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Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. **Wild Power** tells a radical new story about feminine power. It reveals:

- Your inner ar-

- chitecture and the path to power that is encoded in your body
- How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority
- Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle
- How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing
- How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging

Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, **Wild Power** will restore women to wholeness and reinstate the full majesty and grace of the Femi-

nine.

Two bold warriors, two proud lands, united by passion—and revenge . . . Prince Olaf of Norway—Lord of the Wolves, the golden Viking warrior who came in his dragon ship to forge a great kingdom in the Emerald Isle. Princess Erin—Daughter of the Irish High King, the ebony-haired beauty who swore bitter vengeance on the legendary Norseman who had brought death and destruction to her beloved homeland. Yet, in the great Norse and Irish alliance against the invading Danes, it was her own father who gave her in marriage to her most hated enemy. Bewitched by Olaf's massive strength, seduced by his power, still Erin vowed that neither the wrath of his sword nor the fire of his kiss would sway the allegiance of her proud and passionate heart.

Dr. Judith Orloff offers 365 days of self-care meditations, reflections, and journaling suggestions as daily inoculations against stress and overwhelm Empaths have so much to offer as healers, creatives, friends, lovers, and innovators at work. Yet highly sensitive and empathic people often give too much at the expense of their own well-being—and end up absorbing the stress of others. “To stay healthy and happy,” writes Judith Orloff, MD, “you must be ready with daily self-care practices that work.” With *Thriving as an Empath*, Dr. Orloff provides an invaluable resource to help you protect yourself from the stresses of an overwhelming world and embrace the “gift of being different.” If you want daily tools to put into action, this book is for you. Building on the principles Dr. Orloff introduced in *The Empath's Survival Guide*, this book brings you daily self-care practices and support for becoming a compassionate, empowered empath, including:

- Setting strong boundaries
- Protecting your energy
- Inoculating yourself

- against stress and overwhelm
- Self-soothing techniques
- Knowing that it is not your job to take on the world's stress
- Breaking the momentum of sensory overload
- Tapping the vitality of all four seasons and the elements
- Deepening your connection with the cycles of nature
- Moving out of clock-based time into “sacred time”

Thriving as an Empath was created to help you grow and flourish without internalizing the emotions and pain of others. “These self-care techniques have been life-saving for me and my patients,” writes Dr. Orloff. “I feel so strongly about regular self-care because I want you to enjoy the extraordinary gifts of sensitivity—including an open heart, intuition, and an intimate connection with the natural world.”

A personal narrative and guide to the safe, responsible use of MDMA for personal healing and social transformation • Details the author's 50 years of responsible experimentation with mind-altering substances and how Ecstasy has helped him become a better therapist • Explains how he and his wife found Ecstasy to be the key to renewing and enriching their lives and marriage as they entered their senior years • Describes what the experience actually feels like and provides protocols for the safe, responsible, recreational, and celebrational use of MDMA for individuals and groups

In a world that keeps us separate from each other, MDMA is the chemical of connection. Aptly known in popular culture as “Ecstasy,” MDMA helps us rediscover our own true loving nature, often obscured by the traumas of life. On its way to becoming a prescription medication due to groundbreaking research on its use to treat PTSD, Ecstasy can offer benefits for all adult life stages, from 20-somethings to seniors. In this memoir and guide to safe use, Charles Wininger, a licensed psychoanalyst and mental

health counselor, details the countless ways that Ecstasy has helped him become a better therapist and husband. He recounts his coming of age in the 1960s counterculture, his 50 years of responsible experimentation with mind-altering substances, and his immersion in the new psychedelic renaissance. He explains how he and his wife found Ecstasy to be the key to renewing and enriching their lives as they entered their senior years. It also strengthened the bonds of their marriage. Countering the fearful propaganda that surrounds this drug, Wininger describes what the experience actually feels like and explores the value of Ecstasy and similar substances for helping psychologically healthy individuals live a more "optimal" life. He provides protocols for the responsible, recreational, and celebrational use of MDMA, including how to perfect the experience, maximize the benefits and minimize the risks, and how it may not be for everyone. He reveals how MDMA has revitalized his marriage, both erotically and emotionally, and describes how pleasure, fun, and joy can be profound bonding and transformative experiences. Revealing MDMA's versatility when it comes to bringing lasting renewal, pleasure, and inspiration to one's life, Wininger shows that recognizing the transformative power of happiness-inducing experiences can be the first step on the path to healing.

