

Books Of Cheryl Richardson

Studies have shown it takes only 21 days for a new habit to take root. If there's a spiritual interest you've always wanted to take advantage of, the answer is only 21 days away with the 21 Days to Mastery Series. In the rush of everyday life we can often lose sight of our own well-being and inner comfort, to the point where we lose sight of how to bring deep pleasure into every day. In this short, easy-to-read guide, world-renowned life coach Cheryl Richardson shows you how to nurture life's most important relationship: with yourself! As each chapter challenges you to alter one behaviour or circumstance that holds you back, you'll learn how to understand the true impact of your surroundings, accept disappointments in all areas when they arise, find your natural rhythm and ride life's waves, and discover your passions and strengths to get the best out of your life. With sound advice, effective exercises and resources to take each step further, this practical handbook for the heart and mind will show you that by changing your mindset, you can radically change your life in just 21 days.

"Using the Ageless Living Principles in my own life, I have the feeling that everything is right. I have a sense of completeness and happiness. I am filled with enthusiasm, understanding, balance, joy, and playfulness....When I practice the Ageless Living Principles, I have the experience that I am living life, rather than life is living me. Why should we ever think that we have to settle for less?" Dayle Haddon wants women over forty to know that age is an asset and not, as we are so often told, a liability. She wants us to realize that we are vital, strong, and beautiful, and she wants us to do that through The Five Principles of Ageless Living. A positive and spirited program for women age forty and over, The Five Principles of Ageless Living offers inspiring and practical solutions in the related areas of beauty, wellness, spirit, wisdom, and community. Based on Dayle's professional knowledge and her own self-care practices, the Ageless Living Principles provide unique and practical ways for women to enhance the many dimensions of their lives. As women over forty today, we are privileged to be at a different point in our lives than the generations that came before us. We've never been in a better place or at a better time to choose for ourselves, to make positive changes in our lives. Today, more than ever, we have the ability to live our true lives. All we need is know-how: the tools to get there and the energy to use them. A guide to the infinite possibilities in each of us, the Ageless Living Principles help us realize that we don't have to settle.

Overbooking? Running late? Feeling overwhelmed by clutter and to-dos? Management consultant Dr. Marilyn Paul guides you on a path to personal change that will bring true relief from the pain and stress of disorganization. Unlike other books on getting organized, It's Hard to Make a Difference When You Can't Find Your Keys offers a clear seven-step path to personal development that is comprehensive in nature. Drawing on her own experience as a chronically disorganized person, Paul adds warmth, insight, humor, and hope to this manual for change and self-discovery. She introduces the notion of becoming "organized enough" to live a far more rewarding life and make the difference that is most important to you.

A Journey From Lost to Found. At 26, Cheryl Strayed thought she had lost everything. In the wake of her mother's rapid death from cancer, her family disbanded and her marriage crumbled. With nothing to lose, she made the most impulsive decision of her life: to walk eleven-hundred miles of the west coast of America - from the Mojave Desert, through California and Oregon, and into Washington State - and to do it alone. She had no experience of long-distance hiking and the journey was nothing more than a line on the map. This account captures the agonies - both mental and physical - of her incredible journey.

Young people aren't walking away from the church—they're sprinting. According to a recent study by Ranier Research, 70 percent of youth leave church by the time they are 22 years old. Barna Group estimates that 80 percent of those reared in the church will be "disengaged" by the time they are 29 years old. Unlike earlier generations of church dropouts, these "leavers" are unlikely to seek out alternative forms of Christian community such as home churches and small groups. When they leave church, many leave the faith as well. Drawing on recent research and in-depth interviews with young leavers, Generation Ex-Christian will shine a light on this crisis and propose effective responses that go beyond slick services or edgy outreach. But it won't be easy. Christianity is regarded with suspicion by the younger generation. Those who leave the faith are often downright cynical. To make matters worse, parents generally react poorly when their children go astray. Many sink into a defensive crouch or go on the attack, delivering homespun fire-and-brimstone sermons that further distance their grown children. Others give up completely or take up the spiritual-sounding "all we can do is pray" mantra without truly exploring creative ways to engage their children on matters of faith. Some turn to their churches for help, only to find that they frequently lack adequate resources to guide them. This is where Generation Ex-Christian will lend a hand. It will equip and inspire parents, church leaders, and everyday Christians to reawaken the prodigal's desire for God and set him or her back on the road to a dynamic faith. The heart of the book will be the raw profiles of real-world, young ex-Christians. No two leavers are identical, but upon close observation some categories emerge. The book will identify seven different kinds of leavers (the postmodern skeptic, the drifter, the neopagan, etc.) and offer practical advice for how to connect with each type. Shrewd tips will also intersperse the chapters alerting readers to opportunities for engagement, and to hidden landmines they must sidestep to effectively reach leavers.

