Are you tired of diets that don’t work? Tired of being put in a box of eating dos and don’ts? The world is full of mixed messages when it comes to our health, and it can be hard to know who or what to trust. But what if the one source we trust the most—God and his Word, the Bible—could also teach us about how to live healthy and love ourselves, both spiritually and physically? TRUE Health is your complete guide to recognizing and releasing health struggles, embracing who you are, and stepping fully into your God-given potential. Author and certified health and life coach Julie Watson shows you how to achieve better health without depriving yourself or trying to adopt practices you don’t enjoy. It’s your life and your personal journey. Health is about having the mindset, nourishment, and self-understanding that will set you up for success. You need a strategy for your health and for your life that is true to you and to the woman God is calling you to be. With sound, practical strategies and the spiritual and emotional encouragement you can receive from faith in God, you will learn how to create true health so you can show up fully in this world, stop playing small, and live the life you are meant to live!
properly attuned can lead to happier and healthier lives. In The Big Book of Chakras and Chakra Healing, Dr. Susan Shumsky delves into the ancient Tantric and Vedic literature to uncover the veiled mysteries of the ages, where the most authentic information about the 7 chakras, 7 subchakras, and the subtle energy system can be found. By reading this valuable book, you will: Discover your subtle body and energy field and how to heal blockages. Gain understanding of kundalini energy and the chakra system. Understand how to use visualization to access your chakras. Learn to maintain the health of your energy field. The Big Book of Chakras and Chakra Healing is perfect for novices and experienced practitioners alike and will lead you on a journey of discovery, balance, and enlightenment.

Head Strong
Aug 11 2022 From the creator of Bulletproof Coffee and author of the bestselling The Bulletproof Diet comes a revolutionary plan to upgrade your brainpower in two weeks or less. For the last decade, Silicon Valley entrepreneur Dave Asprey has worked with world-renowned doctors and scientists to uncover the latest, most innovative methods for making humans perform better - a process known as "biohacking." In his first book, The Bulletproof Diet, he shared his biohacking tips for taking control of your own biology. Now, in Head Strong, Asprey shows readers how to biohack their way to a sharper, smarter, faster, more resilient brain. Imagine feeling like your mind is operating at its clearest and sharpest, and being able possibly for the first time in your life to do more in less time? What if it suddenly became easier to do the very hardest things you do? Or if you could feel 100% confident about your intellect, and never again fear being the person in the room who just isn't smart enough, or can't remember something important? How would you treat people if the mood swings, short temper, and food cravings that disrupt your day could simply disappear? In Head Strong, Asprey shows us that all of this...
is possible and more. Using his simple lifestyle modifications (or "hacks") to take advantage of how the structure of your brain works, readers will learn how to take their mental performance to the next level. Combining the latest findings in neuroscience and neurobiology with a hacker-inspired "get it done now" perspective, Asprey offers a program structured around key areas of brain performance that will help you:

- Power the brain with exactly what it needs to perform at its best all day long
- Eliminate the sources of "kryptonite," both nutritional and environmental, that make the brain slower.
- Supercharge the cellular powerhouses of our brains, the mitochondria, to eliminate cravings and turn up mental focus.
- Reverse inflammation to perform better right now, then stay sharp and energized well into your golden years.
- Promote neuron growth to enhance processing speed and reinforce new learning hotwiring your brain for success.

Asprey’s easy to follow, two-week program offers a detailed plan to supercharge brain performance, including:

- Which foods to eat and which ones to avoid,
- How to incorporate the right kinds of physical activity into your day,
- A detox protocol for your home and body;
- Meditation and breathing for performance,
- Recommended brain-boosting supplements;
- And how to adjust the lighting in your home and work space to give your brain the quality light it thrives on.

A better brain and a happier, easier, more productive life is within reach. You just need to get Head Strong.

