

LOVE YOUR WORK

RECLAIM YOUR LIFE

STEP INTO
A WHOLE NEW WAY
OF EXPERIENCING WORK

MAGGIE HAMILTON

Love Your Work Reclaim Your Life

Nicholas Mag



Love Your Work Reclaim Your Life:

Actual Affirmations (1428 +) to Break Free of Overthinking and Reclaim Your Life Nicholas Mag, The Miracle In this book Nicholas presents you a practical unique subliminal very simple detailed method of how to Break Free of Overthinking and Reclaim Your Life 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 Break Free of Overthinking and Reclaim Your Life NOTE For good Nicholas keep the price of the book as lower as he can even if 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 [Live Life, Love Work](#) Kate Burton,2010-10-12 The secrets to reclaiming your personal life and enriching your professional life for the overstretched overworked and overanxious With the boundaries between professional and private life increasingly blurred by mobile technology most people are simply finding it tougher to enjoy life either at home or at work For those looking for a way out of the frustrating maze of daily life bestselling author and respected communications coach Kate Burton offers the keys to

achieving in both one's professional and private life a renewed sense of ownership possibility and meaning In Live Life Love Work she poses such essential questions as Whose Life Is It Anyway before offering readers an inspiring Brave Action for Change Each step outlined in the book is linked to a discussion of one's physical mental inner or spiritual world Other books by Burton Personal Development All in One For Dummies and Building Confidence For Dummies Burton delivers custom built corporate workshops and seminars for that boost motivation self awareness communication and health For those interested in enriching both their personal and work life Live Life Love Work offers practical insightful tips on how

Veritable Whispers (1605 +) to Overcome the Odds and Reclaim Your Life Nicholas Mag, The Miracle In this book Nicholas presents you a practical unique subliminal very simple detailed method of how to Overcome the Odds and Reclaim Your Life 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 Overcome the Odds and Reclaim Your Life 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 **Summary of Flow by Mihaly Csikszentmihalyi** QuickRead, Alyssa Burnette, Flow invites us to step outside the mundane experiences of our everyday lives to craft the optimum psychological experience through making a few simple yet radical choices in our everyday lives Exploring the overall dissatisfaction with life and obsession with instant gratification which besets humanity psychologist Mihaly Csikszentmihalyi presents a new method of attacking the status quo By challenging ourselves to learn new skills develop our passions and fine tune our senses Csikszentmihalyi posits that we can generate a state of happiness and focus which will help us find our flow that psychological state of pleasure engagement and satisfaction which brings meaning to our lives Do you want more free book summaries like this Download our app for free at <https://www.QuickRead.com> App and get access to hundreds of free book and audiobook summaries **DISCLAIMER** This book summary is meant as a preview and not a replacement for the original work If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be If you are the original author of any book on QuickRead and want us to remove it please contact us at hello@quickread.com **The Yes Frequency** Gary Quinn, 2014-01-01 Filled with practical and deeply insightful strategies this concise guide offers methods for breaking old habits becoming more successful and giving life a greater purpose Focusing on recurring problems existent in today's hectic world readers will be encouraged step into a positive vibration frequency to access inner power creativity and intuition Recognizing the ways in which fear creates chronic anxieties and alienation new approaches are explored for healing limiting wounds opening a path for an optimistic life approach geared towards discovering and manifesting one's desires **Reclaim Your Superpowers** Ava Miles, 2020-08-17 An exquisite exploration Dr Shawne Duperon Nobel Peace Prize Nominee A life changing journey Crystal Andrus Morissette S W A T Institute A must read Angela Polidoro former Editor for Random House's Ballantine Bantam Dell International Bestselling Author Ava Miles shows readers how to overhaul the false power ruining their lives and reclaim their true power their superpower to live their best life perfect for fans of Brene Brown Here are all the tools you need to save your own world cape supersuit and a new bad ass attitude implied Kathia Zolfaghari International Bestseller and Kung Fu Master Do you remember the last time you believed you could do anything When you were your own superhero strong and capable and in charge of your life Many of us were plugged into our true power in childhood but it was disconnected as we grew up and graduated as adults in our communities the work force and our relationships Now current events have kicked us in the gut and plunged us into new depths of powerlessness Never before have we needed to relearn and reclaim our true power Ava worked with top leaders in the world's greatest power centers formulating plans to rebuild war zones and implementing them on the ground Through her work she learned true power creates a better life false power destroys it Her ring side seat to zero sum power led her to search for a new kind true instinctive personal power In Reclaim Your Superpowers Ava guides us through the steps she took to reclaim her own life going from a rat race professional to an international bestselling author

