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KEY=F - DEVAN STEWART

Inspired Destiny

Hay House, Inc **Based on a program originally developed for young people seeking purpose and direction in their lives, Dr. John Demartini's Inspired Destiny has deep meaning for readers of all ages. Whether you're a young adult or simply young at heart, it will awaken you to your inspired destiny. Do the simple exercises in each chapter and apply what you learn here, and you will come away from this book with an immense vision of yourself, understanding the real difference between being a leader or follower, and see how to set an example for others by doing what you love. You'll set in motion a far-reaching "ripple effect," beginning the journey of mastering and living a meaningful and inspiring life.**

Inspired Destiny

Living and Fulfilling a Purposeful

Life

Based on a programme originally developed for young people seeking purpose and direction in their lives, Dr John Demartini's *Inspired Destiny* has deep meaning for readers of all ages. Whether you're a young adult or simply young at heart, it will awaken you to your true calling, based on your unique gifts. Do the simple exercises in each chapter and apply what you learn here, and you will: ✦ Clarify what you'd love to dedicate your life to ✦ Powerfully communicate your vision to others ✦ Make money doing what you love ✦ Dissolve the emotions that can distract you from your purpose ✦ Discover the power of planning your life to become what you'd truly love it to be - not what someone else thinks it 'should' be. You'll come away from this book with an fully-realised vision of yourself, understanding the real difference between being a leader or follower, and see how to set an example for others by doing what you love. You'll set in motion a far-reaching 'ripple effect', beginning the journey of mastering and living a meaningful and inspiring life.

The Values Factor

The Secret to Creating an Inspired and Fulfilling Life

Penguin Based on his landmark research and teachings, Dr. John Demartini has discovered the key to fulfillment in all aspects of life. What is the most important step you can take to achieve the life you've always dreamed of? You might think the answer is something like, start saving money, get a better job, find my soul mate, or improve my marriage. Solutions like these might offer temporary satisfaction, but none of them can provide true, lasting fulfillment or help you achieve your unique purpose in life. The Values Factor shows you how to create a life in which every minute can be inspiring and fulfilling. The first step is to identify what you find most meaningful—the values in life that are most important to you. Once you understand your own unique values and align your life accordingly, you can achieve fulfillment in every aspect of your life: deepening your loving relationships, creating an inspiring career, establishing financial freedom, and tapping into a rich spiritual life. Dr. Demartini's provocative thirteen-part questionnaire will reveal to you what you value most. The answers may surprise you! Then, each chapter of this book explains how to align every aspect of your life with your true values, so that you can finally achieve the success that you were capable of all along.

The Breakthrough Experience

Hay House, Inc **This book is about breaking through the barriers that keep us from experiencing our true nature as light. It presents inspiring science and philosophy in a way that is completely accessible to anyone, to reveal and explore the universal laws and principles that underlie our very existence. Those principles are set forth in extraordinary but true stories of ordinary people having astonishing and moving life experiences, and they make the most profound concepts easily understood. Most important, it is an extremely real and practical manual for understanding why we live the way we do, and how to transform our lives into our highest vision. You will learn a formula to manifest your dreams, discover the secrets of opening your heart beyond anything you have imagined, find out how to increase love and appreciation for every aspect of your life, receive profound insights on how to create more fulfilling and caring relationships, reawaken your birthright as a true genius, transcend the fears and illusions surrounding the myth of death, and reconnect with your true mission and purpose on Earth. That is all true, but mainly, this book will deeply touch and inspire you with respect to your own greatness and potential—and the magnificence of every single human soul. This is not just a book, it is what the title implies—an Experience—and it is impossible to go through it without being moved, challenged, and changed. Welcome to . . . The Breakthrough Experience.**

How To Make One Hell Of A Profit and Still Get In To Heaven

Hay House, Inc **Millions of people worldwide dream of making a "good" living, of attaining great wealth, and having an extraordinary and fortunate life. However, they haven't yet found a way of attaining it, and they fear that they can only do so at the expense of others—perhaps by compromising their higher spiritual values and virtuous nature. Some people who outwardly acknowledge their desire for great wealth feel inwardly guilty about acquiring it, and their illusive conflict blocks or dissipates their potential fortunes. Other people say they just want to be comfortable and secure rather than vastly fortunate. These individuals also hold themselves back from breaking through to new levels of financial freedom, and actually living their most cherished and inspiring dreams. In addition to their conflicting spiritual and material natures, some people have an additional internal struggle between their desires to give and receive. How to Make One Hell of a Profit and Still Get to Heaven was written to help you (if you happen to be like most people) dissolve these apparent conflicts. It can assist you in making your financial dreams come true while shedding light on an entirely new way of looking at,**

understanding, and appreciating the true nature of Earthly profits and heavenly wealth. If you read and apply the principles and methodologies that are laid out in these pages, your relationship with, and ability to master, your spiritual wealth and material finances as well as other vital areas of your life will undergo an amazing transformation.

