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In Focus Tarot In Focus Chakra Healing In Focus Numerology In Focus Auras In Focus Reflexology In Focus Auras In Focus Reiki In Focus Divination In Focus Sacred Geometry In Focus Palmistry In Focus Dreams In Focus Essential Oils & Aromatherapy Runes in Focus Finding Your True North In Focus Shamanism The Accidental Tour Guide The Way of the Linguist Worthy The Indispensable Composers The Discover Your True North Fieldbook The Grand Tour Guide to the World Astrology The Tour Guide Simply Spirit Edward Wessex's Crown and Country Top To Bottom How to Be an Award-Winning Tour Guide Our Data, Ourselves Exotic Tokyo Exactly What to Say Find Your Why Type Tricks How to Be a Tour Guide 21 Day Inner Healing Journey The Premed Playbook ENVoY Tour Guide In Focus Chakra Healing A Personal Guide to India and Bhutan LeaderFit

All numbers have an intrinsic energy, from the date of your birth to the number of your home. With In Focus Numerology, author Sasha Fenton gives the information you need to understand the significance of numbers in your life, including how to use them to forecast outcomes and take advantage of opportunities. Beautiful illustrations and a framable poster combined with expert information make this your go-to numerology guide. Topics covered include: History of numerology Predictive numerology A daily oracle that combines the planets and numbers to give an accurate daily reading An hourly oracle that is based on hours, days, and planets The Mystic Pyramid The Oracle of Napoleon Get your life in order and predict what may be awaiting you. The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects, using expert authors in their respective fields and featuring relevant visual material to smartly and purposely illustrate key topics within each subject. As a bonus, illustrated cards or posters are also included. In Focus Essential Oils & Aromatherapy is your quick guide to the qualities and healing effects of every major essential oil, including recipes for beauty, home, and health applications. Essential oils have been used for centuries and across many cultures in holistic remedies for all types of common ailments. Extracted from flowers, seeds, plants, and trees, natural oils are applied either topically or aromatically to give healing effects. This artfully designed guide gives you easy access to the information you need to use essential oils effectively. After a detailed summary of each major oil, recipes of specific oil blends for numerous treatments are presented, including helpful hints and tips. With practice, and with In Focus Essential Oils & Aromatherapy in hand, you will be able to understand and use essential oils for countless purposes, including: Headaches Runny nose Allergies Common colds Cooking Perfume Deodorizing Stain removal The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects. Authored by experts in their respective fields, these beginner's guides feature smartly designed visual

material that clearly illustrates key topics within each subject. As a bonus, each book includes reference cards or a poster, held in an envelope inside the back cover, that give you a quick, go-to guide containing the most important information on the subject. Be a more complete peaceful, spiritual, emotional, and physical individual with In Focus Chakra Healing. This essential guide provides in-depth summaries about each chakra, followed by expert advice from Roberta Vernon on how to identify and restore blocked, weak, or closed chakras through common holistic approaches, such as crystal healing, color healing, astrological healing, essential oils, and magic healing. Included inside the back cover is a beautifully illustrated 18 × 24-inch wall chart detailing the main characteristics of the major and minor chakras. Chakras are energy centers in our body that act as the seats of our internal functions, such as health, state of mind, and bodily functions, as well as our external environments, like alerting us when a place feels right to us or when it makes us feel uncomfortable. However, the six major chakras—base, sacral, solar plexus, heart, throat, brow, and crown—are many times blocked or misaligned, bringing about a host of negative ailments, feelings, and emotions. Thankfully, chakras can be corrected through various healing practices explained in this guide. Common ailments addressed: Overeating Digestive disorders Fatigue Allergies Emotional stress Physical stress Headaches The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects. Authored by experts in their respective fields, these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject. As a bonus, each book includes reference cards or a poster in an envelope inside the back cover, that give you a quick, go-to guide containing the most important information on the subject. Often the decision between a customer choosing over someone like you is your ability to know exactly what to say, when to say it, and how to make it count. Phil M. Jones has trained more than two million people across five continents and over fifty countries in the lost art of spoken communication. In *Exactly What to Say*, he delivers the tactics you need to get more of what you want. ENVoY provides a range of strategies which focus on non-verbal communication skills to manage classroom groups. ENVoY offers a systematic approach to managing four distinct parts of a lesson: Getting students' attention, Teaching, The transition to individual classwork, Individual classwork. ENVoY contains blackline masters for each strategy, student assessment, teacher assessment (self review) and peer observation and feedback. Shamanism is an ancient healing tradition that serves to connect nature with all living creatures. Based on the ancient traditions and wisdom from around the world, including North and South America, Asia, and Europe, In Focus Shamanism teaches you how to create a spiritual practice to bring change, healing, and transformation to your life using updated and modernized shamanic traditions that include: Making a journey to another realm and vision quests Drum, dance, and dream trances Divination for individuals and community Working with medicine wheels and spirit animals Aligning yourself with nature This accessible and beautifully designed guide to shamanism includes a frameable poster of powerful spirit animals and their unique characteristics. The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects.

