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[Download pdf file Lighten Up](#) Presents a collection of Christian anecdotes that focus on themes of human fallibility and finding humor in everyday life.

[Download pdf file Love What You Have, Have What You Need, Be Happier with Less](#) "Power thoughts" providing timeless wisdom and inspiration. The right quote at the right time can make all the difference in your day and this book is a year's worth of encouraging words.

[Download pdf file The Lighten Up Book](#) Loretta LaRoche is sick to death of diets and diet books. Not a day goes by without an article appearing in the media that reveals some food that could be harmful or helpful to our health. Food has become either demonic or divine. We've forgotten how to be in "right relationship" with one of the greatest pleasures we have in life: eating. As a result, we're fatter than ever and more stressed out about being fat! In this humorous and informative book, Loretta cuts through the nonsense, disclosing the wisdom she has accumulated from "having gained and lost a tribe of people." She also shares her expertise as an international stress consultant, former aerobics instructor, and owner of a wellness center. Her eight surprising secrets for reducing weight and stress might surprise you as she leads you down the path of learning to eat well, moving with joy, and living a more balanced life. Her greatest promise is that you will get into shape . . . and have fun while you're doing it!

[Download pdf file Affirmations and Insights to Inspire Health and Happiness](#) Feedback on LIGHTEN UP! LOSE WEIGHT!! "From my hypnosis practice, I know that releasing the issues behind the eating will release the weight permanently. LIGHTEN UP! LOSE WEIGHT!! is a powerful tool to obtain your ideal weight permanently. This step-by-step manual will give you the encouragement you need to overcome any issues with food, self-esteem and life." Vickie Griffith Certified Hypnotherapist and Weight Loss Specialist Richmond, Virginia I am impressed with how sound your program is offered in LIGHTEN UP! LOSE WEIGHT!! It addresses many facets that typical weight-loss programs never even consider! Your program looks at why our bodies gain and hold weight and you give specific techniques and scripts for releasing not just the weight, but also the need for the weight. In just ten weeks, a reader encounters concepts- emotional, mental and spiritual-never before related to weight loss. Yours is a well-balanced approach to weight loss through total understanding of oneself and one's needs. The

hypnosis techniques and scripts are simple and easy to follow and, in my judgement, quite powerful. This program is a godsend. Pat Walker Owner, The Aquarian Bookshop Richmond, Virginia A step by step 10 week program of using hypnosis techniques to lose weight without starving yourself to death. Diet equals deprivation. Getting to your repressed emotions equals liberation - from all diets. Self-hypnosis through the power of self-talk and the power of your own mind, helps you to make better choices, by using self-hypnosis suggestions to improve your eating habits so you won't want that juicy hamburger and wonder why you ever stooped so low to eat that hormone-laden grease patty in the first place. You are already hypnotized through your negative self-talk, now you can change negative programming into life-changing "CAN-DO". *Lighten Up! Lose Weight!* is a do-it-yourself project that gives you the answers to why you "yo-yo" and how stuffing and holding in anger and guilt contributes to fat. The problem is not losing weight - you've done that dozens of times. THE PROBLEM IS IN MAINTAINING WEIGHT LOSS, and this program gets you in touch as never before with the reasons you don't, serving up interactive exercises on "checking your motive" on why you eat inappropriately.

[Download pdf file Emotional Discipline](#) Benjamin Franklin is quoted as saying, "Many men die at 25 and aren't buried until they are 75." This book is intended to wake up these people. Fully Alive uncovers forgotten signs of life in a culture seemingly filled with the opposite. Through action steps that led to his physical, mental, social, and spiritual health, Ken Davis recounts his journey back to the land of the living and the signs of life he found along the way. The anchoring focus is based on the apostle Paul's quest for life, when he said, "I want to know Christ and the power of his resurrection." A power greater than death is available for what we face today? Who doesn't want a piece of that? Filled with narrative stories, humor, and practical help, this book is for anyone who wants to live fully and wonders just what that might look like in daily life. Many people are lurching in the twilight, hoping to sing once again...living lives of quiet desperation, searching in vain for signs of life. St. Irenaeus said, "The Glory of God is man fully alive." For those who have been sidelined in life, for those tempted to give up, this book screams...Live!

[Download pdf file The Power to Choose How You Feel: Easyread Edition](#) Using drawing and writing exercises, you can transform attitudes and beliefs that shape your body image, and nurture and feed the hungry child within.

In the US, millions of people spend billions of dollars on books, programs, drugs, or surgery that claim to offer a solution to obesity. It is a huge and exploitive industry that flourishes while, per capita, we are becoming heavier and healthier by the minute. None of the above fully address the core issue with weight and that is: why are we so hungry? Where do these cravings come from and how do we become craving free and empowered in our food choices? *Lighten Up! Win At Losing* gives the reader basic information about food (most of what we eat doesn't nourish) and then it fosters the mind shift necessary for a new relationship with food.