Count Your Blessings

[Hay House, Inc](#) You could lead the life you'd love, if only you lived the one you've been given! Are you really living or barely breathing? Do you feel sick, run-down, anxious, or low? In **Count Your Blessings**, Dr. John F. Demartini reveals the connection between health and state of mind. The old adage about making the most of what you've got forms the basis of 25 principles that will help you to live a healthy and fulfilling life. Through real-life examples, exercises, meditations, and affirmations, Dr. Demartini shows how you can use and develop your own inner resources, just by living in the present moment. **Count Your Blessings** will be the source or inspiration you will come back to again and again.

You Can Have An Amazing Life In Just 60 Days!

[Hay House, Inc](#) In this book you'll find 60 inspiring laws that show you how to live an amazing life. It is essentially a guidebook designed to take you through a powerful 60-day process of creating a new life. During the 60 days that you spend with this book, you'll receive messages and visions, and you'll find yourself thinking of ways to fulfill your destiny. This special book is for those who would truly love to live a free and amazing life, for those who felt inspired or called from within to be someone extraordinary, or do and have something astonishing.

The Heart of Love (Large Print 16pt)

[ReadHowYouWant.com](#) Grounded in John Demartini's much-loved teachings, **The Heart of Love** helps you apply his trail-blazing philosophy and revolutionary understanding of human behavior specifically to your relationships. If you're looking for your soul mate, want to reignite the spark in a longtime relationship; seeking to safeguard your marriage from infidelity; or are committed to creating more authentic friendships, family connections, and business relationships, then this book is for you. This book helps you understand what really drives human behavior in romance, business, and families; and assures you that you can have the kind of relationships you'd love to have, whether they're lasting or brief, intensely intimate or just for fun. Ultimately, this book aims to inspire you to fulfill the true purpose of your relationships: to wake you up to your own

wholeness, the divine magnificence present in every human soul. It invites you into the heart of love, which transforms any relationship into one of gratitude and true fulfillment.

The Beautiful You

A Whole Woman Approach to Creating the Life You Love

Starr This Book is a Gift for every woman with a Heart that Yearns for Loving Wisdom and a Mind that is willing to expand. You are very much worth and deserving of the life you absolutely love. Expand your potential to truly free yourself of emotional charges in any of the 7 area's of your amazing life. From relationship lust-love-fantasy-reality, to empowering your life, family, financial wisdom, physical health, aging, loving your mate true, social surroundings and growing forward in who you are as a magnificent human being, you are here to be, do and have the honest and magnificent life you are completely worth and yearning for. You are a truly magnificent woman in recognizing how amazing you are in life. It is time to expand your mind and open your heart to greater levels of love, health, appreciation and success. Gain the power of understanding yourself and others by exploring your gifts within. As you learn to visualize your hearts deepest desires in life, you will learn to internalize the vision and therefore manifest what is truly important to you. It is time for a commitment in your life to unlock the doors that may be holding you back from doing all that you would love to do with all that you have been given. It is time to solidly own your empowered self, your health, your career success, your financial independence, your mind and body connection, your relationship, the fountain of youth, and your overall balanced life of spirit and soul. Your soul has a higher calling to awaken your most inspired dreams and The SECRET to The Beautiful You is here to gift you with the answers. "STARR will open your heart through her understanding of universal divine order that harnesses a vision for extraordinary growth of one's potential. She assists you in creating the amazing life you dream of. Her passion for love and life is uniquely evolved making her wisdom highly sought after. The Beautiful You will alter your perceptions in life to become fulfilling and inspired in the love for gratitude." Dr. John F. Demartini, of The SECRET and International Speaker "In a woman's world there is an amazing magic in believing and expressing her gift of how beautiful she is from the inside out" Marci Shimoff New York Times Best-Selling Author of "Happy for No Reason"

