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Makes theology accessible to a wider audience, introducing readers to the core doctrines of the Christian faith and encouraging them to connect belief with everyday life. Too often, we settle for the notion that self-care means giving ourselves treats and rewards for good behavior. But it's so much more than that. Welcome to the self-care revolution! A day of indulgence at a spa—or at home on the couch—might help us unwind and feel temporarily renewed, but is that all there is to self-care? In this book Tracey Cleantis changes the dialogue and shows why real self-care is more than just routine self-indulgence—it's a lifelong practice that's essential to finding fulfillment and joy. An Invitation to Self-Care uncovers seven principles for care that are rooted in self-empowerment and self-knowledge. Through personal stories and observations, exercises and quizzes, and interviews with experts and everyday people, Tracey invites you to consider self-care across your relationships, finances, spiritual and professional life—and more. By accepting who we are, what we need, and how those needs evolve over time, we create space for self-care's transformational magic in our lives. In fact, an authentic self-care practice is the secret to the life you've always wanted. Everyone has a purpose. And, according to Oprah Winfrey, "Your real job in life is to figure out as soon as possible what that is, who you are meant to be, and begin to honor your calling in the best way possible." That journey starts right here. In her latest book, *The Path Made Clear*, Oprah shares what she sees as a guide for activating your deepest vision of yourself, offering the framework for creating not just a life of success, but one of significance. The book's ten chapters are organized to help you recognize the important milestones along the road to self-discovery, laying out what you really need in order to achieve personal contentment, and what life's detours are there to teach us. Oprah opens each chapter by sharing her own key lessons and the personal stories that helped set the course for her best life. She then brings together wisdom and insights from luminaries in a wide array of fields, inspiring readers to consider what they're meant to do in the world and how to pursue it with passion and focus. Renowned figures such as Eckhart Tolle, Brene Brown, Lin-Manuel Miranda, Elizabeth Gilbert, Jay-Z, and Ellen DeGeneres share the greatest lessons from their own journeys toward a life filled with purpose. Paired with over 100 awe-inspiring photographs to help illuminate the wisdom of these messages, *The Path Made Clear* provides readers with a beautiful resource for achieving a life lived in service of your calling - whatever it may be. A new edition of the #1 NYT's bestseller by Mark Nepo, who has been called "one of the finest spiritual guides of our time" and "a consummate storyteller." Philosopher-poet and cancer survivor Mark Nepo opens a new season of freedom and joy—an escape from deadening, asleep-at-the wheel sameness—that is both profound and clarifying. His spiritual daybook is a summons to reclaim aliveness, liberate the self, take each day one at a time, and savor the beauty offered by life's unfolding. Reading his poetic

prose is like being given second sight, exposing the reader to life's multiple dimensions, each one drawn with awe and affection. The Book of Awakening is the result of Nepo's journey of the soul and will inspire others to embark on their own. He speaks of spirit and friendship, urging readers to stay vital and in love with this life, no matter the hardships. Encompassing many traditions and voices, Nepo's words offer insight on pain, wonder, and love. Each entry is accompanied by an exercise that will surprise and delight the reader in its mind-waking ability. Are you looking forward to spending some quiet time with yourself? Simply Organized will take you one step closer to the peaceful life you've always dreamed of! In 5 years, Steve Kamb has transformed himself from wanna-be daydreamer into a real-life superhero and actually turned his life into a gigantic video game: flying stunt planes in New Zealand, gambling in a tuxedo at the Casino de Monte-Carlo, and even finding Nemo on the Great Barrier Reef. To help him accomplish all of these goals, he built a system that allowed him to complete quests, take on boss battles, earn experience points, and literally level up his life. If you have always dreamed of adventure and growth but can't seem to leave your hobbit-hole, Level Up Your Life is for you. Kamb will teach you exactly how to use your favorite video games, books, and movies as inspiration for adventure rather than an escape from the grind of everyday life. Hundreds of thousands of everyday Joes and Jills have joined Steve's Rebellion through his popular website, NerdFitness.com, and leveled up their lives—losing weight, getting stronger, and living better. In Level Up Your Life, you'll meet more than a dozen of these members of The Rebellion: men and women, young and old, single and married, from all walks of life who have created superhero versions of themselves to live adventurously and happily. Within this guide, you'll follow in their footsteps and learn exactly how to:

- Create your own "Alter Ego" with real-life super powers
- Build your own Epic Quest List, broken into categories and difficulty levels
- Hack your productivity habits to start making progress
- Train your body for any adventure
- Build in rewards and accountability that will actually motivate you to succeed
- Travel the world freely (and cheaply)
- Recruit the right allies to your side and find powerful mentors for guidance

Adventure is out there, and the world needs more heroes. Will you heed the call? Freedom from 'Christian slavery' Radical grace, radical love, radical life Mike Massé loved God and lived to reach the lost. He was admired for his commitment to the gospel and his passion for ministry. But for many years he harbored a private sense of unworthiness and inadequacy, striving to be "good enough"—until a grace conversion liberated him from the chains of expectation and requirement. Only as he came to recognize his true position in Christ did he find the power to love God and others as he desired—from the safe place of total acceptance. Challenging conventional wisdom, traditional thinking, and religious attitudes as he shares his experiences, Massé explains how you can find the same freedom to be who God has always said you are. With honesty, humor, and heart-felt conviction, he celebrates the liberty to be found in the radical truth between legalism and license. Mike Massé has been in ministry for almost 20 years. Part of the pastoral staff at River of Life Christian Fellowship in Tolland, Conn., he also oversees the youth movement, The Rising, with his wife, Becca. They are the parents of Micah, Josiah Talon, and a third on the way. Can you actually create the life you've always wanted? Heck yeah! From the bestselling author of So You Thought You Knew comes a refreshingly entertaining and inspiring journey that dips the reader's feet into the waters of science, philosophy and faith, reconciling these seemingly different worlds into something personal yet universal all at once. Filled with hilarious stories and life-changing insights, The Secret to Awesomeness is your guide to bending reality. LEARN HOW TO: - Love yourself Most women in the midst of careers, marriage, raising children, and caring for parents set their personal goals aside. The Me Project provides women with fun and creative ways to bring back the sense of purpose and vitality that comes with living out the plans and dreams God has planted in their hearts. Kathi Lipp's warm tone and laugh-out-loud humor will motivate women to take daily steps toward bringing purpose back into their lives and give them the confidence they can do it in spite of busy schedules. A woman who reads and applies The Me Project will discover the unique plan God has for her life and her role as a wife, mother, worker, or volunteer gather a community of like-minded women who want to make their goals a priority change her attitudes toward her roles in life, as well as how she approaches her personal goals This handy guide coaches women to do one simple thing toward achieving their goals each day for three weeks, bringing a sense of vitality and exhilaration back into their lives. The perfect companion to theological studies, this dictionary provides three hundred-plus definitions, including both English and foreign terms. A must-have for every theological reader. In this refreshingly candid look at what it takes to live a life of faith, John Ortberg takes an honest look at the misgivings and uncertainties that often shake our beliefs as we navigate through the highs and lows of life. Reflecting on his own bouts with doubt and uncertainty, Ortberg shares with readers his discovery that, rather than being a contradiction in terms, doubt and faith may be very much a part of each other. He challenges readers to consider how doubt can motivate us to study and learn, how questioning expands our understanding, and how uncertainty can lead to trust. These challenges point us toward the relief of being totally honest. The right kind of doubt can be a gift—an action-generating truth that actually allows us to deepen our faith and intimacy with God. Written to challenge, comfort, and inspire readers, Know Doubt reveals uncertainty as a cause for celebration. "[L]ike reading a great tragicomic Irish novel." —James Wood, The New Yorker "Masterful . . . astonishing." —Cullen Murphy, The Atlantic "A landmark history . . . Leavened by the brilliance of O'Toole's insights and wit." —Claire Messud, Harper's Winner • 2021 An Post Irish Book Award — Nonfiction Book of the Year • from the judges: "The most remarkable Irish nonfiction book I've read in the last 10 years"; "[A] book for the ages." A celebrated Irish writer's magisterial, brilliantly insightful chronicle of the wrenching transformations that dragged his homeland into the modern world. Fintan O'Toole was born in the year the revolution began. It was 1958, and the Irish government—in despair, because all the young people were leaving—opened the country to foreign investment and popular culture. So began a decades-long, ongoing experiment with Irish national identity. In We Don't Know Ourselves, O'Toole, one of the Anglophone world's most consummate stylists, weaves his own experiences into Irish social, cultural, and economic change, showing how Ireland, in just one lifetime, has gone from a reactionary "backwater" to an almost totally open society—perhaps the most astonishing national transformation in modern history. Born to a working-class family in the Dublin suburbs, O'Toole served as an altar boy and attended a Christian Brothers school, much as his forebears did. He was enthralled by American Westerns suddenly appearing on Irish television, which were not that far from his own experience, given that Ireland's main export was beef and it was still not unknown for herds of cattle to clatter down Dublin's streets. Yet the Westerns were a sign of what was to come. O'Toole narrates the once unthinkable collapse of the all-powerful Catholic Church, brought down by scandal and by the activism of ordinary Irish, women in particular. He relates the horrific violence of the Troubles in Northern Ireland, which led most Irish to reject violent nationalism. In O'Toole's telling, America became a lodestar, from John F. Kennedy's 1963 visit, when the soon-to-be martyred American president was welcomed as a native son, to the emergence of the Irish technology sector in the late 1990s, driven by American corporations, which set Ireland on the path toward particular disaster during the 2008 financial crisis. A remarkably compassionate yet exacting observer, O'Toole in coruscating prose captures the peculiar Irish habit of "deliberate unknowing," which allowed myths of national greatness to persist even as the foundations were crumbling. Forty years in the making, We Don't Know Ourselves is a landmark work, a memoir and a national history that ultimately reveals how the two modes are entwined for all of us. A beautiful invitation to discover your place in God's heart and let him set the pace for your life—from a wife and mother, singer-songwriter, and worship leader for Passion Conferences and IF:Gathering "Christy Nockels is a gentle, strong voice shepherding us into a fuller life with Jesus at the very center. This book will restore your weary soul."—Jennie Allen, New York Times bestselling author of Get Out of Your Head and founder and visionary of IF:Gathering Christy Nockels knows firsthand how easily our desire to serve God—even when using the gifts He has given us—can overshadow our delight in simply being with Him. When God called her to lay down her ministry for a season, Christy was forced to confront how her sense of purpose and worth had become tangled up in her work. God then lovingly invited her to discover true rest in His presence as she learned to live as the Beloved. In The Life You Long For, Christy shows us how to let go of hustle and achievement and instead find our identity in the quiet center of God's love. As we delight in being with Him, we are filled to overflowing with contentment and love that propel us into an entirely new way of being, one in which every act of service and every encounter with the people around us arise from a heart at rest. With irresistible warmth and grace, this book calls you to step fully into the life you didn't even realize you've been seeking, as you find your highest calling not in a duty to uphold but in a beautiful identity to live out. Let's be honest, the life you lead isn't what you've always dreamt. And maybe the person you've become isn't who you've always imagined. Sure, you can clean it up. You can work longer, love harder, and eat better. You can scrub the surface of your life until it gleams and still never address the fact that somehow you lost sight of who you really are and what you're living for. Is this the life you were meant to live? As the child of Nigerian immigrants in the UK, author