living her dream life from zero to sixty This cutting edge guide gives you a practical blueprint on The ins and outs of real personal power Diving into your fears and misuses around power How to assess where you re using false power and getting nowhere Spotlight Tools to identify the origin stories holding you back Take Back Tools to reconnect you to your true power Super Tools to tease out your winning traits to plan and manifest what you really want It s time to take back your power your superpowers It s time to start living your best life Reclaim Your Superpowers is part of The Lost Guides to Living Your Best Life series a complete system to help us reclaim the nine superpowers essential to rocking life Ava Miles is the international bestselling author of powerful books about love happiness and transformation As a former conflict expert Ava rebuilt warzones in places like Lebanon Colombia and the Congo to foster peaceful and prosperous communities While rewarding Ava recognized she could affect more positive change in the world by addressing the real roots of conflict and unhappiness In becoming an author she realized her best life healing the world through books Her novels have received praise and accolades from USA Today Publisher s Weekly and Women s World Magazine in addition to being chosen as Best Books of the Year and Top Editor s picks However Ava s strongest praise comes directly from her readers who call her books life changing The Lost Guides to Living Your Best Life represent the culmination of her work as a conflict expert life coach and wellness expert Reviews Ava gives us the tools we need to reclaim our everyday joy and honest expression Rediscover my inner superpowers Yes please The Lost Guides are a world changer Well done Ava International Bestseller and Kung Fu Master Kathia Zolfaghari A life changing journey every woman will want to take Crystal Andrus Morissette Founder of the S W A T Institute Simply Woman Accredited Trainer Miles series is an exquisite exploration of internal discomfort and courage allowing you to reclaim your divine soul and fully express your womanhood I highly recommend Dr Shawne Duperon Project Forgive Founder Nobel Peace Prize Nominee on The Lost Guides Miles provides us with essential advice on how we can shed the beliefs that are making us miserable and find our way back to our inner goddesses She guides us through the sometimes turbulent waters of the issues that matter most to us relationships sex finances self expression self image etc This is must read Angela Polidoro former Editor for Random House s Ballantine Bantam Dell Pushing the envelope is edgy Change is never comfortable Ava Miles takes us out of our comfortable chitchat cocoon and shows us how to become those butterflies all women are destined to become no matter what they face in life The series is a must read Risa Shimoda Outdoor Leadership Consultant and President of The Shimoda Group on The Lost Guides Let your adventure begin and unleash by reading this series Anna Levesque author of Yoga for Paddling on The Lost Guides This series delivers empowering advice without pulling any punches Liza M Shaw MA Licensed Marriage and Family Therapist of PowerToThrive com on The Lost Guides Ava Miles is a courageous fellow writer whose mission is to empower all women Aspen Matis author of the internationally bestselling memoir Girl in the Woods Ava gets to the heart of why some of us do toxic or hang around drama while helping us all realize we can have happy and loving relationships that don t clutter up our space or make us sick Courtney Cachet Celebrity

Designer TV Personality If you enjoy books by Brene Brown Gabrielle Bernstein Rachel Hollis Jen Sincero Mark Manson Shawn Achor Michael Singer Tony Robbins Deepak Chopra Shauna Niequist Gary Chapman John Leland and Gretchen Rubin you will love Ava's self help books **F*ck Like a Goddess** Alexandra Roxo, 2020-07-21 I felt as if I had had a cathartic emotional experience not by talking but by following Ms Roxo's coaching to tune into my energy and desire New York Times What if your deepest fears and wounds were the KEY to living a turned on passionate life sharing your gifts with the world and having mind blowing orgasms along the way And what if you could embrace all of you all of your messy wild raw sensual self exactly as you are right now AND still feel good This is what it means to f ck like a goddess literally and metaphorically To let life make love to you and enjoy every bit even the parts that hurt and to find the magic in all of it And this is your birthright So why is it so damn hard for women to simply feel comfortable in their own skin let alone feel strong and secure enough to freely share their gifts with the world Because each of us has been conditioned programmed and literally brainwashed into thinking we are not enough writes Alexandra Roxo and it is up to us to rewrite that story A prominent voice in transformational healing and the divine feminine Roxo shares tried and true methods that have led to both her own healing and that of hundreds of her coaching clients over the years We are in need of an uprising of bold wild women who have reclaimed their bodies and stand in their sacred sexuality for them she writes As women we need to liberate our voices step into total security within ourselves and fully own our raw sensual power finally letting go of the shame guilt denial and repression that's been put upon us The methods in this book will inspire you challenge you bring up your resistance and unleash your gifts It won't always be easy but if you do the work you'll discover what it really feels like to f ck like a goddess