Authored by experts in their respective fields, these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject. As a bonus, each book includes reference cards or a poster, held in an envelope inside the back cover that give you a quick, go-to guide containing the most important information on the subject. Divided into chapters channeling each body area and its common ailments and aches—including those on our pets—and fully illustrated, *In Focus Reiki* teaches the basics to this increasingly popular practice to reduce stress, depression, anxiety, and physical pain and tap into your inner healer. Combined from the Japanese words *Rei*, meaning "God's wisdom, universal life, or higher power" and *Ki*, meaning "life force or energy," reiki is the healing practice of balancing our "universal life energy" around our bodies. Founded in the early twentieth century by Japanese Buddhist monk Mikao Usui with the underlying belief that our bodies have the natural ability to heal, reiki transfers healing energy by using the placement of hands to blocked areas. The *In Focus* series applies a modern approach to teaching the classic body, mind, and spirit subjects, using expert authors in their respective fields and featuring relevant visual material to smartly and purposely illustrate key topics within each subject. As a bonus, seven illustrated meditation cards based on reiki principles are also included to give readers a quick, go-to reference guide containing the most important information on the subject, for easy practice and retention. Everyone wants to visit New York at least once. The Big Apple is a global tourist destination with a dizzying array of attractions throughout the five boroughs. The only problem is figuring out where to start—and that's where the city's tour guides come in. These guides are a vital part of New York's raucous sidewalk culture, and, as *The Tour Guide* reveals, the tours they offer are as fascinatingly diverse—and eccentric—as the city itself. Visitors can take tours that cover Manhattan before the arrival of European settlers, the nineteenth-century Irish gangs of Five Points, the culinary traditions of Queens, the culture of Harlem, or even the surveillance cameras of Chelsea—in short, there are tours to satisfy anyone's curiosity about the city's past or present. And the guides are as intriguing as the subjects, we learn, as Jonathan R. Wynn explores the lives of the people behind the tours, introducing us to office workers looking for a diversion from their desk jobs, unemployed actors honing their vocal skills, and struggling retirees searching for a second calling. Matching years of research with his own experiences as a guide, Wynn also lays bare the grueling process of acquiring an official license and offers a how-to guide to designing and leading a tour. Touching on the long history of tour-giving across the globe as well as the ups and downs of New York's tour guide industry in the wake of 9/11, *The Tour Guide* is as informative and insightful as the chatty, charming, and colorful characters at its heart. *In Focus Dreams* is your go-to reference for everything you need to know about the world of dreaming. The world is a big place full of interesting things. *The Grand Tour* has seen some of them. That's why few people are better placed to lead you around this vast planet of ours than Jeremy Clarkson, Richard Hammond and James May. As long as you don't mind getting hot and lost. Welcome, everyone, to *The Grand Tour Guide to The World*. *SIMPLY SPIRIT* is the first book in the "Words by Joseph" series. It is a compendium of original quotes, dealing with diverse subjects organized in

