

The Power Of Giving Azim Jamal

This practical and visionary guide helps you discover that the more you give, the more you have. Simple and easy to use, The Power of Giving provides a wealth of down-to-earth ideas, exercises, and real-life stories that reveal to each reader the unique gifts he or she has to give—including kindness, ideas, advice, attention, hope, and more—and the many ways you can benefit from giving them, from better health to better job prospects.

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The Power of GivingHow Giving Back Enriches Us AllPenguin

" Jesse Dylan has attracted the most amazing, powerful, and influential leaders in the categories that matter most. It's brilliant-people will love this book!" ~ Leeza Gibbons, television and radio host "The wisdom and practices in this book will usher you into a holistic way of life that supports your purpose on the planet-to flourish and glow as you deliver your talents, gifts, and skills for the benefit of all beings." ~ Michael Bernard Beckwith, author of Spiritual Liberation: Fulfilling Your Soul's Potential The next generation of holistic health begins with The Good Life Here you'll find answers to the vital question of how to unlock your deepest health potential: The Good Life is a sweeping, scientifically accurate roadmap written by internationally renowned experts who have gathered-for the first time-to share their vision and wisdom. Dr. Bernie Siegel Dr. Michael Roizen Robert Moss Dr. Joan Borysenko Bob Proctor Lynne McTaggart Dr. Pamela Peeke and many more A healthy and strong body, a flexible and positive mind, and a profoundly joyful spirit are key elements of health that directly affect one another. Caring for ourselves holistically-deepening and expanding our understanding of ourselves-creates a ripple effect extending past our own enrichment, healing our families, our loved ones, our communities, and beyond.

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