[Download pdf file Great Stories from One of America's Favorite Storytellers](#) How can we become aware of pure unconditional love? With simple yet shattering words, Stephen Turoff seeks to awaken us to knowledge that already resides deep in our hearts: that God is love and love is God. Love is the power that created the universe and permeates all Creation. When we realize this, we are led to a recognition of our true nature as human beings. Stephen's astonishing message - presented here as transcripts from a series of six seminars - can rouse us to reassess our lives and the way we think and act. We are perfect beings who have forgotten our divine nature. Our true self wants to awaken to the divine presence within. With guidance, we can teach ourselves to listen to the voice of our heart, in order really to know and experience truth. Stephen leads us to a deeper understanding of our connection with God and the purpose of our lives on earth. The knowledge he shares is based on profound life experience and a singular understanding of God and universal laws. 'Stephen Turoff is a psychic surgeon with a world-wide following and a history of "miraculous" healings as long as an NHS waiting list ... even some mainstream doctors reluctantly acknowledge the evidence of his success.' - More to Life magazine 'Stephen Turoff has been a spiritual healer for over 40 years. During that time he's achieved near-legendary status in his field, attracting the attention of both international media and a string of distinguished clients. He's also been the subject of numerous television programmes.' - Psychic News

Stepping Into My Divine Masculine King Power unites the Divine Masculine energy with the persona of the King archetype. Part autobiography and part divine guidance, Kevin Hunter reveals pieces of his life mixed with content intended to inspire the reader into physical and soul victory. The autobiographical segments focus on the efforts it takes to move from child abuse, oppression, addictions, and mental health issues to rising up through the various stages of immature adolescence and into the spiritual maturity of the divine masculine king energy. This is a process that doesn't take place overnight, but is gradually shaped through the course of time as you endure continual life challenges, experiences, and study. Life is one big classroom aimed to assist the soul in its individual evolution process. The more centered and confident your soul becomes, the greater the chances of naturally and effortlessly rising and stepping into the divine masculine king power energy. You gain more resilience through the tougher times. The divine guidance teachings include psychic insights as well as inspirational wisdom on developing a courageous spirit with bold self-confidence to achieve and accomplish what you seek out to do in life. This is from understanding the working nature of the Universe, God, Spirit, the Light, as well as the value of pairing with your Spirit team to recognize your lessons as well as attaining victories in life. Your soul is intended to endure challenges and struggles to prepare you for successes, wins, breakthroughs, and blessings. Sometimes points are made in a stream of consciousness, while other times spirit messages are intertwined with those thought processes and discussions. Some of it may be lighthearted and entertaining as the author points out pieces of his selves coupled with his wins that later came beyond the childhood trauma and onto the more serious tough love motivational speeches. The ultimate goal is to empower and inspire you to step into your divine masculine king power in order to conquer and succeed in all aspects of your life. The Divine Masculine energy is one that all souls have access to regardless of gender.

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Power up Your Energy, Focus, and Productivity. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to

eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Power up Your Energy, Focus, and Productivity. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

[Download pdf file Books Out Loud](#)Being "dead serious" all the time can indeed kill you--so this book might just save your life. *Lighten Up* shows a more resilient attitude andes to keep the fluidity and creativity of humor at hand for life's most stressful situations.

Short, to-the-point, and humorously illustrated by famed outdoor illustrator Mike Clelland, this book presents everything hikers and backpackers need to be safe, comfortable, and well fed while carrying a very small and lightweight pack.

[Download pdf file Lighten Up! Lose Weight!](#)*Lighten Up* offers a unique lifestyle program that invites you to return to the basics of wellness. It includes space for journaling, Scriptures, daily prayers and a recipe section to get you started.

[Download pdf file A 10 Week Self-Hypnosis Program](#)*Lighten Up, Phoenix, Keep Rising!* is an easy-to-read yet soul-quenching journey into the law of attraction from the perspective of the author. It is both a prayer of appreciation and gratitude for all the myriad of miracles that each day can bring if you choose to stay in tune to them. In the gentle tumble of prose flowing effortlessly across each page, you will find moments of transcendence born from tragedy and pain. The purpose of the book is inspiration and healing, for each individual who reads this book will feel a little less alone and shamed. It is the author's most fervent intent that the words on these pages may whisk you to a place you've never been or hug you when no one else can. Comfort and hope are found in these pages as well as joy at simply being.