The Gratitude Effect

Gildan Media LLC aka G&D Media **Would you like to go to the next quantum level beyond the world of simply “positive thinking?” Are you ready to experience new levels of inspiration, creativity, and achievement? Well, now you can! Let The Gratitude Effect open your heart, inspire your mind, awaken your inner powers and hidden seeds of greatness. Allow it to help you break through any limiting beliefs and guide you to a more empowered life filled with deeper meaning and awareness. One of the teachers of the hit movie The Secret, Dr. Demartini wrote this book as a practical guide to a new life of happiness and thankfulness, proclaiming the importance of gratitude in an individual’s life. You will learn:**

- To be happy with and grateful for what you have
- How to accept much more you’ll receive in return

The Heart of Love

Hay House, Inc **Grounded in John Demartini’s much-loved teachings, The Heart of Love helps you apply his trail-blazing philosophy and revolutionary understanding of human behavior specifically to your relationships. If you’re looking for your soul mate, want to reignite the spark in a longtime relationship; seeking to safeguard your marriage from infidelity; or are committed to creating more authentic friendships, family connections, and business relationships, then this book is for you. This book helps you understand what really drives human behavior in romance, business, and families; and assures you that you can have the kind of relationships you’d love to have, whether they’re lasting or brief, intensely intimate or just for fun.**

Inspiration Deficit Disorder

Hay House, Inc **There’s a voice in the universe calling each of us to remember our purpose—our reason for being here now, in this world of impermanence. The voice whispers, shouts, and sings to us that this experience of being in form, in space and time, knowing life and death, has meaning. The voice is that of inspiration, which is within each and every one of us. In this groundbreaking book, Dr. Wayne W. Dyer explains how we’ve chosen to enter this world of particles and form. From our place of origin, in ways that we don’t readily comprehend now, we knew what we were coming here to accomplish, and we participated in setting this life process in motion. So why not think this same way? Why put the responsibility or blame on any one or any thing that’s not a part of us? On Earth we have the capacity of volition—we can choose—so let’s assume that we had the same capacity when we resided in the spiritual realm. We chose our physical body, and we chose the parents we needed for the trip.**

It doesn't seem too great a stretch to move into the idea that we chose this life in concert with our Source. Each chapter in this book is filled with specifics for living an inspired life. From a very personal viewpoint, Wayne Dyer offers a blueprint through the world of spirit to inspiration, your ultimate calling.

Activate Your Goodness

Hay House, Inc **Activate Your Goodness** is a practical guide for doing good for yourself and others, offering you inspiration for immediate improvement of your own life and the lives of those around you. Author Shari Arison, visionary businesswoman and philanthropist, is candid about her own personal stories and also provides examples from others who have made a difference by thinking, speaking, and doing good. Shari boldly shares her own experiences of living an extraordinary life - as one of the world's most powerful women and the owner of a business empire that spans the globe - and how she has integrated the power of doing good in all aspects of her life and career. The unexpected and delightful insight that emerges from the book shows that when you find a way to do good for others, you also do good for yourself. This is a book to share with your loved ones and those who are partners in your desire to create a better world for future generations. You may even discover your own connections to make your life joyful beyond measure!

The SMART Balance

Blue Rose Publishers **"HOW SMART DO YOU FEEL WITH YOUR SMARTPHONE? We live in exciting times. It is the first time in the history of humanity when a new intelligence exists - not in the brains of varied species, but in our own pockets. It is the first time in the history when a piece of technology is defining our friendships and changing the way we work, walk and talk. But as Thoreau once said, "Men have become the tools of their tools." Technology, which was supposed to make our lives easier and comfortable, is proving to be the biggest drivers of stress, loneliness, weakened brainpower, and behavioral addiction. We may have all the information at our finger touch, but we are failing to lead a happier life. In this book, the author uses real-life examples and case studies to identify the various ways technology and internet have changed our lives leading to the stick-to-the-screen syndrome, or commonly referred to as digital addiction and cyber addiction. The book explores methods for better tech management and principles to build a better structure for a happier and healthier life."**

Loyalty to Your Soul

Hay House, Inc **Loyalty to Your Soul** establishes Spiritual Psychology as a paradigm-altering frontier. It initiates a radical shift at the core of

contemporary psychological thought by unveiling a technology for using everyday life experiences as rungs on the ladder of spiritual evolution. This book is uniquely suited for anyone seeking to discover and cross the bridge that spans the waters between life referenced in material reality and life lived within the context of spiritual reality. **Loyalty to Your Soul** shows you how to first gain access to, and then gradually learn to live from, that sacred place inherent within everyone referred to by the authors as the **Authentic Self**—a place where emotional suffering ceases and profound peace and love are present. While many people have written about such an inner state, Ron and Mary Hulnick show you how to travel there . . .and what to anticipate once you arrive. The radical technology they introduce empowers readers to transform challenging or negative human experiences into direct experiences of the Soul.