Discover untold secrets with this extraordinary memoir of drama and tragedy by Anne Glenconner—a close member of the royal circle and lady-in-waiting to Princess Margaret. Anne Glenconner has been at the center of the royal circle from childhood, when she met and befriended the future Queen Elizabeth II and her sister, the Princess Margaret. Though the firstborn child of the 5th

Earl of Leicester, who controlled one of the largest estates in England, as a daughter she was deemed "the greatest disappointment" and unable to inherit. Since then she has needed all her resilience to survive court life with her sense of humor intact. A unique witness to landmark moments in royal history, Maid of Honor at Queen Elizabeth's coronation, and a lady in waiting to Princess Margaret until her death in 2002, Anne's life has encompassed extraordinary drama and tragedy. In *Lady in Waiting*, she will share many intimate royal stories from her time as Princess Margaret's closest confidante as well as her own battle for survival: her broken-off first engagement on the basis of her "mad blood"; her 54-year marriage to the volatile, unfaithful Colin Tennant, Lord Glenconner, who left his fortune to a former servant; the death in adulthood of two of her sons; a third son she nursed back from a six-month coma following a horrific motorcycle accident. Through it all, Anne has carried on, traveling the world with the royal family, including visiting the White House, and developing the Caribbean island of Mustique as a safe harbor for the rich and famous—hosting Mick Jagger, David Bowie, Raquel Welch, and many other politicians, aristocrats, and celebrities. With unprecedented insight into the royal family, *Lady in Waiting* is a witty, candid, dramatic, at times heart-breaking personal story capturing life in a golden cage for a woman with no inheritance. New York Times Bestseller USA Today Bestseller The Sunday Times Bestseller The Globe and Mail Bestseller ABA Indie Bestseller The Times (UK) Memoir of the Year One of Newsweek's Most Anticipated Books of 2020

Shy, likeable Karl is in love with clever, beautiful Fiorella. To prove his affection, she demands that he bare his soul to her in

letters. The difficulty? Karl is convinced he can't write, or at least not well enough for Fiorella, who loves books and words. He sets out to persuade Fiorella's favourite novelist to write a letter for him. When the famous author agrees, a series of misunderstandings ensues, resulting in a startling revelation, a near tragedy, and an unexpected friendship that transform the lives of all three. Despite modern pharmaceutical medications and many different psychological therapies, military veterans and survivors of mental and physical trauma from civil society continue to suffer from post-traumatic stress disorder (PTSD). *Trust Surrender Receive: How MDMA Can Release Us from Trauma and PTSD* briefly chronicles the medical, legal, and social history of this misunderstood medicine, but its primary focus is to give a taste of how MDMA actually works from inside the experience, through the written and spoken words of firsthand testimonial accounts. The book takes readers through the healing processes of more than forty individuals who, often after many years of personal struggle, chose to take responsibility for their condition by turning to the medicine. In this way, accompanied by an experienced attendant, they have been able to revisit their trauma from a buffered distance and to find lasting release. These releases are made fully possible through an understanding of the biological concept of Unexperienced Experience. The truth of this profound and elegant hypothesis becomes clear throughout the testimonials and is introduced here after more than thirty years of obscurity. This medicine-work requires the attentive presence of a responsible, trusted fellow human being throughout the five- to six-hour healing process. Beginning in 2001, when Anne Other responded to a request to sit with a friend during his MDMA session, the work has grown organically

into a cooperative network of attendants with whom clients can choose to engage.