Lite Up Your Work and Life Helen Roditis, 2012-07-01 ARE YOU YEARNING TO EXPRESS YOUR FULL POTENTIAL Helen Roditis has experienced what many employees and business owners experience daily pressure to keep it together while striving to thrive To revitalize her life and the lives of others she became a holistic leadership coach After coaching hundreds of clients she noticed that many are hungry for growth meaning and balance and a work environment that supports their development No matter what issues her clients brought to coaching their deeper yearning to live out their full potential was the same In response to this need Helen developed an integrated coaching model to help her clients identify and live out their full potential in work and life LITE Up Your Work and Life offers this same holistic coaching model to you Whether you're contemplating a new career experiencing a major transition or simply longing for more fulfillment these 6 essentials will help you discover your core purpose integrate your work and life with vibrant synergy and find peace in the fulfillment that comes from living out your full potential INSIDE YOU WILL FIND The Circle of LITE a holistic coaching model designed to help bring out your full potential step by step Exercises that will awaken your inner power to lead a purposeful career and life that reflects who you are How through a twist of fate Helen overcame her own self limiting beliefs and began expressing her essence and more Helen Roditis an Associate Certified Coach International Coach Federation member and founder of

essence coaching brings over 20 years of professional and personal experience to her work Her articles Empower Your Employees and Reap the Rewards and Proactively Managing Employee Stress have been published in Canadian business magazines Connect with Helen at www.helenroditis.com **Your Life After Trauma** Michele Rosenthal,2015-03-02 Restoring your sense of self after trauma In 1981 as a thirteen year old child I was given a routine antibiotic for a routine infection and suffered anything but a routine reaction An undiscovered allergy to the medication turned me into a full body burn victim almost overnight By the time I was released from the hospital I had lost 100% of my epidermis Even more importantly I had completely lost myself Now a professional coach who specializes in helping trauma victims rebuild their lives Michele Rosenthal struggled with the effects of medically induced post traumatic stress disorder PTSD for over 25 years before reaching a full recovery Today she is 100% free of symptoms of PTSD In this book she applies her personal experience and professional wisdom to offer readers an invaluable roadmap to overcoming their own trauma in particular the loss of sense of self that often accompanies it If you suffer from the effects of trauma or PTSD whether it was caused by a single incident like a car accident or from chronic childhood abuse domestic violence illness or war trauma you are well aware of how disconnected you feel from the person you most deeply wish to be Trauma interrupts even hijacks your identity To cope you may rely on mechanisms to keep your emotions triggers and responses in check but these very habits can often prevent the true restoration of safety stability and inner connection How can you rediscover your sense of self so that you honor who you were before the trauma even if that trauma began at birth understand who you are at this very moment and determine who you want to be going forward Like a therapist in your back pocket Your Life After Trauma guides you in finding answers to these tough questions Expertly written by a helping professional who keenly understands the post trauma identity crisis that is so common among trauma and PTSD sufferers it is a simple practical hands on recovery workbook Filled with self assessment questionnaires exercises tips and tools not to mention insightful personal and professional vignettes it takes readers through a step by step process of healing the identity crisis from understanding some of the basic brain science behind trauma and why you feel the way you do to recognizing who you were or had the potential to be before the trauma who you are today after the trauma and who you want to become With this book by your side it is possible to regain a sense of calm confidence and control on your road to recovery **Reclaiming Your Life** Jean C. Jenson,1996-10-01 Provides practical and compassionate guidance on dismantling the childhood defenses of repression and denial Contemporary Psychology *Juggle!* Ian Sanders,2010-02-12 Juggle Rethink Work Reclaim your Life shows people how to carve out a work life that goes beyond a job title where The Work You is The Real You The Best You where you can mix up your passions and celebrate your multi dimensional talents Where there are no limits to what you do and where you mix up work and play to get the most out of life The book reveals the insight of leading Jugglers with contributions from Kevin Roberts CEO Worldwide of Saatchi Mike Southon Financial Times columnist and best selling business author Gary Vaynerchuk Wine entrepreneur and