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Power Yoga

Jan 04 2022

Expand your energy and raise your sense of personal power with power yoga, the athletic and dynamic style of yoga that delivers high intensity and quick results. In Power Yoga: Strength, Sweat, and Spirit, you will learn the poses, practices, and philosophy of this fitness- and focus-boosting training method to strengthen your body and awaken your spirit. This potent practice is a complete workout on its own, but it also offers tremendous benefits when combined with other...
workouts and sports. In addition to physical strength, stamina, and flexibility, the dynamic movements of power yoga challenge you to develop focus, balance, and purpose that extend to life beyond the yoga mat. Dozens of warm-up, power, peak, and cool-down poses are presented in full color, and adaptations to modify or intensify each pose allow you to customize your practice for maximum effectiveness and safety. Sequences ranging from 5 to 60 minutes including sport-specific sequences for running, cycling, team sports, and high-intensity activities offer options that match your goals and lifestyle, and the 28-day plan can be adjusted into a plan that works for you, based on the results you want. Power Yoga: Strength, Sweat, and Spirit is your vehicle for creating extraordinary physical and spiritual results that you will notice quickly and be able to maintain for a lifetime. Become your most powerful self with power yoga. CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Power Yoga Online CE Exam may be purchased separately or as part of the Power Yoga With CE Exam package, which includes both the book and the exam.

Calorie Counting: Healthy Eating

Apr 14 2020 Counting Calories: Healthy Eating Tips by Author Cathy Wilson For centuries we have been taught that fat is evil, carbohydrates better, and that the key to a healthy weight is cutting calories and exercising to the extreme. Yet despite this advice, we are witness to unprecedented global epidemics of heart disease, obesity, and diabetes. This issue is rooted in the choice foods we eat. Particularly the insane amounts of unhealthy refined carbohydrates, like white flour, easily digested starches, and sugars. The key to good health is the TYPE of calories we intake, not the amount. *Good Calories Bad Calories Discussed!* Calories in Food *Calories List *Calorie Count +++

Wilson’s Counting Calories: Healthy Eating Tips shows us what
we've been taught about food is all wrong. This book will help you make it right! I am not perfect... But I am REAL C.A.W.

Menopause Sucks
Jan 24 2021
Do they call menopause "the change" because... You have to change shirts three times a day—after you've sweat through them? You have to change addresses, just to avoid all that mail from the AARP? You have to change your diet to nothing but milk and broccoli just to get your RDA of calcium? With hot flashes, mood swings, and night sweats (oh, my!), menopause might not be your favorite phase of life. However, bestselling author Joanne Kimes is here to provide relief as welcome as hand-held fans and sweat-free sheets. In her signature, no-holds-barred style, Kimes dishes on: Dealing with a rollercoaster of emotions Anecdotes, remedies, and gentle tips to help you cope with all the physical changes you're facing How to enjoy menopausal sex Menopause brings about a whirlwind of emotional and physical transformations. Menopause Sucks gives you all the info and belly laughs you need to cool down during this hot change of life.

Exploring Chakras
Jun 09 2022
Exploring Chakras is a brilliant highly illustrated and comprehensive exposition of the system of chakras a network of energy within your subtle body. Inside you will discover the 14 main chakras responsible for physical, mental, and spiritual activity and evolution. A magnificent companion book to Dr Shumsky's Exploring Meditation this book links the practice of meditation to the highest attainment of self-realisation by connecting it with the body's energy vortices—the chakras.

Get Energy!
Jul 30 2021
With busy schedules, demanding careers, and little time, many of us battle just to stay awake. But energy is something that is in our control, even when time is short. Now 50 years young, fitness guru Denise Austin shows readers how to super-charge their lives, using her innovative lifestyle plan. She eats the right foods at the right time of day. She uses the
power of stretching and breathing to feed her body with energy-enhancing oxygen. She uses mini-workouts to get energy even on her busiest days—and now you can too! Denise shows how simple changes can add up to increased energy levels throughout the day. From the foods they consume to the way they sit in their chairs, readers won’t believe how Denise’s quick and easy plan will dramatically increase their energy levels. In as little as a week, results will be felt: radiant skin, more restful sleep, and a sharper mind...so follow Denise Austin and prepare for a fitness wake-up call!