and speaker Jo Saxton knows firsthand how quickly the world can cause us to doubt our dreams and question who we are. She understands how easily we can exchange our true child-of-God selves for an identity built on lies, guilt, and brokenness. In this powerful book, Jo examines Biblical figures and shares her personal story as she invites you to turn to the One who knows you intimately and loves you deeply. He sees all you've struggled to hide. He hears the voice inside you that others have silenced. He knows the potential and purpose that no one valued. He longs to redeem the story of your life and set you on the path to reclaim The Dream of You. Are you ready? Life is meant to be filled with whole wealth: health, happiness, relationships, financial abundance and time. The life you are living is your story. You have two choices; you can watch the story unfold around you or you can choose to be the author of your success! Have you ever felt trapped in the life you're living? Have you ever felt that you've become a prisoner to your job or unhealthy relationships? Perhaps you've struggled to make ends meet? You're not alone and this book is for you! This book will show you how to become financially independent, so you don't need to spend 2000 hours a year working at a job for the next 30 years. Lifestyle by Design will help you to improve your life and attain your full potential. Using proven strategies to create income and wealth without a job you will be able to separate yourself from the rat race. Lifestyle by design is a guidebook that helps you reflect upon your life goals and make a concrete plan for how to achieve them. Using the blueprints, templates and resources provided, you'll be able to map-out the path of least resistance to achieving your goals. It's packed with practical examples of how real people just like you and I have created a life of financial independence. This book unpacks the secrets of designing whole wealth into your life. It's time for you to take charge of tomorrow. An interactive journal that serves as a joyful, inspirational guide to building the life you've always dreamed of, using the principles and creative process of an award-winning product designer. Life, just like a design problem, is full of constraints -- time, money, age, location, and circumstances. You can't have everything, so you have to be creative to make what you want and what you need co-exist. Design the Life You Love is a joyful, inspirational guide to building the life you've always wanted, using the principles and creative process of an award-winning product designer. Through four steps that reveal hidden skills and wisdom, anyone can design a life they love! Everyone has expectations, but not everyone acknowledges them. In marriage, unrecognized expectations can be especially dangerous - when couples expect each other to be and act a certain way without communicating their assumptions, disappointment is never too far away. Now, relationship expert Gary Smalley and his pastor and friend Ted Cunningham show couples how to defuse the ticking bomb of unrealistic expectations and arm their marriage with healthy communication and honest intimacy. As Long as We Both Shall Live will help couples acknowledge their unexpressed assumptions, understand one another's genuine needs and talk openly about their hopes and desires. Women and men will find the tools they need to build lasting and loving marriages. When is the last time you thought about the state of your soul? Bestselling author John Ortberg guides you through practical steps to restoring your soul so you can finally experience a life of wholeness, balance, and hope. In an age of materialism and consumerism where many people try to buy their way to happiness, many souls are starved and unhealthy, unsatisfied by false promises of status and wealth. We've neglected this eternal part of ourselves, focusing instead on the temporal concerns of the world--and not without consequence. Including reflections from his decades-long relationship with his friend and mentor Dallas Willard, Ortberg presents another classic that will help you discover your soul--the most important connection to God there is--and find your way out of the spiritual shallow-lands to true divine depth. Join Ortberg as he guides you through the three distinct aspects of Soul Keeping: Discovering what the soul is Learning what the soul needs Experiencing the joy of a restored soul With his characteristic insight and an accessible, story-filled approach, Ortberg will help you connect more deeply every day with the God who gave you life to bring more meaning, hope, and abundance to that life. Praise for Soul Keeping: "This book will not only help you to realize that you have a soul, an interior life, and reveal its importance, but will also give you some tools and handles to grab as you develop that life. It will help you to get grounded again, or even for the first time, with the One who first breathed that life into you, and Who desires every day to breathe more and more life into every corner of your being." --Dr. Henry Cloud, New York Times bestselling author of Boundaries and Changes That Heal Does your life experience line up with what you know to be what God offers through the Bible, or do you sometimes feel lethargic and distant from God? Too often, we settle for far less than what God wants to do in and through us. Debby Sibert walks the reader through the answers to many questions that