[Download pdf file Words on Cassette](#)Life is a gift meant to be enjoyed, but most people think it's defined by problems that they need to solve. It's time to take a new approach that allows you to start walking down a path that will lead to accountability and success. It begins with six proven strategies: Build a strong personal foundation. Develop a life philosophy. Recognize what's holding you back. Pursue your purpose and passion. Unleash your personal power to initiate change. Inspired by everyday people who live ordinary lives, this guidebook for growth shows how self-awareness can change all areas of your life, how to find the courage to take charge of your destiny, and how to handle challenging situations more effectively. The only thing standing in the way of the future you want is the decisions you make. Stop coming up with excuses, and start taking action to overcome self-doubt, fear, and insecurities by finding "The Power Within."

[Download pdf file Home Life](#)The spoken word has immense potential for either building up or tearing down. Too often, it's the latter. Many of us are daily carrying around hurtful words, sometimes without even knowing it. These negative words have great influence over our lives and the lives of those around us. But thankfully, they are not the last word. Mary Busha speaks to the hurting and guides them toward victory over the harmful, demeaning, or insulting words of their past. She shows readers how to - understand the emotions and circumstances behind the words - choose to want to forgive their offenders - embrace the truth about who they are created to be - recognize the effect of both negative and positive self-talk - pray effectively to break the power of negative words - and walk in the freedom God provides in his Word She also encourages readers to find ways to use their own words to lift up the people God places in their paths.

Previously released as part of the *Stranded with a Hero* anthology. Now available individually! The power might be out...but the heat is on. Every year, free-spirited Frankie Sylva banishes her holiday loneliness with good deeds. This time, she's rescuing a truckload of neglected reindeer—until a blizzard sidetracks her scheme, and now she's stuck...literally. Local sheriff Red LeClair is shocked to find a very cute, half-frozen woman trespassing on Three River Ranch in a ditched rig, with a suspiciously empty trailer. Is she a horse thief? Is she on the run? Is she out of her mind? He has no choice but to take her back to the ranch and keep an eye on her. But when the power goes out, Red and Frankie are forced to depend on each other in a way that both have avoided for years. The sheriff's quiet holiday is suddenly festive: a crackling fire, candles, carols, and an irresistible stranger...who might be a felon.

[Download pdf file Fully Alive](#)Bestselling author Jack Canfield shows anyone how to make their unique mark on the world (literally) with this transformative coloring book based on the blockbuster bestseller *The Success Principles*. Since its publication a decade ago, Canfield's guide has helped catapult hundreds of thousands of people to success. With adult coloring taking the world by storm, Canfield has expertly distilled 30 of his key tenets from his *Success Principles* book and combined them with inspiring coloring designs to engage the mind and unlock our unique blueprint for personal prosperity. *The Power of Positive Inking* combines stunning original art from acclaimed illustrator Judy Clement Wall and pairs it with 30 of the most empowering principles. The result? An engaging way for visual, kinesthetic, and left-brain learners to envision

their dreams, adopt new mind-sets and behaviors, and achieve their goals. Escape from digital devices and tap into your own creative devices with the following: Original artwork--everything from meditative mandalas and soothing symmetrical patterns, to florals and animals, plus word art pages that bring key concepts into focus Inspiring quotes, affirmations, and engaging journaling prompts for deeper exploration High-quality paper for all types of markers, plus perforated pages that enable you to display your finished pieces as visual reminders in your home or office. Whether you are looking to change careers, elevate your earning power, or find a new passion in your life, *The Power of Positive Inking* will not only keep you on track to achieve your goals but will help you draw your own unique pathways to success. Live boldly and bring your dreams to life in full color!

[Download pdf file *A Journey That Will Change Your Life*](#)*Lighten Up! Free Yourself from Clutter* is the first book of its kind to view cleaning clutter not as a burdensome chore but as a transformational experience. If those piles of stuff are draining you of energy, if they're not supporting and nurturing you, then get out from under them! *Lighten Up! Free Yourself from Clutter* is a practical yet inspirational guide that encourages you to approach clutter cleaning as a fun, creative, soul-enriching endeavour. Michelle Passof takes you step-by-step through the process of lightening up. First she helps you identify what you want to make room for in your life, then she outlines how to overcome the physical obstacles that get in the way of achieving your goals. *Lighten Up! Free Yourself from Clutter!* shows you how to: do away with piles of paper choose the right filing system for your records find the courage to toss out clothes you never wear distinguish memorabilia from useless junk create rooms in which you can relax and much, much more! Maybe you don't know exactly what you want your life to look like, but if you start eliminating clutter, your true self is sure to surface.