From Stress to Success#in Just 31 Days!

Hay House, Inc **You can take command of your life! You can build your self-worth and expand your net worth! You can enjoy more fulfilling and loving relationships! You can perceive, receive, and achieve way, way more! If you feel overwhelmed, stressed, or simply burned out at times, there's finally a solution for you. A greater level of contentment and a higher degree of success and accomplishment can be yours! Whatever stress means to you, Dr. John Demartini's 31 Stress-to-Success Secrets have the potential to turn the stress that is holding you back into the energy and motivation required to make your life a living dream. As you go through each chapter, you'll discover that implementing the success secrets into your life will reveal the magic inherent in each step and help you transform your perceptions and actions into ones that will empower your life. They are simple, yet profound. They're the secrets of the few who've lived more actualized and fulfilling lives. And now they can work for you! With a powerful combination of practical, accountable action steps and inspiring daily affirmations, this book will take you by the hand and lead you to a place you have always dreamed possible.**

The Heart of Love

How to Go Beyond Fantasy to Find True Relationship Fulfillment

Hay House Incorporated **Grounded in John Demartini's much-loved teachings, The Heart of Love helps you apply his trail-blazing philosophy and revolutionary understanding of human behavior specifically to your**

relationships. If you're looking for your soul mate, want to reignite the spark in a longtime relationship; seeking to safeguard your marriage from infidelity; or are committed to creating more authentic friendships, family connections, and business relationships, then this book is for you. This book helps you understand what really drives human behavior in romance, business, and families; and assures you that you can have the kind of relationships you'd love to have, whether they're lasting or brief, intensely intimate or just for fun. Ultimately, this book aims to inspire you to fulfill the true purpose of your relationships: to wake you up to your own wholeness, the divine magnificence present in every human soul. It invites you into the heart of love, which transforms any relationship into one of gratitude and true fulfillment.

Plan B

[Random House Australia](#) Shannah Kennedy, author of *The Life Plan*, takes you on a journey to accept change, heal, reset and move forward with clarity, direction and purpose once again. Change can turn our plans, our lives and our dreams upside down. Whether you have faced a redundancy, dealt with a break-up, been in an accident, lost a loved one, had a health scare, or been impacted by an economic downturn, your ability to navigate through the change process and create an alternative plan will be the key to your future happiness. Shannah Kennedy has created a simple yet powerful four-part guide that is designed to give you the confidence to accept, heal, grow and adapt. Full of practical tips and exercises to help you process your emotions, restore and recover, shift your mindset, set clear goals and take control, Plan B is your roadmap to finding happiness once again.

The Power of Your Spirit

A Guide to Joyful Living

[Hay House Incorporated](#) Stresses the importance of maintaining a connection to the spirit which, the author asserts, can only come about through daily practice, that ultimately has the power to bring about contentment and personal harmony.

The Angel Therapy Handbook

[Hay House, Inc](#) Doreen Virtue has presented her Angel Therapy Practitioner™ course since 1996, helping thousands learn the skills of spiritual healing and psychic readings in concert with the angels and archangels. Now, she has amassed the tools, secrets, and exercises that she teaches her students in this comprehensive handbook. Within these pages, Doreen provides you with a thorough overview of the angelic realm and the methods of Angel Therapy, outlining how to communicate with

Heaven for yourself and on behalf of others. In addition, she offers compassionate guidance and practical action steps for lightworkers who want to take up a spiritually based career. Doreen says, "My prayer is that this book will be a re-source to awaken you to your clear connection with the Divine and lead you upon the path of your life purpose. Whether you're a professional healer or just want to polish your natural spiritual gifts, this handbook is a vital reference tool that you can turn to again and again.