Internet celebrity Roxanne Darling Hawaii based coach speaker new media advisor and video blogger Juggle is for anyone searching for fresh ideas and solutions to re frame their worklife Jugglers Rule And here s your blueprint to living and loving the Juggle Life Kevin Roberts CEO Worldwide Saatchi Saatchi www.planetjuggle.com Reclaim Your Power J. L. Hart,2025-06-14 Reclaim Your Power The Freedom of Letting Go is your path to emotional freedom inner peace and personal empowerment Feeling overwhelmed burned out or stuck in the cycle of perfectionism This book offers a powerful shift stop trying to control everything from your career to your relationships and start focusing on what truly matters YOU Through science backed strategies real life stories and practical exercises you ll learn how to Break free from burnout by understanding the hidden costs of control Manage stress anxiety and self doubt with proven tools Redefine success on your own terms and live in alignment with your values Set healthy boundaries and create your Vision of Fulfillment Whether you re chasing approval navigating toxic relationships or simply craving peace this book will help you embrace uncertainty shift your mindset and reclaim your power Let go and watch your life unfold in ways you never imagined *The Wedding Dress Sewing Circle* Jennifer Ryan,2023-05-30 Three plucky women lift the spirits of home front brides in wartime Britain where clothes rationing leaves little opportunity for pomp or celebration even at weddings in this heartwarming novel based on true events from the bestselling author of *The Chilbury Ladies Choir* After renowned fashion designer Cressida Westcott loses both her home and her design house in the London Blitz she has nowhere to go but the family manor house she fled decades ago Praying that her niece and nephew will be more hospitable than her brother had been she arrives with nothing but the clothes she stands in at a loss as to how to rebuild her business while staying in a quaint country village Her niece Violet Westcott is thrilled that her famous aunt is coming to stay the village has been interminably dull with all the men off fighting But just as Cressida arrives so does Violet s conscription letter It couldn t have come at a worse time how will she ever find a suitably aristocratic husband if she has to spend her days wearing a frumpy uniform and doing war work Meanwhile the local vicar s daughter Grace Carlisle is trying in vain to repair her mother s gown her only chance of a white wedding When Cressida Westcott appears at the local Sewing Circle meeting Grace asks for her help but Cressida has much more to teach the ladies than just simple sewing skills Before long Cressida s spirit and ambition galvanizes the village group into action and they find themselves mending wedding dresses not only for local brides but for brides across the country And as the women dedicate themselves to helping others celebrate love they might even manage to find it for themselves The Loss That Binds Us Sweta Vikram,2024-04 Follow a Trail Blazed Through Grief s Landscape *The Loss That Binds Us* is a beautifully written grief manual from the heart When the agony of losing a beloved one strikes you will find solace comfort and even inspiration within it The 108 practical tips help navigate the multitude of emotions brought on by loss Let Sweta s guidance help begin your own healing and move on or support someone who is grieving The book looks at grief in its various facets and helps you identify what you are experiencing Following her own journey through grief of losing her parents the author

helps you acknowledge understand and accept what you may be experiencing An intentional insightful deep raw sometimes funny and always real book this is one you will turn to if you are experiencing loss You ll want to keep this book by your side as a trusted ally If you are experiencing the loss of a loved one or the loss of love in your own heart then pick up this read and dive in You will emerge with a sense of priceless wholeness that we all gravely need in this modern life bereft of the fabric of community that has long been our human right Victor Briere Ayurvedic Doctor Vikram sheds light on the various stages of grief coping with it emphasizing emotional and mental wellbeing and leaves you with practical suggestions to embrace your grief and live through it Inder Kalra M D The book provides concrete and realistic tools and tips for grieverers at any stage in their journey Sweta s ability to interweave education about grief with her own lived experience demonstrates the power our cultures and communities have in learning to live with grief Shelby Remillard LMHC Senior Therapist and Assistant Clinical Director Steady NYC Grief is a universal experience we all endure In her book The Loss that Binds Us Sweta asks us to think of grief as a cycle and to be prepared for its temperamental nature The book provides 108 tips that will deepen your understanding of grief and hand you the tools to quietly but surely soldier on The book is hopeful gentle and kind It maintains that navigating grief and swimming to the other side is a lot of work but with time it s possible Mamta Singh documentary filmmaker From Modern History Press www.ModernHistoryPress.com **Finding Your Own Happy** Elana