Exploring Chakras
Nov 14 2022
Kundalini shakti is a mysterious, dormant, potent force within the body that, when awakened, can bring spiritual enlightenment.

Hauntings in the Garden Volume One
Aug 07 2019
Witch’s Tattoo by Eliza March
Lisette Bouchard is a powerful witch, with no training, no mentor, and no coven. She’s discovered her on and off again boyfriend is the warlock & her soul mates destined to fulfill the pentacle’s prophecy, Lisette isn’t certain she wants destiny ruling her love life.

Caster’s Unfriendly Ghost by Alicia Dean
Confused bachelor Reese Caster’s world is rocked when a pesky ghost shows up and demands that Reese romance his widow, and Reese’s former lover, Emily, to keep her out of the clutches of a scheming gold-digger. Can Reese and Emily find the love they were denied, or will the ghost of her dead husband destroy their chances?

Crimson Summer by Cecilia Farrell
A mysterious offer, a threat, then all hell breaks loose. There are secrets in Carrick County people don’t dare reveal. But Ranalt Fitzgerald will risk everything to protect her family, the man she loves and the little girl she adores. Each turn of the summer moon brings danger and in the shadows, something waits...

The House by Lara Parker
Unexpectedly, Leslie Harrison inherits a sprawling horse farm in Florida. Upon her arrival, she meets the good looking
farm manager, Preston McClay and, to her chagrin, he isn't happy
to see her. But the cantankerous man is the least of her worries
when things start to go bump in the night. Will the sinister activity in
the house chase Leslie away, or will she prevail in the struggle
between good and evil? Witch Familiar by Dayana Knight Breanna
McShae must seek a familiar. After performing a ritual asking the
Goddess to provide her with her given familiar, she finds she has
two animals vying for her attentions a wolf and a raven. The
catch is one of them is the love of her life and the other
devastating trouble the sikkqui a creature that can assume any
shape and sucks the essence of human spirit. Can she go against
her very nature to destroy it without destroying herself and the
shifter who has captured her heart?

The New Energy Body
Dec 11 2019 Introducing The New Energy
Body, the latest book from Natalia Rose. Take a leap into the new
frontiers of quantum physics where the Theory of Relativity, String
Theory, sacred geometry, the law of attraction and the truth about
your DNA meet to reveal the most cutting edge insights into the
human body. Learn what you could be doing to take your body and
lives into a new dimension of health, beauty and happiness!

The Irresistible Voice of Love
Sep 19 2020 Robert G. Dewberry
(RD) is born and raised in Catonsville Maryland and happily
married to Deborah Bebit whom he regards as his mighty
companion on his spiritual path. He was raised Catholic but
considers himself spiritual rather than religious. He has been
studying metaphysics intensely since 1993 and strongly resonated
with the teachings of A Course in Miracles (ACIM) which he came
upon in 1997. He finds the messages in this book to be very
congruent with the teaching of forgiveness in ACIM. He earned a
PhD in experimental psychology before entering medical school
and becoming a neurologist. He practices neurology full time in
Baltimore Maryland.
The 10 Undisputed Laws of Fitness Success

Nov 21 2020 You Can’t Get Fit. Ever looked at yourself in the mirror and told yourself you can’t get fit? Have you ever heard those four words from someone when you described your vision to them? Are you interested in learning how fitness can affect every other facet of your life? Are you willing to set and follow some fundamental rules that will lead you to success? This book actually explains how fitness works, what you need to do, and why there’s such a gap in fit and mediocre physiques. Why are there some individuals who experience outstanding success while others fall short? Stand in the mirror and be proud of what you see. Reading this book and applying the principles can help you get there by helping you understand the science of fitness so you can learn the hidden principles that lead to positive changes in your life. Fitness fads, trends, and diets come and go, however, the laws in this book are unchanging. Failure in fitness happens when programs, trainers, and gurus try to break the laws of natural processes that result in coming up short. There are laws in nature and the universe, fitness is not any different. Observe the Laws. Apply the Principles. Break the Rules. Succeed.