chapters such as Intuition, Relationships and Sexuality, Fear, Money and Success, Illusion and Clarity, among others. This easy to read guide to Spiritual clarity offers insights in often confusing and perplexing life situations to help readers advance on their spiritual journeys. Written in laymen's terms, thought-provoking and deeply impactful, SIMPLY SPIRIT also invites readers to reflect on their own core beliefs thus allowing them to arrive at their own conclusions and insights with certainty and clarity that will enhance their connection to themselves and the world around them. REVIEWERS' COMMENTS

"Thought-provoking, loving and non-judgmental... Joseph's book strengthens the "inner being" and builds confidence in your personal intuition." --Jivi Khehra, TV Host of "Winds of Change with Jivi" "Joseph writes simply and straight from the soul, challenging and beckoning without preaching or patronizing." --Mahalia Eliah, Spiritual Emergence Service "Unapologetic and edgy, yet deeply comforting and inspiring, SIMPLY SPIRIT jolted me into a whole new level of consciousness. I love it here." --Liora Steiman MD, MEd in Couns. Psych., Therapist Author JOSEPH ELIEZER is a psychotherapist, based in Vancouver, BC, who practises a unique form of therapy, called Intuition-Enhanced Psychotherapy. Joseph combines his highly developed innate intuitive abilities with his counselling and psychotherapy training to help his clients gain insight into the unique circumstances and find solutions to many of life's puzzles. Joseph's website: www.1111spiritroad.com

India: an explosion of colour and light; of magic and chaos. A paradise for foodies and a feast for every sense. The depth and variety of food in India is incredible and this guidebook should be your starting point for your own gastronomic adventures. Indians are renowned for their generosity and hospitality, and the delights of travelling in India are infinite. You could be invited to share home-cooked food at the family table in a private house, savour delectable snacks from a street vendor, or experience the thrill of an early-morning train ride with the ubiquitous cup of chai. Each chapter contains essential sights, local eats, top places to stay and the best places to explore. This personal tour from well-loved chef Christine Manfield is the result of years exploring India, the Himalayas and Bhutan – the perfect companion for travellers who want to find the really special places to eat and stay. Chapters cover a large region of India, including most states, such as Rajasthan, Uttar Pradesh, Kerala, Tamil Nadu, Punjab and Gujarat as well as Bhutan and the Himalayas. Many of the capital cities are also visited, like Bombay (Mumbai), Delhi, Chennai, Goa, Lucknow, Calcutta (Kolkata), as well as many more off the beaten track. In Focus: Astrology provides all you need to know about the characteristics and workings of the zodiac signs, along with instructions on how to create your own astrology chart. Who is your perfect mate? A Capricorn, Libra, or Virgo? Why are you not getting along with your coworker, who is a Gemini? Why are you constantly making the same mistakes? In Focus Astrology will give you a deeper understanding of your own nature, as well as those closest to you—and, perhaps, those you should keep at arm's length. This artfully designed guide covers the full breadth of astrology topics, including: The signs of the zodiac The sun and moon signs The astrological houses The planets The aspects Predictive techniques How astrology relates to your body and health The In Focus series applies a modern approach to teaching the classic body, mind, and

spirit subjects. Authored by experts in their respective fields, these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject. As a bonus, each book includes reference cards or a poster, held in an envelope inside the back cover, that give you a quick, go-to guide containing the most important information on the subject. Also available in the In Focus series: In Focus Crystals, In Focus Meditation, In Focus Palmistry, In Focus Tarot, In Focus Essential Oils & Aromatherapy, In Focus Chakra Healing, In Focus Reiki, In Focus Numerology, In Focus Reflexology, In Focus Auras, In Focus Sacred Geometry, and In Focus Shamanism.

