How To Get Your Joy Back A Womens Guide To Midlife Career Transformation

This is a cheerful and optimistic book on the pleasures to be found every day. Intended for those seeking the pot of gold at the end of the rainbow, the author points out that you should find the jewels strewn along the way instead. Marden offers twenty-six chapters of commonsense advice for the average man or woman who is overworked, striving and struggling to get ahead—what he believes to be the American way of life. With chapters including "The Strain to Keep Up Appearances," and "Postponed Enjoyment," the author offers hopeful, inspiring, and illuminating messages and ideas, pointing out that happiness is more a condition of mind than of environment, and he offers the reader many opportunities to find joy in the common things found in daily life. Pointing out that there is a positive chemistry in a cheerful mind, so therefore health and happiness are related, Marden goes on to show how happiness can be cultivated.

This book wants to make you happy. Get ready to smile! Does your prayer life need a makeover? Come on, take my hand and let me help! If you are anything like me, I find the demands of life distract me from creating a consistent, satisfying, and fruitful prayer life. It's super easy to get caught up in work, children, chores, bills, friendships, the list goes on and on... At the end of the day, I am embarrassed and disappointment with myself for not taking the time to put Christ first. Surely I could have made time for the God of all the universe! The guilt, condemnation and shame creep in and I'm left feeling even further disconnected. If, by chance, I do finally make the time for prayer, I often feel lost, aimless and overwhelmed with how to enter into His presence. I feel inadequate when I don't follow through every day and panic when weekly gaps appear in my journaling. Despite my inconsistencies, I recognize the value of spending time alone with God. But how? And why do I seem to be more interested in browsing the Internet or watching Netflix than spending intimate time with Him? Can you relate? This cycle of guilt, condemnation, aimlessness and uncertainty is what inspired me to create this easy-to-use prayer journal. I figured other women were having a hard time too; and if I was honest and vulnerable enough, I could help ease the pressure and show them a different way. Let me take you by the hand and help lead you closer to His heart. My prayer journal was prayerfully and intentionally designed to guide you through a process and into a vibrant connection with Jesus. Each day provides enough structure to get you started and enough space to give you the freedom to express what's on your mind. The daily prayer suggestions, questions and prompts are purposefully intended to usher you into God's presence and stimulate your joy and happiness. Going beyond prayer, I have deliberately added specific questions to arouse gratitude and inspire service. In order to ensure the Word of God is written upon your heart, hand drawn weekly coloring pages encourage creativity and facilitate meditation. Furthermore, you will be challenged weekly to take action steps in serving and loving a hurting world. As we draw closer to Jesus, we will naturally want to overflow into the lives of others. This journal is an expression of me - from my heart to yours. I've added several personal touches from sharing my testimony to drawing the graphics by hand. I have chosen to be brayely vulnerable so that you too can share in the journey of setting your mind on things above. There is nothing like being in the presence of God! Let my journal light a lamp for your feet and show you the way. Your life will be dramatically transformed as you are filled with His peace, joy and grace! Benefits and Features: Daily structured questions to guide you through prayer 1 month of guided prayer pages Complete instruction on how to use the journal An honest, vulnerable, real, authentic, and genuine introduction Blank space for dates so you never fall behind Beautiful hand drawn coloring pages with Biblical verses to meditate on Free space for thoughts, reflections or sermon notes Questions to provoke joy, happiness, gratitude, and service Daily prayer suggestions A list of Bible verses on prayer Designated area to record answered prayers Perfect for gift giving Easy to carry in purse or leave on the bedside table Size 6" x 9" with over 100 pages "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." - Romans 15:13 10% of sales will be tithed to my local church and world missions. Thanks!