By the end of this comprehensive book, you will be able:
- Learn what it takes to succeed once and for all.
- Improve Your Strengths and Weaknesses.
- Master the Fundamentals of Fitness and Success.

Who is Kawan Karadaghi?

After ten thousand hours of training, getting ten personal training certifications, and becoming the owner of six gyms, Kawan Karadaghi, a master personal trainer and the author of this insightful book, came into an eye-opening realization. He understood that the same laws that people follow in a fitness journey, can also be applied in every other aspect of life – be it a professional matter, a personal life issue, or a self-development aspiration.

Kawan Karadaghi’s book focuses on the accepted elements that exist naturally in every human and serve as the
Exploring Auras
Mar 26 2021

In the new, revolutionary Exploring Auras, you will discover extraordinary breakthroughs about the human energy field that are simply unavailable anywhere else. Through this powerful, informative, practical book, you will discover, experience, cleanse, and strengthen your auric fields through simple methods that produce powerful results. The ancient Greek word "aura" means "breath of air" - the vital energy that breathes life into your being. This subtle energy field, which permeates and envelops your body, is a multifaceted, multidimensional field of immense light, power, and energy. The breath of air that gives you life also breathes life into the cosmos. Thus everything in the universe is filled and surrounded by auric fields that you can experience, measure, evaluate, cleanse, heal, restore, and strengthen. With the easy, proven tools and techniques in Exploring Auras, you will learn how to:

- Develop the subtle sensory perception to see or sense auras.
- Overcome "psychic sponge syndrome", over-sensitivity, and psychic vampirism.
- Develop spiritual self-defense, auric protection, and self-reliance.
- Increase power, balance, focus, and clarity in your energy field.
- Heal and release dense vibrations in your environment.
- Release attachments and addictions crystallized in your energy field.
- Cut psychic ties and cords to create healthier relationships.
- Overcome psychic nets, clamps, plates, tentacles, arrows, jails, holes, leaks, armors, masks, shells, entities, environmental static, and geopathic zones.
- Heal and augment energy fields through intuitive dowsing, color, sound, breathing, movement, meditation, affirmation, visualization, and energetic sexual practices.
Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

Good Calories Vs. Bad Calories: Weight Loss Blueprint

Jun 16 2020

Good Calories vs. Bad Calories - Nutritional Weight Loss Blueprint by expert Cathy Wilson unleashes the SOLUTION to obesity by uncovering the deep dark secrets of how to lose pesky fat fast! Focusing on creating a results-oriented personalized action plan educating you on the GOOD calories your body needs to:

- Strengthen muscles, tendon, ligaments, bones and joints
- Develop new brain pathways transforming you into brilliant!
- Initiate mission "diseases destroyed"
- Resolve annoying aches and pains
- Dissolve head pain
- Create massive energy
- Persuade FAST fat loss

Wilson explains all calories burned are NOT created equal and paying close attention to calorie diet type is the golden ticket to your weight loss utopia of utter joy. "How many calories should I eat?" . . . "How many calories are in ???. . . . Questions Wilson answers showing you how to take effective action to eat what you want and lose weight!

