

Revitalize YOUR LIFE



Revitalize Your Life

Poppy Smith



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The Science of Living Well Dr. Rashmi H Poojara, Dr. Sheeba Gopalakrishnan U, Ms. Ansu Tom, Ms. Abirami A K, 2025-05-06 This book titled The science of living well Latest research and trends in lifestyle management is a compilation of articles by academicians from across the country The topics covered are in line with focal themes Health and Wellness Ergonomics Women s Studies Environmental Science Health and Nursing Science Behavioral science and Psychology Food Technology and other Allied fields In its initiative to achieve excellence in research the Department of Home Science and Center For Research St Teresa s College Autonomous Ernakulam convenes a National Conference REAP Research Advancement Programme every year which brings together scholars guides students and academicians to reflect upon research areas and to share their thoughts on new knowledge production It is also a venue to identify and survey research frameworks and set out dominant paradigms elaborate applications of research writing raise important researchable issues and provide a compendium of resources on socially responsible research and provide an opportunity for research scholars and students to present their research work

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Spiritual Facelift Victoria Holt, 2011-08-23 Every year billions of dollars are spent on the beauty industry as women strive to keep young and look beautiful Their desire for youthful beauty has become such an obsession that many feel compelled to inject their face with

poison or risk their life with dangerous plastic surgery procedures In her new inspiring beauty book Victoria tells women to put down that knife and get on with your life *Spiritual Facelift* is a spiritual guide to inner and outer beauty packed full of ancient and modern day spiritual wisdoms and techniques to help women naturally tap into their eternal fountain of youth transforming both their bodies and their lives Of her book Victoria says It will deeply change the cellular makeup of everyone who reads it helping them feel and look good from the inside out *Fired Up: Conquering Sales Burnout, Igniting Motivation* Dina Christensen, Dive into an exploration of strategies to reignite passion stoke motivation and navigate the challenges that emerge in the competitive sales industry Travel alongside the protagonist as they explore practical techniques expert insights and inspiring anecdotes that provide a fresh outlook on success in sales Brace for a transformative experience that will energize and empower individuals paving the way for tremendous growth and renewed enthusiasm in the world of sales *Claim Your Power* Mastin Kipp,2017-09-12 Has your vision board turned into just wishful thinking Do you believe in the power of intention and goal setting but are losing self respect because you aren't following through Do you feel completely stuck in life If things haven't been going the way you've planned know this Everything changes the moment you discover your life's unique Purpose Success love abundance health and well being and vibrant energy are all by products of leading a Purpose filled life Maybe you don't know what your life's Purpose is or you don't believe you have one or you thought you knew what it was and you lost it If that's the case It's Time to Claim Your Power Join best selling author and Functional Life Coach Mastin Kipp as he guides you on a 40 day journey inspired by Joseph Campbell's model of the hero's journey to identify and dissolve whatever's holding you back break free from trauma and victimhood and transform your life Not only will you change your life for the better but in doing so you'll improve the lives of the people you love With *Claim Your Power* you'll wake up energized by the momentum you've unleashed an energy that will only increase with each new accomplishment and breakthrough And you'll discover the peace and sense of self respect that comes only to those who follow through and bring their Purpose to life Are you ready We've got no time to waste Your life's unique Purpose is calling and so are all those whose lives you're meant to touch Remember to get out there take action and make it real *Sons And Daughters Of Intimacy* Mariano Sennewald,2017-10-01 There is a generation that is about to manifest They are not born of rules regulations and principles of men They are revolutionaries who will be birthed in intimacy God will enlighten hundreds who will manifest to humanity the heart essence of the uncreated Being Do not look for them among the crowd they are lost in the Father's business They are heirs of eternity they are Sons and Daughters of Intimacy Be part of the generation that will manifest God on earth

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