Parents of specials needs children are exhausted. They've done all the research, consulted all the experts, joined support groups, gotten counseling, fought for the best life for their children. Often just caring for their children's needs and attempting to maintain a home maxes out parents' mental, emotional, and spiritual reserves. Laurie Wallin knows firsthand the difficulties of this journey. With Get Your Joy Back, she steps forward to make a bold, audacious claim: in the midst of this long-term, intense task, it is still possible to have an abundant life, full of joy. The key to radically changing daily life and restoring joy to the weary is forgiveness. Wallin gives parents a lifeline to find that restoration, pulling them back to shore when they feel like they're drowning. This book is full of practical, biblical insights and strategies to shed the resentments that leave Christian special-needs parents themselves spiritually, emotionally, and socially drained. Wallin meets readers right where they are, sugar coating nothing, but addressing issues with honesty, humor, and—above all—hope.

Have you tried purpose driven life-styles after Y2K, prayed the prayer of Jabez, and still find yourself empty and dissatisfied come credit crisis in 9/'08 or oil spilling off the Casino Coast? We have.Our journey takes us back to Christâ€"from Protestant "workaholic righteousness†â€"even from Mother Teresa's revelations: how she lost the presence of Jesus in her life over sixty-six years of serving the poor in Calcutta, India. Could we find ourselves alienated from Christ too? Oh yes.Where's the JOY and satisfaction we once knew? Is tithing by Law what God wants?Join us in finding out what Jesus Christ really has to say about trusting in ourselves, America, and easy step "What works for me" theology.

If you don't have joy, you won't have the strength to overcome. This book will help you better understand how even in the midst of crisis and chaos, God wants to use joy as a weapon to tear down the attacks of the enemy and give you the spiritual bandwidth to overcome. Joy in the War is a unique book about finding joy in the midst of devastating events, including those happening in America and around the world. The Lord desires that His children know He is a covenant God. When we choose to align with His purposes, even the conflict and warfare surrounding us cannot stop His joy from manifesting and releasing a strength and purpose that empowers us to triumph. We can learn not to fear war or impending doom as we realize that overcoming joy can be our portion even in times of hardship. These lessons from Daniel and Amber Pierce--part of the legacy family of Chuck Pierce--have been walked out over the past decade as they have lived in the Land of Israel: a place where war is a constant threat and lessons for America and the church can be gleaned.

Traditional Chinese edition of The life changing magic of tidying up illustrated edition. It teaches how to organize and clean, 108 KonMari (Kondo Marie) techniques illustration book.

Get Your Joy BackBanishing Resentment and Reclaiming Confidence in Your Special Needs FamilyKregel Publications Lighthearted devotional that will increase your faith and joy. Written by a favorite women's author.

"This Is Your Brain on Joy is a thoughtful, practical, life-changing book that will help you take advantage of the latest neuroscience research—combined with biblical insights—to bring more joy and love into your life." —from the Foreword by Daniel G. Amen, MD Author and speaker for the PBS special Change Your Brain, Change Your Life What does your brain have to do with experiencing joy? A lot more than most of us realize. In this breakthrough book, Dr. Earl Henslin reveals how the study of brain imaging turned his practice of psychotherapy upside down—with remarkably positive results. He shares answers to puzzling questions, such as Why isn't my faith in God enough to erase my blue moods? Why haven't I been able to conquer my anger? Pray away my fear and worry? Why can't I find freedom from secret obsessions and addictions? Using the Brain System Checklist, Dr. Henslin explains what happens to the 5 Mood Centers in the brain when any of those areas are out of balance. This is great news, especially for those tortured by the fear that something is fundamentally wrong with them when the problem actually lies between their ears. Read this practical, easy-to-understand, and often entertaining book, and you'll know exactly how to nourish your mind, balance your brain, and help others do the same. After all, the capacity for joy is a terrible thing to waste.

