

Breakthrough Experience John F Demartini

When faced with a whole host of health conditions including M.E / chronic fatigue syndrome, Faith discovered a recurring phenomenon –almost all mental and physical illnesses stem from toxic overload. This led to her embarking on a transformational holistic detox journey that focused mainly on reducing toxicity in her mind, body, home and environment. Having not only healed herself, but gone on to help others do the same, with this book she reveals how you too can live a less toxic life. Discover: Simple strategies for detoxing your mind, body, home and environment The importance of cleaning up your digestive system for increased energy & vitality The healing power of nature and how to live in harmony with technology Easy-to-make low budget recipes that are delicious and cleansing Simple ways to make your own cleaning and cosmetic products... and more! With her do-it-yourself-detox system, Faith shows you how to eliminate feelings of exhaustion, depression and anxiety and return your body to brilliant health. Living a less toxic life can be simple and fun - so begin your journey today and find out for yourself how much easier and enjoyable life can be. Millions of people worldwide dream of making a

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"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

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an amazing transformation.

DO YOU KNOW HOW TO RECOGNIZE THE ANSWERS TO YOUR DEEPEST QUESTIONS?

Inner guidance whispers the truth to you and answers your questions. Finally, you will know, with absolute certainty, how to access this wisdom and understand your messages. Uncover the specific sensations that connect us to inner guidance and the distinct experiences that give rise to those

sensations-the Six Distinct Experiences. Each of these six experiences has discernable sensations that you feel in your body, deep within your being.

This internal guidance with its distinguishable sensations is what we call your essential whisper. It is essential, intrinsic, and always there for you. Your Essential Whisper guides you to:

-Attract and manifest your heartfelt desires easily by letting inner guidance do the work. (Chapter 13) -Discover your built-in spiritual life-print- your individualized way of being- and become the master of your destiny. (Chapter 12) -Have your own conversation with God and know how God answers you. (Chapter 14)

-Make decisions effortlessly using your navigational guidance system to help you know when to say "yes" and when to say "no". (Chapter 11) -Unravel the beliefs that cause self-doubt. Recognize the exact thoughts and symptoms that cause you to second

guess your inner wisdom and sabotage your efforts. (Chapter 15) Includes a Step-by-Step 8-week

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Practice Guide!! Bonus downloadable journal and audio meditation!

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

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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"

With more than 100,000 copies sold of his self-published book, The Biology of Belief, Bruce Lipton teams up with Hay House to bring his message to an even wider audience. This book is a groundbreaking work in the field of new biology, and it will forever change how you think about thinking. Through the research of Dr. Lipton and other leading-edge scientists, stunning new discoveries have been made about the interaction between your mind and body and the processes by which cells receive information. It shows that genes and DNA do not

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control our biology, that instead DNA is controlled by signals from outside the cell, including the energetic messages emanating from our thoughts. Using simple language, illustrations, humor, and everyday examples, he demonstrates how the new science of Epigenetics is revolutionizing our understanding of the link between mind and matter and the profound effects it has on our personal lives and the collective life of our species.

A chance encounter following a near-death experience sends Jack Valentine on a paradigm-shifting quest to understand the true meaning of life and find his most authentic self Jack Valentine seemed to have it all. He made good money as an ad man and looked good doing it. He had a hot apartment, cool friends, even a slick car—at least until the hectic Monday morning a truck smashed into it, sending the critically injured Jack to the hospital. Everything happens for a reason, though, and Jack's reason reveals itself in the silver-haired cancer patient who becomes his roommate one evening. The elderly man, Cal, shares his life story—one not dissimilar to Jack's—of material wealth masking a gaping hole within. Cal ultimately found salvation through philosophy (“the love of wisdom”), and now offers to help Jack by prepping the younger man for the Final Questions we all must face: Have I lived wisely? Have I loved well? Have I served greatly? Presenting Jack with three plane tickets,

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each accompanied by a map marked with a red X, Cal sends Jack to meet with three great teachers, each of whom will help Jack answer one of the Final Questions—just as they once helped Cal. First, in Rome, Jack will meet “the Saint.” Then a haunted beach in Hawaii introduces him to “the Surfer.” And finally the grandeur of New York City sets the stage for his last encounter: with “the CEO.” Along the way, Jack will learn to do his interior work, discover that our negative traits offer gateways to higher versions of ourselves, and understand that figuring things out in your head can distract you from the powerful whispers of your heart. Join Jack on his journey and step into the you that you were always meant to be.