Whether you want to become a tour guide or are already working in the industry, *How to Be an Award-Winning Tour Guide* can help transform your guiding skills from basic to brilliant and open new doors to one of the world's most exciting professions. Written by award-winning tour operators and tour guide trainers, this book is loaded with insight, personal experiences, industry knowledge, anecdotes, hints, humour, hands-on exercises and sound advice. With their combined 40 years' experience in tourism and communications, the authors know how important a good tour guide is to delivering a quality visitor experience. Now they're sharing their knowledge with you. *How to Be an Award-Winning Tour Guide* is essential reading for tour guides, tour operators, coach drivers, hoteliers, wholesalers, retailers, students, educators, employers, travel writers, tourism officials, visitor centre employees, venue managers or anyone involved in the tourism industry. This book offers guidelines on type design and contains a number of essential tricks that designers need to know/understand.

In this text, HRH Prince Edward takes the reader on a journey through the history of London's royal connections and explains the architectural heritage of some of the world's most cherished royal landmarks. Learn how to use the powerful Secrets of the Runes! Runecasting originated in Scandinavia and Northern Germany, and Runes were once the sacred alphabet of the northern people. Jan's book shows you how to use the Runes to suggest the best way forward under whatever circumstances may be affecting you. They also offer a glimpse into the future, thus helping you to make the most of forthcoming opportunities. If you want after a particular outcome, try a little Rune magic by laying out a couple of appropriate Runes and lighting a candle next to them, to encourage the universal forces of the past to come to your aid. The "In Focus" books in this series help you to delve into a variety of Mind, Body & Spirit subjects, expanding your understanding of our universe, and presenting you with key data in a compact, accessible format. *In Focus Auras* is your go-to reference for everything you need to know about auras. *The Way of The Linguist*, A language learning odyssey. It is now a cliché that the world is a smaller place. We think nothing of jumping on a plane to travel to another country or continent. The most exotic locations are now destinations for mass tourism. Small business people are dealing across frontiers and language barriers like never before. The Internet brings different languages and cultures to our finger-tips. English, the hybrid language of an island at the western extremity of Europe seems to have an unrivalled position as an international medium of communication. But historically periods of cultural and economic domination have never lasted forever. Do we not lose something by relying on the wide spread use of English?

rather than discovering other languages and cultures? As citizens of this shrunken world would we not be better off if we were able to speak a few languages other than our own? The answer is obviously yes. Certainly Steve Kaufmann thinks so, and in his busy life as a diplomat and businessman he managed to learn to speak nine languages fluently and to observe first hand some of the dominant cultures of Europe and Asia. Why do not more people do the same? In his book *The Way of The Linguist, A language learning odyssey*, Steve offers some answers. Steve feels anyone can learn a language if they want to. He points out some of the obstacles that hold people back. Drawing on his adventures in Europe and Asia, as a student and businessman, he describes the rewards that come from knowing languages. He relates his evolution as a language learner, abroad and back in his native Canada and explains the kind of attitude that will enable others to achieve second language fluency. Many people have taken on the challenge of language learning but have been frustrated by their lack of success. This book offers detailed advice on the kind of study practices that will achieve language breakthroughs. Steve has developed a language learning system available online at: www.thelinguist.com. Your personal guide to leadership longevity *LeaderFit* is "the conditioned ability to positively influence, motivate, equip, and empower others to the achievement of a goal or outcome over a sustained period of time with sustaining impact." Are you *LeaderFit*? Are you conditioned with the ability to reach your goals while helping others accomplish theirs? Are you poised and disciplined enough to not only start the journey of leadership but also commit to finish your leadership journey strong? If you can say yes, this book is for you. Within *LeaderFit* pastor, coach, author, and speaker Pastor Andrew L. Momon Jr. (aka Pastor Mo), will motivate you to find the leadership potential that lies within you. He will awaken your sleeping giant and stir you in the direction of truth with: * Practical, applicable, biblical principles and insight. * Compelling questions to guide your *LeaderFit* journey. * Contemplative narrative that will challenge you to hone your leadership prowess from inside out. Whether you know there is more leadership potential within, are conditioned for the long-game journey of effective leadership, or have been running well on your leadership journey and need a pre-workout boost to launch yourself into beast mode, *LeaderFit* is for you! Let's get *LeaderFit*! In *WORTHY A Personal Guide for Healing Your Childhood Trauma* Josephine Faulk, MPH personally guides you through *The Childhood Trauma Recovery for Adults Program*. In Part I you will come to understand that you are not broken, not defective, not unworthy of love, especially self-love. You are, instead, harboring one or more of your wounded child selves sequestered deep within your heart and mind. Here you gather hope, knowledge and the first thin layers of clarity. In Part II you will receive detailed instruction on how to choose a trauma therapist, use tools, techniques and practices that have long proven their immense value in healing psychological, emotional and spiritual trauma wounding. Here Ms. Faulk shares insights into her personal recovery story. Her challenges and triumphs leading to self-acceptance and unconditional love of self are a well-laid blueprint to guide you to an understanding of your own inherent worthiness. Part III is a plan for lifetime maintenance of your newly acquired recovery. Its purpose is to preserve, sustain and protect all present and future