An admired civil servant reveals the principles and life lessons she learned that transformed her thinking and actions from poverty-level living to a successful life and career in the federal government as a member of the Senior Executive Service. Askers, Seekers, and Knockers: I ASKED takes you on a journey filled with life lessons and experiences that demonstrate how anyone can create their own personal journey to success. Through deliberate, persistent, and dedicated actions, Carolyn Jean McMillon illustrates a powerful and inspirational step-by-step process to help you design a personal plan of action to get you from where you are today to the success you desire tomorrow. McMillon demonstrates through the principles of Asking, Seeking, and Knocking that it is not your beginning that dictates where you end up, but your choices. She makes a dare to every reader that forces them to evaluate the what-ifs of life. So what if you were not born a member of the privileged class, did not receive an Ivy League education, were not fortunate enough to have a formal mentor to take you under their wings, did not have that stellar job assignments, did not finish school, had a broken home life and a dysfunctional family, have more than your share of life's obstacles and challenges, were not fortunate enough to have a pre-planned successful path laid out for your life, and the "I did not have" and what-ifs list could go on and on and on. If you have grown tired of having a pity party and using one excuse after another as reasons why you are suffering with lack in your life, this book is definitely for you. An engaging and powerful storyteller, McMillon uses enlightening parables and vignettes to offer sage advice and wisdom about making choices that impact one's life. Through positive thoughtprovoking exercises, this book enables readers to map out their own personal journey to success by getting rid of limiting beliefs and selfdefeating doubts and putting into action new directions that will take them to their high places in life. When you give up the pity party, stop blaming things that you can't change, and focus on changing the things you can, your circumstances will change! Why is McMillon so adamantly sure that you can transform and change the direction of your life? Because she did it.

Twenty-seven short stories of everyday life offer readers new insights and anopportunity to grow in faith. (Motivation)

Passionate Joy connects the psychological and spiritual understanding of our least discussed human emotion. This book reflects the dawn of a revolutionary approach to living. Norman Vincent Peale anointed Jim McReynolds as minister of joy to the world. The most important characteristic of a minister of joy is humility. This book teaches people the purpose of our lives is to create an atmosphere for joy and miracles to happen. Life is difficult. Building a wealth of joy enables us to know happiness. Readers will enter the joy of the Lord as they reflect upon their own joy. This book can be used as a text for study groups. Questions for reflections are included at the end of each chapter. This book was envisioned during studies at Vanderbilt University and the University of Oxford in England. The material has been shared during a lifetime of weekend retreats, conferences, and seminars for churches, schools, workplaces, and community groups.

Happiness looks different for everyone. For you, maybe it's being at peace with who you are. Or having a secure network of friends who accept you unconditionally. Or the freedom to pursue your deepest dreams. Regardless of your version of true happiness living a happiner more satisfying life is within reach. A few tweaks to your regular habits can help you get

true happiness, living a happier, more satisfying life is within reach. A few tweaks to your regular habits can help you get there. Let's make happiness a daily experience. How we can do that? Discover this book right now. This book takes you, week by week, to new joy habits that deeply transform your life. -If you are a parent, you will find that you enjoy your children more and feel less stressed. -If you are a person who experiences occasional depression, you will find that those days appear less and less often. -If you have a tendency to see the negative, you will notice that your new habit is to look for the good in yourself, in others, and in situations. -If you constantly worry about your weight or your health, you finally find peace because you develop an appreciation and a love for who you are and where you are right now. -If you have been feeling dissatisfied with your career, focusing on joy gets you to a place of peace, clarity and wise decision-making. Buy now and have fun.

Traditional Chinese edition of The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

What is the one thing that every human deserves to get, just like food, water, shelter, and clothing? Not sure of what is it? Well, let me help you...IT'S HAPPINESS.Each person on this planet has a right to be happy and enjoy the sweet fruit of joy. Unfortunately, in today's era we have somehow neglected our happiness and made other less important things our priority. Maybe it's time to revive your lost happiness and savor its delicious flavor.Not sure how to start? Where to find happiness? How to be genuinely happy without paying any attention to what others think of you? Well then you are in luck, this book has all the answers to your questions and concerns about your happiness. Furthermore, this book will surely change your perspective about how you perceive the feeling of happiness. This book will unlock all the secrets to let your happiness bloom with all its beauty, and radiate the aura of joy from you wherever you go. Wouldn't it be great to be happy and be the reason of other people's happiness? The lost gem of happiness is what our world is in dire need of today. So what are you waiting for? The secrets to unleash your happiness is just a click away. Click "Buy Now" button now and give yourself the gift to find your lost happiness in this era of constant hustle and bustle. Allow yourself to be truly happy and keep the sadness off the bay in your life. Remember, life is too short. Don't waste your time being upset and denying yourself from the addicting pleasure of HAPPINESS.