For countless people around the world, the words of Louise Hay have served as a beacon, leading them out of the darkness of despair and into the light of a better life. Cheryl Richardson is one of the many individuals whom Louise has greatly influenced . . . before going on to become a best-selling author herself. So what happens when these two combine their collective wisdom into one book? The result is what you're now holding in your hands. As Louise and Cheryl engage in a series of empowering and intimate conversations, you'll feel as if you're simultaneously having lunch with your best friends and also attending a master class put on by two leaders of the self-empowerment movement. As they travel throughout North America and Europe together, Louise and Cheryl discuss a wide range of topics, including the importance of loving ourselves and our bodies; aging consciously; bringing true prosperity and abundance to the world; manifesting positive relationships—both with family and friends and in the workplace; and facing death in a dignified and peaceful way. These two amazing women are living proof that the spiritual principles they discuss in these pages really work. As you read, you'll discover that you, too, have the ability to create an exceptional life!

Whether or not you are a poetry lover, you will be so glad you found this book. It's liberating." — Louise Hay, the New York Times best-selling author of You Can Heal Your Life "I love Nancy's poetry. Her words convey urgent messages from the Soul." — Dr. Wayne W. Dyer, the #1 New York Times best-selling author of Excuses Begone "Sit back, let these words flow through you, and feel the magic of healing and aliveness contained in the pages of this book." — Cheryl Richardson, the New York Times best-selling author of Take Time for Your Life Inside this book you will find the poems that became the steppingstones along my path of love, loss, grief, searching, awakening, freedom, becoming whole, and owning my voice. I offer these poems to you with the hope that they serve as an inspiration and invitation.

There could be many reasons why you're drawn to this book — or perhaps synchronicity had a part to play in that this book somehow found you! Are you looking for answers as to what happens to your loved ones after they've passed? Perhaps you're wondering what you should do after having had your own psychic experience. Whether you're a student of psychic studies or a practicing medium, a believer or a skeptic, or someone who is bereaved as a result of a loss, this book was written to provide you with all the answers to your questions about the Other-Side. In Bridging Two Realms, renowned psychic medium John Holland offers one of the clearest pictures anyone could have of the Spirit World. He draws on his decades of personal experiences with Spirit, and includes inspirational stories and real-life case studies, to help you pursue the unfoldment of your own spiritual abilities safely and wisely. His hope is to help the bereaved by giving them comfort and inspiration in knowing that there really is life after physical death. There is evidence of the Spirit World and what happens in those spiritual

realms. Your loved ones are just a thought away, and you can still communicate with them. They're still close, and they often try to reach out to us to lend their love and support. Ultimately, you will learn that mediumship is not just about connecting to the Spirit World; it's just as much about helping and healing the living. There are spiritual bridges that can be built to connect to your loved ones who have passed, as well as the most important bridge of all: the bridge to your own spirit.

In *THE SEAT OF THE SOUL*, Gary Zukav brilliantly set forth his concepts, explaining how the expansion of human perception beyond the five senses leads to a new understanding of 'authentic power'. Then, in *SOUL STORIES*, he revealed how such concepts as intuition, harmony, sharing and forgiveness actually express themselves in other people's lives. And now, in *THE HEART OF THE SOUL*, Zukav, together with his coauthor and spiritual partner, Linda Francis, takes the next important step in showing us how to actually apply these crucial concepts in our daily lives. Zukav reveals how true emotional awareness can transform the human experience. Although it is challenging and difficult, because it means becoming aware of suppressed pain, it is also enormously rewarding. But first the determination to explore every aspect of consciousness, and to cultivate those that contribute the most to life, must replace the desire to bury painful emotions. Ultimately emotional awareness can free us from the compulsions, fixations, obsessions and addictions that block our spiritual development - among them anger, workaholism, perfectionism, obsessive eating, alcohol, drugs, sex - and allow us to live a fulfilling and meaningful life. *THE HEART OF THE SOUL* will be a revelation for readers - a soul tool with which we can forge a greater emotional awareness to enable us to use our emotions in the creation of authentic power. It is a book to read not once, but several times, for it is a life-changing work that can transform our lives for the better.