recovery progress. Here you will learn how to lovingly parent yourself. You'll learn ways to think that will increase your internal structure of support for when you experience inevitable uncertainties. Life may still be a rollercoaster at times, but with this knowledge and these techniques you will at least be securely buckled in. Based on Bill George's bestselling book *True North*, this personal guide offers leaders a comprehensive method for identifying their unique "True North." The book offers methods for personal reflection and includes targeted exercises that help leaders hone in on the purpose of their leadership and developing their authentic leadership skills. "This book is about my penis. This is my story of going through lower surgery, specifically phalloplasty, and the adventures I had with my changing genitals along the way. Welcome to my journey." After coming out as a trans, Finlay Games was adamant lower surgery would not be a part of his transition, but as the years went by, and his gender dysphoria increased, he decided to explore surgical options. Detailing the emotional and physical journey of phalloplasty, this book takes the reader through Finlay's experiences, from the initial decision-making through each stage of the surgery to its completion, recovery and after-care. Describing how he had to relearn his body, sexuality and his relationships, Finlay shares his wealth of advice and tips on donor site options, different types of surgery, the referral process, essential items and resources, and looking after your mental health. Part memoir, part self-help guide, this is an insightful, witty and deeply honest book that highlights the life-changing impact surgery can have for trans people and provides hope to those on a similar journey. Have you ever wanted to become a Tour Guide but not known where to start? Do you yearn to travel the world, explore exotic locations and lead groups of people around unfamiliar places like your own backyard? This book can help you become a Tour Guide. It will teach you what you need to say, how to advertise your services and even how to get paid. It will teach you how to start your first tour, how to get repeat business after you've finished it and even what life is really like 'out there on the road'. Written by a Tour Guide with experience, this book is a must-read for anyone who has ever guided tours across 15 countries and with contributions from experts all across the world, there's no better place to start one of the best careers in the world than this book. Nick Manning's *How to be a tour guide: the essential training manual for tour managers and tour guides* is the ultimate reference book and training tool, as used and proved by Tour Guides across the world every day. "Nick Manning lets you know just how big the world is and how many different rules there are while taking you under his wings and navigating you through the aspects of successful tour managing and guiding. This book tells you how to become a GREAT tour manager/guide and is written in a way that will connect with you". - Kristene Murphy "Quite simply the best product available to aspiring tour guides on the market today. No industry professional should be without it." - Industry Insider