plague Christ-followers who feel like there must be more to the Christian life than they are experiencing. Do you lack peace or joy in your life-feeling stuck in your Christian walk? Do you find yourself wondering if there is more to the "abundant, victorious" life? Do you sense that there may be more that God wants to do in and through you than you are currently experiencing? Do you want to take your life experience to the next level? If your answer is "yes" to any of these questions, then this book is for you. How do you get to experience the victorious life - The Life You Always Wanted? That's the question this book answers on many levels. A CBA Bestseller Now expanded to include an added chapter on prayer and discussion questions designed to help small groups make the journey together, The Life You've Always Wanted offers modern perspectives on the ancient path of the spiritual disciplines. But this is more than just a book about things we should do if we want to be good Christians. It's a road map toward true transformation, compelling because it starts not with ourselves but with the object of our journey - Jesus Christ. Includes Study Guide John Ortberg is a teaching pastor at Willow Creek Community Church in South Barrington, Illinois. He has written for Christianity Today and is a frequent contributor to Leadership Journal. Activate the raw power of your subconscious to create the life you've always wanted, using six essential lessons from one of the world's most renowned hypnotherapists. Unsatisfying careers. Volatile, unhealthy relationships. Unfulfilled dreams. Too many of us are living lives that fall short of what we truly desire. But as celebrity hypnotist Kimberly Friedmutter explains in this life-changing book, not only is it possible to design the life of your dreams, but the power to do so lies within you, in your subconscious mind. The subconscious is the root of your true power and desire; it's your inner eight-year-old, your authentic self. It is the honest compass that will lead you to a life of happiness, so long as you are able to follow its direction. We all have the power to access it--children do so effortlessly--but as we grow up we're taught to stop daydreaming and to follow society's rules, which makes us disconnect from our subconscious, often with tragic results. In Subconscious Power, Kimberly guides you through six principles that bring your conscious mind in line with your subconscious desires. She shares practical, three-minute exercises that will help you transform your relationships, find true love, lose weight after years of struggling with the scale, overcome addictions, and achieve new career successes and heights. Featuring inspiring success stories and the practical tools you need to make meaningful change, Subconscious Power will empower you to stop being a passive participant in a life you don't love, and to actively choose the life you truly desire. You Can Live a Deeper, More Spiritual Life Right Where You Are. An expanded edition with a new chapter on prayer and discussion questions The heart of Christianity is transformation--a relationship with God that impacts not just our 'spiritual lives, ' but every aspect of living. John Ortberg calls readers back to the dynamic heartbeat of Christianity--God's power to bring change and growth--and reveals both the how and why of transformation. With a new chapter on prayer and added discussion questions, this expanded edition of The Life You've Always Wanted offers modern perspectives on the ancient path of the spiritual disciplines. But this is more than just a book about things to do to be a good Christian. It's a road map toward true transformation that starts not with the individual but with the object of the journey--Jesus Christ. As with a marathon runner, the secret to winning the race lies not in trying harder, but in training consistently--training with the spiritual disciplines. The disciplines are neither taskmasters nor an end in themselves. Rather they are exercises that build strength and endurance for the road of growth. The fruit of the Spirit--joy, peace, kindness, etc.--are the signposts along the way. Paved with humor and sparkling anecdotes, The Life You've Always Wanted is an encouraging and challenging approach to a Christian life that's worth living--a life on the edge that fills an ordinary world with new meaning, hope, change, and joy. The things we tell ourselves affect how well or poorly our path in life goes. It's time to flip the script on the internal stories you tell yourself and live life on your terms. Most of the "self-stories" you tell yourself--the kind of person you say you are and the things you are capable of--are invisible to you because they have become such a part of your everyday mental routine that you don't even recognize they exist. Yet, these self-stories influence everything you do, everything you say, and everything you are. Choose Your Story, Change Your Life will help you take complete control of your self-stories and create the life you've always dreamed you'd have. Author Kindra Hall offers up a new window into your psychology, one that travels the distance from the frontiers of neuroscience to the deep inner workings of your thoughts and feelings. In Choose Your Story, Change Your Life, Kindra will help you: Uncover the truth of how you have created the life you have; Challenge everything you think you know about how your life has been built; Uncover the clear steps

