

52 Ways To Live A Kick Ass Life Bs Free Wisdom To Ignite Your Inner Badass And Live The Life You Deserve

Popular author and speaker Jay Payleitner shows that becoming one includes more than just staying married. It's not just about compromise. And it's not just about sacrifice and mutual submission. And it's not just about sex. It's about unity. Solidarity. Integrity. But how do you nurture oneness in the real world? In these 52 short readings, you'll find fun, creative ways you and your spouse can embrace a common purpose and shared dreams. Jay addresses head-on some of the obstacles to oneness and suggests out-of-the-box solutions for overcoming them. Share dreams. Never compromise. Hit bottom together. Pay off the credit cards. Kiss in the kitchen. Laugh together. Cry together. Serve. Be served. Sometimes spiritual, sometimes silly, but always practical, winsome, and wise, these ideas for drawing closer to each other and enjoying your unique connection will inspire and equip you to make your marriage better than ever.

Find the path to inner peace through spiritual meditation with this guide by the renowned author, inspired by Helen Schucman's A Course in Miracles. We all face struggles that can leave us feeling broken and hopeless. But peace and healing are always available to us if we are open to them. In this inspirational book, Karen Casey takes readers on a journey towards peaceful living by sharing how she has found serenity in her own life. Casey teaches readers that the goal is not perfection, but rather progress towards creating a life of love and peace. When Casey was struggling with addiction, she found life-changing inspiration in Helen Schucman's book, A Course in Miracles. Here, Casey shares the ideas she discovered and the spiritual transformation that we can all manifest in our own lives. By expressing how these meditations impacted her own life, Casey validates the significance of these lessons in love. 52 Ways to Live the Course in Miracles includes: Meditations that lead to a simpler, slower life An insightful breakdown of the renowned spiritual self-study, A Course in Miracles Stories of the author's own struggles and triumphs on her path to healing

52 Ways to Live a Kick-Ass LifeBS-Free Wisdom to Ignite Your Inner Badass and Live the Life You DeserveAdams Media

Learn more about your inner self. Explore these concepts and activities designed to engage your heart, mind, and body to create a deeper connection with you. Discover how to make better choices in building a life you love.

Traditional Chinese edition of by Emily St. John Mandel's Station Eleven, the National Book Award finalist, PEN/Faulkner Award Finalist, and an Amazon Best Book of the Month, September 2014. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

An uplifting handbook for living in each moment as positively and presently as possible - written and illustrated by Instagram sensation Dani DiPirro, who, after years of struggling, figured out how to make the most of each day and now shares her tips with others to help them enjoy life more, too. 'Happiness is available to us right now, and Positively Present helps us shift our thinking and awareness to access it. I'm a huge fan of Dani's work.' Lori Deschene, author and founder of tinybuddha.com (close to 3 million monthly readers) In this practical guide to remaining optimistic in tough times, social media hit Dani DiPirro expands on content from her popular online platforms, exploring how to be more 'positively present' in all aspects of life and providing specific, action-oriented suggestions to help achieve goals such as creating a nurturing home, building a fulfilling career, developing great relationships, learning to appreciate true love and having the courage to really embrace change. The book contains more than 30 practical activities relating to the key themes of home, work, friendship, love and change, which form the five main chapters in the book. There are also special features such as 'Positively Present Principles', a list of '52 Ways to Live in the Moment' and a range of typographic-led, mono illustrations that playfully highlight key messages. All in all, this insightful guide provides a programme for increased everyday optimism that will help readers achieve an all-round more positively framed, 'glass half-full' kind of life.

A Gift of Hope: 52 Ways to Live a Better Life is a gift book filled with pearls of wisdom, inspirational stories and practical tips to living a fulfilling life; one for each week of the year.

Retirement planning isn't something that happens at a specific point in time or at a specific age - we are all affecting our retirement plans every day with every decision we do or don't make. Canadians are living longer, and the average retiree in the future may have as much as 30 years of retirement to plan for, and there are many simple things that will impact our eventual retirement life. 52 Ways to Wreck Your Retirement identifies 52 things we do that could wreck our retirement, explains why it puts your retirement at risk, and provides the strategy to correct the mistake, or better still, avoid it entirely. The book is organized under several key areas of the planning process, including: Starting to Plan for Retirement Mistakes around Investing Mistakes around Debt Saving for Retirement Pensions Living in Retirement Spending in Retirement New Realities about Retirement 52 Ways to Wreck Your Retirement is not a feel-good book about how wonderful retirement will be or an alarming fear-mongering book about dying broke, nor is it a get-rich-late-retirement solution. Quite simply, it is an easily-accessible and practical guide written for Canadians of all ages that gives you the tools you need to better manage the financial and personal aspects of your retirement.

