your doctor for and resources to order your own test- supplements and lifestyle practices to optimize individual hormones such as estrogen, progesterone, testosterone, cortisol, thyroid, melatonin, HGH and insulin.-The connection between hormones and brain health, hormones and gut health, hormones and liver health - A 5 step plan to to balance hormones and reverse chronic health conditions- A complete 21 day plan including: meal plans, recipes, shopping lists, daily protocol sheets, workbooks, supplement, movement and detox strategies, meditations and mindset coaching, *Hormone Harmony over 35* is an indispensable guide to taking back control of your hormones, so that all women over 35 can live the life they deserve in the body they desiire

PEACE AND HARMONY IN DAILY LIVING

FACING LIFE MOMENT TO MOMENT, BEING ANCHORED IN TRANQUILITY