you can take to create the life you want; Take control of your self-story to become the author of who you are; and Live your life in a way you never have before. This eye-opening, but applicable journey will transform you from a passive listener of these limiting, unconscious thoughts to the definitive author of who you are and everything you want to be. Changing your life is as simple as choosing better stories to tell yourself. If you can change your story, you can change your life. Inspiration may arrive in a flash or it may simply whisper to your soul. It will fill you with passion, and be the reason to do something or become someone better. This magical feeling is an expansion of possibilities, and it brings forth excitement and creativity. It dares to be different. When inspiration visits, as it will, respond with a resounding 'yes'!

**NATIONAL BESTSELLER • An irresistible guide to living without holding back, from the vibrant lifestyle entrepreneur and host of the Living Fully podcast One of Katie Couric Media's Best New Self Help Books to Read in the New Year • "If you're ready to up-level your life and create long-lasting change, then this book is for you! Mallory's resilient path will inspire you to step into your power."—Gabby Bernstein, #1 New York Times bestselling author of The Universe Has Your Back**

Mallory Ervin is known for exuding energy, joy, and laughter. But despite her public accomplishments, Mallory is no stranger to battling unhealthy attachments to performance and success. Now, in her unforgettable debut book, Mallory invites readers to see how her surprising journey—from achievement and accolades to devastating, never-before-shared lows—guided her and led her to a deeply fulfilling life. In *Living Fully*, Mallory shares her personal story of overcoming the unhealthy and damaging patterns in her life and shows readers how to trade this for something completely new and more rewarding. What she discovered was there had always been a different life available to her, one that she had not yet seen. Now she encourages readers to resist a "just fine" existence and to step into a life they never dared to imagine before. Through inspiring stories and practical advice Mallory offers the motivation to:

- stop returning to a "just getting by" mentality
- shift perspective so blessings don't become burdens
- remember that life's curveballs don't have to knock you off your feet
- identify your passions and get back to your truest self
- slow down and enjoy the extraordinary in the everyday moments
- quiet the voice of fear
- get clear on the life you want

"I wrote this to be your wake-up call, the thing that turns the lights on in your life and propels you to make real change, once and for all," Mallory says. "I want you to wake up and stay awake." For anyone hungry for a richer life, or tired of coasting through life in a "cruise control" mindset, *Living Fully* is the ultimate invitation to embrace abundance and joy—and not look back! Now with a fresh cover! The nearly 200,000-selling *Grace Walk* has helped thousands of believers leave behind the "manic-depressive" Christian walk: either running around trying to perform to be acceptable to God—or thinking they've failed Him again and wondering if they'll ever measure up. *Living the grace walk* gets Christians off this religious roller coaster. Using his own journey from legalism into grace, Steve McVey illustrates the foundational, biblical truths of who believers are in Jesus Christ and how they can let Him live His life through them each day. As they experience their identity in Jesus Christ, Christians will come to know "Amazing Grace" as not just a song but as their true way of life. Urges readers to explore the God-given passions within their hearts, thus living life more fully while honoring their faith. Every follower of Christ recognizes the importance and value of a consistent and vital prayer life, but many struggle to succeed in this essential aspect of Christian living. Thomas J. Ramundo draws upon a lifetime of observation, study, experience, and fascination with prayer to share biblical principles to motivate your prayer life. At the same time he does not shy away from difficult questions such as:

- Why don't our prayers always produce the results we're looking for?
- How do we pray about a matter when we are not sure what God's will is for it?
- What about those times when God's answer is "No," or what seems even worse than "No"?
- How long do we keep bringing a request to the Lord when the answer seems a long time in coming?

Be inspired to go on the greatest adventure of your Christian life with the insights and lessons in *The Prayer Life You've Always Wanted*. Are you disappointed that your life didn't turn out the way you planned, expected or hoped? Do you constantly feel overwhelmed and stuck in a life that doesn't feel like yours? *Getting Unstuck: How To Create The Life You've Always Wanted To Live* is a step by step guide that offers practical tips and advice on reframing negative thoughts, eliminating limiting beliefs and turning life's biggest obstacles into opportunities. In these pages you'll discover: *Creating The Vision Finding Your Purpose The Power of Your Words The Beauty of Failures The Secret To Making Better Decisions and More* Life's too short to be unhappy, unsure, or unfulfilled. So, what are you waiting for? *Getting Unstuck: How To Create The Life You've Always Wanted To Live* will inspire you to unlock your highest potential and resurrect those dreams you thought were dead!

In *Detox Your Thoughts*, popular psychologist Andrea Bonior, PhD, identifies the 10 most prevalent mental traps that make people feel anxious, insecure, and generally just bad. Clinical psychologist Andrea Bonior has spent over twenty years studying, teaching, and practicing the science of thoughts, emotions, and behavior. In *Detox Your Thoughts*, she uses the latest research into mindfulness, Acceptance and Commitment Therapy (ACT), and Cognitive-Behavioral Therapy (CBT) to teach you to understand your thoughts—and your body—in a completely different way. To challenge negative self-talk, you must change the way you relate to your thoughts altogether. Bonior shows us how to create new mental pathways that truly stick. For each of the ten mental traps, Bonior offers a new habit to practice, including:

- leaning in to your feelings
- recognizing and counteracting your blind spots to gain insight
- valuing the present moment, and immersing yourself in it.

Bonior deciphers the latest research in psychology and neuroscience to help disempower and conquer self-sabotaging thoughts with specific and actionable steps. You're not erasing negative thoughts, but rather growing bigger than they are—and improving your mental and emotional life along the way.