A new collection of ready-to-use ideas in the highly popular 52 Ways series that offers 52 specific ways to overcome low self-esteem, rebuild confidence, and fully understand the cause and cure for feelings of rejection and unworthiness. Particularly helpful for counselors, therapists, and support groups looking for solid, concise confidence-building advice. 52 Reasons to Live is a weekly dose of encouragement if you are feeling sad, stressed, uncertain, regretful, and life issues are overwhelming. This book is designed to help you discover your value and to look at your life with meaning and purpose. To help you see that you were born to be great. Explore all the ways you matter; find one or many reasons to continue to go forward, to get the best out of life, and learn how to overcome the negative thoughts coming into your

mind. Find the words to help challenge gloomy, worried, dark, and destructive thinking. This is a reminder you have so much to live for, and the possibility of a great life ahead by deciding to live. If you are looking for options, ideas, and hope for a better future take a look inside. This book is also full of encouragement if you or someone you know is going through difficult times and needs help finding the good in the middle of the chaos of life. The possibilities for your life are waiting for you to discover and own. You can persevere, build courage, and grow hope every week.

A guide to finding more happiness quickly in your life. *52 Ways to Receive Joy Now!* is a book full of tried and tested approaches to feeling good vibes, for a more joyful and enriched life. Easy-to-follow methods for self help and personal development. Have you ever wanted to feel more joyful but not sure where to start? Presenter and Life Coach, Clare Care shares how simple approaches can bring about positive transformation. This book is divided into four sections focusing on Physical, Mindful, Creative and Spiritual ways to receive joy. This easy-to-follow guide will help you: Understand yourself better Develop your mindset Live with gratitude Shift your energy Receive joy in abundance You will find the ability to elevate and sustain your mood for a more positive, peaceful and enriched life.

Not a wasted line in this book...every page bouncing with invaluable tips for a long and healthy life. --Earl Mindell, Ph.D., Author of *The Vitamin Bible*

If you have 5 minutes...there is something here that will improve your current situation. You have 5 minutes don't you? Imagine what you can do with an hour! Let these 52 easily-understood, down-to-earth principles show you how to... Create and achieve success easier than you'd ever believe...in all areas of your life! Discover how to be yourself in a world that wants you to be like everyone else. Balance work and home by mastering the joy of moseying. Save time, money, and wear and tear on your nerves using these practical tips for organizing life's necessary tasks. Bills, laundry, mail, grocery shopping--things pile up and we always seem to be in a time and money crunch. This book will help readers organize their lives and get those "little" time-eaters under control.

52 Quotes to Live By is a Self Help category book written by Zett Why. It's a spiritual and philosophical book that discusses what really makes us happy. Due to many objective and subjective reasons, we are often forced to go in directions which wouldn't be our choice under other conditions. We usually follow the goals imposed by society, friends, or just egoism created by ourselves. The more intellectual we become, the less often we feel satisfaction in our consciousness. We postpone moments of happiness to particular points in time, and believe that we will be happy when we achieve them. But right after having achieved them, we set new goals, and go on to the next goal. This race has no end...Oriental wisdom says - "if you don't let the bee go out of the hive, she will not be able to bring back nectar". Letting go of your knowledge is an art and the high road to wisdom. Wisdom accommodates opposites. The intellect is not capable of this. You have to let go of Rightness, too. Then you won't be hurt by knowing. Only this will help you become reborn, and only this will let you find joy in simple things. Only this way leads to happiness...Pleasure in consciousness is all that we need. It's a guiding star, showing us whether we are on the right Way, or not. Alienation from pleasure is called Suffering. Pleasure seeking (desire) is called Hope. The appearance of a pleasurable moment - Happiness. Permanence in being in a condition of pleasure is called Love. A condition of pleasure which involves all your entity is called Nirvana. People who are able to stay in a condition of overpowering pleasure in consciousness all the time, call it the Supreme Truth. Here is all that is Human...In his book, Zett Why encourages learning to differentiate real joy from egoism. He also offers 52 Ways about how to achieve a feeling of satisfaction in consciousness. In describing the ways, Zett analyzes aspects of daily life and introduces practical recommendations about how to find our real I, and joy in our daily life.

52 Ways to Transform Your Life dispenses bite-sized nuggets of wisdom, inspiration and practical help for busy people on the go. This makes it the perfect choice for those who love personal development but don't have time to read lengthy self-help books. Week by week, from January to December, life coach Annabel Sutton offers practical ideas to open up new possibilities and help readers make positive changes in their lives. Her book contains 52 short life coaching tips that are quick to read and easy to put into practice. Find out how to: Make great decisions? Figure out what you really want? Overcome procrastination and perfectionism? Do yourself differently? Feel more positive and confident The book is inspired by a number of authors including Susan Jeffers, Julia Cameron, Fiona Harrold and Mark Forster.