Michael A. Singer, author of *The Untethered Soul*, tells the extraordinary story of what happened when, after a deep spiritual awakening, he decided to let go of his personal preferences and simply let life call the shots. As Singer takes you on this great experiment and journey into life's perfection, the events that transpire will both challenge your deepest assumptions about life and inspire you to look at your own life in a radically different way. Spirituality is meant to bring about harmony and peace. But the diversity of our philosophies, beliefs, concepts, and views about the soul often leads to confusion. To reconcile the noise that clouds spirituality, Michael Singer combines accounts of his own life journey to enlightenment - from his years as a hippie-loner to his success as a computer program engineer to his work in spiritual and humanitarian efforts - with lessons on how to put aside conflicting beliefs, let go of worries, and transform misdirected desires. Singer provides a road map to a new way of living not in the moment, but to exist in a state of perpetual happiness.

The Tree of Ecstasy and Unbearable Sadness is a groundbreaking, large-scale multi-modal project weaving together the worlds of literature, music and visual art in the poignant story of one boy's journey into mental illness. Readers and listeners are offered a mesmerising visual and auditory tour de force about beauty and resilience, society and belief, that at its heart expresses hope for a greater understanding and embracing of difference. The narrative unfolds around the metaphor of a tree, growing within the boy, whose flower is ecstasy and whose fruit is sad-

ness. This luminous, multi-faceted work is inspired by the experiences of its award-winning creator, Matt Ottley, who has lived with bipolar disorder all his life and been hospitalised on numerous occasions in mental health facilities. Having personally experienced the prejudices and challenges that come from suffering a mental illness, Matt's aim is to offer a sensory insight through words, music and images into the experiences of those who suffer from such debilitating illnesses, particularly psychosis. A masterful allegorical tale for the 21st century.

"Rubber moves through me until every cell is coated, every nerve insulated; every part of me rubberised and assimilated. The process is slow, purposeful, unrelenting, and irreversible - and it feels like slowly drowning in a rising black tide of ecstasy." These stories weave tales of delicious perversity, unrelenting transformations, heady submission, and willingly given surrender. They speak of masculinity and hunger - of bondage, hypnosis, pup-play and water-sports... They tell of men released from their limitations to test and push and explore at the very limits of experience and play - and all are wrapped within a seductively hypnotic skin of rubber and leather...

Are you longing for your life to be easier and more fun? Would you like to stop pushing, micromanaging, and forcing things so you can relax? What if you could enjoy what you have instead of always lusting for 'more'? What if you could live in 'the zone', propelled by powerful currents toward the right people and opportunities? What if you could stop worrying about money and live with more emotional ease in the moment? If you answer 'yes' to all these questions and desire lasting positive change, then prepare to experience the ecstasy of surrender. Are you longing for your life

to be easier and more fun? Would you like to stop pushing, micro-managing and forcing things so you can relax? What if you could enjoy what you have instead of always lusting for 'more'? What if you could live in 'the zone', propelled by powerful currents toward the right people and opportunities? What if you could stop worrying about money and live with more emotional ease in the moment? If you answer 'yes' to all these questions and desire lasting positive change, then prepare to experience the ecstasy of surrender. The art of letting go, Dr Judith Orloff explains, is the secret key to manifesting power and success in all areas of life, including work, relationships, sexuality, radiant aging, and health and healing. With her stunning gift for storytelling coupled with her unique, results-oriented approach to physical, emotional and spiritual health - marrying neuroscience, psychiatry, intuitive medicine, energy techniques and more - Judith provides a powerful, practical and accessible map for anyone who is longing to be happier but who feels stuck, burned-out, tense, worried or afraid to let go. (Previously published as *The Ecstasy of Surrender*, ISBN: 9781781804209)

A memoir of formative years spent on a series of communes: A "wonderful account of a frankly ghastly childhood . . . Hilarious and heartbreaking" (Daily Mail). At the age of six, Tim Guest was taken by his mother to a commune modeled on the teachings of the notorious Indian guru Bhagwan Shree Rajneesh. The Bhagwan preached an eclectic doctrine of Eastern mysticism, chaotic therapy, and sexual freedom, and enjoyed inhaling laughing gas, preaching from a dentist's chair, and collecting Rolls Royces. Tim and his mother were given Sanskrit names, dressed entirely in orange, and encouraged to surrender themselves into their new

family. While his mother worked tirelessly for the cause, Tim—or Yogesh, as he was now called—lived a life of well-meaning but woefully misguided neglect in various communes in England, Oregon, India, and Germany. In 1985 the movement collapsed amid allegations of mass poisonings, attempted murder, and tax evasion, and Yogesh was once again Tim. In this extraordinary memoir, Tim Guest chronicles the heartbreaking experience of being left alone on earth while his mother hunted heaven. “An intelligent, wry, openhearted memoir of surviving a childhood and a cultural phenomenon that were both extraordinary.” —Booklist (starred review)

These interlocking essays uncover art as an active force in the world - neither elitist or remote, present to those who want it, affecting even those who don't. Winterson's own passionate vision of art is presented here, provocatively and personally, in pieces on Modernism, autobiography, style, painting, the future of fiction, in two essays on Virginia Woolf, and more intimately in pieces where she describes her relationship to her work and the books that she loves.

"Mind-blowing." —Kim Gordon *A Sand Book* is a poetry collection in nine parts, a travel guide that migrates from wildfires to hurricanes, tweety bird to the president, lust to aridity, desertification to prophecy, and mother to daughter. It explores the negative space of what is happening to language and to consciousness in our strange and desperate times. From Hurricane Sandy to the murder of Sandra Bland to the massacre at Sandy Hook, from the sand in the gizzards of birds to the desertified mountains of Haiti, from Attar's *Conference of the Birds* to Chaucer's *Parliament of*

Fowls to Twitter, a sand book is about change and quantification, the relationship between catastrophe and cultural transmission. It moves among houses of worship and grocery stores, flitters between geological upheaval and the weird weather of the Internet. In her long-awaited follow-up to *Mercury*, Reines has written her most ambitious work to date, but also her most visceral and satisfying.

Tina is a triplet, but she's always been the odd one out. Her sisters Phil and Maddie are bigger and stronger and better at just about everything. Luckily, they look after teeny-tiny Tina wherever they go - but when the girls start in scary, super-strict Miss Lovejoy's class, they're split up, and Tina has to fend for herself for the first time. Tina is horrified when she's paired up with angry bully Selma, who nobody wants to be friends with. But when Miss Lovejoy asks them to help her create a butterfly garden in the school playground, Tina discovers she doesn't always need her sisters - and that there's a lot more to Selma than first meets the eye. A beautiful, heartwarming story about friendship, confidence and becoming your own person, from the mega-bestselling author of *Tracy Beaker*, *Hetty Feather* and *Sleepovers*.

Author Kathy Cordova was an overworked, stressed-out sales executive. After the birth of her first child, a colicky baby who went through a number of nannies, Cordova finally figured out the Universe was giving her a message--give it up. She quit her job to become a full-time mom. And as she adjusted to her new life, Cordova learned the power of miracles through the art of surrender. Part I of *Let Go, Let Miracles Happen* shows readers that surrender is much more powerful--and effective--than constant striving, or toughing it out at all costs. Based on wisdom drawn from the Bi-

ble and contemporary books such as *A Course in Miracles*, Cordova tells how she discovered and came to accept surrendering her own life. She guides readers to experience how surrender can actually make them stronger. Hard to believe in our go-go culture, but literally doing nothing, and fully and deeply accepting circumstances, is often a wiser course of "action." The power of waiting, while accepting and surrendering, produces miracles. "The good news is miracles," Cordova writes. "Instead of working so hard to find or create magic in our lives, we can relax, go with the flow, work together in harmony with a greater power than ourselves, and experience more joy and purpose than we ever imagined. And the formula is simple--love and surrender." Part II of *Let Go, Let Miracles Happen* is an inspirational collection of stories from people who have suffered everything from addictions to terminal diseases, profound disappointments to perpetual disillusionment, and triumphed. Cordova shows that what they all have in common is that when they learned to surrender, let go, accept and wait, miracles happened.

"Take your relationship to the next level...intimately! Knowing her intimately is the ultimate how-to-handbook--power-packed with hope and help for creating the intimate and passionate relationship God intended. Taking a respectful, yet straightforward approach, this "sex-therapy-in-a-book," helps couples navigate the intricacies of intimacy to strengthen their marriages."--Back cover.

The new novel from the bestselling author of *Middlesex* and *The Virgin Suicides*.

Persuasiveness. Influence. A certain something that makes it im-

possible for people to say no. Call it what you will, some people have it. DJ Sbu certainly does. It's the quality that has helped him evolve from an ambitious boy growing up on Tembisa's rough streets to a DJ, an entrepreneur, an author, a philanthropist and a speaker who graces stages around the world. In *The Art of Hustling* Sbu shares the secrets to cultivating this irresistible quality. Using events that have shaped his own life, he reveals how a positive outlook, resilience, hard work and determination can help you win in every sphere. This inspiring read also acts as a practical handbook, showing you how to apply *The Art of Hustling* to become a winning salesperson. It is DJ Sbu's firm belief that, if you know how to sell, you will never go hungry. He also believes that this simple skill holds the key to solving Africa's considerable unemployment problem. His passion for youth development comes through loud and clear in this easy-to-read, easy-to-use handbook. Full of practical examples, sound advice and nonsense insights, it's a must-have for every person who wishes to further their lives and their careers, whether in the corporate world or starting out on an entrepreneurial journey. DJ Sbu's career is testimony to his strength, resilience and spirit of innovation; the very qualities needed to get ahead in today's rapidly evolving business environment. In sharing his story, he hopes to ignite others' success.

Everyday Immortality contains a series of insights, known in Eastern wisdom traditions as sutras or koans. Like a string of pearls, each insight follows the next, page by page. Only when the lesson of one page is fully absorbed does the reader go on to the next. Through this process, the reader's thought patterns are literally transformed, causing a permanent shift in perception. Th-

ese exercises are a modern version of Gyana Yoga, India's ancient Yoga of Knowledge, long considered the most direct path to attaining enlightenment and immortality.

The pioneer of Energy Psychiatry presents a complete program that will stop you from feeling constantly drained and enable you to live a more vibrant life. Are you forever rushing through your day, fending off chronic exhaustion? Are you desperately over-committed, afraid to say no? Do you want to feel well rested and ready to conquer each day with enthusiasm, but fall short time and time again? If so, you're the victim of a hidden energy crisis. Here, at last, is the complete prescription that will stop you from feeling constantly drained and enable you to live a more vibrant life. The Positive Energy Program will help you:

- Generate positive emotional energy to counter negativity
- Design an energy-aware approach to diet, exercise, and health—and teach you how to avoid the “energetic overeating” that sabotages attempts to lose weight
- Awaken your intuition and rejuvenate yourself—and learn the cure for technodespair: overload from e-mails, computers, and phones
- Protect yourself from energy vampires with specific shielding techniques

Filled with clear instructions for the simple, powerful exercises Dr. Orloff practices herself and shares with her patients, Positive Energy is your tool kit for transforming fatigue, stress, and fear into an abundance of vibrance, strength, and love.

"New York Times bestselling author of Emotional Freedom provides an exciting, new plan for reducing stress, manifesting material and psychological wealth, and experiencing perpetual joy"--
In this groundbreaking book, therapist and intuitive Elisa Romeo,

takes Soul beyond an intellectual concept and into a direct and personal relationship. Pulling from depth psychology, years of practical experience, and touching stories from clients, Elisa brings substance and gravitas—and some levity—to the topic of how to live a Soulful life. This comprehensive, straightforward program contains effective meditations, visualizations, and inquiries to support you on the often messy, winding, and yet amusing path of discovering your Soul in modern times. Meet Your Soul not only tells you how to access your Soul connection but also preps you for some of the common obstacles you're likely to encounter on your journey. With her kind and informed direction, you'll learn to:

- Understand the crucial distinction between ego, Spirit, and Soul
- Create and cultivate a strong spiritual practice
- Distinguish your Soul Truth from the beliefs of family, friends, and society
- Clearly access the voice of your Soul
- Gain awareness of the key Soul contracts in your life and discover your Divine purpose

This book helps you meet the oldest, wisest, and most loving part of yourself—the part that gives meaning and purpose to your life. Elisa shows that each of us has the capacity to hear this personal, unique guidance directly. You needn't look outside yourself to a guru, program, or system; rather you can simply look within.

Born the wrong way into a world that greeted him with little more than a bad omen, Mohun Biswas has spent his 46 years striving for independence. Shuttled from one residence to another after his father's death, and married into the domineering Tulsi family, he longs for a place of his own.

WINNER OF THE ORWELL PRIZE FOR POLITICAL WRITING 2019 A

BARACK OBAMA BEST BOOK OF 2019 SHORTLISTED FOR THE NATIONAL BOOK AWARD FOR NONFICTION 2019 TIME's #1 Best Nonfiction Book of 2019 A NEW YORK TIMES BESTSELLER 'A must read' Gillian Flynn

From *The Story of O* to *The Sexual Life of Catherine M*, readers have been enthralled with sexually subversive memoirs by women. Here, Toni Bentley recounts her experiences when she meets a lover who introduces her to a radical and unexpected pleasure. Through 5 practical steps, Dr. Judith Orloff's guide will show you how to recapture, nurture, and affirm your intuitive ability, so that you can utilize it to help heal yourself. In her groundbreaking book, Dr. Orloff leads readers to the heart of a radical revolution in health care: the union of medicine and intuition, of body, mind, and soul. Intuition plays an indispensable role in self-diagnosis, pain control, immune response, and recovery from acute and chronic illness; it can lead you to breakthroughs in anxiety, panic, depression, and other emotional blockages, even when traditional psychotherapy has failed. Intuition also offers insights into the use of medications and the selection of the right healer for your needs. Further, it is integral for sexual healing, since sexuality is a potent connector and energy source for clarifying spirituality and improving vitality. With Dr. Orloff's five practical steps, you'll learn to clarify your beliefs, listen to your body's messages, access inner guidance, sense subtle energy, and interpret your dreams. Practicing the steps, you'll recognize early warning signals and act on them to help prevent illness. You'll have skills to uncover important information from meditation and remote viewing (a way of intuitively tuning in) to make sense of confusing signals. The insights you'll gain from these tools will lend reason,

compassion, and meaning to events such as illness, loss, or despair. Following Dr. Orloff's simple, clear instructions, illustrated with examples from her own experience and psychiatric practice, you'll recapture a sense of vision that will bring vibrance to all that you do. "Our intuition can open us up to our spirituality and show us how to be more healthy and whole," writes Dr. Orloff. "If you're in good health, you'll want to know about intuition because it can help you stay well and recognize messages that prevent illness. If you or your loved ones need healing, you'll also want intuition to show the way." Written with abundant warmth, humor, and compassion, this guide is your companion to a healthier, more fulfilling life.

LIQUIDATOR! The brand-new, delicious and wildly popular energy drink. 'For those who wanna win!' The company that makes it is set to earn a fortune, with its global launch climaxing at an international rock concert that will SHAKE the planet. The only problem? An innocent child is dying. Meet Vicky and her classmates - their work experience is about to spin totally out of control as they uncover a secret that could change the world. And put them all in mortal danger . . . From the award-winning author of *Trash* comes an action-packed thriller full of danger, hilarity and - above all - friendship.

The premier authority on empaths presents a daily self-care journal created specifically for highly sensitive people Dr. Judith Orloff has a life-saving message for all empaths: self-care is essential when you are highly empathic and sensitive. An empath herself, Dr. Orloff has emerged as the leading expert on the needs of people who feel and experience life with unusual intensity. Now with

The Empath's Empowerment Journal, she brings you an ideal resource for creating a daily self-care routine to support you in protecting your vital energy and developing the unique gifts of intuition, creativity, and compassion you bring to the world. This paperback journal of personal exploration is beautifully designed to delight the senses of sensitive people. Inside you'll find spacious pages for your own writing, punctuated with inspirational statements and prescriptive exercises to help you deal gracefully with in-the-moment sensory overload; tap into the power of seasonal changes and celestial cycles; and fine-tune your daily routine to nourish the greatest expression of your natural gifts. Created as the perfect companion to Dr. Orloff's new book *Thriving as an Empath* or as a stand-alone support for any sensitive person who wants to practice better self-care, *The Empath's Empowerment Journal* provides invaluable tools and inspiration for helping you become more protected, effective, and empowered each day.

Over the past twenty-five years A. H. Almaas—widely recognized as a leader in integrating spirituality and psychology—has been developing and teaching the Diamond Approach, a spiritual path that integrates the insights of Sufism, Buddhism, Gurdjieff, and other wisdom traditions with modern psychology. In this new work, Almaas uses the metaphor of a "spacecruiser" to describe a method of exploring the immediacy of personal experience—a way of investigating our moment-by-moment feelings, thoughts, reactions, and behaviors through a process of open-ended questioning. The method is called the practice of inquiry, and *Spacecruiser Inquiry* reveals what it means to engage with this practice as a spiritual path: its principles, challenges, and rewards. The author explores basic elements of inquiry, including the open-ended

attitude, the focus on direct knowledge, the experience of not-knowing, and the process of questioning. He describes the experience of "Diamond Guidance"—the inner wisdom that emerges from our true nature—and how it can be realized and applied. In this process Almaas looks at many of the essential forms of Diamond Guidance, including knowing, clarity, truth, love, intelligence, compassion, curiosity, courage, and determination. Also included are exercises and questions and answers from the original talks by Almaas on which the book is based.

In addition to staying connected to our support systems and avoiding opportunities to use during the coronavirus pandemic, we can also keep confronting and conquering the self-destructive things we think and do that undercut our health and sanity. Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness. To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Although there are as many ways to mess up recovery as there are alcoholics and addicts, some general themes exist, which include: confusing self-concern with selfishness; not making amends; using the program to try to become perfect; not getting help for relationship troubles; and believing that life should be easy. In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life. This useful guide offers fresh perspectives on how the process of change begins with basic self-awareness and a commitment to working a daily program.

A New York Times bestseller, *Emotional Freedom* is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better. Picture yourself trapped in a traffic jam feeling utterly calm. Imagine being unflappable and relaxed when your supervisor loses her temper. What if you were peaceful instead of anxious? What if your life were filled with nurturing relationships and a warm sense of belonging? This is what it feels like when you've achieved emotional freedom. Bestselling author Dr. Judith Orloff invites you to take a remarkable journey, one that leads to happiness and serenity, and a place where you can gain mastery over the negativity that pervades daily life. No matter how stressed you currently feel, the time for positive change is now. You possess the ability to liberate yourself from depression, anger, and fear. Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr. Orloff maps the elegant relationships between our minds, bodies, spirits, and environments. With humor and compassion, she shows you how to identify the most powerful negative emotions and how to transform them into hope, kindness, and courage. Compelling patient case studies and stories from her online community, her workshop participants, and her own private life illustrate the simple, easy-to-follow action steps that you can take to cope with emotional vampires, disappointments, and rejection. As Dr. Orloff shows, each day presents opportunities for us to be heroes in our own lives: to turn away from negativity, react constructively, and seize command of any situation. Complete emotional freedom is within your grasp.

Set in Paris, the City of Love, Jeanette Grey brings you an intoxicating, irresistibly romantic and sexy read. Fans of Kristen Proby, Sandi Lynn, Maya Banks and J. Kenner will fall head over heels for this stunning romance. One sultry summer in the City of Love... Two strangers meet accidentally over un café au lait. Two New Yorkers in Paris, who are worlds apart. Kate is a soul-searching art graduate hoping to find herself. Rylan is a gorgeous millionaire hiding who he truly is. By day, they tour the City of Light and, under the cover of darkness, they explore one another. They have seven intoxicating nights of pure surrender, and addictive pleasure, together. But with Kate's future utterly uncertain, and Rylan escaping his secret past, do they stand a chance at true love? Kate and Rylan's powerful love story doesn't stop here... Look for the sequel, *Eight Ways To Ecstasy*. And if you're lusting after more from Jeanette, indulge in her beautiful New Adult novel, *When The Stars Align*.