Davidson,2018-10-02 Why do some people have to work so hard to find happiness Discover the practices that can help on your journey to contentment Have you been a soul searcher all your life A seeker a quester for greater understanding of yourself and the human experience Do you long to be able to be in this world in ways that you can feel truly sane and happy Maybe life feels more intense and emotional for you than it does for those around you or you wonder if you re just crazy because you seem to experience the world so differently than other people do Perhaps you wonder if you ll ever get to a place of truly feeling happy You re smart conscious and self reflective You seem to be doing all the right things So why can t you seem to get there despite everything you ve tried Part practical self help guide part honest and personal account of one soul searcher s quest for happiness Finding Your Own Happy shows you The surprising number one thing you ve been missing that has kept you from your happiness until now Why all the things you ve tried that seemed to work for other people actually couldn t work for you Practical tools and practices that can immediately change your experience and put you on the path to true and lasting happiness in your life If you re tired of trying so hard or searching for answers you cannot seem to find let the insight and tools Elana Davidson has gained from years of working with clients and decades of searching for the missing keys to her own happiness support and guide you to a place of greater peace and fulfillment in your life *Hypnosis*

Treatment for Addictions Kristi O'Neill,2001-01-20 This book offers an invigorating highly professional and rapid way to end major addictions with hypnosis It is a great investment of your time and money for professional training in the field You are provided with unique and complete word for word hypnosis sessions to treat individuals and groups These sessions have

been used in Dr O'Neill's own clinic for over 15 years To further enhance the healing process you can offer Dr O'Neill's professional hypnosis audiotapes for use between sessions The goal is to have your clients reach their healthy goals in the shortest number of sessions Dr Milton H Erickson the world renowned expert in the field of medical hypnosis said it best Hypnosis is the safest fastest and most effective form of psychotherapy The hypnosis sessions you will do from this book are sure to increase your referrals from satisfied clients and add to your professional reputation

BOOK 1 HYPNOSIS SESSIONS TO STOP SMOKING In Book 1 you will be trained to perform excellent hypnosis There are unique word for word beginning middle and final sessions for stopping smoking with individuals and groups These are followed with powerful advanced hypnosis techniques Knowledge of mind brain activities is presented Also included are verbatim hypnosis sessions for excellent health and peak performance

BOOK 2 HYPNOSIS SESSIONS TO STOP DRUG ABUSE Book 2 gives hypnosis training to stop all drug addictions It has seven complete word for word sessions for stopping individual drug abuse and four group sessions for drug addictions Stress reduction and pain management techniques follow Instructions for stress reduction homework and sessions to increase self esteem and personal success are given in detail

BOOK 3 HYPNOSIS SESSIONS FOR WEIGHT LOSS ALCOHOL ABUSE There are eight verbatim individual and group sessions for weight control These are followed by four hypnosis sessions to stop individual alcohol abuse This is followed by group hypnosis for alcohol abuse Included are items covering the 12 step program and additional sessions follow for sexual fulfillment

Mars and Sex Trish MacGregor, 2023-11-27 The Edgar award winning author and astrologer unlocks the mystery of sexual compatibility energy and happiness In Mars and Sex renowned astrologer and author Trish MacGregor will help even the most sexually reticent awaken their capacity for intimacy and love What turns you on What are you looking for in a partner Great sex or great romance or a combination of the two Each of us has a sexual blueprint that describes our strengths and insecurities our emotional investment in sex whether we tend toward monogamy or variety possessiveness or detachment and what we're looking for in a partner In Mars and Sex Trish MacGregor guides you in exploring your sexuality according to the potential promised in the combined energies of your sun sign and the sign that Mars was in when you were born As Freud said Sex is everything who we are in bed is who we are in life But even Freud would be astonished at how our sexual blueprint plays out in daily life Our sexuality manifests itself in our hobbies creative interests politics and our worldview It influences the products we buy the movies we see the books we read It lies at the heart of who we are as individuals and as a culture And yet most of us are clueless about those deeper forces inside ourselves We stumble around in the dark hoping that we will find the right sexual or romantic partner or some combination of the two but all too often we make the wrong choices The secret of sexual and romantic compatibility lies in the 144 combinations of the Sun and Mars your sexual blueprint Once you understand it fulfillment in the bedroom and in life is just a heartbeat away