The Swing Vote

Sep 12 2022

As our country's politicians engage in bitter partisan battles, focused on protecting their own jobs but not on doing the nation's business, and political pundits shout louder and shriller to improve their ratings, it's no wonder that Americans have little faith in their government. But is America as divided as the politicians and talking heads would have us believe? Do half of Americans stand on the right and the other half on the left with a no-man's-land between them? Hardly. Forty percent of all American voters are Independents who occupy the ample
political and ideological space in the center. These Americans are anything but divided, and they’re being ignored. These Independents make up the largest voting bloc in the nation and have determined the outcome of every election since World War II. Every year their numbers grow, as does the unconscionable disconnect between them and the officials who are supposed to represent them. The Swing Vote: The Untapped Power of Independents tells the story of how our polarized political system is not only misrepresenting America but failing it. Linda Killian looks beyond the polls and the headlines and talks with the frustrated citizens who are raising the alarm about the acute bi-polarity, special interest-influence, and gridlock in Congress, asking why Obama’s postpartisan presidency is anything but, and demanding realism, honest negotiation, and a sense of responsibility from their elected officials. Killian paints a vivid portrait of the swing voters around the country and presents a new model that reveals who they are and what they want from their government and elected officials. She also offers a way forward, including solutions for fixing our broken political system. This is not only a timely shot across the bows of both parties but an impassioned call to Independents to bring America back into balance.

Living Large: Mastering Your Power Of Intention (formerly titled Watch Where You Point That Thing)

Apr 26 2021 The followup book to Things Are Going Great In My Absence, this book takes you beyond the old paradigm of seeking and working on yourself into “what do I want to create now that life is great?” Lola Jones has created another groundbreaking book that people read over and over and get more each time.

The Magic of Psychotronic Power

Aug 31 2021 A “How To” book focused on you gaining absolute control over your destiny, by awakening a sleeping and untapped energy that lies dormant in the brain. “In a matter of minutes- you can begin to tap the
miraculous cosmic force of Psychotronic Power that lies within us all, and turn your life into a gold mine of riches, love, happiness and radiant health!” proclaims author Robert B. Stone. Step-by-step, in these thrilling pages, the author reveals the amazing techniques that thousands have used to achieve lifelong bliss. Dr. Stone is the author and co-author of over 50 books on the power of the mind and promotes this book as revealing the way to unlock the secret door to power, love, health, fame and fortune.

“Everything you ever wanted from life can be yours,” says Psychotronic expert Dr. Stone, “once you know how to summon the limitless power that lies within your mind!”

Life of a Lifetime
Feb 05 2022
What if you could stop living your ordinary life and start living your extraordinary life? You are about to discover the awe-inspiring reasons why things are the way they are in your life and how you can make them what you want them to be for good! Here are the insights, guidance, and tools to show you how to bring out the best in you and your life. A refreshing change from the vague rhetoric and over-complicated how-to s of the usual spiritual self-help book, Life of a Lifetime makes complex mind body spirit concepts easy to understand and apply in your everyday life. It’s all about simple, practical ways to empower you to make changes and create your life of a lifetime.

Geothermal Energy
Jun 28 2021

The Dewey Color System for Relationships
Nov 09 2019
DO YOUR RELATIONSHIPS MIX, MATCH, OR CLASH? More than 70 million people have discovered hidden truths about their personality using the Dewey Color System®, a highly accurate self-test that shows what the colors you like and dislike reveal about you. Now, The Dewey Color System for Relationships helps you determine your compatibility with other color types in romantic, platonic, and professional relationships. Using this innovative yet surprisingly simple system, you can easily discover whose true
colors are the best match for yours. "Are you always attracted to adventurous blue-oranges?" Will a friend who loves yellow calm you down or drive you crazy? "Do you work best with the colleague who's a take-charge red-green? With The Dewey Color System for Relationships, you can discover the secrets of successfully communicating with your romantic partner, friends, family, and even your coworkers and boss. Just choose your colors and have the other person do the same. Then compare personalized profiles to gain insight into why you interact the way you do. The Dewey Color System for Relationships is your key to a life full of colorful characters.