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Christ said, "These things I have spoken to you, that my joy may be in you, and that your joy may be full" (John 15:11). A joy-filled person is the best advertisement Christ has for a joyless world to consider his loving offer of salvation. The second fruit of the Spirit (joy) makes one an inspirational and infectious person to be around, whether you are a marriage partner, a business leader, or a next-door neighbor. The way Christ wants to accomplish this in and for us is through his two-step process as outlined in Colossians 3: •Step One: "Put to death therefore what is earthly in you" (Col 3:5). We will refer to this as the removal of a Joy Killer. •Step Two: "Put on the new self, which is being renewed in knowledge" (Col 3:10). We will refer to this as a Joy Maker. Each chapter is divided into these two steps. First, it begins with a removal of a Joy Killer and it is immediately followed with its replacement of a Joy Maker. With each chapter, you find an increasingly deep and rewarding joy as you pitch your tent one day closer to eternity.

Developed by an experienced marriage therapist and pastoral counselor, this field-tested premarital workbook prepares couples for the joys and challenges of their relationship by examining four key areas of married life: intimacy, power, security, and freedom/responsibility. Cartoons, questions, guidelines, and prayer exercises are included to stimulate active participation.

Make joy a habit and transform your life! You can train your brain to experience each day with increasingly greater joy! Dive into this one-month plan of simple activities that keeps you creatively engaged and stimulated as you develop a consistently joyful outlook. Research tells us that it takes a month of daily practice to acquire a new habit. These thirtyone mini-adventures are designed to produce a consistent mindset of joy that overflows into everything you do. More than a modern-day self-help solution, this approach has been around for centuries—even millennia. It's what the apostle Paul wrote about in 61 AD amidst a lifestyle of impoverishment, criticism, and hardship. "Whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things" (Philippians 4:8 NASB). Wherever you are in life, whether facing minimal or major obstacles, you can train your brain to experience greater joy and fulfillment. As you start on this adventure, it will be like playing a game throughout your day, creating a secret inner-life that keeps you smiling inwardly, even through mundane tasks. Along the way, you're transforming your mindset and creating new lifelong habits. So onward and upward—into the light! Features: * Questions for individual, couple, family, or group use. * Leader's guide for eight weeks of group study. * Thirty-one adventure cards for inspiration and note-taking throughout the day. "Live Joyfully and Celebrate Life There is abundant joy in this world for everyone. You just need to take your share and enjoy it. You have a one-time opportunity to live a happy life. So why fret, fume or worry over trivial things in life? Love to live joyfully and enjoy every moment of life. This handy guide will help you give a new meaning to your life. The book is filled with quotes by various eminent personalities and many wise saying, which will have a great impact on your life. It gives suggestions and guidelines and leaves the final option to you. This book is a must-buy to enter into the realm of happiness and relish the joys of life. So enjoy life while you have it, for it doesn't last long and will not come again. Your Destination: Joy Have you felt more like a victim versus a victor in life? Are the hurts and troubles of life getting you down and you feel there is no hope? Join Judy Wyllys, the Joyologist, in how to discover the power of joy. Joy is unaffected by the hurts and circumstances of life. In fact, the power of joy is at its best under pressure when trouble is present. Using this foundational scripture, the joy of the Lord is my strength, (Nehemiah 8:10b). learn how joy actually thrives when times are tough. Joy is powerful. Its a tough cookie when you tap into this force. As an attribute of God the Father this strength, called joy, will create a fortified place, a fort, a defense for you in the midst of trouble and pressure. With humor and life experiences, Judy will show you how to tap into the force of joy. Learn how to keep the power of joy flowing from within and in the middle of any tough situation. You will experience step-by-step, how-to, instruction to ignite JOY, as you stand steadfast, full of enduring strength until the time of trouble is over. You will discover how to fully activate the force of joy and rise above the issues of life instead of crumbling under them. Happiness is wimpy, but joy is powerful! Get ready to be your own Joyologist in Destination: Joy