The Year of Magical Thinking meets *Salvation Creek* in a powerful memoir of love, loss and discovery – the third act in an extraordinary life. Mary Moody's bestselling memoir about her adventures in France, *Au Revoir* and *Last Tango in Toulouse*, inspired thousands of women. *The Accidental Tour Guide* completes the circle by sharing another major turning point in her life. When Mary loses her beloved husband, her world is turned upside down. Part of her journey to reignite her passion for living is to boldly go where

has never been before – in her travels and in her everyday life. A powerful, moving and inspiring true story about how to rebuild your life without the people who matter most. When Libby finds out her friends have never been to a farm, she invites her Reading Camp to visit her family's farm. In Focus Tarot provides the essentials to quickly get you started practicing tarot card reading. Tarot cards and readings have been used since the eighteenth century as a divination tool in seeking answers to past, present, and future events, in addition to guidance and support. Their popularity continues to this day. But how do you start? With In Focus Tarot, author Steven Bright breaks down the essentials to get you started right away. Bright first thoroughly explains each of the major and minor arcana, then presents both traditional and newer tarot card placements (called tarot spreads). He also provides professional tips and tricks to becoming a successful tarot reader. Also included in this edition is a handy wall chart that details each of the 78 tarot cards and their characteristics and associations, as an additional learning tool. The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects, using expert authors in their respective fields and featuring relevant visual material to smartly and purposely illustrate key topics within each subject. As a bonus, each book is packaged with index cards and/or a poster, to give readers a quick, go-to reference guide containing the most important information on the subject, for easy practice and retention. A personal guide for becoming an authentic leader Whether you are just starting your leadership journey or leading a large organization, The Discover Your True North Fieldbook will help you find your leadership purpose, that internal Compass that provides direction and keeps you oriented—your True North. Through a series of reflective exercises, this Fieldbook helps you become a better leader by learn to be a more authentic one. This Fieldbook both personalizes and unlocks the central lessons of its companion book, Discover Your True North by Bill George. It shares the most powerful insights that coauthors Nick Craig, Bill George, and Scott Snook have learned from helping more than 10,000 leaders discover and live up to their fullest potential. Each chapter contains potent exercises that help you mine your life story for deep insights and important patterns. As you work your way through these reflections, you will gain a clearer sense of who you are and why you lead—the essence of an authentic leader. With an identity-based approach to leader development. Rather than telling you how to lead, the Fieldbook guides you through an intimate process of personal discovery. By understanding your life story and sharpening your personal narrative, you will discover the unique leader you were meant to be. On the way, you will work through the same lessons taught to students at Harvard Business School, as well as senior executives in many Fortune 100 companies. The Discover Your True North Fieldbook will help you: Become more self-aware and self-accepting Locate that sweet spot at the intersection of your passions and strengths Identify and lead from your core values when it matters most Build a robust support team to guide you through difficult times Discover your leadership purpose, the essence of who you are, your True North Stay grounded by integrating all aspects of your life Grow as a global leader Help others become authentic leaders To help you actually reach your True North, this Fieldbook concludes by offering a rigorous, step-by-step process

generates a customized, behaviorally anchored Personal Leadership Development Plan. This plan not only summarizes and integrates everything you've learned completing this Fieldbook, but does so in a way that supports immediate action and impact. Welcome to your journey toward authentic leadership. Welcome to your True North. Visit www.DiscoverYourTrueNorth.org to learn more. With In Focus Sacred Geometry, learn the fascinating history behind this ancient tradition as well as how to decipher the geometrical symbols, formulas, and patterns based on mathematical patterns. People have searched for the meaning behind mathematical patterns for thousands of years. At its core, sacred geometry seeks to find the universal patterns that are found and applied to the objects surrounding us, such as the designs found in temples, churches, mosques, monuments, art, architecture, and nature. Learn the fundamental principles behind:

- Interpreting the sacred symbolism and principles behind shapes
- Calculating numbers used in sacred geometry
- Applying the golden ratio and Fibonacci's Sequence to objects
- Translating symbolic and geometrical letters and alphabets

