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Would You Like A Story Massage? For Parent & Child Lulu.com A wonderful collection of fun rhymes and easy to learn massage routines, all beautifully illustrated to bring calm, relaxation and a positive tactile experience for parent and child. Routines can be carried out in a seated position working over clothes, to involve massage of the back, shoulders, arms and head only. Alternatively, if offered as part of a bedtime routine, or to a disabled child who cannot sit unaided, or to soothe at times of poor health, the routines can also be performed in a laying down position with or without the use of oil/cream. Suitable for all children over 18 months of age. As Story Massage has also proven to be beneficial to children with life-limiting illnesses, an agreed percentage of the proceeds of each sale of this book is to be donated to Chestnut Tree House, a children's hospice based in Sussex, UK. **A Massage Therapist's Guide to Pathology Lippincott Williams & Wilkins** The best-selling pathology textbook for massage therapy is now in its Fourth Edition. The book presents detailed information on the etiology, signs and symptoms, and treatment of over 200 diseases and conditions, emphasizing how massage influences the disease and healing processes and how therapists can maximize the benefits while minimizing the risks. This edition includes Modality Recommendation Charts offering specific advice about modalities to pursue or avoid in various circumstances. The book has been reorganized to include an introductory chapter on fundamental concepts and a concluding chapter on cancer. New topics covered include myeloma, sickle cell disease, and autism spectrum disorders. A bound-in CD-ROM includes animations, video clips, interactive flashcards, quiz questions, an audio glossary, and printable client history forms. **Calling Bullshit The Art of Skepticism in a Data-Driven World Random House** Bullshit isn't what it used to be. Now, two science professors give us the tools to dismantle misinformation and think clearly in a world of fake news and bad data. "A modern classic . . . a straight-talking survival guide to the mean streets of a dying democracy and a global pandemic."—Wired Misinformation, disinformation, and fake news abound and it's increasingly difficult to know what's true. Our media environment has become hyperpartisan. Science is conducted by press release. Startup culture elevates bullshit to high art. We are fairly well equipped to spot the sort of old-school bullshit that is based in fancy rhetoric and weasel words, but most of us don't feel qualified to challenge the avalanche of new-school bullshit presented in the language of math, science, or statistics. In **Calling Bullshit**, Professors Carl Bergstrom and Jevin West give us a set of powerful tools to cut through the most intimidating data. You don't need a lot of technical expertise to call out problems with data. Are the numbers or results too good or too dramatic to be true? Is the claim comparing like with like? Is it confirming your personal bias? Drawing on a deep well of expertise in statistics and computational biology, Bergstrom and West exuberantly unpack examples of selection bias and muddled data visualization, distinguish between correlation and causation, and examine the susceptibility of science to modern bullshit. We have always needed people who call bullshit when necessary, whether within a circle of friends, a community of scholars, or the citizenry of a nation. Now that bullshit has evolved, we need to relearn the art of skepticism. **Indonesia (Rough Guides Snapshot Southeast Asia) Rough Guides UK** The Rough Guides Snapshot Southeast Asia on a Budget: Indonesia is the ultimate backpacker's guide to this breathtaking country. It leads you through the country with reliable information and comprehensive coverage of all the top sights and attractions, from the orang-utans of Bukit Lawang to the dance performances of Ubud, alongside cash-saving tips and suggestions for when you feel like treating yourself. Detailed maps and up-to-date listings pinpoint the best cafés, restaurants, hotels, shops, bars and nightlife, ensuring you make the most of your trip, whether passing through, staying for just a few days or longer. **The Rough Guides Snapshot Southeast Asia on a Budget: Indonesia** covers Java, Sumatra, Bali, Lombok and the Giki Islands, Sumbawa, Komodo and Rinca, Flores, Sumba, Kalimantan, Sulawesi and Maluku. Also included is the Basics section from the Rough Guide to Southeast Asia on a Budget, with all the practical information you need for travelling in and around Indonesia, including transport, costs, health, food