New Daily Devotional Reveals How Young Christians can Find Joy and Success In Your Life Today... Leading Youth Joy And Spirituality Expert Reveals This Little Known Daily Devotional That Increases Success By A Few Easy To Follow Steps Right From the Bible! Do you frequently find yourself wishing you could finally accomplish your goals? Do you wonder if it's actually possible to find success as a young person? Have you ever wondered why everyone else is where they want to be in life, but you never seem to get any results? Do you feel like you're in the "in between," stuck between "almost there" but "not close enough," all because there's a mismatch between your dreams and your reality? I Totally Understand. It's not your fault, you've probably heard a million opinions about accomplishing your goals and got a ton of "free advice" (usually worth what you pay for it) and you're more confused than ever... That's okay. This is what I do, so help is on the way. It's possible to explode with joy and find success in your life right now, even if you're starting from scratch. It's possible to disrupt your normal and make those puzzle pieces of life finally fit together. You could go out and read EVERY book ever written on finding success in your life and spend HOURS interviewing industry experts, and actually go out and research this stuff like I have. or.... Read this simple 21 day transfer your joy daily devotional that condenses everything I've learned about finding joy and unlocking success in your life today. No fluff and no unnecessary information. Just the raw details you need to unlock joy and success in your life today. Here's just a little bit of what you'll discover. New techniques for overcoming tough obstacles... How to incorporate value adding tasks so you're on the path to success... How to transform your thinking so you're open to receive God's blessing in your life... How to disrupt your normal and unlock the habits that lead to success... How to be content in any situation so you can recognize open doors around you despite the ones that are closed... How to eliminate the negativity from your life so you can release the debilitating spirit of unproductively and instead embrace a purpose driven life.... And a lot, lot more... Imagine... Knowing

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how to transform your thinking so you can overcome the negative naysayers in your life... Understanding gratitude so you know how to bounce back after defeat... Feeling that tingle of joy in your belly that drives you towards the actions of success... Changing your attitude so you can escape depression and anxiety and instead be filled with spiritual joy... Your family and friends calling you begging you to tell them how you've accomplished your goals so quickly... Your competitors trying to figure out why you keep pushing forward even though they try everything they can to hold you back... Being proud of your life because you've built a life of vision and value so you can be kind to the people you love most without worrying about failing or disappointing them... And a lot, lot more... So if you're serious about reaching your goals in 2014, and if you would like to start using an easy to use daily devotional to do it, then click the "Add to Cart" button so we can send this devotional to you so you can unlock your joy and success.

Do you believe, really believe, what God says about you? Do you want to? Do you want God's joy to truly make a difference in your life? In Living Your Joy Out Loud, Joy Bazemore takes you on a study through the book of Philippians to illustrate the difference between a woman of God and an "ordinary" woman. We've got this thing called joy that comes from the presence of Christ. It cannot be taken away from us, and it sets us apart from those who depend on circumstances to make them happy. So let's learn how to live in God's joy! As you journey through Philippians, Living Your Joy Out Loud will help you: • Discover twenty-nine ways God describes a person who belongs to him • Examine your beliefs and motives and how they affect your actions • Worship at Jesus' feet in order to let him heal your hurts and empower your life • Learn how God's overwhelmingly beautiful joy can transform your daily living, especially your interaction with people Bazemore invites you to enjoy the anecdotes, the humor, the imagery, and the solid biblical teaching. Read the explanations and ponder the questions she poses. Sing. Pray. Do it on your own or share it with a small group. Then, get up and go live your joy out loud!