In this compelling self-portrait, psychic and psychiatrist Dr. Judith Orloff, "one of the frontier people in health, who was not satisfied with the existing order, the Establishment, and began to push for the expansion of knowledge which the establishment, of course, often rejected and for which it sought to punish them," (*The Nation Magazine*) draws on her own experience and that of her patients to explore the mysterious and poorly understood realm of the psychic. In riveting detail, she describes how an ignored premonition of a patient's suicide attempt convinced her to embrace her gift and incorporate it into her medical practice--and how using psychic abilities can provide powerful healing. More than simply one woman's journey, this book will also outline effective ways to cultivate natural psychic abilities, including how to--recognize

psychic experiences in everyday life--increase clairvoyance--practice psychic exercises--discover psychic empathy--tune into messages the body is sending--record and interpret dreams--and more.

The basic text for Alcoholics Anonymous.

What is the difference between having empathy and being an empath? "Having empathy means our heart goes out to another person in joy or pain," says Dr. Judith Orloff "But for empaths it goes much farther We actually feel others' emotions, energy, and physical symptoms in our own bodies, without the usual defenses that most people have." With *The Empath's Survival Guide*, Dr. Orloff offers an invaluable resource to help sensitive people develop healthy coping mechanisms in our high-stimulus world—while fully embracing the empath's gifts of intuition, creativity, and spiritual connection. In this practical and empowering book for empaths and their loved ones, Dr. Orloff begins with self-assessment exercises to help you understand your empathic nature, then offers potent strategies for protecting yourself from overwhelm and replenishing your vital energy For any sensitive person who's been told to "grow a thick skin," here is your lifelong guide for staying fully open while building resilience, exploring your gifts of deep perception, raising empathic children, and feeling welcomed and valued by a world that desperately needs what you have to offer.

Surrender My Heart by Lindsay Armstrong released on Dec 25, 1986 is available now for purchase.

She's the only one who can see through his golden boy façade to the broken god within... Chrysender Notos, Supreme God of the South Wind and Summer, is on a mission: save Eurus from his

death sentence, and prove his troubled brother can be redeemed. But Eurus fights back, triggering vicious summer storms that threaten the mortal realm, dangerously drain Chrys, and earn the ire of the Olympic gods who ordered Eurus dead. Laney Summerlyn refuses to give up her grandfather's horse farm, despite her deteriorating vision. More than ever, she needs the organized routine of her life at Summerlyn Stables, until a ferocious storm brings an impossible—and beautiful—creature crashing down from the heavens. Injured while fighting Eurus, Chrys finds himself at the mercy of a mortal woman whose compassion and acceptance he can't resist. As they surrender to the passion flaring between them, immortal enemies close in, forcing Chrys to choose between his brother and the only woman who's ever loved the real him. Each book in the *Hearts of the Anemoi* series is **STANDALONE**: * North of Need * West of Want * South of Surrender * East of Ecstasy

Are you longing for your life to be easier and more fun? Would you like to stop pushing, micromanaging, and forcing things so you can relax? What if you could enjoy what you have instead of always lusting for 'more'? What if you could live in 'the zone', propelled by powerful currents toward the right people and opportunities? What if you could stop worrying about money and live with more emotional ease in the moment? If you answer 'yes' to all these questions and desire lasting positive change, then prepare to experience the ecstasy of surrender. The art of letting go, Dr Judith Orloff explains, is the secret key to manifesting power and success in all areas of life, including work, relationships, sexuality, radiant ageing and health and healing. In our superconnected world where emails and text messages constantly interrupt us,

it's easier to let go than you think. Once embraced, surrendering removes roadblocks and the exhaustion that comes from 'trying too hard' - and it helps you achieve goals more effortlessly and brings ongoing happiness. With her stunning gift for storytelling coupled with her unique, results-oriented approach to physical, emotional and spiritual health - marrying neuroscience, psychiatry, intuitive medicine, energy techniques, and more - Judith provides a powerful, practical and accessible map for anyone who is longing to be happier but who feels stuck, burned-out, tense, worried or afraid to let go.