and drink, culture and accommodation, plus a handy itineraries section. Also published as part of the Rough Guide to Southeast Asia on a Budget. **The Rough Guides Snapshot Southeast Asia on a Budget: Indonesia** is equivalent to 184 printed pages. **Acupressure and Reflexology For Dummies John Wiley & Sons** Features healing routines and illustrations to guide you Ease your aches and find relief through the power of touch Searching for alternative treatments for pain? This friendly, do-it-yourself guide introduces you to the basics and benefits of acupressure and reflexology, showing you step by step how to nurture your emotional and physical well-being and that of someone else. You'll see how to target specific body parts to address your ailments and improve your emotional as well as your physical well-being. Understand basic healing principles Relieve your specific aches and pains Boost your immune system Address age-related ailments Find professional help Occupational Outlook Handbook **Moon Ecuador & the Galápagos Islands Moon Travel** Canoe through the Amazon, explore the bustling capital of Quito, snorkel in the Galápagos, or kick back on the coast: Embark on an unforgettable adventure with Moon Ecuador & the Galápagos Islands. Inside you'll find: Flexible itineraries for spending time in the Sierras, the Amazon, the coast, Quito, and the Galápagos Islands Strategic advice for ethical travelers, adventure lovers, budget travelers, history and culture buffs, wellness seekers, and more Must-see highlights and unique experiences: Hike through the Amazon rainforest, paddle across lily-covered lagoons, and spot camian, tapir, or pink river dolphins. Dive with hammerhead sharks in the Galápagos, cycle the epic waterfall route in Baños, and watch the sun rise over the peaks where the Amazon meets the Andes. Wander cobbled colonial streets and gaze up at snow-capped volcanoes rising from wildflower-strewn grasslands. Take a surfing lesson in Montañita, and relax on the beach with a mojito in hand How to ethically experience Ecuador like an insider, support local and sustainable businesses, and respectfully engage with the indigenous communities, including those with shamanic traditions Expert insight from local author Bethany Pitts on where to eat, how to get around, where to stay, and how to avoid crowds Full-color photos and detailed maps throughout Reliable background on the landscape, climate, wildlife, and history, as well as health and safety advice, environmental issues, and common customs and etiquette Handy tools including a Spanish phrasebook, volunteer opportunities, packing suggestions, and travel tips for families with kids, seniors, travelers with disabilities, and LGBTQ travelers With Moon Ecuador & the Galápagos Islands' practical tips and local know-how, you can plan your trip your way. Exploring more of South America? Check out Moon Chile or Moon Colombia. **Well Played, Cupid Writersgram Publications** A heart-warming collection of short snippets that will take you back to the times when things were dreamy. Well played, cupid talks about love, separation, and emotions. As humans, we often regret parting ways but there is more to it than just tears and blames. Of unsaid promises and facing truths, this book will sum up all your feelings in one go. **Lonely Planet Pocket Phuket Lonely Planet Lonely Planet Pocket Phuket** is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Find your perfect white beach, rock-climb at Railay Beach or dive in the aquamarine waters of the Similan Island; all with your trusted travel companion. **Start Your Own Hair Salon and Day Spa Your Step-by-Step Guide to Success Entrepreneur Press** Aspiring entrepreneurs learn the ins and outs of starting their own successful business in one of today's hottest industries: beauty. From laying the groundwork for starting a small business and establishing themselves in the marketplace to holding their grand opening and developing service policies, this step-by-step guide takes beauty enthusiasts from big-picture plans to day-to-day dealings at their new spa and salon. Soon-to-be business owners also get an insider's perspective from beauty industry practitioners and experts who offer tips, advice, examples, and even their contact information to add to the many resources provided. **Chicago The Bulletproof Diet Lose Up to a Pound a Day, Reclaim Energy and Focus, Upgrade Your Life Rodale Books** In his mid-twenties, Dave Asprey was a successful Silicon Valley multimillionaire. He also weighed 300 pounds, despite the fact that he was doing what doctors recommended: eating 1,800 calories a day and working out 90 minutes a day, six times a week. When