Professional speaker Cheryl Richardson supports busy people in achieving professional success without compromising their quality of life. She has designed this journal to help readers begin a process of self-reflection. It is hoped that readers will get to know themselves better.

A collection of positive thoughts from Louise L. Hay and others.

Fat Leopard is an overweight young girl who idolizes her siblings and wants nothing more than her parents' and peers' approval. She has hopes and dreams with whom most can identify. She combats hurtful situations and gives hope to the underdog. She discovers the true meaning of inner beauty. Painful words that embed in their soul can either disable children or enable a metamorphosis. The story of Fat Leopard allows you to identify inflicted pain and see how to use it to overcome challenges. Fat Leopard lets us see that it is not appearance, but the reciprocation of love that creates beauty. Over her twenty-five year career as an elementary teacher, Cheryl Richardson has learned to empower children with excitement, imagination, and hope. As an implementation reading consultant, she has had the opportunity to see how good authors engage adults and can bring an audience to their feet or tears to their eyes. Cheryl presently lives in Crossville, Tennessee, where she is a county-wide curriculum specialist. She also works for a reading consulting company that allows her to travel across the country, sharing effective reading strategies with teachers.

The bestselling author of "It's All Too Much" and "Does This Clutter Make My Butt Look Fat?" returns with this new work that helps readers work through physical, mental, and emotional clutter in order to regain their balance and to live their lives to the fullest. Reprogram your subconscious mind and create a life that honors your deepest desires by using daily affirmations that keep you focused on vibrant health, meaningful experiences, rich relationships, abundant prosperity, and more. In this inspirational card deck, Cheryl Richardson gives you the tools you need to strategically create your life by keeping your intentions firmly rooted in your conscious mind. Use these cards every day and watch your life change forever!

Beloved author and teacher Cheryl Richardson updates her classic, New York Times best-selling self-care manual, giving you the permission and practical tools you need to dramatically upgrade your life. "For the last twenty years I've dedicated my personal and professional life to the importance of self-care by teaching from my own experience," writes Cheryl Richardson. "In the past, I've sacrificed my health and my relationships for work, given to others at the expense of my own needs, and watched my dreams slip through the cracks of a busy life. As a result, I've learned a lot about what it takes to put an end to the madness. . . . From years of personal experience, as well as coaching great men and women, I've come to understand that selfishness leads to selflessness. When we care deeply for ourselves, we naturally begin to care for others - our families, our friends, our greater global community, and the environment - in a healthier and more effective way. We tell the truth. We make choices from love instead of guilt and obligation. And we soon realize that we're all connected and that our individual actions affect a greater whole." This updated edition of Cheryl's best-selling handbook *The Art of Extreme Self-Care* brings her message home to readers in a fresh and compelling way. Her practical, action-oriented program outlines 12 strategies to transform your life one month at a time, each one challenging you to alter one behavior that's blocking your path. Chapters include "End the Legacy of Deprivation," "Take Your Hands off the Wheel," "The Absolute No List," and "Does That Anger Taste Good?" (Hint: it really doesn't.)

"The Tapping Solution for Weight Loss and Body Confidence may just go down in history as a game-changer when it comes to leading women out of weight loss hell." — Cheryl Richardson, New York Times best-selling author of *The Art of Extreme Self-Care*

Placing conditions on our lives and our happiness has become the norm. We see it all the time: We must establish a career before looking for a relationship. We must find love before feeling fulfilled. We must feel stressed out until we finish everything on our to-do list. But by far, the most common conditions we put on ourselves revolve around our weight—no love until we lose the weight, no pursuing a dream until we lose the weight, no happiness until we lose the weight. But now there's a better option. Using tapping, also known as EFT, Jessica Ortner walks you through a process that helps you drop stress so you can drop pounds—without dieting, deprivation, or extreme exercise. Tapping, a tool that is based on the principles of both ancient acupressure and modern psychology, helps you address the underlying issues that make your body hold on to weight and gives you the ability to overcome some of the most common weight loss obstacles. Say good-bye to the cravings, panic, and self-doubt that keep you in a constant fight against your body! Using her own struggles with weight loss, along with success stories of some of the thousands of women she's worked with, Jessica teaches you not only the basics of tapping but also how to use it to address the deeper facets of your weight and self-worth challenges. This proven process is based on extensive research into the effects of tapping on stress hormones, and it provides simple, step-by-step instructions throughout and easy tapping meditations at the end of each chapter. With this loving and supportive guidance you can learn to create a more empowering relationship with food, find pleasure in exercise, and implement self-care into your life. So join Jessica and learn to love yourself and your body!