The OMG Chronicles

Hay House, Inc In 2006, frustrated with religious turmoil, fanaticism, and fundamentalism, filmmaker Peter Rodger set out on a quest across 23 countries to shoot the epic nonfiction motion picture Oh My God in an attempt to understand what the concept of God meant to people in all walks of life. This book chronicles Peter's extraordinary adventure as he circled the globe, asking an amazing array of characters the simple (but not-so-simple) question: "What is God?" This is a story of overcoming challenges, as well as a unique travelogue and social snapshot. It delves into the pain of persevering in times of trouble and is also a testament to adhering to one's own convictions. Philosophical, searching, funny, and very personal, this work will make you laugh out loud, and at other times make you cry. It is devoid of theology, but touches faith on both religious and nonreligious levels. It is objective, yet there are many opinions. Above all, it is a chance to be whisked away from the comfort of your own home to visit places and people, famous and not; and absorb their profound, irreverent, blasphemous, spiritual musings . . . on an age-old query. Their words will stir up passion, curiosity, self-examination, and wild imagination. Oh My God! Prepare for the ride.

Play Your Bigger Game

9 Minutes to Learn, a Lifetime to Live

Hay House, Inc More than just a book, **Play Your Bigger Game** is a concept that will take you only nine minutes to understand but a lifetime to play. It was designed from the premise that life itself is one big game. And, if it is, then why not play one that excites, fulfills, and challenges you to develop and express your talents completely? By the way, there's nothing wrong with wanting that. It's a natural expression of who we are, and since each of us is blessed with talents, we're naturally hungry to develop and put them to use. Too often we suppress that desire for full engagement and self-expression because we think it's the grown-up thing to do. We consciously turn down our hunger dials, because we're afraid of expecting

too much from life. We also think: If I settle for less, I won't be disappointed. **Play Your Bigger Game** was created to counteract that self-limiting, fear-based approach to life. It's also designed to keep you forever in play, meaning that you'll never be stuck again, since you'll always have the game board to guide your next move. Michelangelo said, "The great danger for most of us lies not in setting our aim too high and falling short but in setting our aim too low and hitting the mark." This book is not just about making a living; it's about making an impact. Curiously enough, I find that once players begin to make a positive impact, their incomes often rise, too. Still, if you're interested in simply making a living and just surviving in life, I'm afraid that this book is not for you. If you want to make an impact in the world and thrive in your life while earning a very good living, please read on. The purpose of this book is to: Reveal the Bigger Game player you already are, help you find the Bigger Games that excite and challenge you to fully deploy all of your energy and gifts, teach you to consciously design the person you're destined to become, allow you to feed the hunger in your soul, help you to make a major impact, and allow you to leave a lasting legacy.

The Riches Within

Your Seven Secret Treasures

ReadHowYouWant.com Demartini reacquaints readers with the power that they already have within--with respect to spirit, intellect, career, leadership, finances, relationships, and physical body.

Inspire Chiropractic

[Inspire Chiropractic](http://InspireChiropractic.com) Contains interviews with leaders in the chiropractic profession to learn how they applied Napoleon Hill's philosophy, including Mark Victor Hansen, William Esteb, Bob Hoffman, Fabrizio Mancini, Janice Hughes, Dennis Perman, Joan Fallon, Larry Markson, John F. DeMartini, Patrick Gentempo, Jr., Tedd Koren, and Bobby Doscher.

Dream First, Details Later

How to Quit Overthinking & Make It Happen!

[Penguin](http://Penguin.com) "Ellen Bennett is the platonic form of a go-getter who inspires go-getter after go-getter to become a better go-getter."—Zoey Deschanel, actor and musician You'll never know where to start...until you start. This

gutsy guidebook will help anyone who's procrastinating on a goal, career change, or business idea stop the obsessive worrying and leap into action. As a 24-year-old line cook, Ellen Marie Bennett couldn't stand the kitchen staff's poorly designed, cheaply made aprons. So when her head chef announced he was ordering a new batch, she blurted out, "Chef, I have an apron company"—even though she had no company, no business plan—just a glimmer of a design idea and a business license. Through hustle and a willingness to leap into the unknown, time and time again, she built that first order into a multi-million-dollar company called Hedley & Bennett, making aprons and kitchen gear worn by many of the world's best chefs and home cooks everywhere. Dream First, Details Later shares Ellen's journey and her forged-in-the-fire personal playbook for starting before you stop yourself. If you've ever imagined doing something and immediately thought, "that's impossible," or "I wouldn't even know where to start," or "I'm not qualified to do that," in these pages, you'll learn how to shove aside your inner worrier and launch into action. This honest and bold illustrated book will be like having Ellen—your personal hype woman—there with you, all the while yelling, "Don't stop! You got this!" She'll share hard-won advice on:

- Squashing doubts and reservations about venturing outside your comfort zone. (These doubts masquerade as rational, but they're more likely coming from a place of fear.)
- Saying screw it to the perfect plan and using creative problem-solving—and heart and guts—to conquer the shit storms as they come.
- Eventually transitioning from the "flying by the seat of your pants" stage to the "well-oiled machine" stage. You don't need to have all the answers to make your dream a reality. You just need to start before you're ready.