- Dr. Andrea Bonior is a popular psychologist and contributor to BuzzFeed and the Washington Post.
- *Detox Your Thoughts* was inspired by her popular BuzzFeed challenge of the same name.
- Dr. Bonior's mental health advice column, "Baggage Check," has appeared for 14 years in the Washington Post and several other newspapers nationwide. With bite-sized psychology takes on the thought patterns that plague most people and a practical approach to quitting negative self-talk for good, *Detox Your Thoughts* is a transformational read.
- Perfect for readers of the Washington Post's "Baggage Check" column, *Goodful's Detox Your Thoughts*, *Psychology Today*, and *The Cut's "Science of Us."*
- Also a good fit for those who love pop psychology, self-help books, and any books related to motivation or happiness.
- Fans of *Anxious for Nothing: Finding Calm in a Chaotic World* by Max Lucado, *13 Things Mentally Strong People Don't Do* by Amy Morin, and *Dare: The New Way to End Anxiety and Stop Panic Attacks* by Barry McDonagh will want this. Audio edition read by the author.

**ARE YOU TIRED OF CHASING A DREAM YOU AREN'T EVEN SURE YOU WANT ANYMORE? OR HAVE YOU ACCOMPLISHED YOUR DREAM ONLY TO DISCOVER IT'S NOT AS FULFILLING AS YOU THOUGHT IT WOULD BE? IT'S TIME TO GET EXCITED ABOUT YOUR LIFE AGAIN.** You've been on this journey called life for quite a while. So why aren't you where you want to be? And why is trying to get there so draining? It's not that you don't have dreams. It's just that the world has a way of distracting you, letting you down, and wearing you out. At some point, the goal became just getting through the day . . . only to wake up the next morning and do it all again. This way of life isn't sustainable. Nor is it the life you were made for. In this revolutionary message of Clarity, Confidence, and Courage, acclaimed leadership coach Heather Penny helps you blaze a path to the life of your dreams through a transformative process she calls 3C Living. Her guidance helps individuals and teams get traction in their personal and professional lives. Whether you're new to executive leadership or are feeling like your career is on pause and your personal life is dragging you down, 3C Living provides a practical, proven blueprint to take you from where you are to where you want to be. But breathe easy. This isn't one more book about doing more. You're probably already doing too much. This is a book about building rest into your hectic schedule, recognizing and reducing mind chatter, identifying the Givers in your life as well as those who may be taking too much. You'll read about the art of receiving, how to "spiral up" rather than down, and how to pursue that unique dream that goes beyond just surviving day to day to actually thriving. Along the way, Heather provides a few simple exercises, questions, and cautions to empower you to stay on track. 3C Living is your roadmap to getting excited about your life again. With the help of sustainable life practices, you can step into the life you're made for. "Regardless of where you are in life, *Living in Your Top 1%* will give you the framework you need to turn this vision into your reality. In this empowering and thought-provoking book, Alissa Finerman shares the most powerful ingredients for success and translates them into nine simple and easy-to-implement rituals. Combining research from the best thinkers in the field with a collection of compelling stories, Alissas has created a comprehensive guide to reaching your true potential."--Page 4 of cover.

**#1 NEW YORK TIMES BEST SELLER • At last, a book that shows you how to build—design—a life you can thrive in, at any age or stage** Designers create worlds and solve problems using design thinking. Look around your office or home—at the tablet or smartphone you may be holding or the chair you are sitting in. Everything in our lives was designed by someone. And every design starts with a problem that a designer or team of designers seeks to solve. In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and

fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise. Living Your Best Life is about letting go of self-doubt, fear and other's expectations to live the life you always dreamed. It's time to live in your passion and purpose, find your tribe and write your story. Here's to the Power of Being You. We can trust that God, the WayMaker, is always at work creating the life of our dreams, through ways we never would have dreamed for ourselves. In a disorienting world, with obstacle after obstacle, and the landscape of our lives shifting in ways we never expected, we can trust that as we look to our Maker, the WayMaker, our road will lead us to arrive exactly where we always hoped it would, though maybe not at all in the way we imagined. And those dreams for our lives? They can still happen—in ways only He perfectly dreamed of. It is true: heartache, grief, suffering, obstacles, they all come in waves. There is no controlling life's storms; there is only learning the way to walk through the waves. In WayMaker, bestselling author Ann Voskamp hands us a map that makes meaning of life, that shows the way through to the places we've only dreamed of reaching, by a way we never expected. Voskamp reveals how God is present in the totality of our lives, making a way for the marriage that seems impossible, for the woman who longs for a child of her own, for the parents who ache for the return of their prodigal, for the sojourner caught between a rock and a hard place, and for the wayfarer who feels as though there is no way through to her dreams. We can encounter the WayMaker in surprising ways and begin to see Him not only making poetry out of pain but working in every miraculous detail of our lives. Even now, the Way is making the way to walk through waves and into a life more deeply fulfilling than our wildest dreams. ECPA BESTSELLER • A compelling emotional and spiritual case against hurry and in favor of a slower, simpler way of life "As someone all too familiar with 'hurry sickness,' I desperately needed this book."—Scott Harrison, New York Times best-selling author of Thirst "Who am I becoming?" That was the question nagging pastor and author John Mark Comer. Outwardly, he appeared successful. But inwardly, things weren't pretty. So he turned to a trusted mentor for guidance and heard these words: "Ruthlessly eliminate hurry from your life. Hurry is the great enemy of the spiritual life." It wasn't the response he expected, but it was—and continues to be—the answer he needs. Too often we treat the symptoms of toxicity in our modern world instead of trying to pinpoint the cause. A growing number of voices are pointing at hurry, or busyness, as a root of much evil. Within the pages of this book, you'll find a fascinating roadmap to staying emotionally healthy and spiritually alive in the chaos of the modern world. In the six-session video-based Bible study, The Life You've Always Wanted, award-winning author John Ortberg teaches participants the skills essential to "running the marathon" in the Christian life. This Leader's Guide is designed to facilitate a class, small group, or retreat, working through the material in The Life You've Always Wanted study. How do you explain a love that has no explanation? What will happen if you let it touch your heart? God loves you not because you are flawless, not because you are a perfect person, but just because you are you. In Life-Changing Love, John Ortberg reveals the God you've longed to encounter: a Father head-over-heels in love with you, his child, and intensely committed to your highest joy. Ortberg takes you to the very focus of who God is to discover a burning, passionate love that gives, and gives, and gives. He explores the life-changing ways this love has expressed itself through Jesus. And he shows how you can love your mate, your family, your friends, and the world around you with the same practical, transforming love. Dispelling your fears and misconceptions of God, Life-Changing Love brings you face-to-face with the Love that frees and empowers you to love. Ignite a deeper, more vibrant relationship with God that impacts not just your spiritual life but every aspect of your daily life. John Ortberg calls readers back to the dynamic heartbeat of Christianity--God's power to bring change and growth--and reveals how and why transformation takes place. The Life You've Always Wanted offers modern perspectives on the ancient path of the spiritual disciplines. But it is more than just a book about things to do to be a good Christian. It's a road map toward true transformation that starts not with the individual but with the person at the journey's end--Jesus Christ. As with a marathon runner, the secret to finishing a race lies not in trying harder, but in training consistently--training with the spiritual disciplines. The disciplines are neither taskmasters nor ends in themselves. Rather they are exercises that build strength and endurance for the road of growth. The fruit of the Spirit--joy, peace, kindness, etc.--are the signposts along the way. Paved with humor and sparkling anecdotes, The Life You've Always Wanted is an encouraging and challenging approach to a Christian life that's worth living--a life on the edge that fills an ordinary world with new meaning, hope, change, and joy. Each of us has but one life to live on this earth. What we do with it is our choice. Are we drifting through it as spectators, reacting to our circumstances when necessary and wondering just how we got to this point anyway? Or are we directing it, maximizing the joy and potential of every day, living with a purpose or mission in mind? Too many of us are doing the former--and our lives are slipping away one day at a time. But what if we treated life like the gift that it is? What if we lived each day as though it were part of a bigger picture, a plan? That's what New York Times bestselling author Michael Hyatt and executive coach Daniel Harkavy show us how to do: to design a life with the end in mind, determining in advance the outcomes we desire and path to get there. In this step-by-step guide, they share proven principles that help readers create a simple but effective life plan so that they can get from where they are now to where they really want to be--in every area of life.

- [The Life Youve Always Wanted](#)
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- [WayMaker](#)
- [Iamholy](#)
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- [The Life You Long For](#)
- [Know Doubt](#)

- [The Book Of Awakening](#)
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- [Living Fully](#)
- [The Ruthless Elimination Of Hurry](#)
- [As Long As We Both Shall Live](#)
- [Living In Your Top 1](#)
- [The Life Youre Made For](#)