The true experiences that are featured in this book, introduced by best-selling author Louise L. Hay, have been culled from the writings of some of the most renowned writers and teachers in the fields of self-help, transformation, social consciousness, and spirituality. These are stories reflecting metaphysical miracles; momentous milestones; heartwarming, humorous, and sometimes heartbreaking reminiscences; and extraordinarily poignant personal accounts. In addition, there are many narratives that will actually make you sit back in your seat and exclaim, "Wow!" As you read this uniquely fascinating book, you'll laugh, you'll cry . . . and most of all, you'll be reminded that truth is not only

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stranger than fiction—it's infinitely more interesting! "LIFE SPARK by Marcus Freudenmann, will help you tap into the profound power of your conscious and unconscious minds and guide you to a new level of inspired creative action like no other book has done before. It is a must read for any one dedicated to deeper reflection and inner self-mastery." - Dr John F. Demartini, bestselling author of The Breakthrough Experience. We all have a purpose in this lifetime and a unique magnificence which is waiting to be revealed. Once discovered we draw all our energy from this source and excel into unknown dimensions. But very often this spark of life is overruled by habits, patterns, regulations, judgements and opinions so that hardly any light is left. Everything and everyone takes over and determines how we feel, what we can achieve and what we should do.

Truth is not something we have to seek out. It is not something that is absent and far away, requiring great effort to find. Truth is present within you as the Life that is you. In Yoga of Heart, Los Angeles-based yoga instructor Mark Whitwell takes us back to the time when yoga was first developed--to the shamanic past of the Upanishads, when yoga was practiced as a means of acknowledging, enjoying, and participating in the very source of Life. Whitwell explores the deeper tantric dimensions of hatha yoga--how yoga's purpose is to link the mind to the wonder of our own condition. He shows how hatha yoga is participation in life's polarities already

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in union--through the male surrender to the female principle. Yoga of Heart shows how we can forge that union of polarities within our body: above and below, front and back, left and right, male and female. Yoga of Heart focuses especially on clearing the energy centers and meridians, fostering dynamic health and allowing practitioners to create a deeper intimacy with both their partners and the energetic life forces in the universe. 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

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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.

Traditional Chinese edition of *The Honeymoon Effect: The Science of Creating Heaven on Earth*

“Through this book of Seda Star you can now be inspired, feel lighter and simply dance through life.” —Dr John Demartini -Author of *Inspired Destiny Move the Mind Move the Body - Trapped by the mundane, and overwhelmed by negative family experiences, at the end of each day Seda waited to be alone with her music and dance. Facing her loneliness Seda created Seda Dance, a freeform style of dance movement received from her highest self. Seda only became aware of the depths of her innate dancing gifts, when she won first place in a dance contest at the local children’s disco. On that day began, not just a successful dancing career in Turkey and Australia, but a path to spiritual freedom, self-discovery and joy. I am Seda, I am the Dance is a self-help book about tapping into this innate mind, body, spirit dance connection — Dance Prayer. Taking you through her life story, Seda will share the wisdom she received with you. By creating movement in her mind, Seda was able to release stuck patterns of negative thought, to dance through her pain, through her challenges, and through her life. Seda’s easy to follow step-by-step tools of dance motivation, inspiration and empowerment, will connect to your deeper self, heal your mind and heal your body — and find inner joy. I am Seda, I am the Dance will move your mind, move your body, to make*

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fundamental changes to your life — and the world. The essential reference guide for traditional and alternative health practitioners, and anyone interested in the inner workings of their body, self-healing and wellbeing. In this newly revised, expanded and updated edition of her bestselling book, author Inna Segal unveils the secrets to understanding the messages of your body and reveals the underlying mental, emotional and energetic causes of physical symptoms and medical conditions. This powerful handbook delves deeply into the possible reasons for health issues in all areas of your body. Inna offers a unique, step-by-step method to assist in returning your body to its natural state of health. By encouraging you to connect with your innate healing intelligence and calling on your body's in-built ability to heal itself, Inna gently guides you on a journey of life-changing transformation and empowerment where you will:

- Heal the emotional, mental and energetic cause of physical ailments-
- Use easy, quick, practical exercises to heal your organs-
- Learn the secret language of disease and powerful processes for healing-
- Understand and release limiting thoughts and emotions-
- Discover how to use colour to heal your life-
- Uncover and apply the messages your body has to teach you

WHAT'S NEW IN THIS EDITION?