What Are You Waiting For?

Learn How to Rise to the Occasion of Your Life

Simon and Schuster **What are you waiting for? Do you find yourself waiting for the right moment? The ideal relationship? The perfect job? Are you waiting for your "real" life to begin? Do think that the gifts of life are right around the corner? That one day you will arrive and everything will be okay? Do you endlessly search, yet never seem to find? Through the sharing of authentic personal stories and profound life lessons, Kristen Moeller explores our pervasive human tendency to wait for life and to look outside ourselves for answers. So we don't try; we give up. We sell out and we forget who we are. We are afraid to succeed, afraid to fail, and afraid to say we are afraid. But as Wayne Gretzky said, "You'll always miss one-hundred percent of the shots you don't take!" Kristen Moeller's mission in life is to inspire you to get on the path, move forward and take the shot.**

The Riches Within

Your Seven Secret Treasures:

Easyread Large Bold Edition

ReadHowYouWant.com **THE RICHES WITHIN** We all possess seven secret treasures. What's more, we can have access to them - and to a more fulfilling life - simply by reading this book and following the clear steps it provides. In *The Riches Within*, Dr. John F. Demartini reacquaints you with the power that you already have within you ... with respect to spirit, intellect, career, leadership, finances, relationships, and your physical body. You'll learn how to: Maximize your potential for overall health and well-being Have more fulfilling relationships and create more love in your life See the power you already possess as a natural leader Discover how to build your financial wealth, and realize that everyone deserves prosperity Experience awe at the wonders around you every day Reveal your professional power - do what you love and love what you do Awaken to your own immortality and live a life of greatness Each chapter gives you several actionable items and helps you stay on track. You'll see how simple it really is to make things happen as you follow these steps. It's time to discover ... the riches within!

The Riches Within

[Hay House, Inc](http://HayHouseInc.com) We all possess seven secret treasures. What's more, we can all have access to them—and to a more fulfilling life—simply by reading this book and following the clear steps it provides. In *The Riches Within*, Dr. John F. Demartini reacquaints you with the power you already have within you. . . with respect to spirit, intellect, career, finances, relationships, and your physical body. You'll learn how to maximize your potential for overall health and well-being,

From Stress to Success ... in Just 31 Days!

Easyread Super Large 24pt Edition

ReadHowYouWant.com If you feel overwhelmed, stressed, or simply burned out at times, there's finally a solution for you. A greater level of contentment and a higher degree of success and accomplishment can be yours! Whatever stress means to you, Dr. John Demartini's 31 Stress-to-

Success Secrets have the potential to turn the stress that is holding you back into the energy and inspiration required to make your life a living dream. As you go through each chapter, you'll discover that implementing the success secrets into your life will reveal the magic inherent in each step and help you transform your perceptions and actions into ones that will empower your life. They are simple yet profound. They're the secrets of the few who've lived more actualized and fulfilling lives. And now they can work for you! With a powerful combination of practical, accountable action steps and inspiring daily affirmations, this book will take you by the hand and lead you to a place you've always dreamed about.

The Queen's Code

The Time Trap

The Classic Book on Time Management

AMACOM One of the all-time bestselling books on time management, **The Time Trap** has shown countless readers how to squeeze the optimal efficiency--and satisfaction--out of their work day. This much-needed guide provides the quick solutions you need be more effective with your time and avoid and escape the so-called "time savers" that don't really work. Backed by decades of research with businesspeople around the world, authors Pat Nickerson and Alec Mackenzie explain how to: set realistic goals and make commitments they can keep; juggle multiple demands; estimate time needed on new tasks; pinpoint and combat the most tenacious time wasters; protect priorities; and upgrade personal productivity for professional success. Plus, the fourth edition has been extensively revised to include technology-based solutions to the challenges and opportunities we all face in the virtual world. Filled with smart tactics, revealing interviews, and handy time management tools, **The Time Trap** is your go-to resource for leveraging twenty-first century opportunities and overcoming challenges to maximizing your work time.