A practical, action-oriented program that advises individuals how, on a month-by-month basis, to identify and alter troubling behaviors, sharing strategies to stop the cycle of self-betrayal and neglect that stems from daily violations of self-

care.

'Live Big' guides people to access and accelerate creativity in order to live their biggest lives. It includes 20 themes (patience, boldness, resilience, love, fear, play, to name a few). Each theme includes a set of exercises that readers can use to practice and build skills related to the topic.

From Debbie Ford, the author whose inspiring words have helped millions of readers, *Courage* has the power to change your life. A tried-and-tested, process-driven approach to conquering our fears, accepting our flaws, and tapping into our potential, *Courage* will help readers discover the confidence they need to accomplish anything. In this personal and powerful guide to self-actualization, Ford uses the years of wisdom she has accumulated as a spiritual teacher and personal growth coach to deliver an indispensable tool for anyone eager to become their own best self—a perfect fit for readers of Deepak Chopra, Wayne Dyer, and Judith Orloff, for new readers of Debbie Ford, and for longtime fans of her national bestselling books *The 21-Day Consciousness Cleanse*, *The Dark Side of the Light Chasers*, *The Secret of the Shadow*, and more.

Author of the #1 New York Times bestselling *Take Time for Your Life* now shows you how to reclaim your life one week at a time Cheryl Richardson, bestselling author and one of the most sought-after lecturers in the country, knows firsthand how tough it can be to juggle the daily demands of living in a fast-paced world, and how easily you can become disconnected from your true self and what makes you happy. In *Life Makeovers*, Cheryl has taken all the know-how and insight she has gleaned from her years as a personal coach and distilled it into a simple, year-long program that shows how making small changes, over time, can have a huge impact on the quality of your life. In fifty-two simple yet profound essays, Richardson provides a plan for both reflecting and taking action, along with specific, practical advice and exercises to help readers gradually and permanently remodel their lives, week by week. Easy to use and fun to read, this workbook is the perfect companion to *Take Time for Your Life*. Topics include: *The Gift of Time: It's Self-Management, Not Time Management* *Are We Having Fun Yet: When Life Gets Too Serious, Here's What to Do* *Give Your Brain a Vacation: For Finding the Best Ideas, Try This* *Standing in the Shadow: Whose Talent Are You Hiding Behind?* *Stop Juggling and Start Living: Here Are Some of the Balls to Drop* *Close Encounters: How to Make a Deeper Connection with Others* Her brief, personal essays will inspire you to make changes, and her *Take Action Challenges*, which appear with comprehensive resource sections at the end of every essay, will guide you through small steps that will slowly teach you to think, act, love, work, and even laugh in a whole new way. Written in Cheryl's signature, heartwarming style, *Life Makeovers* is the ideal book for anyone looking for a balanced way to reclaim their life one step at a time. How often do you daydream about living a better life—a life that reflects more of you, your values and deepest desires? How many times have you come to the end of a busy week and toyed with the fantasy of packing a bag and leaving it all behind? The "Life Makeover" program is a powerful year-long program for change. It is designed to support you in changing your life one week at a time. Each chapter consists of a topic of the week and contains a *Take Action Challenge* and a *Resources* section to support you in taking action quickly and easily. Be prepared for your life to unfold in wonderful ways. As you clean up the clutter, reconnect with your inner wisdom, strengthen your character, and take on the challenges of high-quality living, you'll find that the lost parts of yourself start to come together to form a pretty amazing life!

Time management is a skill anyone can learn. Take control of your schedule, connect the activities of your daily life to your deepest big-picture goals, and live the life of your dreams. Julie Morgenstern shows you how.