his excess fat started causing brain fog and food cravings sapped his energy and willpower, Asprey turned to the same hacking techniques that made his fortune to "hack" his own biology, investing more than \$300,000 and 15 years to uncover what was hindering his energy, performance, appearance, and happiness. From private brain EEG facilities to remote monasteries in Tibet, through radioactive brain scans, blood chemistry work, nervous system testing, and more, he explored traditional and alternative technologies to reach his physical and mental prime. The result? The Bulletproof Diet, an anti-inflammatory program for hunger-free, rapid weight loss and peak performance. The Bulletproof Diet will challenge—and change—the way you think about weight loss and wellness. You will skip breakfast, stop counting calories, eat high levels of healthy saturated fat, work out and sleep less, and add smart supplements. In doing so, you'll gain energy, build lean muscle, and watch the pounds melt off. By ditching traditional "diet" thinking, Asprey went from being overweight and sick in his twenties to maintaining a 100-pound weight loss, increasing his IQ, and feeling better than ever in his forties. **The Bulletproof Diet is your blueprint to a better life.** **The Wellness Revelation Lose What Weighs You Down So You Can Love God, Yourself, and Others NavPress** What would it take for you to make a change? Weight loss can sometimes be a very self-focused endeavor. Maybe you have struggled with your weight your entire life, riding a constant roller coaster of numbers that go up and down. Or maybe you are finding yourself more stressed out by the world and all its demands. Perhaps you just don't feel as well in your body as you do in your spirit. In **The Wellness Revelation**, certified fitness professional Alisa Keeton will challenge you to get fit with God so that He can free you to complete your purpose. She teaches that when we get fit physically as well as spiritually, we will be better equipped to love and serve others. **The Wellness Revelation** will change the way you perceive yourself and the way that you live your life. Each week in this eight-week journey includes a teaching from Alisa, weekly assignments, Bible study, small-group questions, and more. Alisa will encourage you to love God, get healthy, and serve others; and she will provide you with the tools to spread the gospel with courage, confidence, kindness, and freedom. It's time to make a change from the inside out. **Massage Therapy Principles and Practice Elsevier Health Sciences** Covering massage fundamentals, techniques, and anatomy and physiology, this comprehensive text provides a solid foundation in massage therapy and manual therapy. Includes case studies, expanded rehabilitation content, an emphasis on kinesiology, coverage of Thai massage, lines drawings, and over 700 full-color illustrations.—From publisher description. **Massage Therapy - E-Book Principles and Practice Elsevier Health Sciences** Covering massage fundamentals, techniques, and anatomy and physiology, Susan Salvo's **Massage Therapy: Principles and Practice**, 5th Edition brings a whole new meaning to the word 'comprehensive.' This student-friendly text boasts more than 700 illustrations and expanded sections on neuroscience, research, and special populations, plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms. It makes the essential principles of massage therapy more approachable and prepares you for success in class, on licensing and board certification exams, and in a wide range of therapeutic practice settings. Clear, straightforward approach simplifies complex content for easier understanding. Complete anatomy and physiology section, in addition to material on techniques and foundations, gives you all the information you need in just one book. **Certification Practice Exam on Evolve** mimics the major certification exams in format and content, builds confidence, and helps increase pass rates. Over 700 high-quality illustrations, including line drawings and halftones, clarify difficult concepts in vibrant detail. Case studies challenge you to think critically and apply your understanding to realistic scenarios, foster open-mindedness, and stimulate dialogue. Profile boxes provide an inspirational, real-world perspective on massage practice from some of the most respected authorities in massage and bodywork. **Clinical Massage** chapter focuses on massage in clinical settings like hospitals, nursing homes, and medical offices to broaden your career potential. Two business chapters loaded with skills to make you more marketable and better prepared for today's competitive job market. Video icons refer you to the Evolve site featuring about 120 minutes of video covering techniques, routines, client interaction sequences, and case studies that facilitate the