Cultivate Peace Through Spiritual Meditation Karen Casey is a beloved author who has helped millions onto the road of recovery with her inspirational self-help and meditation writings. Now read her book and learn how to create a life of greater love and peace by taking a journey through 52 simple ideas. Find the pathway to peace. We all face struggles that can leave us feeling broken and hopeless. Whether its grief, addiction, trauma, or even just bumps in our road to success, it's easy to get discouraged. If there is one thing we all are searching for in times of trouble, it's peace. In her inspirational book, Karen Casey takes us on a journey towards peaceful living by sharing how she has found serenity in her own life. By listening to her experiences, we can learn how to find that path for ourselves. Creating a life of love. When Casey was struggling with addiction, she found a source of healing through the book, *A Course in Miracles*. Changed by what she learned, Casey was inspired to share this source of spiritual transformation with others. As a successful writer and experienced speaker, Casey's passion for offering sources of healing has changed countless lives. In this motivational book, she teaches readers that the goal is not perfection, but rather progress towards creating a life of love and peace. When we let go of the things that cause us anxiety, we open ourselves up to embrace a loving life. Take a look at Karen Casey's *52 Ways to Live the Course in Miracles* and find... Meditations that lead to a simpler, slower life A thoughtful and insightful breakdown of the renowned spiritual self-study, *A Course in Miracles* Stories of the author's own struggles and triumphs on her path to healing Readers of *A Return to Love*, *Let Go Now*, *Broken Open*, or *The Book of Awakening* will find a further source of healing and peace in *52 Ways to Live the Course in Miracles*.

A study guide for individuals seeking personal advancement through successful living. Digesting proven axioms serves

you to take control of the barriers that keep you from achieving the love and success you desire. From breaking the unrewarding cycle of people pleasing to dealing with unsupportive friends, this book approaches the problems you face with a candid look at why you aren't satisfied--and how to fix it. Owen's life-changing wisdom helps you uncover your self-limiting beliefs as well as push you out of your comfort zone by zeroing in on the most difficult issues. Never one to sugarcoat the truth, she holds you accountable for your actions while offering expert advice for knocking down that cynical inner-voice and loving yourself wholeheartedly. With 52 Ways to Live a Kick-Ass Life, you will shut off your internal auto-pilot; kick empty expectations to the curb; and live a bigger, gutsier life.

Written by positivity blogger Dani DiPirro, whose life transformed when she decided to focus on living a more positive and present life, this inspirational new two-colour book expands on Dani's highly popular "Positively Present" blog entries, providing specific, action-oriented advice for embracing positive thinking in everyday life in order to: create a nurturing home, build a fulfilling career, develop great relationships, appreciate true love and embrace change. Central to the book's appeal are 30 practical activities relating to the key themes of home, work, friendship, love and change, which form the five main chapters in the book. Alongside motivating lists and special features such as a list of "Positivity Principles" and suggestions of "52 Ways to Live in the Moment", the activities provide a "positivity program" that can be done in sequence or on a dip-in basis to help readers achieve an all-round happier, more fulfilled life.

Simplified Chinese edition of 12 Rules for Life: An Antidote to Chaos

Author/radio host Azubuike shares 52 powerful and practical ways to live a more fulfilled life by drawing on desire, releasing the past, purposefully pursuing passion, telling the absolute truth, getting unplugged, and soulful sex.

From the bitchy inner critic and imposter complex to the prison of perfectionism, Andrea Owen--an internationally sought-after life coach--distills what's behind the 14 silent habits that are holding women back from experience life to the fullest and provides a roadmap for overcoming them. The straight-shooting advice in How to Stop Feeling Like Sh*t will have you ditching your self-destructive tendencies and feeling happier in no time.