"Every event we experience and every person we meet has intentionally been put in our path to help us lead more conscious and fulfilled lives," says Cheryl Richardson, the New York Times bestselling author of *Take Time for Your Life*, *Life Makeovers*, and *Stand Up for Your Life*. In her new book -- her most personal work to date -- she'll show you that, once you learn to view your life from this perspective, the person who smiles at you while you're walking down the street is no longer a stranger, the phone call from an old friend who crossed your mind the day before is no longer a surprise, and the failed relationship that left you brokenhearted is no longer a source of bitterness and pain. Instead, these experiences -- examples of what Richardson calls "the unmistakable touch of grace" -- are seen as blessings in disguise, gifts that make you stronger, more conscious, and, ultimately, more alive. To read this beautiful, intimate, and profoundly inspiring book is like having a conversation with Richardson herself. Filled with illuminating stories, provocative experiments, and striking examples of how grace has influenced her own life, Richardson will help you recognize that your life is being influenced, too, in ways you may never have imagined. *The Unmistakable Touch of Grace* helps you to see the hidden miracles that occur every day -- and gives you the courage to use them to make your life more meaningful, magical, hopeful, and complete.

There is a benevolent force of energy available to guide your life, and it always has your best interests at heart. This energy is grace. When you open yourself to its influence, you'll begin to see the signs, symbols, and messages that are placed in your path to lead you in the right direction. *Grace Cards* are a practical way of working with this Divine Energy. Close your eyes, ask a question, then choose a card. Follow the message and watch what happens. Doors will open, resources will appear, and a veil of uncertainty will lift to reveal your next step. Enjoy!

Live the life you've always dreamed of! America's #1 personal coach offers an inspiring, practical seven-step program to help you create the life you want. Imagine finding time to do all the things you want to do. Having plenty of energy for family and friends. Having control over your income and finances. Taking care of your physical and emotional well-being. If you feel as though the life you're living doesn't reflect your true priorities and is leaving you stressed out and unfulfilled, you're not alone. Cheryl Richardson--the leader in the new field of personal coaching, what she calls "a personal trainer for the soul"--has helped thousands of people make changes toward living a high-quality life, and in *Take Time for Your Life* she offers her step-by-step program so you can too. If you're tired of living a life that feels out of control and are ready to live life on your own terms--while still meeting your responsibilities--get ready to take action! Packed with useful

exercises, checklists, concrete advice, client success stories, personal anecdotes, and a wealth of resources, Cheryl Richardson's seven-step program shows you how to identify and eliminate the things in life that are draining you and replace them with the things that fuel you. She gives you permission to put yourself at the top of your list. By doing so, you will find not only more energy and more enthusiasm but also that your relationships, your finances, your work, and your sense of well-being are improved and better balanced. Whether you're a corporate executive working sixty hours a week, a single parent trying to raise a family, someone starting his or her own business, or going back to school, *Take Time for Your Life* shows you how to step back, regain control, and make conscious decisions about the future you'd like to create. Richardson's strategies for overcoming the obstacles that block you from living the life you want will help you discover a world in which your priority list reflects your true desires. Take time for your life--and begin living a life that you love.

The New York Times and USA Today bestseller! "...a hauntingly atmospheric love letter to the first mobile library in Kentucky and the fierce, brave packhorse librarians who wove their way from shack to shack dispensing literacy, hope, and — just as importantly — a compassionate human connection."—Sara Gruen, author of *Water for Elephants* The hardscrabble folks of Troublesome Creek have to scarp for everything—everything except books, that is. Thanks to Roosevelt's Kentucky Pack Horse Library Project, Troublesome's got its very own traveling librarian, Cussy Mary Carter. Cussy's not only a book woman, however, she's also the last of her kind, her skin a shade of blue unlike most anyone else. Not everyone is keen on Cussy's family or the Library Project, and a Blue is often blamed for any whiff of trouble. If Cussy wants to bring the joy of books to the hill folks, she's going to have to confront prejudice as old as the Appalachias and suspicion as deep as the holler. Inspired by the true blue-skinned people of Kentucky and the brave and dedicated Kentucky Pack Horse library service of the 1930s, *The Book Woman of Troublesome Creek* is a story of raw courage, fierce strength, and one woman's belief that books can carry us anywhere—even back home. Additional Praise for *The Book Woman of Troublesome Creek*: "A unique story about Appalachia and the healing power of the written word."—Kirkus "A timeless and significant tale about poverty, intolerance and how books can bring hope and light to even the darkest pocket of history."—Karen Abbott, New York Times bestselling author of *Liar Temptress Soldier Spy* "Emotionally resonant and unforgettable, *The Book Woman of Troublesome Creek* is a lush love letter to the redemptive power of books."—Joshilyn Jackson, New York Times and USA Today bestselling author of *The Almost Sisters*