Aimed at motivating teachers to create a welcoming and challenging environment for their students, this professional book is told through a series of anecdotes and stories. It will remind teachers of the intrinsic rewards of teaching (to teach children to love learning) and the powerful role they play as models in this endeavor.

Discover Joy on the Journey and Don't Let It Go The Bible tells us that God wants all his children to experience his joy-the Joy of the Lord. But there are those in this world who don't want you to experience or even know about the joy the Lord has for you. In this book, you will learn the true meaning of joy. see how and discover why God's chosen people, Israel, kept losing their joy and how they would get it back. come to understand that joy is a choice. be able to identify the evil forces in the world who want to steal your joy. learn a method based on Scriptural principals that will help you to retain your joy, or get it back should you lose it. It is my prayer for you that God will richly bless you, that you will come to know the Joy of the Lord and that your joy may be full. God bless.

"The joy of the Lord is our strength." Worries, pressures, disappointments, and stress are the weeds that crowd out the fruit of joy in our hearts. How can we remember that God's joy is available to us at every moment? How can we resist succumbing to negativity, sadness, or cynicism? Anne Costa writes about the joy of the Lord in this book of one hundred short meditations. In each one, she challenges us to see how we can choose God's joy in the everyday events and encounters of our lives. Costa's gentle reminders can help you break into joy and live in the love that Christ has for you.

Experience the best in life! There are so many things in this life that bring us joy: a crimson sunset, a hug from a special friend, an unexpected gift, a relaxing day on the beach, the freshness of spring, bright colors of autumn-the list is endless. There are also many things that rob us of a joyful life. This book explores several situations that tend to take our joy away. It exposes the lies that keep us in prisons of guilt and feelings of inadequacy, freeing us to accept the joyful, abundant life that God desires for each of us. Come, find out how you can experience the best in life!

Are you living your richest, gutsiest, juiciest life? Do you feel all the exquisite bliss and sweetness you can imagine? If not-if you aren't experiencing the abundance and personal freedom you crave; if you're not vitally and deeply connected with your loved ones; if you're unable to attract and maintain a soul-nurturing, awe-inspiring, passionate primary relationship-it can only mean one thing. You are not expressing the full truth of who you are. Well, it's time to change that! Juicy Joy is a streamlined path to radical authenticity and the ability to flat-out adore that precious, imperfectly perfect you. Living juicy-joyfully is not a matter of adding anything to yourself. It's simply a matter of shedding the limitations that separate you from your true core being-the limitations that trap you in the numbness and detachment that have become distressingly "normal" in our culture. Wouldn't it feel amazing to trust your instincts and fearlessly act on them? Isn't it time to gain mastery over your experience of life, shed victimhood, and learn to honor the voice within you that always, unfailingly leads you to your greatest joy and highest truth? Juicy Joy is an invitation to a bigger life-a deeper, richer, more rewarding existence. And it will launch you into an enduring love affair with your glorious, genuine self!

Fenugreek seeds are considered an aphrodisiac and will stimulate the appetite, tamarind helps the liver and the digestive system, ginger is effective against colds, rheumatic pains, and nausea associated with pregnancy. This is a collection of 174 recipes that use these and other ingredients like lentils to create dishes that are light, taste wonderful, and can often be prepared in less than 30 minutes. This book not only wants to be a guide of how to combine a great variety of ingredients, particularly herbs and spices, but also wants to suggest the proper methods of how to prepare very satisfying and healthy meals. South Western Indian, Chinese, Malaysian, and Western cooking provide the inspiration for many of these recipes. A culinary vocabulary and some nutritional information are included. It is hoped that cooking enthusiasts will try out these recipes and will be enticed to experiment and create their own new and delicious dishes.

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