Soul Recovery Amelia Hartfield, 2025-10-16 Reclaim Your Power and Transform Your Inner World Step into a journey of profound healing and self discovery with this

deeply insightful guide Within its pages lies a roadmap to shed the weight of toxic relationships and codependency inviting you to embrace your true energy and self worth Every chapter offers compassionate wisdom and practical tools designed to help you recognize unhealthy patterns set sacred boundaries and nurture a vibrant authentic sense of self Imagine waking up each day feeling energized grounded and clear on who you are and what you deserve This book reveals spiritual practices and mindful techniques that empower you to reconnect with your soul s deepest desires fostering resilience and compassion You ll learn how to navigate setbacks with grace forgive without losing your power and cultivate joy and gratitude as everyday companions With guided rituals meditations and affirmations the path to reclaiming your personal sovereignty becomes both accessible and transformative If you ve ever struggled with emotional entanglements or felt diminished by others expectations this book offers a sanctuary for renewal It invites you to explore healing in a holistic way integrating mind body and spirit while building supportive connections that honor your boundaries Whether you re beginning your recovery or seeking to deepen your spiritual growth these pages serve as a beacon lighting the way toward empowered love and lasting peace Take the first step toward living fully in your authentic power Discover how to protect your energy celebrate your progress and become a source of conscious love in the world Your soul s recovery awaits are you ready to answer the call

How to Ditch Your Smartphone and Get Your Life Back Dana Krystle ,2025-09-05 Look at your smartphone It s a camera a map a library a television a newspaper a bank and a portal to everyone you know It is the ultimate symbol of modern convenience a miracle of technological convergence we were told would simplify our lives So why do so many of us feel drained by it Why do we find ourselves scrolling mindlessly instead of engaging meaningfully Why does a device designed to connect us so often leave us feeling disconnected from our work our hobbies and even the people right in front of us We have fallen into the all in one trap We ve centralized our entire digital lives into a single compelling and distracting device Its design promises efficiency but delivers fragmentation It offers endless choice but undermines our ability to choose deliberately It holds everything we need yet we feel we own nothing of substance This book is not a call to throw your phone into the ocean It is a guide to something more practical and more powerful decentralization

Decentralization is the conscious practice of dismantling the all in one trap It is the deliberate move of taking specific functions your reading your music your photography your focus out of your smartphone and entrusting them to something better either a dedicated device designed for a singular purpose or an established routine that doesn t require a screen This is the antidote to the anxiety of the endless feed and the fatigue of constant notifications It is a return to intention where you choose what to engage with rather than accepting what is served It is an investment in depth building skills and memories instead of just killing time It is a commitment to ownership curating a library of music books and art you truly love rather than renting a fleeting algorithmic stream Within these pages you will explore how to Reclaim your focus by using dedicated tools like e ink readers notebooks and cameras that eliminate digital distraction Rediscover depth through the deliberate

rituals of listening to a full album on a record player navigating with a map or reading a physical book Rebuild your attention by establishing routines that start and end your day without a screen from analog alarm clocks to morning pages in a journal Redefine your relationship with technology moving from being a passive user served by algorithms to an active curator of your own life This is not a rejection of technology but a smarter more human centered application of it It s about choosing the right tool for the job and in doing so choosing the right life for your mind The path to a richer more real and more uniquely yours life doesn t require a revolution it just requires a few thoughtful changes P S Your escape from the black mirror device begins now

Waiting Nighat Gandhi, 2019-04-04 In this new collection by well known author Nighat Gandhi the private worlds of women open themselves up to the reader Inside their homes are women trapped in a state of continuous limbo waiting for change young girls struggling for the purity that religion demands of them new mothers who wonder at the absence of desire Outside the seasons change trees shed their leaves the sky becomes overcast sounds float in to them and they wonder about the meaning of life Each of the stories bring questions for the reader their nuanced telling and their unsparing truthfulness leave readers with a sense of discomfort as they confront their own demons Love longing loss aging survival hope and self invention in other words life are what these stories are about

Delve into the emotional tapestry woven by Crafted by in Experience **Love Your Work Reclaim Your Life** . This ebook, available for download in a PDF format (*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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Love Your Work Reclaim Your Life Introduction

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