"Thursday morning. One hundred pounds overweight, no man in sight, and rounding the bend to 57 years old—a full-blown catastrophe." What happens when you realize you've had the career of your dreams, but you don't have the life of your dreams? This was the stark reality facing Sheri Salata when she left her twenty-year stint at The Oprah Winfrey Show, Harpo Studios and the OWN network. She had dedicated decades to her dream job, and loved (almost) every minute of it, but had left the rest of her life gathering dust on the shelf. After years of telling other people's makeover stories, Sheri decided to "produce" her own life transformation. And this meant revisiting her past, excavating its lessons, and boldly reimagining her future. In these pages, she invites readers along for the ride—detoxing in the desert, braving humiliation at Hollywood's favorite fitness studio, grappling with losses, reinventing friendships, baring her soul in sex therapy, and more. Part cautionary tale, part middle-of-life rallying cry, Sheri's stories offer profound inspiration for personal renewal.

Presents a collection of questions to help readers determine where they are in their life and career, formulate goals, and how to achieve them, along with questions and answers from a variety of writers, musicians, and artists that they were asked on their way to success.

Are you ready for your next magical adventure? Okay, so I'm in trouble. Big trouble. I'm broke. Worse, my boyfriend of five years just dumped me. What do I do? I move in with my three eccentric aunts in their family home, Davenport House. Sounds exciting, only this massive farmhouse likes to eat men. If I were a regular human, I would have run out screaming like a banshee. As a witch-I do absolutely nothing. Hey, maybe they deserved it? I'm back in Hollow Cove, the flamboyant paranormal community, where nymphs, werewolves, trolls, shifters, witches, and other paranormals live comfortable lives away from prying human eyes. As I settle into my new life, I decide to accept my aunts' proposal and join the family business—the business of protecting our town and killing anything that would want to harm it. But I've been away from the paranormal world for quite some time, and my magical abilities are a little bit rusty. Heck, they're practically invisible. Things soon spiral down the crapper when people in our community start dropping like flies. And when demons start showing up in Hollow Cove, it's up to me to take care of them. Permanently. This is going to be awesome. I just know it. Get ready for this heart-pounding and laugh-out-loud magical adventure! *Shadow Witch* is the first novel in *The Witches of Hollow Cove* series. If you like fast-paced urban fantasy adventure with a kick-butt heroine and plenty of action, suspense, and humor, you'll love *Shadow Witch*.

Experts discuss the potential for open education tools, resources, and knowledge to transform the economics and ecology of education.

How do you measure the worth of a woman? Or determine the value of a man? In this sexy, suspenseful novel, Cheryl Faye takes on the hot-button issues facing men and women as they struggle to build meaningful, lasting relationships. In this novel about two friends -- and the man who plays a key role in both their lives -- Cheryl Faye tells a compelling story of friendship, jealousy, ambition, self-deception, and love. Jamilah Parsons and Sabrina Richardson are roommates and unlikely friends. Jamilah is a voluptuous, down-to-earth graphic artist who knows what she wants -- a man to love her for herself. Gorgeous and model-thin, glamorous Sabrina is beset by doubts and insecurities. She uses her beauty to reel in the kind of man she thinks will give her the good life, without having to give anything in return. When Sabrina brings home sexy attorney Darius Thornton, the stage is set for conflict and drama. Jamilah is attracted to Darius; but Darius only has eyes for Sabrina, who is determined to keep him at arm's length until she has him right where she wants him. Then she meets someone even better -- or so she thinks. What she doesn't know is that beneath this new suitor's suave exterior is a man filled with pain, ready to lash out at those closest to him. Now Sabrina must discover a courage she never knew she had, while Jamilah grapples with her own complicated feelings for both Sabrina and Darius. Intense, provocative, and intricate, *Be Careful What You Wish For* introduces complex, flesh-and-blood characters that readers will relate to, root for, and remember long after the final page.

Provides strategies for making over one's inner life and explains how to transform such obstacles as self-doubt, conflict phobia, and anxiety into a firm foundation for building personal power and self-confidence.