learning process and the practical application of the material. Evolve icons listed in each chapter encourage you to go beyond the lecture and reading assignments and learn more on the Evolve site. Evolve boxes at the end of each chapter list Chapter Extras found on Evolve that reinforce concepts learned in the chapter. The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth Simon and Schuster "Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"-- The Old Country Dovecote Press Be Present in All Things, and Thankful for All Things A Maya Angelou Quoted Gratitude Journal for a Happier Life You'll love this Maya Angelou Gratitude Journal! It's extremely simple to start: simply write down the things you are grateful for on a daily basis. Stop what you're doing and take 15 to 20 minutes to reflect on your day. If this is your first gratitude journal, it's okay. Check out pages 2 and 3 of the interior to see what made Maya Angelou feel grateful. Journal filled with beautiful and uplifting quotes from Maya Angelou on every page. Take time to revisit your favourite quotes. Why a Gratitude Journal? Gives you a new perspective on what is important to you and what you truly appreciate in your life. Helps you feel calmer and lowers your stress levels. By noting what you are grateful for, you can gain clarity on what you want to have more of in your life, and what you can do without. Helps you learn more about yourself and become more self-aware. TIP: On days when you feel blue, you can read through your gratitude journal to readjust your attitude and remember all the good things in your life. Active Isolated Stretching The Mattes Method Self-Compassion The Proven Power of Being Kind to Yourself Harper Collins Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living. Trigger Point Therapy Prentice Hall Drawing on the author's 25 years of instructional experience, this book offers a proven, visual, and streamlined approach to mastering trigger point therapy for soft tissue pain relief. The use of direct compression to treat pain and discomfort from myofascial trigger point activity is examined in over 70 skeletal muscles. Trigger Point Therapy is designed for maximum simplicity. Overview chapters present important background information on relevant soft tissue anatomy, trigger point fundamentals (terminology, formation theory, and consequences), and trigger point deactivation. Each muscle - or muscle group - is then presented with focus on bodily location, osseous attachments, structural form, and principal functions. Relevant trigger point activity is detailed, including specific overloading factors, deactivation tactics, therapeutically-related muscles, and suggested stretches. The Art of Hearing Heartbeats Other Press, LLC A poignant and inspirational love story set in Burma, The Art of Hearing Heartbeats spans the decades between the 1950s and the present. When a successful New York lawyer suddenly disappears without a trace, neither his wife nor his daughter Julia has any idea where he might be...until they find a love letter he wrote many years ago, to a Burmese woman they have never heard of. Intent on solving the mystery and coming to terms with her father's past, Julia decides to travel to the village where the woman lived. There she uncovers a tale of unimaginable hardship, resilience, and passion that will reaffirm the reader's belief in the power of love to move mountains. How to Prevent the Next Pandemic Knopf From the author of the #1 New York Times best seller How to Avoid a Climate Disaster: The COVID-19 pandemic isn't over, but even as governments around the world strive to put it behind us, they're also starting to talk about what happens next. How can we prevent a new pandemic from killing millions of people and devastating the global economy? Can we even hope to accomplish this? Bill Gates believes the answer is yes, and in this book he lays out clearly and convincingly what the world should have learned from COVID-19 and what all of us can do to ward off another disaster like it. Relying on the shared knowledge of the world's foremost experts and on his own experience of combating fatal diseases through the Gates Foundation, he first helps us understand the science of infectious diseases. Then he shows us how the nations of the world, working in conjunction with one another and with the private sector, can not only ward off another COVID-like catastrophe but also eliminate all respiratory diseases, including the flu. Here is a clarion call—strong, comprehensive, and of the gravest importance—from one of our greatest and most effective thinkers and activists. The Oxford English Dictionary Vol. 1- 6