- Powerful and intensified healing processes to restore your body to health and wellness.-
- Total of 360 ailments now covered with over 140 new medical conditions added to the 'Secret Language of Physical Ailments' section.-
- Expanded 'Secret Language of your Body' chapter with additional body parts.-
- More information on the mental, emotional and energetic

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causes of illness and disease in different parts of the body.- Specific colours and emotions to work with to address and help heal physical problems.- Further insight into Inna Segal's personal battle with back pain, anxiety and the skin condition psoriasis, and how she was able to overcome her challenges using the techniques in this book.

So connected, we disconnected and find ourselves desperately alone drowning in an ocean of infinite possibilities. “A masterpiece that beautifully demystifies the evolutionary role of loneliness, echoes a powerful existential message for mankind, and amplifies people’s faith in the power of love.” Jack Canfield -Co-creator of Chicken Soup for the Soul™ Meticulously researched and written, #Loneliness: The Virus of the Modern Age explores the fierce scientific, psychological and spiritual impact of loneliness – a problem that has become an ironic epidemic in a world that is more interconnected than ever before. In a world where communication is instant, where billions of people can interact at just a moment’s notice, it will come as a shock to many to learn that loneliness is an epidemic more rampant and destructive than at any point in history. Almost everyone faces adversity from the isolation that causes us some degree of depression, anxiety or diminished self-esteem. We have become accustomed to a new way of being alone together in a technological cocoon that covers up our real pain. Our true essence is hidden behind facades that we show to the world from the fear of being judged, criticized, and rejected. This is what brings us out of a natural state of healthy balance, is the root cause of

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disease, and what creates the segregation experienced worldwide. #Loneliness is a global call for people to redefine themselves in the face of life's most significant challenges. Comforting, moving, and spiritually practical, this book is a guide to help you break through your apparent loneliness, and shift you toward crowd-nurtured world peace and the next stage in our evolution.

Loneliness not only disintegrates your mental and physical health but also infects your genome and leads to multiple changes while painting a dark and negative picture of the world around you. The most surprising thing to learn is that today's obsession with technology does nothing more than simply awaken the segregation, discord, and loneliness already inside us all, which further spirals our moods and outlook. Read this book to make you aware of that problem, create a road map that safely guides you out of your dis-empowered states, and empower yourself to redefine the meaning of your life so you can overcome adversity with ease and build the happiness and prosperity you so deeply crave. Use it to reveal how inner discord creates your deceptive loneliness, which is spontaneously appearing around the world in the form of war, racism, nationalism, xenophobia, homophobia, illness, high divorce rates, financial crisis, and so much more. A life manual that shows you how to extract wisdom from every life adversity, so you become a more balanced, mindful, and heart-centred individual, leader, parent, teacher, and human being. If you let it, each page will guide you and encourage you to make the changes that your soul is craving. The principles and ideas shared will teach you

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how to listen to your heart in ways you didn't know possible, amplify your awareness and ultimately break free of the cocoon that is stopping you from seeing and embracing the beauty of this world. But it goes beyond you as individuals; it will teach you how to unite and ignite humanity's collective voice so we can progress to the next stage of our evolution. If this is you calling, then get this book to breakthrough loneliness and live a more connected and love-infused life.

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 Six Keys to Optimal Health is the definitive guide to

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achieving and maintaining health and wellness in the 21st century. It details the six key areas that are the secret to living a life of sustained strength, vigor and vitality or an overall state of well-being. It uses a youthful, no-holds barred approach, while providing a sound philosophical basis to help motivate the reader to carry out this campaign. The books overall theme is to act as a consciousness changer to help people value their health and see it as something worthy of their care and attention.