Yoga Journal
Jul 18 2020
For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Vision with Purpose and Power
Dec 23 2020
Discover your vision and find your true life. Best-selling author Dr. Myles Munroe offers daily practical and biblical advice for fulfilling your life's vision. Based on his popular books The Principles and Power of Vision and The Principles and Benefits of Change, this 90-day devotional will help you to discover your God-given purpose in life, grasp the necessary keys for accomplishing your life's dream, develop a specific plan for pursuing your vision, overcome obstacles, and embrace the benefits of change. Each day's devotion features teaching and encouragement, a motivating thought for the day, and a Scripture reading. Included are twelve principles for fulfilling personal vision and eight steps for discovering and developing your personal vision plan. Your success is not dependent on the state of the economy, what careers are currently in demand, what
The job market is like, or what people think you are capable of. You can learn time-tested principles that will enable you to fulfill your vision no matter who you are or where you come from. Whether you are a businessperson, a departmental manager, an employee, a homemaker, a student, or a head of state, Dr. Munroe explains how you can make your dreams and hopes a living reality. You were not meant for a mundane or mediocre life. You do not exist just to earn a paycheck. Revive your passion for living. Pursue your dream. Discover your vision and find your true life.

Your Best Bust
Nov 02 2021 More than 250,000 videos sold

Untapped Power
May 28 2021 Untapped Power provides extensive insight into why and how to advance diversity, equity and inclusion when promoting development, and addressing fragility and violent conflict. Urgent challenges relating to diversity and inclusion are universal. The global #MeToo and #BlackLivesMatter movements as well as the push for LGBTQ+ rights are all emblematic of a growing interest in and focus on how to better embrace and capitalize on diversity. Yet these social movements exist alongside renewed efforts to constrain minority rights and stem immigration around the world. In Untapped Power, Carla Koppell has assembled a leading group of scholars, policy makers, researchers, and activists to provide a comprehensive overview for understanding and navigating these countervailing forces, so that we can build a more peaceful and inclusive world. This book synthesizes theory, research, and analysis to show why an enduring global commitment to diversity and inclusion is essential, and how to advance that agenda in practical terms. It considers major scholarly theories and analytical frameworks underlying the case for a focus on diversity and inclusion; analyzes diversity trends and movements for inclusion; outlines specific strategies and approaches for promoting inclusion throughout...
peacebuilding and development processes; and discusses priorities to advance the agenda through research, advocacy, financial investments, and programming. A guide to one of the most pressing issues in world politics, this book will be essential for anyone working in the fields of global development, conflict resolution, or peace building.

Ascension: Connecting with the Immortal Masters and Beings of Light will open your eyes to these spheres. You will begin to awaken your true, immortal self—a magnificent being of brilliant light, radiance, and glory. Ascension leads you into the depths of your being to recover what might be called your higher self, guardian angel, inner guru, spiritual guide, master-teacher, or God within. You will meet and consciously communicate with deities, angels, archangels, and masters from worldwide traditions, as well as divine beings personal and unique to you. All of them are eager to meet and communicate with you. In this fascinating book, you will discover: How to meet the ascended masters and angels of light. Stories, beautiful paintings, and drawings of these immortal beings. What it means to experience ascension and walk beyond death. Stories about visitations from divine beings. People living today who might be ascended masters. Inspiring messages from the immortal masters and deities.

Chakras Made Easy is the ideal book for readers who are new to, or curious about, energy healing systems. Written by Anodea Judith, world-renowned energy healing expert, it offers a complete range of practical tools on using chakras to balance, heal...
and take charge of your wellbeing. In this book, the reader will learn: * the meaning, function, and purpose of each chakra * the childhood experiences that affect and programme each chakra * the role each chakra plays in our lives, including in our health, relationships, and decision-making * physical, emotional, and mental signs of chakra imbalances * simple yet powerful exercises to balance each chakra * using the chakras as a tool for liberation, manifestation, reception, and expression

This book was previously published within the Hay House Basics series.