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Creative Integrative Medicine A Medical Doctor's Journey toward a New Vision for Health Care Balboa Press A family tragedy—the loss of his youngest brother at age eighteen from an osteosarcoma of the skull—triggered Dr. Drouin's interest in studying medicine. Unsatisfied with the model of healing he encountered in medical school, he explored many other models of medicine that eventually led him to practice what is now called integrative medicine. He soon realized that for these complementary medicines to be accepted and integrated into our health care system, they must be scientifically recognized and become part of the curriculum in medical schools. The entire foundation of our approach to health and disease must be redefined through a deeper understanding of reality as described by quantum physics. Dr. Drouin's initial quest has evolved into the creation of a medical and natural medicine curriculum that embraces this new paradigm of healing and the foundation of the International Quantum University for Integrative Medicine (Quantum University). The cost of an incomplete model of understanding in medicine has enormous consequences in the management of chronic and mind-related disease. Creative integrative medicine addresses the real questions and offers a solution to the present crisis in health care. "Dr. Paul Drouin is a true hero for writing this long overdue book. Finally, people are being told the truth about health, healing, and alternative treatments. This book has sound scientific proof to empower you back to true 'health' care instead of 'sick' care. Read and learn." —Joe Dispenza, DC, New York Times best-selling author of You Are the Placebo and Evolve Your Brain Entr'acte Performing Publics, Pervasive Media, and Architecture Springer Generally taking place in front of closed curtains during set changes between acts, the entr'acte delivers a fleeting new purpose and event to the otherwise sometimes inert space between stage and pit. This collection employs the entr'acte as a model for conceptualizing emerging formations of publics and of public space. Untangling the Maternity Crisis Routledge Arguing that contemporary maternity services provide a toxic environment both in which to practise and to give birth, this book looks at how we can change this. Its aim is promoting the best possible experiences of childbearing, and confident, strengthening and loving contexts for new parenthood. Designed to create awareness about the professional and political realities which enmesh maternity care, this inspiring volume features an in-depth and research-oriented analysis of the challenges faced by contemporary maternity services. Recognising the frequently hostile environment in which midwives practise, the contributors go on to explore its impact on women and families, as well as on midwives themselves. They then look at woman-centred and community-based ways of contributing to a much better birthing experience for all. Important and relevant for all those with an interest in improving maternity care, this book is particularly suited to midwives - practising and student, doulas, birth educators and activists, policymakers and health service managers. Earth Day Pebble Books Earth Day celebrates our beautiful planet and calls us to act on its behalf. Some people spend the day planting flowers or trees. Others organize neighborhood clean-ups, go on nature walks, or make recycled crafts. Readers will discover how a shared holiday can have multiple traditions and be celebrated in all sorts of ways. Not Book Nice notebook colourful notebook The Rough Guide to Vietnam Apa Publications (UK) Limited Discover this exciting destination with the most incisive and entertaining guidebook on the market. Whether you plan to take a boat trip through stunning Ha Long Bay, trek in the mountains around Sa Pa or browse Ho Chi Minh's markets, this new edition of The Rough Guide to Vietnam will show you the ideal places to sleep, eat, drink, shop and visit along the way. Inside The Rough Guide to Vietnam - Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour maps throughout - navigate the tangle of streets of Hanoi's Old Quarter or Ho Chi Minh's Cho Lon district without needing to get online. - Stunning images - a rich collection of inspiring colour photography. - Itineraries - carefully planned routes to help you organize your trip. - Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. Areas covered include: Mekong Delta; Hanoi; Ho Chi Minh City and Hoi An; Da Lat; Nha Trang; My