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

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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 Passion Test is the magical key that will unlock those forgotten dreams which wait patiently in your heart for the day when you finally are ready to say, I am here to make a difference and the time is Now! Janet Attwoods direct, honest, bottom line style is reflected in her writing. She has shared The Passion Test with thousands of people, both in North America and abroad. Their feedback? The Passion Test works! The Passion Test isnt so much a book about the importance of finding your passion, as giving you a quick, simple and powerful tool to align yourself with what you are passionate about. The Passion Test is for anyone who desires to quickly clarify what their passions are, or verify theyre on the right track. Amazon.com lists 68,129 books on passion in some form. What makes The Passion Test different? A tool readers can put to use immediately which puts them deeply in touch with their hearts desire wrapped in the personal story of an amazing woman who has used the Passion Test to create a magical life.

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

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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.

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

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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.

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.

This autobiography covers the topic of loss and grief and also offers insight into complicated grief; an authentic, balanced result from feeling the emotions,

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which is underpinned by a reproducible scientific method; and a fly-on-the-wall account of inspirational progress following the method. Unless you address the issues the universe sends you, the universe will repeat, and each time it will do so with a stronger force How much pain can you tolerate? The benefits of reading this book are that it will give insight into sibling loss and grief during childhood; touch your heart with honesty over how harsh the universe can be; give insight into a complicated loss and grief story that covers death, divorce and job loss; help you to understand complications of repeated loss and grief and teach you the need for authentic balance to emotions to prevent repeats; tell you how you can bring authentic balance to emotions; and show you the firsthand benefits of practice of the method.

Holism—the idea that all life is connected, evolving and sacred—is the new spiritual movement sweeping through the planet. Soulution—The Holistic Manifesto is its voice. Are you part of the remarkable movement transforming people's lives all over the world? Millions are. Born out of the global village, a new spirituality is sweeping through the planet, bringing about hope, love, wisdom, and effective solutions—a powerful healing force for the great challenges of our time. The signs of this emerging movement are everywhere, from the mass media to the private acts and beliefs of millions of people from

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all cultures. In this vital and visionary book, William Bloom fully describes how the dynamics of the modern world have converged to give us this new and practical philosophy of life, alive with hope and integrity. In a world filled with political and religious conflict, holism disarms fundamentalism yet honors difference. In a society confused about its direction and morality, holism demonstrates the dynamic link between personal fulfillment and global responsibility. *Soulution* is a profound yet practical book, an oasis of common sense and wisdom, encouraging readers to open their hearts and minds to the healing of self and society that is now available.

This spiritually uplifting book busts over 50 myths that keep us from finding success and happiness through each choice we make.

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

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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.

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.

"When it comes to divorce, there's the old way- and there's the fair way. I know, because I learned the hard way." —Karen Stewart Divorce is costly. It costs money-

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masses of your money. It costs time-hours and hours spent in meetings, on the telephone, and completing paperwork and depositions and filing affidavits. It costs heartache as battle lines are drawn and loved ones, especially children, suffer emotional pain. Karen Stewart's own harrowing story of divorce is an unqualified testament to these truths. Her experience led her to believe that there had to be a better way to end a marriage and get on with life. Her ideas and vision evolved into Fairway Divorce Solutions, which provides a model for divorce with dignity and an end to traditional divorce. the Fairway Process Offers: a strategic step-by-step process that brings win-win resolutions regarding children, property, and money a decision-making process that leads to consensus and fair outcomes a focus on the children of the marriage a plan to control costs that can often escalate out of control in typical divorce proceedings a process that rejects blame or victimization a focus on the future that has a well-thought-out plan for parenting and finances. More and more Canadians are turning to this new divorce approach to help them transition to new beginnings. If you are facing the reality of divorce, you owe it to yourself, our children, and your bank account to read a book that offers promise, not dread, and calm instead of a storm. "This Practical step-by-step process will not only save considerable time, energy and money, but most of all it will provide a clear path for a hopeful future." —Les Hewitt Up till now, the cutting-edge tools in this book have only been available to management teams, high-level executives, and select clients. You've no doubt picked it

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up because you want to be the CEO of your own life—with a greater sense of empowerment and confidence. Written by Daneen Skube, syndicated columnist, sought-after executive coach, and innovative therapist, this practical and humorous work provides simple tools you can use today to gain respect, get immediate results, and turn the lemons of life into big opportunities. Readers of Daneen's wildly popular column have been clamoring for a decade for a book of this kind, which offers an in-depth look at her advice and methods. Whether you're dealing with a backstabbing co-worker, trying to get a promotion, or want to rekindle a romance, you'll do it all better with an interpersonal edge. In all situations, you'll have in your possession reliable tools to make almost anything you want to happen. The keys to the life you've longed for are within these pages—just add you and stir.