This accessible and beautifully designed guide to sacred geometry includes a frameable poster of the main sacred geometrical shapes and their unique, innate arrangements. The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects. Authored by experts in their respective fields, these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject. As a bonus, each book includes reference cards or a poster, held in an envelope inside the back cover, that give you a quick, go-to guide containing the most important information on the subject. A step-by-step guide to emotional health that guides you from toxic thoughts, emotional wounds, and bondages from your past into total inner healing. Through 21 daily lessons and personal application exercises, this incredible book helps you transform your life and relationships. From the life line to the heart line, In Focus Palmistry gives a comprehensive overview of what our hands are telling us. From analyzing palms, fingers, fingerprints, mounts, and nails, find the hidden strengths and weaknesses within yourself and others. Included inside the back cover is a beautifully illustrated 18 × 24-inch wall chart that lists the key elements about palmistry in one convenient reference. Can your hands unveil your future? Author Roberta Vernon explores this question in the introduction. Each chapter addresses a different aspect of palmistry, including: looking at hands; the life line; the head line; the heart line; the fate line; the Apollo line or sun line; marks, colors, and warts; and skin ridge patterns. With practice, and with In Focus Palmistry in hand, you will be able to decipher the following areas: Love and relationships Sexuality Money Business Career Aptitudes and talents Successes and failures Parents and in-laws Children Other people of influence Home and property matters Health Travel Pets The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects. Authored by experts in their respective fields, these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject. As a bonus, each book holds reference cards or a poster, held in an envelope inside the back cover, that give you a quick, go-to guide containing the most important information on the subject. Auras are layers of energy within our bodies that interact with each other to express

emotional, mental, psychical, and spiritual health. After a thorough introduction of how to read each aura and its unique healing properties, In Focus Auras gives exercises on how to harness the power of each field and direct these powerful energies to: Heal blocked chakras Extend your auras for others to feel it Feel and interpret the auras of other people Use auras to develop your senses and feelings Balance auras to affect your physical health This accessible and beautifully designed guide to auras includes a frameable poster that outlines the unique characteristics of each aura layer. The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects. Authored by experts in their respective fields, these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject. As a bonus, each book includes reference cards or a poster, held in an envelope inside the back cover, that gives you a quick, go-to guide containing the most important information on the subject.

Introduction : what is data privacy and why is it important? -- Who owns our data? -- Our data at home -- Our data at work -- Our data on social media -- Our children's data -- Our data at school -- Our data in the digital marketplace -- Our data across the pond -- Our data and our health -- Our data and our money -- Our data and the government -- Our data into the future. Learn the basics of how to read secret signs and symbols to provide insight, inspiration, and direction about the future. This accessible and beautifully designed guide includes a frameable poster featuring popular methods of divination. Divination is the art of extracting hidden meaning from the present by using supernatural tools, or oracles, as guidance for the future. Some ancient divinatory methods may seem primitive now, such as shamans in antiquity observing animal entrails, while some methods have remained popular throughout the ages. Diviners today still use methods that draw on the environment, including reading runes or cards, floromancy (reading flowers) and even conchomancy (reading seashells). Our questions might differ from our ancestors', but we still harbor the same basic needs and keen desire to know, understand, and improve the future. To help you see and change it for the better, learn: what tools you need for each method tips to enhance any reading how best to phrase questions for the oracle systems of interpretation how to present information in a tactful, compassionate, and empowering way and more There's something here for every diviner, and you can use what you already have on hand for magickal purposes. Combining elegance and expertise, this is your essential modern guide to an ancient tradition. The In Focus series applies a modern approach to teaching the classic body, mind, and spirit subjects. Authored by experts in their respective fields, these beginner's guides feature smartly designed visual material that clearly illustrates key topics within each subject. As a bonus, each book includes reference cards or a poster, held in an envelope inside the back cover, that gives you a quick, go-to guide containing the most important information on the subject. THIS IS A PICTURE BOOK. NO TEXT. A beautiful Colorful Picture book with stunning images. One of the world's most historic cities, experience and take a journey through Tokyo photo book and be transported to the much loved capital in this spectacular photography Book which captures this incredible city in all its grandeur. Perfect for all lovers of this capital city, this beautifully packaged stunning coffee table photobook

showcases different amazing pictures from Tokyo from fascinating buildings to beautiful islands. Product details Breathtaking images Extra Large 8.5 x 11 size Printed on high quality interior stock Premium finish cover A wonderful gift or the perfect souvenir Take a journey through the world's beautiful city, traveling from color to magnificent color in this beguiling book. Start With Why has led millions of readers to rethink everything they do – in their personal lives, their careers and their organizations. Now Find Your Why picks up where Start With Why left off. It shows you how to apply Simon Sinek's powerful insights so that you can find more inspiration at work -- and in turn inspire it around you. I believe fulfillment is a right and not a privilege. We are all entitled to wake up in the morning inspired to go to work, feel safe when we're there and return home fulfilled at the end of the day. Achieving that fulfillment starts with understanding exactly WHY we do what we do. As Start With Why has spread around the world, countless readers have asked me the same question: How can I apply Start With Why to my career, team, company or nonprofit? Along with two of my colleagues, Peter Docker and David Mead, I created this hands-on, step-by-step guide to help you find your WHY. With detailed exercises, illustrations, and action steps for every stage of the process, Find Your Why can help you address many important concerns, including: * What if my WHY sounds just like my competitor's? * Can I have more than one WHY? * If my work doesn't match my WHY, what should I do? * What if my team can't agree on our WHY? Whether you've just started your first job, are leading a team, or are CEO of your own company, the exercises in this book will help guide you on a path to long-term success and fulfillment, for both you and your colleagues. Thank you for joining us as we work together to build a world in which more people start with WHY. Inspire on! -- Simon

Become a more complete peaceful, spiritual, emotional, and physical individual with In Focus Chakra Healing. This essential guide provides in-depth summaries about each chakra, followed by expert advice from Roberta Vernon on how to identify and restore blocked, weak, or closed chakras through common holistic approaches, such as crystal healing, color healing, astrological healing, essential oils, and magic healing. Chakras are energy centers in our bodies whose flow monitor our internal functions, such as health state of mind, and body functions, as well as our external environments, like alerting us when a place feels right for us or when it makes us feel uncomfortable. However, the major chakras—base, sacral, solar plexus, heart, throat, brow, and crown—are many times blocked or misaligned, bringing about a host of negative ailments, feelings, and emotions. Thankfully, chakras can be corrected through various healing practices. Common Ailments Addressed: Overeating Digestive disorders Fatigue Allergies Emotional stress Physical stress Headaches The In Focus series applies a modern approach to teaching classic body, mind, and spirit subjects, using expert authors in their respective fields and featuring relevant visual material to smartly and purposely illustrate key topics within each subject. As a bonus, an 18 x 24-inch illustrated wall chart is packaged inside to give readers a quick, go-to reference guide containing the most important information on the subject, for easy practice and retention. The chief classical music critic of "The New York Times" explores the concept of greatness in relation to composers, considering elements

biography, influence, and shifting attitudes toward a composer's work over time. The Premed Playbook: Guide to the Medical School Personal Statement helps guide students in crafting their stories for the medical school Admission Committees. It's not only a collection of essays from students who got into top schools, but is a showcase of essays that started badly and were honed to tell great stories. Ryan Gray, MD shares the stories of students who likely didn't have a shot, but ultimately succeed, in part because of the advice laid out in The Premed Playbook: Guide to the Medical School Personal Statement. They had to fight their way into medical school—and told a great story to do it. Complete with a framable poster, In Focus Reflexology contains everything you need to know to succeed in this classic subject.

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