Time to learn, change, and grow is at a valuable premium. The book will create the opportunity for people to focus on themselves and creating a more valuable, fulfilling, and satisfying life for themselves. Have you ever lit a match-stick, and thought- "Why wasn't the match-stick burning before I rubbed it against the box?" Motivation one seeks externally is actually inside us all along. Think back to songs you love, books you have read, and discoveries you have witnessed - the motivation these inspired was already inside your brain long before you encountered them. Think of yourself as a matchstick and quotes are the matchbox (striker). Whenever we rub ourselves against a quote, we burn or motivate ourselves for good. You have the right tool in your hand if you are ready to transform your negative thinking into a positive mindset by applying practical tips to grow into your best self! The author's daughter passed away in Dec 2010. Her death was unimaginably impactful and emotionally painful. Over the next five years the author turned into a workaholic, gained weight, denied his emotions, and lost his way in the painful grief of losing his child. He lost his way to living a meaningful life. A friend who was concerned about the author's negative downward spiral, recommended collecting quotes - pieces of wisdom that have become icons over the ages because of their practiced and observed learning - and used them as a foundation to shift his mental and emotional attitude. The appeal for quotes seem to lie in a combination of appropriate wordsmithing, motivational psychology, and a measure of self-selection. People who tend to feel inspired by motivational quotes are going to find them more resonant to their lives and situations. This quote collection allowed the author to focus, take back and rebuild his fragile and emotional psyche, enabled him to create and develop small goals and then larger goals, to take the action steps, and - finally - to get back to living a life he loved. The author offers suitable life-inspiring quotes (52, one weekly, for a calendar year), with tips, reflections, and a small set of questions enabling the readers to empower themselves to think about what negative ideas and emotions are holding them back and what positive goal setting, actions, and thoughts they can strive for to improve their mental and emotional health. These motivational quotes help the reader move past self-imposed limitations, and while the reader's life situation may not be the same as the author's, the empowering exercises will help the reader gain more from their lives by the end of the year. In this book you will ... - ... know there is more to life, and will help you get started motivating yourself - ... find you faster, better ideas to become healthier, happier, and to live a successful life - ... stop you procrastinating and achieve real results for your life - ... stop you from standing still and to achieve the results you've always dreamed about - ... provide you practical ideas to stay motivated despite your current circumstances

From the authors of the groundbreaking and best-selling The Mindfulness and Acceptance Workbook for Anxiety, this essential guide offers fifty-two quick and powerful mindfulness-based strategies to help readers break free from fear, worry, and panic, and cultivate genuine, lasting happiness.

An innovative approach to coaching, this book is concise, highly practical, and easy to implement. As a sharpshooter focuses on their target, each of the 52 ways hit with laser-like focus on things that people can work on each day and intergrate into their lives. Readers will immediately see benefits from putting the ideas in this book to work. Some of the benefits include: 1) just-in-time coaching, 2) easily-implemented ideas, tips and action steps, 3) techniques that are effective, practical and proven, 4) ways to improve one's own destiny, and 5) approaches than can be done on a do-it-yourself basis as opposed to hiring a coach. Recognizing that we live in a fast-paced environment that demands instant results, the book was designed to provide bite-sized portions that can render immediate success.

Here are practical suggestions for getting back to basics and taking control of one's life. Woodworth offers tips on making life easier by addressing such areas as health, time, finances, relationships, and spiritual growth.

The author presents the ultimate plan to financial freedom, and shares with you his concept of five acres of success which will give you a better understanding of which network marketing company has the extra edge and offers you better. As David shares his experience as a network consultant and trainer to numerous network marketing companies over the past decades with you, you will find all the 52 Ways are appropriately approving.

"You are the most precious thing you've got. You are priceless and worth all the work in the world to make you happy and fulfilled." - Andrea Owen
"Attaining anything in your life that has made you really happy and fulfilled has probably made you a little uncomfortable." - Andrea Owen
"Who you are and what you represent is purposeful enough." - Andrea Owen

What Will You Learn from Reading This Book? How to handle breakups and broken relationships How to be a better "bad ass" Knowing how to deal with criticism from others How to move on from your ex How to cope with negative feelings How to love yourself more How to be a stronger woman despite hardships in life How to live a better, happier, more fulfilling life ***Don't Miss Andrea Owen's wake-up call of a book, 52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve. Owen uses her own personal struggles and triumphs to show you how easy it can be to take charge of your life and start living the way you want.*** Book Summary Overview Owen broke down her life advice into 52 pieces, a convenient one for each week, but in this summary you can quickly absorb all of her great advice in one sitting. Owen will teach you how discomfort is the key to making positive changes, how to free yourself from the cycle of dysfunctional relationships, and how to find the kick-ass life you've been waiting for. Her practical, easy-to-follow advice means anyone can be living a kick-ass life! What are you waiting for? Click Buy Now with 1-Click to Own Your Copy Today!

With the same candor and creativity that made Men Are Life Waffles—Women Are Like Spaghetti (more than 270,000 copies sold) a bestseller, author Pam Farrel gives wives 52 ways to wow their husbands and add spark to their marriages. Pam delivers humor in her fun woman-to-woman style through inspirational stories, godly advice, and easy-to-read offerings that include: wow assignments: simple ways to support, love, and encourage husbands wow wisdom: Bible verses and wisdom to help women cover their spouse with prayer wow dates:

