



## RECLAIM YOUR HEART

2015-08

RECLAIM YOUR HEART IS NOT JUST A SELF HELP BOOK IT IS A MANUAL ABOUT THE JOURNEY OF THE HEART IN AND OUT OF THE OCEAN OF THIS LIFE IT IS A BOOK ABOUT HOW TO KEEP YOUR HEART FROM SINKING TO THE DEPTHS OF THAT OCEAN AND WHAT TO DO WHEN IT DOES IT IS A BOOK ABOUT REDEMPTION ABOUT HOPE ABOUT RENEWAL EVERY HEART CAN HEAL AND EACH MOMENT IS CREATED TO BRING US CLOSER TO THAT TRANSFORMATIVE RETURN RECLAIM YOUR HEART IS ABOUT FINDING THAT MOMENT WHEN EVERYTHING STOPS AND SUDDENLY LOOKS DIFFERENT IT IS ABOUT FINDING YOUR OWN AWAKENING AND THEN RETURNING TO THE BETTER TRUER AND FREER VERSION OF YOURSELF MANY OF US LIVE OUR LIVES ENTRAPPED BY THE SAME REPEATED PATTERNS OF HEARTBREAK AND DISAPPOINTMENT MANY OF US HAVE NO IDEA WHY THIS HAPPENS RECLAIM YOUR HEART IS ABOUT FREEING THE HEART FROM THIS SLAVERY IT IS ABOUT THE JOURNEY IN AN OUT OF LIFE S MOST DECEPTIVE TRAPS THIS BOOK WAS WRITTEN TO AWAKEN THE HEART AND PROVIDE A NEW PERSPECTIVE ON LOVE LOSS HAPPINESS AND PAIN PROVIDING A MANUAL OF SORTS RECLAIM YOUR HEART WILL TEACH READERS HOW TO LIVE IN THIS LIFE WITHOUT ALLOWING LIFE TO OWN YOU IT IS A MANUAL OF HOW TO PROTECT YOUR MOST PRIZED POSSESSION THE HEART

## RECLAIM YOUR HEART

2014-12-01

BESTSELLER DI AMAZON COM UNTUK KATEGORI BUKU ISLAM BERTENGGER DI TOP 100 SEJAK 2012 BINTANG LIMA DARI PARA PEMBACA RECLAIM YOUR HEART BUKAN SEKADAR BUKU SELF HELP INI BUKU PANDUAN PERJALANAN HATI MENGARUNGI LAUTAN KEHIDUPAN TENTANG APA YANG HARUS ANDA LAKUKAN KETIKA TERJEBAK DALAM BADAI KEHIDUPAN TENTANG MENJAGA HATI ANDA AGAR TAK TENGGELAM DALAM SAMUDRA DUNIA INI BUKU TENTANG HARAPAN TENTANG PENGUATAN TENTANG PEMBARUAN DIRI SETIAP HATI DAPAT MENYEMBUHKAN DAN SETIAP MOMEN DICIPTAKAN UNTUK MEMBAWA KITA LEBIH DEKAT KEPADA PERUBAHAN RECLAIM YOUR HEART ADALAH TENTANG MENEMUKAN MOMEN TERSEBUT KETIKA SEMUANYA BERHENTI DAN TIBA TIBA TERLIHAT BERBEDA INI ADALAH TENTANG MENEMUKAN KEBANGKITAN ANDA SENDIRI UNTUK MENJADI LEBIH BAIK LEBIH BENAR DAN LEBIH BEBAS DALAM VERSI ANDA SENDIRI BANYAK DARI KITA TERJEBAK OLEH KEKECEWAAN YANG BERULANG KITA TIDAK TAHU MENGAPA HAL ITU TERJADI RECLAIM YOUR HEART ADALAH TENTANG MEMBEBAS HATI DARI PERBUDAKAN ITU TENTANG MELEPASKAN DIRI DARI JEBAKAN JEBAKAN KEHIDUPAN RECLAIM YOUR HEART MEMBERIKAN PERSPEKTIF BARU TENTANG CINTA KEHILANGAN KEBAHAGIAAN DAN RASA SAKIT BUKU INI MENGAJARKAN ANDA BAGAIMANA MENJALANI KEHIDUPAN TANPA ANDA HARUS MENJADI BUDAK KEHIDUPAN INI ADALAH PANDUAN UNTUK MELINDUNGI HARTA PALING BERNILAI HATI DITERBITKAN OLEH PENERBIT SERAMBI ILMU SEMESTA SERAMBI GROUP

## SUMMARY OF YASMIN MOGAHED'S RECLAIM YOUR HEART

2022-05-27T22:59:00Z

PLEASE NOTE THIS IS A COMPANION VERSION NOT THE ORIGINAL BOOK SAMPLE BOOK INSIGHTS 1 WE ALL LOVE GIFTS WE LOVE THE BLESSINGS THAT BEAUTIFY OUR LIVES BUT WHAT HAPPENS WHEN A GIFT BECOMES MORE THAN JUST A GIFT WHEN A WANT BECOMES A NEED A FAVOR BECOMES A DEPENDENCY AND A GIFT IS NO LONGER ONLY A GIFT 2 THE TRAGEDY OF OUR CHOICE IS THAT WE CHAIN OUR NECKS WITH ATTACHMENTS AND THEN ASK WHY WE CHOKE WE PUT ASIDE OUR REAL AIR AND THEN WONDER WHY WE CAN T BREATHE WE GIVE UP OUR ONLY FOOD AND THEN COMPLAIN WHEN WE RE DYING OF STARVATION 3 THE TRUE PURPOSE OF THE GIFT IS TO BRING US TO GOD WE WILL SUFFER THE MOMENT WE TURN OUR WANTS INTO NEEDS AND OUR ONE TRUE NEED INTO A COMMODITY WE THINK WE CAN DO WITHOUT 4 THE FOUNDATION OF ISLAM IS TAWHEED OR ONENESS BUT TAWHEED IS NOT JUST ABOUT SAYING THAT GOD IS ONE IT IS ABOUT THE ONENESS OF PURPOSE OF FEAR OF WORSHIP AND OF ULTIMATE LOVE FOR GOD IT IS ABOUT THE ONENESS OF VISION AND FOCUS

## *RECLAIMING YOUR HEART*

2013-02-18

HAVE YOU EVER WONDERED WHERE THE ABUNDANT LIFE SCRIPTURE PROMISES IS AND HOW YOU SEEM TO HAVE MISSED IT DO YOU EVER CATCH YOURSELF SAYING THOSE WERE THE BEST YEARS OF MY LIFE A FAILED RELATIONSHIP A HEALTH CRISIS A JOB LOSS THE DEATH OF A LOVED ONE ALL CAN CAUSE US TO HIDE OUT GO NUMB GIVE UP BEFORE WE EVEN KNOW IT WE RE SIMPLY COPING WITH

LIFE INSTEAD OF LIVING IT TO THE FULLEST IT HAPPENS TO MOST OF US AT ONE POINT OR ANOTHER FOR AUTHOR AND BIBLE STUDY TEACHER DENISE HILDRETH JONES IT HAPPENED IN THE WAKE OF HER DEVASTATING DIVORCE BUT SHE FOUGHT DESPERATELY TO RECLAIM HER GOD DESIGNED HEART AND NOW IN HER TRANSPARENT AUTHENTIC STYLE DENISE CHALLENGES YOU TO DO THE SAME SHARING STORIES FROM HER OWN JOURNEY AND OTHERS SHE S WALKED ALONGSIDE DENISE WILL HELP YOU IDENTIFY WAYS YOU VE GIVEN YOUR HEART TO LESSER GODS LIKE PERFORMANCE PEOPLE PLEASING AND CONTROL AND HOW TO FIND YOUR WAY BACK TO GOD S DESIGN FOR YOUR LIFE TO LAUGHING LOVING AND LIVING LIFE TO THE FULLEST

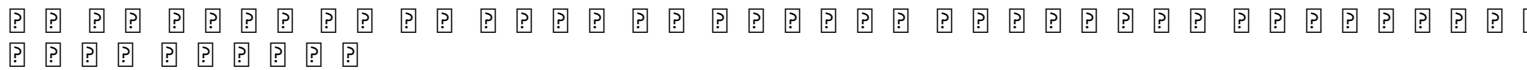
## RECLAIM YOUR HEART (EDISI DIPERKAYA)

2023-08-22

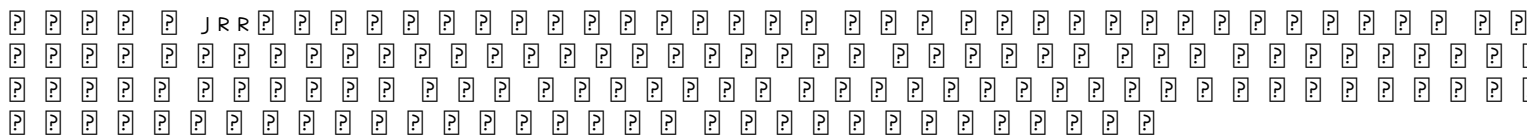
DUNIA ITU SEPERTI SAMUDRA DAN HATI KITA ADALAH KAPAL KALAU KITA BIARKAN AIR LAUT MASUK KAPAL KITA AKAN KARAM DEMIKIANLAH YANG TERJADI KALAU KITA BEBASKAN DUNIA MERASUKI HATI KITA RECLAIM YOUR HEART MEMBAWA KITA MENEMPUH BERBAGAI PERJALANAN PERJALANAN HIDUP PRIBADI PENULISNYA PERJALANAN NABI MUHAMMAD SAW DAN PERJALANAN AL QUR AN YANG KESEMUANYA DAPAT KITA REFLEKSIKAN KE DALAM PERJALANAN HIDUP KITA SENDIRI IA MENYOROTI SAAT SAAT NAIK TURUNNYA IMAN SAAT SAAT KITA TERTIMPA NESTAPA DAN MENGALAMI KEKECEWAAN JUGA TENTANG KETERIKATAN KITA PADA DUNIA MELALUI BUKU INI YASMIN MOGAHED MENCOBA MENYENTUH BERBAGAI ASPEK KEHIDUPAN DENGAN TERUS MENGINGATKAN AKAN TUJUAN DAN MAKNA SEJATI HIDUP TAK KALAH PENTING DIA JUGA MENYINGGUNG TENTANG DUKA DAN KEPEDIHAN HIDUP YANG MERUPAKAN PELAJARAN DAN TANDA DARI ALLAH UNTUK KITA BUKAN ITU SAJA YASMIN MOGAHED JUGA MENUNJUKKAN BAHWA TERDAPAT KASIH SAYANG ALLAH DI BALIK SEMUA KEPEDIHAN ITU DAN MENGAJAK KITA MELIHATNYA MELALUI KACAMATA KESYUKURAN DENGAN BAB BAB YANG SINGKAT RECLAIM YOUR HEART MEMBERI KELELUASAAN PEMBACANYA MELAKUKAN REFLEKSI MENDAPATKAN PERSEPSI BARU TENTANG HIDUP DUKA CINTA BAHAGIA PERSEPSI BARU YANG AKAN MENGHINDARKAN KITA DARI TENGGELAM KE DALAM JEBAKAN PESONA DUNIA



2011-07



2002-02-28



## RECLAIM YOUR SOUL

2014-01-23

HEAL TRAUMA HOW TO FEEL IT UNLOCK PATTERNS AND RELEASE IT IS A POWERFUL COMPANION FOR ANYONE WANTING TO WORK THROUGH PAST TRAUMA TRAUMA WHEN ACTIVATED CAN PRODUCE A WIDE RANGE OF SYMPTOMS INCLUDING INCREASED ANXIETY AND DEPRESSION BODY PAIN LOSS OF MEMORY AND CONCENTRATION DIFFICULTIES SLEEPING FLASHBACKS NIGHTMARES THE DESIRE TO ISOLATE SOCIALLY AND A WIDE RANGE OF INTENSE FEELINGS TO NAME A FEW IT CAN ALSO TRIGGER A WIDE RANGE OF BEHAVIOURS THAT ARE OFTEN BEWILDERING TO COMPREHEND AND TO ALLAY HEAL TRAUMA WILL SERVE AS A GUIDING LIGHT IN THESE DARK TIMES HELPING READERS TO UNDERSTAND THE INTENSE FEELINGS THEY EXPERIENCE AND HELP THEM PROCESS AND RELEASE EMOTION THAT HAS BEEN TRIGGERED THE BOOK WILL ALSO HELP ILLUMINATE PATTERNS OF BEHAVIOUR FOR INSTANCE PROCRASTINATION PERFECTIONISM AND OBSESSIVE RITUALS AND LINK THE PATTERN TO PAST TRAUMA THE VIGNETTES ON PATTERNS WILL ALSO GUIDE THE READER INTO TAKING ACTION TO UNDERMINE THE PATTERN AND FIND ALTERNATIVE WAYS TO RESPOND THE SECTION ON RELEASING TRAUMA ENGAGES THE READER THROUGH A PROCESS OF CREATING A VISUAL DRAWING THAT REFLECTS THEIR PRESENT EXPERIENCE OF TRAUMA ACTIVATION AND WILL HELP GUIDE A PROCESS TO RELEASE TRAUMATIC MEMORY AND ASSOCIATED EMBODIED EMOTION THIS BOOK IS



MAKING AS THE MATTER OF THE HEART A DECISION IS MEASURED BY DOING WRONG AND BY DOING RIGHT DECISIONS ARE MADE FOR A LIFETIME AND MOMENT BY MOMENT A DECISION CAN QUENCH OR IGNITES A FRESH FIRE OF LIFE THE BOOK IGNITE YOUR HEART RE FIRE YOUR LIFE AND RECLAIM YOUR LOST GROUND SHOWS HOW ADAM QUENCHED THE SPIRIT FROM THEN THE MAN NEEDS TO BE RE IGNITED AFRESH ADAM WAS THE FIRST BELIEVER TO QUENCH THE HOLY SPIRIT AND OPEN DOOR TO THE SPIRIT OF DEATH THIS BOOK IGNITE YOUR HEART RE FIRE YOUR LIFE AND RECLAIM YOUR LOST GROUND GUIDES BELIEVERS HOW TO STOP TO STOP QUENCHING THE SPIRIT HOW CAN A PERSON FAN THE FLAME OF GOD RATHER THAN QUENCH HIM HOW CAN A PERSON RE IGNITE HIS LIFE THE ANSWERS ARE IN THIS BOOK AS YOU READ ON IT IS A GLOBAL QUESTION NOW BECAUSE BILLIONS HAVE MISSED THEIR DIVINE PLACEMENTS THROUGH WRONG DECISIONS WHICH QUENCHED THE FIRES OF THEIR LIVES THEY ARE CONFUSED ABOUT WHAT TO DO THIS BOOK CLEARS THAT CONFUSION I WAS ALSO A VICTIM OF THIS MISHAP AND PART OF THE REASON FOR THIS BOOK IS TO ALERT MANY TO START EARLY TO INQUIRE FOR DIVINE RE ARRANGEMENT RE DIRECTION AND RE IGNITION HOW SAFE ARE WE IN A WORLD STAGGERING WITH AN OVERWEIGHT OF WRONG DECISIONS A NEW HEART IS A MATTER OF URGENCY TO MITIGATE THIS ANOMALY LIFE IN THE DARK IS VERY EASY IN THIS EVIL AGE DARK AGE BILLIONS OF WRONG DECISION CREATE GROSS DARKNESS BILLIONS OF FIRE QUENCHED YOU MUST EXCLUDE YOURSELF BY READING THIS BOOK AND TAKE SOME ADVICES THIS BOOK IGNITE YOUR HEART RE FIRE YOUR LIFE AND RECLAIM YOUR LOST GROUND ALSO ADDRESSES VITAL ISSUES SUCH AS HOW MANY HEARTS DO WE HAVE WHAT ARE THE ORIGINS AND FUNCTIONS OF THESE HEARTS WHAT WENT WRONG AND HOW DO WE DOWNLOAD GOD S RESCUE PLAN WHETHER YOU ARE A YOUNG OR OLD THIS BOOK WILL HELP YOU TO UNDERSTAND THAT THE HEART OF THE MATTER YOU ARE FACING IN DECISION MAKING IS THE MATTER OF THE HEART THAT MUST BE RE IGNITED

## **THE HEART OF A WOMAN RECLAIM, RELEASE AND RENEW**

2022-04-30

ARE YOU A SINGLE WOMAN WHO IS TIRED OF THE ROLLER COASTER RIDE OF RELATIONSHIP PROBLEMS THIS BOOK CAPTURES THE ESSENCE OF A WOMAN S HEART AFTER A PAINFUL BREAK UP READERS ARE LED ON A JOURNEY FROM PAIN TO PURPOSE NO MORE DATING DRAMA AND NO MORE EMOTIONAL SACRIFICES AUTHOR SHANEKA L MCCLARTY IS A LICENSED THERAPIST AND A RELATIONSHIP EXPERT SHE PROVIDES INSIGHTFUL STEPS TO HELP WOMEN UNPACK THEIR EMOTIONAL BAGGAGE RECLAIM THE STRENGTH THAT S NEEDED TO WALK AWAY AND RE POSITION THEIR HEARTS FOR AUTHENTIC LOVE WITH A REAL MAN GET READY TO OPEN UP YOUR HEART TO RECLAIM YOUR POWER RELEASE THE PAIN AND RENEW YOUR MIND TO GET THE MAN THAT YOU WANT

## **RECLAIM YOUR DARK GODDESS**

2015-12-29

THE HEALTHY COCONUT IS A SIMPLE GUIDE TO INCORPORATING THE AMAZING BENEFITS OF COCONUT INTO YOUR DAILY LIFESTYLE THE HEALTHY COCONUT FEATURES MORE THAN 100 WHOLE FOOD PLANT BASED AND GLUTEN FREE RECIPES BURSTING WITH COCONUT GOODNESS AND SUPERFOOD NUTRITION THIS BOOK WILL SHOW YOU HOW TO USE COCONUT BOTH INTERNALLY AND EXTERNALLY TO RECEIVE MAXIMUM HEALTH AND BEAUTY BENEFITS AND TOXIN FREE LIVING JUST ONE SCOOP OF VIRGIN COCONUT OIL DELIVERS A WIDE RANGE OF HEALING PROPERTIES PRODUCED IN IT S MOST NATURAL STATE COCONUT OIL WILL BENEFIT YOU YOUR CHILDREN AND YOUR PETS WHETHER YOU HAVE CHRONIC FATIGUE WEIGHT PROBLEMS DIGESTIVE OR SKIN ISSUES OR JUST WANT TO GIVE YOUR BODY A GOOD CLEANSE AND BOOST YOUR ENERGY THIS BOOK IS YOUR ONE STOP COCONUT BIBLE MORE THAN 100 WHOLE FOOD PLANT BASED AND GLUTEN FREE RECIPES BURSTING WITH COCONUT GOODNESS AND SUPERFOOD NUTRITION AUSTRALIAN AUTHOR WELL KNOWN WITHIN THE HEALTH INDUSTRY EXPERT IN THE FIELD ON COCONUT PRODUCTS AND THEIR BENEFITS UNIQUE BOOK ON THE HOLISTIC SUPERFOOD USES OF COCONUTS EXTENDING PAST THE WELL KNOWN BENEFITS OF COCONUT OIL THROUGH TO RECIPES BODY CARE AND BEAUTY

## **RECLAIM YOUR BRAIN**

2018-04-01

A PRESCRIPTIVE GUIDE TO RESTORING COGNITIVE CALM BASED ON AMEN CLINICS CHIEF PSYCHIATRIST DR JOSEPH ANNIBALI S THREE DECADES OF TREATING PATIENTS WHO SUFFER FROM OVERLOADED OVERSTIMULATED BRAINS DR JOSEPH ANNIBALI HAS TREATED THOUSANDS OF PEOPLE WITH OVERLOADED OVERSTIMULATED BRAINS SOME PEOPLE DESCRIBE THEIR BRAIN AS BEING IN CHAOS OTHERS FEEL THAT THEIR BRAIN IS ON FIRE BUT WHETHER THEY ARE ULTIMATELY DIAGNOSED WITH ANXIETY DISABLING OCD DEPRESSION BIPOLAR DISORDER OR EVEN SUBSTANCE ABUSE THE UNDERLYING PROBLEM IS A TOO BUSY BRAIN A GREAT IRRITANT THAT INTERFERES

WITH ATTENTION CONCENTRATION FOCUS MOOD AND OFTEN MUCH MORE IT MAY EVEN BE A SIGN OF UNDETECTED DAMAGE TO EITHER THE BRAIN OR THE BODY ITSELF BUT THROUGH PRACTICAL STRATEGIES UNDERSTANDABLE EXPLANATIONS AND PRESCRIPTIVE MIND MANAGEMENT TECHNIQUES DR ANNIBALI WILL HELP READERS FINALLY RECLAIM THEIR BRAINS AND GET BACK IN CONTROL OF THEIR LIVES

## QUEEN UP! RECLAIM YOUR CROWN WHEN LIFE KNOCKS YOU DOWN

2022-04-25

EACH OF THE FOUR TAROT QUEENS IN THIS EMPOWERING YEAR LONG SYSTEM REPRESENT AN ARCHETYPAL PART OF OUR PERSONALITIES AS WELL AS OUR EXPERIENCE OF BEING HUMAN DETAILED EXPLANATIONS OF EACH ARCHETYPE AND WORKBOOK STYLE EXERCISES AND PRACTICAL TIPS ARE PROVIDED FOR ALIGNING WITH AND BALANCING THE ENERGIES OF EACH QUEEN WE DERIVE INSPIRATION FROM THE QUEEN OF WANDS PASSION COMES FROM THE QUEEN OF SWORDS LOVE FROM THE QUEEN OF CUPS ABUNDANCE FROM THE QUEEN OF PENTACLES THE QUEEN UP SYSTEM BLENDS VARIOUS METAPHYSICAL TEACHINGS AND PSYCHOLOGICAL CONCEPTS TO EMPOWER WOMEN TO NAVIGATE LIFE S MOST CHALLENGING SITUATIONS IN PART ONE THE BASIC TENETS OF THE SYSTEM ARE REVIEWED PART TWO INTRODUCES US TO THE FOUR TAROT QUEENS THAT EMBODY THE ESSENTIAL QUALITIES FOR CREATING WHOLENESS AND READERS WILL BE TAUGHT HOW TO ACCESS THEIR ENERGIES AS WELL AS LOOK AT COMMON OBSTACLES AND PART THREE PROVIDES A YEAR S SUPPLY OF WEEKLY EXERCISES TO HELP READERS DEVELOP INTUITION AND MANIFESTATION THE QUEENS SERVE AS A SYMBOL OF THE POTENTIAL OF EVERY WOMAN ANGELA KAUFMAN HELPS READERS UNLOCK THIS POTENTIAL TO HARNESS AND EXPRESS THEIR DREAM LIVES

## RECLAIM YOUR MARRIAGE

2022-09-14

WHEN YOUR HUSBAND STRUGGLES WITH PORNOGRAPHY YOUR WORLD IS SHATTERED WHERE CAN YOU GO WITH YOUR GRIEF INSECURITIES FEAR AND EVEN ANGER JENNY SOLOMON COMES ALONGSIDE HURTING WIVES AND GENTLY ENCOURAGES THEM TO BRING THEIR PAIN TO GOD WHO IS ABLE TO RECLAIM THEIR MARRIAGE



2022-05-05



## RECLAIM YOUR LIFE FROM IBS

2020-08-28

RECLAIM YOUR LIFE FROM IBS TEACHES A NUMBER OF SKILLS THAT CAN DIRECTLY REDUCE THE IMPACT OF GASTROINTESTINAL SYMPTOMS IN A PERSON S LIFE THE BOOK EXPLORES THE DIFFERENTIAL DIAGNOSIS OF IRRITABLE BOWEL SYNDROME IBS AND THE CURRENT SCIENTIFIC MODELS OF WHAT CAUSES IBS IT TEACHES THE READER THE COGNITIVE MODEL OF STRESS MANAGEMENT USING COGNITIVE BEHAVIORAL THERAPY AND HELPS READERS LEARN TO IDENTIFY THEIR NEGATIVE BELIEFS AND REFRAME THEM MORE ACCURATELY IT ALSO GUIDES READERS TO REDUCE AVOIDANCE AND HELPS THEM UNDERSTAND HOW TO USE DIETARY MODIFICATIONS AND MEDICATIONS WISELY RATHER THAN REACTIVELY IN THIS SECOND EDITION NUMEROUS CASE EXAMPLES THROUGHOUT ILLUSTRATE THE APPLICATION OF THESE CORE CBT SKILLS TO IBS RELATED THOUGHTS AND EXPERIENCES AND NEW MATERIAL IS INCLUDED ON EXERCISE DIET AND MEDICATIONS THIS BOOK IS A PROVEN SELF HELP BOOK FOR PEOPLE WITH IBS AS WELL AS BEING USEFUL AS A TREATMENT MANUAL FOR CLINICIANS WHO WORK WITH PATIENTS WITH IBS

## THE ALKALINE DIET MADE EASY: RECLAIM YOUR HEALTH, LOSE WEIGHT & HEAL

# NATURALLY

2013

THE KEYS TO EXTRAORDINARY HEALTH YOUTHFUL LOOKS ABUNDANT ENERGY ARE YOU COMMITTED TO A HEALTHY MIND BODY AND SOUL THE ALKALINE DIET IS FABULOUS FOR BODY MIND AND SPIRIT WITH IT YOU WILL BE AMAZED AT HOW EASY IT IS TO ACHIEVE A FIT BODY HAVE MORE ENERGY AND GREAT HEALTH TWO TIME NOBEL PRIZE WINNER DR LINUS PAULING WAS THE FIRST TO SHOW THAT WHEN WE MAINTAIN A PROPER ALKALINE BALANCE IT INCREASES OXYGEN IN THE BODY CANCER CELLS AND VIRUSES ARE UNABLE TO GROW IN AN OXYGEN RICH ALKALINE ENVIRONMENTS NOT ONLY THAT BUT EATING NUTRITIOUS FOOD KEEPS YOUR BODY S CHEMISTRY IN BALANCE AND FEELING GREAT WHEN SOMETHING IS NOT RIGHT WITH OUR INTERNAL HEALTH THE EFFECTS CAN MANIFEST THROUGH SYMPTOMS LIKE CHRONIC ILLNESS AND FATIGUE MAYBE YOU HAVE RESEARCHED SO MANY APPROACHES TO HEALING AND NUTRITION PROBLEM IS MOST DIETS ARE UNREALISTIC IN THE LONG TERM EXCEPT THE ALKALINE DIET THE ALKALINE DIET IS ALL ABOUT REBALANCING AND GIVING YOUR BODY WHAT IT NEEDS TURN BAD HEALTH AND ENERGY SAPPING HABITS INTO HEALTHY ONES GIVE IT A TRY IT S EASY TO DO AND YOU WILL FEEL AMAZING FROM IT IN THIS BOOK I VE MADE IT SIMPLE AND ACCESSIBLE FOR EVERYONE DISCOVER HOW TO LOSE WEIGHT KEEP IT OFF FOR GOOD EASILY IDENTIFY DANGEROUS FOODS SWAP THEM FOR SAFE ONES IMPROVE EXERCISE PERFORMANCE RECOVERY HEALTHY HABITS HOW TO CURE ACID REFLUX REVERSE DISEASE AND PROTECT THE EARTH S ECOSYSTEM ACHIEVE HEALTHY VIBRANT SKIN HAIR RECIPES FOR QUICK EASY SUPER HEALTHY DELICIOUS MEALS EXPERIENCE ALL DAY ENERGY A GREAT NIGHT S SLEEP AND MUCH MUCH MORE SO IF YOU WANT TO ACHIEVE EXTRAORDINARY HEALTH CLICK ADD TO CART

## *RECLAIMING YOUR HEART*

2012-08-12

THE AUTHOR RECOUNTS THE EXPERIENCES OF HER DIFFICULT DIVORCE AND SUBSEQUENT REMARRIAGE AND PRESENTS ADVICE FOR COOPING WITH LIFE S CHALLENGES THROUGH CREATING A PERSONAL RELATIONSHIP WITH GOD

## *RECLAIM YOUR FAITH IN GOD*

2023-03-23

RECLAIM YOUR FAITH IN GOD IS A DEVOTIONAL WORKBOOK THAT REBUILDS THE SELF ESTEEM IN WOMEN WHO ARE IN DISTRESS STRUGGLING TO KEEP THEIR FAITH IN GOD IT IS FILLED WITH DEVOTIONS SCRIPTURES HEART QUESTIONS AND WORSHIP

## RECLAIM YOUR MENTAL HEALTH

2012-02-07

THE PANDEMIC HIT THE WORLD BY STORM AND WHILE SEVERAL MILLION WERE CAUGHT IN THE CROSSFIRE OF THE DEADLY CORONAVIRUS THE TRAGIC DEATH OF A LOVING GRANDMOTHER IS WHAT SHOOK DIVINA S WORLD AFTER HER GRANDMOTHER S PASSING DIVINA STRUGGLED TO BATTLE ANXIETY AND DEPRESSION IT DIDN T HELP THAT THE WORLD AROUND HER WAS IN UTTER CHAOS EVERYWHERE SHE LOOKED SHE COULD SEE MOUNTING NUMBERS OF THE INFECTED AND NEW VARIANTS OF THE DISEASE GIVING RISE TO NEW FEARS AND AFFECTING HER MENTAL HEALTH SHE COULD ONLY SELF HEAL AND COME OUT ON THE OTHER SIDE THROUGH TRIAL AND ERROR THROUGH THE HELP OF HER BOOK DIVINA NOW SEEKS TO GUIDE OTHERS LIKE HER RECLAIM YOUR MENTAL HEALTH LEARNING THE ART OF DESTRESSING AND SELF CARE IN A POST PANDEMIC WORLD BY DIVINA KHAN IS THE ULTIMATE SELF HELP GUIDE DIRECTING READERS THROUGH THE DIFFICULTIES OF FACING AND GRADUALLY OVERCOMING THESE ISSUES BY INFORMING THEM OF THE WHAT HOW WHEN AND WHY WHAT S MORE IT PROVIDES WAYS OF BATTLING AND OVERPOWERING THESE EFFECTS THROUGH SELF HELP

## RECEIVE YOUR HEALING AND RECLAIM YOUR HEALTH

2024-05-14

DIV DIVDIVPARTNER WITH THE HOLY SPIRIT FOR YOUR HEALTH AND HEALING DIVDIV DIVDIVWE ARE IN A HEALTH CRISIS

BREAKTHROUGHS ARE NEEDED IF WE ARE TO EXPERIENCE THE DIVINE HEALTH AND HEALING THAT GOD WANTS FOR US BREAKTHROUGHS THAT CAN ONLY COME WHEN WE PARTNER WITH THE HOLY SPIRIT DIVDIV DIVDIVIN RECEIVE YOUR HEALING AND RECLAIM YOUR HEALTH CAL PIERCE GIVES YOU THE KEYS TO EXPERIENCING THE DIVINE HEALTH YOU WERE DESIGNED FOR GOD HAS THE POWER TO ERADICATE SICKNESS THROUGH PRAYER AND WHEN YOU GIVE THE HOLY SPIRIT CONTROL OF YOUR HEALTH HE BECOMES A PARTNER GUIDING YOU IN TRUTH REGARDING NUTRITION EXERCISE AND EVERY ASPECT OF A HEALTHY LIFE DIV DIVDIV DIV DIV

## RECLAIM YOUR NERVOUS SYSTEM

2009-07-12

THE CONCEPTS IN THIS BOOK BRING THE WORLDS OF COACHING AND TRAUMA HEALING TOGETHER WE CAN ACKNOWLEDGE THE PAST HONOR ALL OUR PARTS AND GROW OUR CAPACITY TO PERFORM BETTER AND OPTIMIZE OUR LIVES IN THIS BOOK MASTIN KIPP THE PIONEERING FORCE IN THE FIELD OF TRAUMA INFORMED COACHING PRESENTS A TRANSFORMATIVE GUIDE TO OVERCOMING TRAUMA AND EMBRACING POSITIVE CHANGE WITH AN UNMATCHED TRACK RECORD OF OVER 20 000 CLINICAL HOURS GUIDING CLIENTS MASTIN STANDS AS A LEADING AUTHORITY IN THE INTEGRATION OF POLYVAGAL THEORY WITHIN THE COACHING FIELD HAVING TAUGHT ITS PRINCIPLES LONGER THAN ANYONE ELSE IN THE COACHING FIELD MASTIN WITH HIS UNIQUE APPROACH AND VAST EXPERIENCE DIVES DEEP INTO HOW OUR NERVOUS SYSTEMS HOLD THE KEY TO NOT JUST HEALING FROM TRAUMA BUT ALSO TO DESIGNING A LIFE FILLED WITH UNLIMITED POTENTIAL IN RECLAIM YOUR NERVOUS SYSTEM MASTIN KIPP SKILLFULLY UNRAVELS AND DEMYSTIFIES THE PROFOUND EXPERIENCES ASSOCIATED WITH TRAUMA PROVIDING SURVIVORS WITH OPTIMISM AND EMPOWERMENT THROUGH A RELATABLE NARRATIVE KIPP SEAMLESSLY BLENDS PRACTICAL THERAPEUTIC TECHNIQUES WITH THE WISDOM ACQUIRED THROUGH HIS OWN JOURNEY AND HIS INTERACTIONS WITH CLIENTS THE RESULT IS A PRACTICAL FRAMEWORK THAT EFFECTIVELY SEPARATES THE EMBODIED EXPERIENCE OF TRAUMA FROM SPECIFIC EVENTS AND DIAGNOSTIC LABELS FOSTERING POSITIVE OUTCOMES FOR THOSE ON THE PATH TO HEALING DR STEPHEN W PORGES PH D CREATOR OF THE POLYVAGAL THEORY MASTIN KIPP HAS PIONEERED A SCIENCE BACKED AND HOLISTIC ROAD MAP TO HELP YOU HEAL AND CREATE POSITIVE CHANGE NO MATTER WHAT YOU VE BEEN THROUGH MEL ROBBINS NEW YORK TIMES BEST SELLING AUTHOR OF THE 5 SECOND RULE AND THE HIGH 5 HABIT

## **RECLAIM YOUR YOUTH: GROWING YOUNGER AFTER 40**

2010-03-26

BEGINNING AT AGE 30 MEN AND WOMEN LOSE 7 OF THEIR LEAN MUSCLE MASS WHICH IS LITERALLY THE FIBER OF OUR BEING EVERY DECADE THERE AFTER BY THE AGE OF 50 THAT AMOUNTS TO 15 THE ONLY SOLUTION IS CHALLENGING ONGOING PHYSICAL ACTIVITY SPECIFICALLY STRENGTH TRAINING TO REBUILD LOST BONE AND MUSCLE AND REGAIN THE PHYSICAL FORM OF YOUTH THE GOLD STANDARD FOR RECLAIMING YOUTH IS TO LITERALLY BUILD OR REBUILD YOUR BODY MUSCLE AND BONE THROUGH STRENGTH TRAINING RECLAIM YOUR YOUTH GROWING YOUNGER AFTER 40 EDUCATES THE READER ON HOW TO PERFORM EXERCISES THAT REBUILD MUSCLE AND BONE FOR MAXIMUM RESULTS IN HALF THE TIME

## ***RECLAIM YOUR FAMILY FROM ADDICTION***

2020-01-21

ADDED STRESS AND ANXIETY CAUSED BY THE CORONAVIRUS PANDEMIC CAN FURTHER STRAIN FAMILIES ALREADY NAVIGATING A LOVED ONE S ADDICTION RECOVERY AND HEALING FAMILY TIES IS POSSIBLE IF YOU SEEK THESE THINGS TOGETHER WITH HISTORIES PERSONAL STORIES AND THE LATEST RESEARCH THIS BOOK HELPS READERS CHART THEIR WAY OUT OF ADDICTION AND BACK TO THE FULLNESS OF FAMILY BY USING PRINCIPLES THAT RESTORE THE WE OF LASTING LOVING RELATIONSHIPS WHAT HAPPENS TO THE WE OF A FAMILY WHEN ONE MEMBER OPTS FOR THE BLIND AND SINGLE MINDED ME OF ADDICTION IN AN INSTRUCTIVE REASSURING WAY CRAIG NAKKEN EXPLAINS JUST HOW FAMILIES AND COUPLES WHO HAVE SPENT YEARS BUILDING A LIFE TOGETHER CAN LOSE THEIR COHESIVE IDENTITY AND MEANING IN THE WAKE OF ADDICTION THE PERFECT STARTING POINT IN THE HEALING PROCESS THIS BOOK RECLAIM YOUR FAMILY FROM ADDICTION ALSO REMINDS US THAT RECOVERY IS POSSIBLE FOR INDIVIDUALS COUPLES AND WHOLE FAMILIES IF ONLY WE KNOW WHAT TO DO WITH HISTORIES PERSONAL STORIES AND THE LATEST RESEARCH THE BOOK HELPS READERS CHART THEIR OWN WAY OUT OF THE HELL OF ADDICTION AND BACK TO THE FULLNESS OF FAMILY BY USING PRINCIPLES THAT RESTORE THE WE OF LASTING LOVING RELATIONSHIPS CRAIG NAKKEN M S W AUTHOR OF THE ADDICTIVE PERSONALITY AND MEN S ISSUES IN RECOVERY LECTURES TRAINS AND SPECIALIZES AS A FAMILY THERAPIST IN THE TREATMENT OF ADDICTION HE LIVES IN MINNEAPOLIS MINNESOTA



# RECLAIM YOUR POWER: ELIMINATE ANXIETY AND PREVENT ANXIETY ATTACKS

2007-08-10

A PERSON WHO HAS NEITHER EXPERIENCED ANXIETY RELATED SYMPTOMS NOR BEEN DIAGNOSED WITH A STRESSED RELATED MENTAL DISORDER LIKELY WILL TELL YOU THAT STRESS IS AN EVERYDAY PART OF LIFE AND THAT IT DOESN'T HAVE TO CONSUME YOU WHILE THAT IS TRUE IT DOESN'T HELP TO ADDRESS THE ISSUE AT HAND ANXIETY AND STRESS CAN AND WILL CONTINUE TO CAUSE MENTAL ANGUISH IF NOT PROPERLY CONFRONTED SUCH A PERSON DOES NOT KNOW THAT ANXIETY AND STRESS DOES OVERINFLUENCE HOW THOSE OF US WHO LIVE WITH IT EXPERIENCE LIFE THIS IS DUE TO ITS NEGATIVE IMPACT ON OUR THINKING EVERYTHING FROM STEPPING OUT OF OUR FRONT DOOR TO WALKING INTO A GROCERY STORE COULD POTENTIALLY TRIGGER FEELINGS OF EXCESSIVE STRESS AND ANXIETY THIS BOOK WAS WRITTEN BY A SOMEONE WHO HAS BEEN DIAGNOSED WITH AND OVERCOME GENERALIZED ANXIETY AND STRESS RELATED DISORDERS I HAVE PUT THIS BOOK TOGETHER TO GIVE YOU PRACTICAL SIMPLE STRATEGIES FOR MANAGING YOUR STRESS AND OVERCOMING ANXIETY IF YOU ARE STRUGGLING WITH EXCESSIVE WORRY RESTLESSNESS FEELING KEYED UP ON EDGE EASILY FATIGUED HAVING DIFFICULTY CONCENTRATING AND OR HAVING MUSCLE TENSION AND SLEEP DISTURBANCES DO YOURSELF A FAVOR AND APPLY THE STRATEGIES DISCUSSED IN THIS BOOK THIS COULD COMPLETELY CHANGE HOW YOU LIVE YOUR LIFE FOR THE BETTER IF YOU TRULY WANT TO BE AT PEACE AND TO LIVE WITHOUT ANXIETY THEN THIS BOOK IS FOR YOU THE PURPOSE OF THIS BOOK IS CLEAR YOU LL LEARN HOW TO RECOGNIZE AND AVOID ANXIETY YOU LL GET STEP BY STEP STRATEGIES ON HOW TO NAVIGATE ANXIETY PROVOKING SITUATIONS WE LL EXPLORE COUNTERPRODUCTIVE BEHAVIORS THAT INCREASE ANXIETY RELATED SYMPTOMS WE WILL EXPLORE VARIOUS TRADITIONAL AND NONTRADITIONAL STRATEGIES FOR RELEASING ANXIETY AND STRESS YOU LL LEARN TO ALTER LEARNED BEHAVIORS AND REDUCE NEGATIVE THINKING TO REDUCE ANXIETY ARE YOU READY TO KICK ANXIETY TO CURB EMBRACE A NEW AND SERENE VERSION OF YOURSELF THE TIME IS NOW CLICK THE BUY NOW BUTTON AT THE TOP OF THIS PAGE AND TAKE CONTROL OF YOUR MIND

## *RECLAIM YOUR RELATIONSHIP*

2012-04-24

AN INTERACTIVE WORKBOOK TO HELP COUPLES RECONNECT THE SIMPLE PHRASE I LOVE YOU IS TERRIBLY IMPORTANT TO PEOPLE SO WHAT KEEPS SO MANY OF US FROM SAYING IT IN RECLAIM YOUR RELATIONSHIP RON AND PAT POTTER EFRON MARRIAGE THERAPISTS WHO HAVE BEEN MARRIED FOR 37 YEARS COMBINE THEIR REAL LIFE AND CLINICAL EXPERIENCE IN THIS PRACTICAL AND ACCESSIBLE WORKBOOK DESIGNED TO HELP INDIVIDUALS IMPROVE CONNECTIONS IN THEIR RELATIONSHIPS WITH THOSE THEY LOVE PRESENTING ENGAGING HANDS ON EXERCISES THE AUTHORS HELP READERS LEARN TO SAY I LOVE YOU TO THEIR PARTNERS WITH EASE AND GENUINE MEANING SHOW THEIR PARTNER LOVE THROUGH CONSISTENT ACTS OF CARING AND TAKE IN THEIR PARTNER'S LOVING WORDS AND DEEDS WITHOUT ALWAYS DEMANDING MORE RON POTTER EFRON MSW PHD AND PAT POTTER EFRON MS EAU CLAIRE WS ARE PSYCHOTHERAPISTS IN PRIVATE PRACTICE THEY ARE THE AUTHORS OF LETTING GO OF ANGER 1 572 24001 6 AND LETTING GO OF SHAME 0 894 86635 4

## **BEAT DEPRESSION AND RECLAIM YOUR LIFE**

2022-09-17

MILLIONS OF PEOPLE SUFFER FROM DEPRESSION IN SILENCE AFRAID TO ADMIT TO THEIR FAMILY CLOSE FRIENDS OR GP THAT THEY FEEL BEATEN AND CANNOT FIND A WAY OUT ALEXANDRA MASSEY HAS BEEN THROUGH THE HELL OF DEPRESSION AND COME THROUGH THE SIDE HER BESTSELLING BOOK OFFERS A PRACTICAL JARGON FREE AND REALISTIC LIFELINE TO HELP SUFFERERS OVERCOME THE WORST ASPECTS OF THE CONDITION WITHOUT THE USE OF MEDICATION BEAT DEPRESSION OFFERS HOPE AND EMPOWERMENT WITH 5 SUGGESTIONS OF WHAT YOU CAN DO WHEN YOU ARE TOO DEPRESSED TO MOVE 5 SUGGESTIONS FOR WHEN YOUR HEAD IS JUST ABOVE THE WATER A 14 DAY WORKPLAN THAT OFFERS A STEP BY STEP RECOVERY YOU TAKE AT YOUR OWN PACE PLUS RIDDING YOURSELF OF NEGATIVITY AND AIDING RECOVERY ADVICE ON DEALING WITH YOUR CHILDREN WHEN YOU ARE DEPRESSED DEALING WITH FEELINGS OF DEEP SEATED ANGER AND GRIEF CONFRONTING DEPRESSION HEAD ON WITHOUT MEDICATION NOW WITH A CHAPTER BY MAJORIE WALLACE CHIEF EXECUTIVE OF SANE THE UK'S LEADING MENTAL HEALTH CHARITY ON THE WIDER ISSUES OF DEPRESSION IN SOCIETY AND SANE'S COUNSELLING AND SUPPORT SERVICES MASSEY'S SENSITIVE YET WORKABLE SOLUTIONS COULD BE BENEFICIAL TO ANYONE LIVING WITH DEPRESSION

## RECLAIM YOUR SELF

2018-04-16

OVERWHELMED OVERWORKED AND BURNED OUT AS A WORKING MOM JESSICA LAMARRE KNEW THOSE FEELINGS ALL TOO WELL TO THE OUTSIDE WORLD SHE HAD IT ALL BUT INSIDE SHE WAS FEELING EMPTY UNTIL SHE FOUND THE KEY TO UNLOCK WHAT WAS MISSING FROM HER LIFE RECLAIM YOUR SELF DRAWS UPON LAMARRE S PERSONAL EXPERIENCES TO GIVE YOU EVERYTHING YOU NEED TO EMBARK UPON YOUR OWN JOURNEY OF SELF DISCOVERY THIS BOOK CONTAINS PROVEN TECHNIQUES TO BUILD YOUR SELF ESTEEM AND RELEASE LIMITING BELIEFS THOUGHT PROVOKING PROMPTS TO DIG DEEP INTO WHAT S BEEN HOLDING YOU BACK SO YOU CAN ENJOY THE LIFE YOU WANT INSPIRATIONAL ACTIVITIES TO SUPPORT YOU TO STEP INTO YOUR POWER AND EMBRACE THE INCREDIBLE PERSON YOU WERE BORN TO BE A THREE STEP REDISCOVERY PROCESS SO YOU CAN OVERCOME GUILT SELF CRITICISM STRESS AND INTRUSIVE THOUGHTS AND START FEELING LIKE YOURSELF AGAIN IF YOU VE BEEN QUESTIONING WHO YOU ARE AND WHAT YOU WANT OUT OF LIFE RECLAIM YOUR SELF WILL HELP YOU FIND THE ANSWERS YOU NEED

## RECLAIM YOUR POWER

2014-06-04

RECLAIM YOUR POWER THE 6 SECRET STEPS TO POWER UP YOUR INNER GAME IS FOR ANYONE WHO WANTS TO INFUSE THEIR LIFE WITH RAW WILD UNBRIDLED YET ETHICAL PERSONAL POWER MOST PEOPLE ARE AFRAID OF THEIR POWER THEY FEAR WHAT THEY LL BECOME IF THEY ASSERT THEMSELVES AND ACT WITH CONFIDENCE YET THE WORLD NEEDS MORE GOOD HEARTED ETHICAL PEOPLE WITH POWER RECLAIM YOUR POWER WAS WRITTEN TO HELP PEOPLE LIKE YOU TAP INTO THEIR INNER POWER RECLAIM YOUR POWER SHOWS YOU HOW TO CREATE A CLEAN SPACE AN OPTIMAL MENTAL ENVIRONMENT THAT RELEASES YOUR POWER AND FILLS YOU UP WITH CONFIDENCE THIS BOOK CONTAINS WITHIN ITS PAGES THE SIX POWER SECRETS THAT ARE CONTINUALLY MISSED BY EVEN THE SMARTEST PEOPLE IT IS A PRACTICAL BOOK THAT PRODUCES PRACTICAL RESULTS TESTED RESULTS IT IS NOT OFTEN THAT A COMPLEX TOPIC GETS EXPLAINED IN SIMPLE TERMS PARTICULARLY IN THE FIELD OF ACHIEVEMENT AND TRANSFORMATION TOO MUCH OF WHAT IS WRITTEN IS OBSCURE AND DIFFICULT TO APPLY LET ALONE UNDERSTAND



2021-03-13

THE TURN OF THE SCREW 10 COLLIER S WEEKLY

## GOOD VIBRATIONS

2008-04

IN THIS INDISPENSABLE GUIDE JUDY HALL SHOWS YOU HOW TO HARNESS THE POWER OF YOUR MIND AND INTENTION TOGETHER WITH CRYSTALS AND FLOWER ESSENCES TO ENHANCE YOUR ENERGIES AND YOUR ENVIRONMENT NOTHING IN THE BOOK TAKES MORE THAN TWENTY MINUTES OF YOUR TIME AND THE BENEFITS ARE INCALCULABLE WITH SIMPLE EXERCISES VISUALISATIONS RITUALS QUICK FIXES CRYSTAL GRIDS AND LAYOUTS YOU WILL SOON LEARN TO CONTAIN AND CLEANSE YOUR ENERGY FIELD AND ENJOY LIFE SURROUNDED BY GOOD VIBRATIONS

## RECLAIM YOUR RIGHT TO GROW OLD

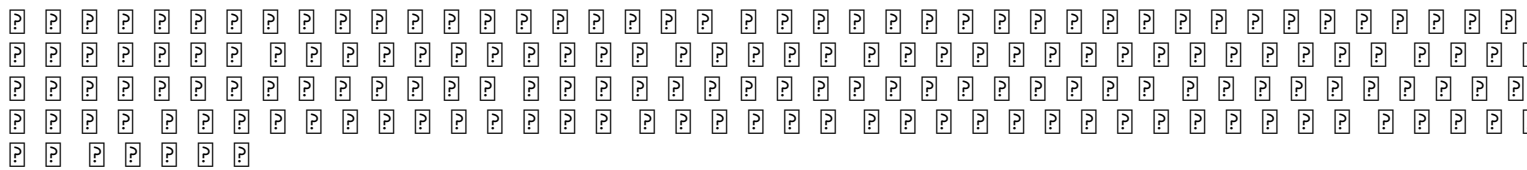
2015-05-16

THANK HEAVEN YOUTH AND MIDDLE AGE ARE BEHIND YOU NOW YOU CAN CONCENTRATE ON YOURSELF AND CELEBRATE INDULGE IN AND

BE ENTHRALLED BY THE MOST SIGNIFICANT EXPERIENCE YOU WILL HAVE AS A HUMAN BEING THE PROCESS OF GROWING OLD OUR CULTURE SAYS THE BEST WAY TO DEAL WITH AGING IS TO FIGHT IT LOOK YOUNG ACT YOUNG FEEL YOUNG THEY TELL YOU FOR AS LONG AS YOU CAN BUT WHEN IT COMES TO CRAFTING A BLUEPRINT FOR SUCCESSFUL AGING SOCIETY SEEMS TO BE LAGGING BEHIND MODERN SCIENCE AND WAY BEHIND THE PHILOSOPHIES OF OUR ANCESTORS LEADING EDGE GERONTOLOGISTS ARE NOW DISCOVERING WISDOM REVEALED CENTURIES AGO THAT OLD AGE MAY BE THE MOST IMPORTANT STAGE IN THE HUMAN LIFE CYCLE TO MISS OUT ON IT BY CHASING AFTER YOUR YOUNGER SELF MEANS FORGOING SOME OF LIFE S MOST MEANINGFUL MOMENTS IN RECLAIM YOUR RIGHT TO GROW OLD KATHLEEN O BRIEN TAKES YOU ON HER JOURNEY INTO ANCIENT PHILOSOPHY GROUND BREAKING SCIENCE AND OUR CULTURE S MISCONCEPTIONS ABOUT AGING HER ADVICE TELL PEOPLE YOUR AGE EXPECT YOUNG PEOPLE TO RESPECT YOU BE ECCENTRIC NEVER AGE GRACEFULLY KATHLEEN REMINDS YOU THAT EMPOWERMENT PEACE AND SELF KNOWLEDGE UNFOLD EFFORTLESSLY WHEN YOU AGE THE WAY NATURE INTENDED YOUR LATER YEARS ARE LIKE NO OTHER YOU ARE MEANT TO EXPERIENCE THEM SO YOU CAN UNCOVER THE REASONS WE GROW OLD IN THE FIRST PLACE DON T LET THIS REMARKABLE TIME PASS YOU BY OLD AGE ONLY COMES AROUND ONCE



2010



## YOUR LIFE AFTER TRAUMA: POWERFUL PRACTICES TO RECLAIM YOUR IDENTITY

2019-03

RESTORING YOUR SENSE OF SELF AFTER TRAUMA IN 1981 AS A THIRTEEN YEAR OLD CHILD I WAS GIVEN A ROUTINE ANTIBIOTIC FOR A ROUTINE INFECTION AND SUFFERED ANYTHING BUT A ROUTINE REACTION AN UNDISCOVERED ALLERGY TO THE MEDICATION TURNED ME INTO A FULL BODY BURN VICTIM ALMOST OVERNIGHT BY THE TIME I WAS RELEASED FROM THE HOSPITAL I HAD LOST 100 OF MY EPIDERMIS EVEN MORE IMPORTANTLY I HAD COMPLETELY LOST MYSELF NOW A PROFESSIONAL COACH WHO SPECIALIZES IN HELPING TRAUMA VICTIMS REBUILD THEIR LIVES MICHELE ROSENTHAL STRUGGLED WITH THE EFFECTS OF MEDICALLY INDUCED POST TRAUMATIC STRESS DISORDER PTSD FOR OVER 25 YEARS BEFORE REACHING A FULL RECOVERY TODAY SHE IS 100 FREE OF SYMPTOMS OF PTSD IN THIS BOOK SHE APPLIES HER PERSONAL EXPERIENCE AND PROFESSIONAL WISDOM TO OFFER READERS AN INVALUABLE ROADMAP TO OVERCOMING THEIR OWN TRAUMA IN PARTICULAR THE LOSS OF SENSE OF SELF THAT OFTEN ACCOMPANIES IT IF YOU SUFFER FROM THE EFFECTS OF TRAUMA OR PTSD WHETHER IT WAS CAUSED BY A SINGLE INCIDENT LIKE A CAR ACCIDENT OR FROM CHRONIC CHILDHOOD ABUSE DOMESTIC VIOLENCE ILLNESS OR WAR TRAUMA YOU ARE WELL AWARE OF HOW DISCONNECTED YOU FEEL FROM THE PERSON YOU MOST DEEPLY WISH TO BE TRAUMA INTERRUPTS EVEN HIJACKS YOUR IDENTITY TO COPE YOU MAY RELY ON MECHANISMS TO KEEP YOUR EMOTIONS TRIGGERS AND RESPONSES IN CHECK BUT THESE VERY HABITS CAN OFTEN PREVENT THE TRUE RESTORATION OF SAFETY STABILITY AND INNER CONNECTION HOW CAN YOU REDISCOVER YOUR SENSE OF SELF SO THAT YOU HONOR WHO YOU WERE BEFORE THE TRAUMA EVEN IF THAT TRAUMA BEGAN AT BIRTH UNDERSTAND WHO YOU ARE AT THIS VERY MOMENT AND DETERMINE WHO YOU WANT TO BE GOING FORWARD LIKE A THERAPIST IN YOUR BACK POCKET YOUR LIFE AFTER TRAUMA GUIDES YOU IN FINDING ANSWERS TO THESE TOUGH QUESTIONS EXPERTLY WRITTEN BY A HELPING PROFESSIONAL WHO KEENLY UNDERSTANDS THE POST TRAUMA IDENTITY CRISIS THAT IS SO COMMON AMONG TRAUMA AND PTSD SUFFERERS IT IS A SIMPLE PRACTICAL HANDS ON RECOVERY WORKBOOK FILLED WITH SELF ASSESSMENT QUESTIONNAIRES EXERCISES TIPS AND TOOLS NOT TO MENTION INSIGHTFUL PERSONAL AND PROFESSIONAL VIGNETTES IT TAKES READERS THROUGH A STEP BY STEP PROCESS OF HEALING THE IDENTITY CRISIS FROM UNDERSTANDING SOME OF THE BASIC BRAIN SCIENCE BEHIND TRAUMA AND WHY YOU FEEL THE WAY YOU DO TO RECOGNIZING WHO YOU WERE OR HAD THE POTENTIAL TO BE BEFORE THE TRAUMA WHO YOU ARE TODAY AFTER THE TRAUMA AND WHO YOU WANT TO BECOME WITH THIS BOOK BY YOUR SIDE IT IS POSSIBLE TO REGAIN A SENSE OF CALM CONFIDENCE AND CONTROL ON YOUR ROAD TO RECOVERY





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