Birthing a Better Way

12 Secrets for Natural Childbirth

University of North Texas Press A must-read for women who want to know all of their choices in childbirth. --

Discovering Your Authentic Core Values

A Step-By-step Guide

Live210 Books **Do you need core values? More than you know. If you want to make a change in your life, moving into a more life-giving future, having clear core values is an essential tool. Discovering Your Authentic Core Values walks you step-by-step through the process of identifying your authentic core values. These are not your aspirational values, the ones you wish were true of you. These are your authentic inside-out core values that already have played an enormous role in shaping your life. You live in a world where other people's agendas are competing for your time and resources. In the same way, you often live in reaction to other people's values. You've learned to use a schedule and a budget so that your time and money are used intentionally. Why wouldn't you put the same care into thinking though your own core values? This little book is guide that will walk you through a journaling process where you can discover these important motivations. Depending on your speed, it's an approximately 10 hour process. By discovering and naming these essential motivations, you can begin to align your life with who God made you to be. Once you've done the work of articulating your core values, you have an invaluable aid for an intentional life. In this concise step-by-step guide, you will learn: Why core values matter. What the two different kinds of core values are. How to discover your authentic core values in your own story. What to do with negative core values. How to actively use your core values. If you are a follower of Jesus, how your core values connect with your spiritual journey. Table of Contents Why Core Values? Two Kinds of Core Values Gather Your Tools Find the Clues in Your Story Consider the Why Get the Outside Unvarnished View Gather and Refine Yourself Look Past the Shadow to the Light Shape the Words that Shape You Letting Your Core Values Work A Final Word**

Values Clarification

Grand Central Publishing **Are you getting what you want out of life? Do you know where you draw the line when it comes to sex, money, cheating on your income tax ... or accepting an indecent proposal? Becoming aware of your values is the key to making wise choices in all aspects of your life, from picking a partner to buying a house. Created by Dr. Sidney Simon, coauthor of the bestselling Getting Unstuck, and two other leading professionals, this workbook has already had an impact on hundreds of thousands of lives. Its scores of intriguing, interactive exercises were**

designed to uncover the hidden beliefs that reveal what matters most to you, how you deal with life-changing conflicts, which career choices will make you happiest, what leisure time activities provide you with the most pleasure, where you honestly stand on controversial issues, what day-to-day events are likely to make you angry ... excited ... anxious ... confident, how best to motivate yourself, and what beliefs can cause conflict in your family or love relationship.

Success is Simply Spiritual

The KISS Principle of Transformation, Keep it Simply Spiritual

Wordclay **Understanding 7 Universal Laws and Principles is the key to Success!** **Law of Awareness and Polarity:** Awareness is holistic observation without judgement, and polarity allows us to see the balance of positive and negative in everything, leading to understanding and acceptance. **Law of Gratitude:** Gratitude is the attitude from which we create all things. **Law of Attraction:** Attraction is magnetism, bringing together harmonious frequencies of an attitude. **Law of Reflection:** Reflection is the mirror of self: if I see it, I have it. **Law of Accountability:** Accountability is taking responsibility without judgement for the decisions we make with the choices that present. **Law of Action:** Action is what we do or don't do and the resulting direction we take. **Law of Abundance and Conservation of Energy:** Abundance is infinite energy and our experience of transformation is only limited by finite thinking about self.

Your Exceptional Life

Make the Rest of Your Life the Best of Your Life

IS THERE A SECRET TO LIVING AN EXCEPTIONAL LIFE? Yes there is! And it may not be what you think... Marcus Pearce has interviewed more than 200 of the world's most successful men and women. From diet experts to war survivors to everyday Exceptionals and some of humanity's greatest icons. What makes them exceptional? What's their secret? Is an exceptional life in our genes, the air we breathe, the food we eat or the money we make? Does family come first, or is it our work or something else? What are the

consequences of settling for average in even just one area of life? The answers to these and many more questions are in **Your Exceptional Life**. After more than a decade of research, Marcus reveals the timeless recipe. Whether in your 20s or 30s wanting to design your best life, your 40s or 50s wondering if your best years are behind you, or in your senior years and want to age gracefully, **Your Exceptional Life** unlocks the blueprint to help you make the rest of your life the best of your life. "If you would love to master your life as **The Exceptionals** have demonstrated and desire longevity, inspiration and an extraordinary fulfilled life, this book is for you." - Dr John Demartini, International bestselling author of **The Values Factor**.