Clutter is a temper tantrum of the soul, and it's time to listen closely to what it's saying. *Clutter*, with its overwhelming physical and

emotional presence, can seem like it's one of our toughest inner critics. We see it and think it is telling us that we aren't neat enough or don't have enough control over our own lives. But what if we instead saw clutter as a messenger? And as opposed to confronting it with fear and loathing, we approached it with compassion and curiosity? With practical and warm advice, lifestyle designer and coach Kerri Richardson guides you to accept your clutter as a natural manifestation of your mind, body, and spirit looking out for yourself. It is your soul calling out for you to invest in self-care and to face the fears holding you back from being your best self. Richardson dives into the most common categories of physical clutter and provides efficient and effective steps for clearing the space for your physical, mental, and spiritual well-being to flourish. But more than house and home, Richardson encourages you to clear out the clutter of relationships and habits that have been occupying your time and energy for too long. From tackling your common clutter hot spots to preventing the accumulation of unneeded belongings in the future, the readily usable tools in these pages give you an achievable plan to maximize your house, home, and heart's potential.

Explains how to read body language and synchronize behavior in order to establish a positive rapport.

Internationally recognized coach and New York Times bestselling author Cheryl Richardson has toured the world empowering others to make lasting change. But when Richardson's own life no longer worked as it once had, a persistent, inner voice offered unmistakable guidance: it was time to reevaluate her life to uncover what really mattered. *Waking Up in Winter* is the candid and revelatory account of how at midlife, Richardson found renewed contentment and purpose through a heroic, inward journey. The unfolding story, told through intimate journal entries, follows Richardson from the first, gentle nudges of change to a thoughtfully reimagined life – a soulful, spring awakening. With an experienced coach's intuition and an artist's eye, Richardson reexamines everything – her marriage, her work, her friendships, and her priorities – gracefully shedding parts of the self that no longer serve along the way. In the end, she not only discovers what really matters at midlife, she invites readers to join her in the inquiry process by providing thought-provoking questions designed to usher them through their own season of transformation. Offering up Richardson's most powerful teaching tool yet – her own life – *Waking Up in Winter* takes readers on a brave, spiritual adventure that shows us all how to live a more authentic and meaningful life.

Do you want to simplify the demands on your time, energy, and resources? Do you have complicated responsibilities, overwhelming to-do lists, and endless clutter leaving you feeling overwhelmed? What if you could clear the clutter once and for all? Bestselling author and entrepreneur Emily Ley can help you make space for what matters most. In *A Simplified Life*, you'll find: Emily's realistic strategies, achievable systems, and methods for permanently clearing the clutter, organizing your priorities, and living intentionally 10 key focus areas--from your home and meal planning, to style and finances, parenting, faith life, and more Tactical tools to help you with your family, increased work demands, and daily household routines Gorgeous photography and meaningful quote callouts *A Simplified Life* is for: Mothers wanting to create a more intentional lifestyle by reducing clutter Anyone struggling with organizing schedules and keeping up with multiple to-do lists Mother's Day, National Best Friend Day, birthdays, and holiday gifts

Through generations of a Kentucky bourbon family, this novel of sisterhood, secrets, regret and absolution "is rich with drama and family intrigue" (Publishers Weekly). For the Butler family of Glass Ferry, Kentucky, bourbon has been a way of life for generations. Beauregard "Honey Bee" Butler, was known for making some of the best whiskey in the state. Only one person was entrusted with Honey Bee's secret recipes before he passed on: his daughter Flannery. But Flannery is harboring other secrets too—about her twin sister Patsy, older by eight minutes and pretty in a way Flannery knows she'll never be. Then, on prom night, Patsy disappears along with her date. Every succeeding year on the twins' birthday, Flannery's mother bakes a strawberry cake, convinced that Patsy will finally come home. But it will be two tumultuous decades until the muddy river yields a clue about what happened that night, compelling Flannery to confront the truth about her sleepy town, her family's past, and the choices she and those closest to her have made in the name of love.

Everyone wants to be happy--yet so many people are unhappy today. What are they doing wrong? Clearly, a new approach is needed. Self-help guru Shimoff presents three new ideas and a practical program to change the way readers look at creating happiness in their lives: 1. Happiness is not an emotion, a spike of elation or euphoria, but a lasting, neuro-physiological state of peace and well-being. 2. True happiness is not based on what people do or have--it doesn't depend on external reasons or circumstances. 3. Research indicates that everyone has a happiness set-point. No matter what happens to a person, they will tend to return to a set range of happiness. This book shows how you can actually reprogram your set-point to a higher level.--From publisher description.

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