[Download pdf file *Lighten Up Your Body, Lighten Up Your Life*](#)The renowned inspirational speaker offers "smart, soulful, and deep wisdom" on how to rewrite your own story and live into your fullest potential (Louise Baxter Harmon, author of *Happiness A-Z*). Many of us wait for a clear signal that our lifestyles are causing us harm. Whether it's a diagnosis that strikes out of the blue or a bad relationship that reaches a tipping point, the message is clear: it's time to change our lives. We need to form new habits that promote our physical, mental, and spiritual wellness. But how do we make room for change when we barely have the time or energy to get through the day? In *The Incredible Power of Inspiration*, author and motivational speaker Jenifer Zetlan helps you look at the story of your life—first from the outside in, from your circumstances to your feelings; and then from the inside out, from your dreams into the world. Zetlan's revolutionary, holistic approach to body, mind, and spirit helps you deconstruct unhealthy habits and design healthier, more vibrant lives. Zetlan guides you on a journey through your own life, recasting your past, present, and future in order to reconnect with your deepest inspiration and your most joyful feelings. With this powerful method, you can inspire your own character, rewrite your story, and enable yourself to live the life you deserve.

[Download pdf file *Beyond Diet and Exercise--The Inner Path to Lasting Change*](#)This is an imaginative quest to earn forgiveness and grant it. Kamryn is on the quest of her life after she stumbles across the most amazing man, Lyte, And The dangerous situation she was predestined to alleviate. Lyte's history, As with the mythology of Christian beliefs engulfs her and propelles her along a path fraught with danger, love and hate. Can she overcome her own desires and seek the forgiveness of her sins as she grants it to others? She is weilded as an instument of God to help prepare For The biggest battle mankind will ever have to face. But can she accept that burden? This book is filled with the confusions of real life in a surreal exprience, and how the choices we make eventually bless or doom us.

[Download pdf file *Lighten Up!: Win at Losing*](#)Shares perspectives from twelve successful women school superintendents.

[Download pdf file *A Dynamic Program to Lose Weight and Gain Health Now*](#)How to awaken the Ureaus--the serpent power of spiritual transcendence within each of us--and connect to the superconscious of the universe • Reveals the biochemistry of how the body's melanin provides the template for the subtle energy body or light body • Shows how embracing the dark light consciousness of the awakened Ureaus opens a portal to the sacred darkness of the superconscious • Provides illustrated instructions for meditation practices, breathing exercises, and yoga postures to safely awaken Ureaus/Kundalini energy Within each of us lies the potential to activate a personal connection to the superconscious. Called "Ureaus" in ancient Egyptian texts and "Kundalini" in ancient Hindu yoga traditions, our innate serpent power of spiritual transcendence inhabits the base of the spine in its dormant state. When awakened, it unfurls along the spinal column to the brain, connecting individual consciousness to the consciousness of the universe enfolded within the dark matter of space. At the root of creativity and spiritual genius across innumerable cultures and civilizations, this intelligent force reveals portals that enfold time, space, and the luminous matrix of reality itself. Combining physics, neuroscience, and biochemistry with ancient traditions from Africa and India, Edward Bruce Bynum, Ph.D., explores the ancient Egyptian science of the Ureaus and reveals how it is intimately connected to dark matter and to melanin, a light-sensitive, energy-conducting substance found in the brain, nervous system, and organs of all higher life-forms. He explains how the dark light of melanin serves as the biochemical infrastructure for the subtle energy body, just as dark matter, together with gravity, holds the galaxies and constellations together. With illustrated instructions, he shows how to safely awaken and stabilize the spiritual energy of the Ureaus through meditation practices, breathing exercises, and yoga postures as well as how to prepare the subtle body for transdimensional soul travel. By embracing the dark light of the shining serpent within, we overcome our collective fear of the vast living darkness without. By embracing the dark, we transcend reality to the dimension of light.

[Download pdf file *Love, Love, Love*](#)"Royal Moments of A King's Daughter" is the result of a 21-day consecration which took place at the end of 2005 c/o The King's Daughters Ministries. What began as a humble daily devotional to assist the women (and men) during the 21-day fast, was so rewarding that the author was led to publish it for the public. This book is a collection of intimate petitions to God for purging, deliverance, healing, restoration and instruction... as well as edifying words of encouragement saturated with godly revelation and wisdom. Royal Moments... was written with you in mind. Your devotional time will never, ever be the same!

[Download pdf file *Spiritual Teachings*](#)Topical. Relevant. Fresh. *Pause for Power: A 365-Day Journey through the Scriptures* will inspire readers to experience an unforgettable year of spiritual growth. Wiersbe Bible studies and commentaries have become a trusted resource for exploring scripture. *Pause for Power* continues that legacy. This unique devotional is

designed to help readers discover spiritual insights through a simple, yet informative, approach to God's Word. In just a few minutes each day, readers will encounter powerful truths that can impact their daily lives. Features include: Select scripture readings that explore practical, everyday topics Themed commentary from Wiersbe's popular "BE" series Thoughtful questions that prompt personal reflection A small prayer that carries a big idea Readers will experience an unforgettable year in God's Word.

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