This 10th-anniversary edition of Bruce Lipton's best-selling book *The Biology of Belief* has been updated to bolster the book's central premise with the latest scientific discoveries—and there have been a lot in the last decade. *The Biology of Belief* is a groundbreaking work in the field of new biology. Former medical school professor and research scientist Bruce H. Lipton, Ph.D., presents his experiments, and those of other leading-edge scientists, which examine in great detail the mechanisms by which cells receive and process information. The implications of this research radically change our understanding of life, showing that genes and DNA do not control our biology; instead, DNA is controlled by signals from outside the cell, including the

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energetic messages emanating from our positive and negative thoughts. This profoundly hopeful synthesis of the latest and best research in cell biology and quantum physics has been hailed as a major breakthrough, showing that our bodies can be changed as we retrain our thinking.

The Breakthrough Experience 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.

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“The educational system in South Africa has failed the young learners of this new nation,” says author Bryan Britton who has contributed this work as a very small step in the giant leap necessary to rehabilitate our highly susceptible youth and help them make sound and moral judgements. There has been little concern for the aspirations of the young people of South Africa. The benefits of learning, character building, moral education

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and religion were lost in the turmoil of the 1980s and 1990s, resulting in a rudderless, sometimes murderous element, pervading South African society. The Rainbow Nation is today the crime mecca of the world, and the 'haves' now have more and the 'have nots', appallingly less. Can we put an end to this moral decay? Perhaps adopting sound, non-sexist, non-racial and evergreen wisdom from the past can be used to commence regenerating the shredded moral fibre of this country? To aid youngsters in their search for ethics, the author has gathered a selection of pertinent wisdom from the past. Perhaps young people in South Africa will see in these excerpts, building blocks with which to construct a viable morality for their young lives and hence for the country they are destined to inherit.

Ce livre vous explique comment dépasser les barrières qui vous empêchent de vivre votre vraie nature comme une lumière. Il contient une combinaison inspirante de science et de philosophie, présentée d'une façon très accessible qui fait en sorte que même les concepts les plus profonds peuvent être facilement compris. Au travers d'histoires extraordinaires, et pourtant vraies, de gens ordinaires ayant des expériences de vie stupéfiantes et émouvantes, vous découvrirez et explorerez les lois et les principes de l'Univers qui sont à la base de votre raison d'exister. Il s'agit d'un manuel très réel et pratique pour comprendre pourquoi vous avez adopté votre style de vie actuel et comment transformer votre vie selon vos plus grandes espérances. Vous apprendrez à appliquer une formule qui vous aidera à transformer vos rêves en réalité, à

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découvrir les secrets pour ouvrir votre coeur au-delà de tout ce que vous avez imaginé, à recevoir des conseils sur la manière de créer des relations plus harmonieuses, à réveiller vos talents de génie, à transcender les peurs et les illusions entourant la mort et à vous reconnecter avec votre véritable mission de vie sur Terre. Et avant tout, ce livre vous touchera profondément et vous inspirera en ce qui concerne votre grandeur et votre potentiel propres, et la magnificence de chaque âme humaine. Comme le titre l'indique, c'est avant tout une expérience qu'il est impossible de traverser sans être ému, stimulé et transformé. Bienvenue dans...

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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. 'Beyond the Emotional Roller Coaster' will take you on an inspirational journey of personal empowerment toward self-mastery. It offers not only profound insight into how life works but also practical tools for discovering the hidden blessings in all our challenging life experiences. This is ultimately the key to true healing and a means to attaining the peace, joy and love that we all seek. You will come to see that miracles abound when you stop resisting reality and learn to truly love what is. You hold in your hands an opportunity to know and feel the divine love and order of the Universe in every experience, to raise your awareness to a whole new level and to truly transform your life." 'Beyond the Emotional Roller Coaster' reveals such profound wisdom that you can be certain that it will awaken and enlighten your mind... inspire and open your heart... and bring gratitude and love to your soul." - Dr. John F. Demartini, Bestselling author of 'The Breakthrough Experience' 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

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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 fell inspired or called from within to be someone extraordinary, or do and have something astonishing.

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