Extraordinary You

The Art of Living a Lusciously Spirited, Vibrant Life

So what's the big secret to living a spirited, luscious, vibrant and extraordinary life? Eleven voices share with you the keys to unlocking an exceptional life. Through their personal stories, you will discover the wisdom and experiences that will enable you to embrace a vision for your life that is greater than before. You will learn how to say yes to your heart and soul. Allow this, and living in exhilaration will take care of itself. To all those who dare to dream that life can be an adventure filled with magic beyond the wildest of imaginings, and to all those who dare to live it, you will uncover how to live in the moment for a joy-filled life, when to say yes by listening to your inner voice, what living in passion for your own true path will do for you, how to break through anxiety and fear to live in confidence and fulfillment, and the secret keys to redesigning your life.

Welcome to Your Life: Simple Insights for Your Inspiration and Empowerment

Looking for more fulfilment? Want your life to make more sense? Are you willing and committed to being empowered and inspired? If you were offered the answer to these burning life questions, would you listen? **Welcome to Your Life** provides insights into taking control of your life. Empowering your life with inspiration and gratitude is simplified in this easy to follow book. You will be guided step-by-step to attract more fulfillment into your life! Experience more awareness, gratitude, and a

sense of purpose. Pick up a copy for yourself and someone you love today. Ronny K. Prasad is a Life & Executive Coach, Self-Help Author, and an Inspired Speaker. His passion is inspiring people to have fulfilling lives and sharing his insights with people around the world! Praise for WELCOME TO YOUR LIFE "I have been teaching personal development for over forty years. I love Ron's ability to blend inspiration, gratitude, empowerment and awareness. They are the ingredients required to turn a book into a transformational instrument. Ron did it, study this book, follow Ron's direction and GROW." -- Bob Proctor, Author and teacher from the movie, The Secret "Simple and practical wisdom that can help transform and fulfill your life." -- Dr. John Demartini, Bestselling author of The Riches Within "Ron clearly and simply outlines the process of being authentic, aware, and accepting. This book will change the way you look at yourself and your world. Welcome to Your Life!" -- Keith Leon, Best Selling Author of Who Do You Think You Are? Discover The Purpose Of Your Life

Intuitive Intelligence

Make Life-Changing Decisions With Perfect Timing

Simon and Schuster Paul O'Brien, founder of Tarot.Com, shares how readers can tap into their creative power, leverage synchronicities, and cultivate their sixth sense. Through a combination of effective decisions and strategic timing, readers can align with their greatest dreams. What happens when a vision of creative freedom, courageous risk-taking and good timing come together? What if you focused on what fascinates you, then mastered some skills, including a level of intuitive decision-making that helps you make the right moves at the right time? The answer is a life filled with success on your own terms. In this unique book about self-discovery and manifesting your true destiny, author Paul O'Brien distills a lifetime of business and personal adventures into an eloquently articulated process for making the best strategic decisions with an ever-improving sense of timing. His true stories of lessons learned will intrigue and delight the reader, while the presentation of skills required to make great decisions with perfect timing captivate and motivate. The author's elegant Visionary Decision Making process and philosophy clearly define the essential skills of accessing intuition when you need it most. The book shows readers how to take charge of their life and fearlessly take the risks that will help them realize their goals and dreams to fearlessly take those risks that will grow them as a person. Intuitive Intelligence is the 2020 Silver winner of the Coalition of Visionary Resources (COVR) Visionary Awards. In Intuitive Intelligence, you will learn how to: - Discover what truly fascinates you and let that motivate you. Understand what turns on

your creative imagination and innate desire to be of service. - Fine-tune your intuitive sense, so that you can hear its quiet voice even in the midst of chaos. - Leverage synchronicities meaningful coincidences to receive direction from the realm of Infinite Intelligence, outside the box of linear thinking. - Channel archetypes of power to, call forth your inner Hero, the Sovereign, Warrior, Magician, and Lover, and put them to work for you! - Develop intuition rituals. Learn how to use guided meditations and the I Ching (Book of Changes) as aids for cultivating and activating Intuitive Intelligence when you need it most. - Adopt visionary beliefs. Take ownership and upgrade your operating assumptions. - Execute decisions with exquisite timing, trusting in the process and yourself. Like compound interest, the more you trust intuition the easier it becomes to notice and interpret its subtle signals. - Develop perfect timing and cultivate a Synchronistic Lifestyle characterized by inspiration, joy, wisdom, and grace.

Transformed!

The Science of Spectacular Living

Turner **Presents a six-phase plan for growth and transformation toward a feeling of satisfaction, and profiles individuals who have been successful at attaining deep fulfillment in life.**