Yoga
Sep 07 2019

Millions of people practice some form of yoga, but they often do so without a clear understanding of its history, traditions, and purposes. This comprehensive bibliography, designed to assist researchers, practitioners, and general readers in navigating the extensive yoga literature, lists and comments upon English language yoga texts published since 1981. It includes entries for more than 2,400 scholarly as well as popular works, manuals, original Sanskrit source text translations, conference proceedings, doctoral dissertations, and master's theses. Entries are arranged alphabetically by author for easy access, while thorough author, title, and subject indexes will help readers find books of interest.

Self Disclosure
Jan 12 2020

Covert describes her journey into modern, shamanic healing which offers a key to unlocking one's spiritual potential and opening the door to limitless happiness and love.

The Energy Codes
May 08 2022

INSTANT NATIONAL BESTSELLER #1  LOS ANGELES TIMES BESTSELLER USA TODAY BESTSELLER

For those ready and willing to build a new life, here are the tools. Powerful, incisive, extraordinary writing. Neale Donald Walsch, New York Times bestselling author of Conversations with God

Transform your life with this revolutionary and accessible seven-step guide grounded in energy medicine,
neurobiology, and quantum physics to awaken your true health and potential through energy healing. Eighteen years ago, health pioneer and practitioner Dr. Sue Morter had a remarkable and profound awakening. While meditating, she spontaneously accessed an energy field a level of consciousness beyond anything she had ever imagined. This dramatic experience changed her life, freeing her from years of struggle and pain. It also set Dr. Morter on a mission to discover how to create such radical transformation for her patients. Through years of advanced study and research in energy healing and medicine, she developed the Energy Codes, a life-changing program that has now enabled thousands of people all over the world to overcome pain, disease, fatigue, anxiety, and depression, and to awaken their innate creativity, intuition, and inner power. Bridging ancient healing practices with cutting-edge science, The Energy Codes offers a detailed road map to help you experience deep healing in your life. Grounded in practical, accessible exercises, including yoga, breathwork, meditations, and Dr. Morter’s proprietary B.E.S.T. protocol, The Energy Codes will help you activate untapped energy and neurocircuitry in your body, empower your hidden potential, and become one with your true, essential self. Prepare to change your life by changing your energy.

Before You Cast A Spell

This modern guide promises a careful approach to changing life through magic. Publishers Weekly A user-friendly introduction to the spirituality of magic. Before You Cast a Spell is for those newly interested in magic, as well as the veteran Witch, this book helps you discover the power and beauty of magic through eternal values such as love, compassion, hope, trust, and practicality. In other words, this is not a book full of spells or lists of magical ingredients. Rather, it reveals the principles of magical energy and power, helping the reader to understand what makes magic work and why. After
mastering the spiritual principles in this book, the reader will be empowered not only to work effective spells, but to also find happiness and joy—with or without a spell. Before You Cast a Spell features:

- Understanding magic: what it is, where it comes from, and what it can (and cannot) do.
- Why some spells work, and why others don’t.
- The single most important quality of all magic.
- How the chakras are a roadmap to understanding magic.
- Why ethics are so important to magic.
- How to find magical happiness—even without casting spells!

Vegetarian Times

Aug 19 2020 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that’s exclusively vegetarian but wrapped in a fresh, stylish mainstream package that’s inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT’s goal: To embrace both.

More Than Just a Dog

May 16 2020 Three generations of independent women, driven in different directions by one man’s anger. Until his death reconnects them with their mystical Irish ancestors and wonders beyond this limited human existence. Trained in the shamanic arts by her Irish grandmother, Chessie Durand travels to alternate worlds to rescue animals in danger. Aided by her Chosen One, an angel dog and a mysterious merkaba necklace, she discovers powers unknown to most humans. Ever practical, her mother provides a sanctuary for these alien and exotic species stall-beside-stall with barnyard creatures. And when their paradise is threatened by ignorance and poachers and unknown dangers beyond the stargates, Marlise loads her shotgun and joins the fight.