Son; Mui Ne; Da Nang; Hue; Cat Ba Island; Sa Pa. Attractions include: Ha Long Bay; Cu Chi Tunnels; Lak Lake; Tam Coc; Po Klong Garai; Cao Dai Great Temple; Bahnar villages; Dong Van Karst Plateau Geopark; The Citadel, Hue and Tet. - Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, health, the media, crime and personal safety, festivals and religious events, sports and outdoor activities, shopping, travelling with children and more. - Background information - a Contexts chapter devoted to history, religion and beliefs, Vietnam's ethnic minorities, environmental issues, music and theatre, books, movies and film, plus a handy language section and glossary. About Rough Guides: Escape the everyday with Rough Guides. We are a leading travel publisher known for our "tell it like it is" attitude, up-to-date content and great writing. Since 1982, we've published books covering more than 120 destinations around the globe, with an ever-growing series of ebooks, a range of beautiful, inspirational reference titles, and an award-winning website. We pride ourselves on our accurate, honest and informed travel guides. Affinity for All Life Valuing Your Relationship with All Species Createspace Independent Publishing Platform When I was a little girl, I had a much older cousin. She was very kind and took time to talk to children. I loved her. But the older siblings called her something that I didn't understand. They called her a black sheep. It was difficult to understand what they were seeing in this kind, wonderful person who answered every question a child asked, explained things that others couldn't bother with, and treated me like I mattered. The contrast between how she treated me and how they treated her was troubling. One day, I was playing outside and found a toad next to the house. I wanted to take him home with me. She was very kind. She explained to me something that no one else ever bothered to tell me. She talked as if the toad had a life that he enjoyed and actually had feelings. She told me the toad was a daddy, and if I took him away, his children would be waiting for him to come home for work and would be really sad when he didn't come home. She went on to explain how much the baby toads would miss their daddy because I took him. She was actually teaching me very profound truths. She woke me to the fact that animals have consciousness, that they are not inanimate things here for my pleasure. She also taught me about my responsibility in being kind to animals. She taught me that my actions, no matter how casual they seem, have profound consequences. She taught me personal accountability in dealing with life in all forms. This experience has obviously had a profound effect on me. Just that one little exchange transformed me. She took the time to explain a life altering principle to a neglected little girl in a way I could understand. It was a seed that landed into my heart. It rippled into a great love and respect for animals and life of all kinds. This book is a compilation of all the different ways this lesson that I had as a child flourished into blossoms of love, healing, respect and kindness in regards to animals. May this book be a seed for humanity to weave their own love, healing, respect and kindness for animals into their own lives. May it cause a mass rise in consciousness in how we treat our kindred species. May the outmoded belief that man is the superior species be finally put to rest with the acceptance of the awareness articulated in this book. May this book be put into the hands of children of all ages to help them connect with their innate nature. May the stories and examples seep into the hearts and minds of all people. Perhaps, finally we will all be free to express our affinity for all life without being considered black sheep. V!VA Travel Guides Peru Viva Publishing Network A guidebook that contains reports and travel conditions in the areas South of Lima devastated by the August 2007 Pisco Earthquake. It helps visitors to explore Peru's ruins, including the Ollantaytambo, Cusco, the fortress of Kuelap, and also the white city of Arequipa, surrounded by snow capped volcanoes. CultureShock! Thailand: A Survival Guide to Customs and Etiquette Marshall Cavendish International Asia Pte Ltd CultureShock! Thailand is the complete guide for those who wish to make sense of the fascinating, manifold and often contradictory aspects of this ancient kingdom. Can you tell your tom yum goong from your tom kha kai? Do Buddhist monks eat meat? Why do Thais all seem to call each other "Khun"? When introduced to someone, do you shake hands, wai or do both? What is Buddhist Lent? What is a farang to make of the famous Thai Smile?