REIKI & ALTERNATIVE THERAPIES

Dec 03 2021 The English word, ‘Reiki’ has been derived from the Japanese word, Reiki,
meaning &quote;mysterious atmosphere or spiritual energy&quote;. The system of Reiki was developed by Mikao Usui in 1922 while performing Isyu Guo, a twenty-one day Buddhist training course held on Mount Kurama. The book contains all about the traditional Japanese Reiki and the Western Reiki, explained by the author in detail. The salient features of the book are: Uses of Reiki in Everyday Situations, Five Principles of Reiki, How to Heal with Reiki, The Human Energy Body - Meridians, Aura & Chakras, The Various Hand Positions to Heal Oneself and Others, etc. So Friends, the book is a must read for people of all age groups, as it comprehensively deals with Reiki, which is definitely the most effective and wonderful tool of Alternative Healing in the Modern World. There are about 47 other Alternative Therapies briefly discussed in the book like: Aroma Therapy, Acupuncture, Colour Therapy, Chinese Herbal Medicines, etc.

Feel the Bhagavad Gita
Feb 22 2021
The Bhagavad Gita is an ancient Sanskrit scripture with universal appeal that has been read for centuries, but its full meaning is little understood by Western culture. Even those with an encyclopedic knowledge of the Bible find it difficult to apply the Gita’s practical lessons to daily living. Vijay Kumar Saxena unveils the mysteries of the text, including what it says about human nature and the supreme secret behind everything animate and inanimate in the universe. Learn what the Gita says about questions such as: Why do negative emotions often dominate our nature? Why do we behave as we behave? How can we convert our existential living into living with substance, meaning, and purpose? What is the universal truth of all religions? The author also explores whether there is a way to live life as naturally as a boat floats on a calm sea—cruising ahead and enjoying time with friends—with ample time to be who we want to be. Discover the powerful truths hidden in an ancient, sacred text and appreciate what it means to be human when you Feel the
Yoga for Women

Apr 07 2022

Yoga for the female body - restore vitality, reduce stress, improve your sex life, and target conditions that are statistically more common in women. Discover how yoga can provide health benefits specifically for your female body, whatever stage of life you're at. Women have different health needs compared to men, such as being more prone to asthma, thyroid disease, and osteoporosis, and can use yoga to mitigate against such health threats. You may be pregnant or a new mother, balancing family commitments, or feel exhausted all the time - Yoga for Women has the perfect programs to help you find renewed energy and inner calm. Find out how certain asanas can build bone strength or a healthy respiratory system, relieve stress and boost energy, improve your sex life, provide gentle exercise during pregnancy, or alleviate pain or the symptoms of menopause. Start with the basics, including simple warm-ups and poses that will enhance your well-being. Then explore sequences that help you to guard against female health issues and meet the challenges that life presents. Yoga for Women is perfect for women at every stage of life.

I. O. U. INVESTIGATORS OF THE UNKNOWN

Feb 11 2020

Jumpstart!: Your Way to Healthy Living With the Miracle of Superfoods, New Weight-Loss Discoveries, Antiaging Techniques & More

Oct 09 2019

The Burnout Antidote

Mar 14 2020

Restore Your Core Essence, Find Emotional Freedom, and Thrive

Use your body as an instrument for accelerated transformation and growth with this powerful guide to overcoming burnout. Anne Bérubé helps you access your innate capacity to heal and shows you that your burnout can become a gateway to embodied wisdom and vitality. This book empowers you through a variety of practical tools and exercises, including breath work, meditations, visualizations, and...
self-inquiry. Learn to overcome obstacles and gain access to limitless spiritual energy. Discover how to communicate with your inner child and reclaim the fragmented parts of yourself. With this book, you can tune in to your natural gifts and recover from burnout.