Whether you're in Bangkok for business, Hua Hin to soak up the sun, or on a retreat at a forest wat to find inner peace, get the most out of your stay with this essential guide written by an old hand to the intriguing mass of contradictions that is Thailand - the country with so much that is often both calming yet infuriating, passionate yet passive, and chaotic yet beautiful. Giving Up the Ghost Let Go Of Grief and Restore Your Life Xlibris Corporation LOVE NEVER DIES! OUR LOST LOVED ONES ARE STILL WITH US IN SPIRIT! Where do our loved ones go after death? What happens to them? This book explores the connection between the spiritual world (Heaven) and the physical world (Earth). This book is written by a Licensed Clinical Social Worker, Medium and Author, who has had experiences as a grief counselor that are mystical and spiritual in nature. There is another life for us on the other side. People continue to get signs from their lost loved ones in heaven in a variety of ways. Find out about the mystery of death, taken from real people with true stories. This book opens up a dialog about grief and the truth about life after death communication. We can help you demystify death, offer comfort and reduce the fear of the unknown. People can learn to let go of their suffering and restore their lives. "Science tells us that energy never dies, it only changes form. This is true as those we love transition out of their physical form and back into a true vibrant state. In spirit we are productive, active, and whole. They have the ability to be the biggest supporters and cheerleaders for those left in the physical world. Time doesn't stand still and we do not become frozen in thought or opinion. We continue to grow and thrive! Regularly in communication sessions, Spirits want to relay that they are well, and more importantly, still the person they have always been. This book hits all the right notes. A must read." Cindi Muntz, Spiritual Medium

Desiring God Meditations of a Christian Hedonist Multnomah Insightful and heart-warming, this classic book is written for those who seek to know God better. It unfolds life-impacting, biblical truths and has been called a "soul-stirring celebration of the pleasures of knowing God." The Egyptian Rose CreateSpace Before there was King Tutankhamun, there was King Akhenaten, Pharaoh of Egypt from 1353 - 1336 B.C.E. With his wife, Queen Nefertiti, known as the most beautiful queen of Egypt, and their six daughters, they changed the face of Egyptian history and culture forever. Meritaten, daughter of the Pharaoh, at the age of twelve, witnesses the very foundation of Egyptian beliefs crumble before her own eyes. When he decides to uproot their entire family from the capital in Thebes and create a new, more elaborate central locale named after himself, the people question his morals, his motives, and his dedication to Egypt. When he demands they tear down their temples and worship the Aten, an aspect of the God Ra, they challenge his beliefs and power. Now it is up to Meritaten to decide whether to obey her father's new laws or continue to follow the Old Ways alongside the very people the Pharaoh seeks to control. Emerging from the Mist Awakening the Balance of Female Empowerment in the World Createspace Independent Publishing Platform Every single person reading this book has agreed to do come together centuries ago when we all dispersed into the mist. We agreed to come back together when it was safe. We agreed to return to empowerment when the world so desperately needed to reawaken to the creativity, compassion, imagination and solace of their own stillness. We're fulfilling a promise we made to humanity, to share our abilities in a mixture of synergy and passion to awaken those who still slumber and to heal the ills of apathy and indifference. This book is a tool for the individual to realize their empowerment. It is for them to accept the mantel of mastership without the increment steps of waiting in time, giving their power away in proxy to a group or diminishing their worth through sitting at the feet of another. Wellbeing Tools for Optimal Aging Dorrance Publishing Well-Being Tools for Optimal Aging By: Marina Ustinova M.D. Aging is inevitable, but anti-aging practices can make a world of difference in our appearance, health, energy level, and overall well-being. In this book, Marina Ustinova, MD shows us how to achieve anti-aging qualities and a youthful attitude through body/mind medicine, kundalini yoga, and energy rejuvenation. Well-Being Tools for Optimal Aging is for everyone who wants to know themselves and their bodies better for a higher quality of life. It is also written for medical professionals to gain an understanding of the connection between the physical and subtle bodies. Gravity is a key reason why we experience negative qualities of aging, and these insights will share how to create a lighter energy of gravity and change the frequency of energy vibration to greatly impact well-being. Youth is associated with joy, an abundance of energy, and hope for future achievement. By following the insights in this modern interpretation of natural, ancient practices, we can experience a more youthful feeling and appearance. Ustinova offers a valuable guide for daily anti-aging practices, and a full 7-week lifestyle program filled with practical tools for rejuvenation that we can do at home. Death Drops A Natural Remedies Mystery Simon and Schuster Taking a sabbatical from her work as a natural remedies specialist to visit family in Long Island, Dr. Willow McQuade is shocked by her aunt's untimely murder and teams up with handsome police officer Jackson Spade to solve the crime, which is marked by the theft of her aunt's formula for an anti-aging product. Original. 35,000 first printing.