

Take Back Your Life Using Microsoft Office Outlook 2007 To Get Organized And Stay Organized Business Skills

"It is impossible to remain unmoved by Gregory's emotional, open memoir of surviving the Boston Marathon bombing in 2013. . . . This is a truly feel-good book that doesn't stint on the challenges that life throws at us."--Publishers Weekly, starred review ***** On April 15, 2013, Rebekah Gregory and her five-year-old son waited at the finish line of the Boston Marathon to support a friend who was running. When the blasts of terrorists' homemade bombs packed with nails and screws went off three feet away, Rebekah's legs took the brunt of the blast, protecting her son from certain death. Eighteen surgeries and sixty-five procedures later, her left leg was amputated. Despite the extraordinary trauma she underwent and the nightmares she continues to have, Rebekah sees it as just another part of her personal journey, a journey that has led her through abuse, mistakes, and pain and into the arms of Jesus. This stirring memoir tells the story of her recovery, including her triumphant return to Boston two years later to run part of the race, and explores the peace we experience when we learn to trust God with every part of our lives--the good, the bad, and even the terrifying. Readers will be moved by the joyous way Rebekah is determined to live her life, seeing every obstacle as part of how God forms us into the people we are meant to be. Readers will also find comfort in the message that it's not what they can or can't do that makes the difference, but rather what God, in his mercy, does through them despite it all. Life is hard, but with God all things are possible.

This book is intended to be a guide or a manual that you can

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continually reference. You will learn about... • Having a positive attitude • Controlling your reactions and emotions • Being healthy • Finding peace • Enhancing your relationships and your faith • Discovering wealth, freedom and liberty After reading this book you will no longer be able to blame anyone or anything for how YOUR LIFE has turned out or how you will ultimately be remembered. You will come to fully understand the overwhelming, liberating feeling of knowing that YOU ARE IN CONTROL. Say it out loud...“I AM IN CONTROL!”

Women's lives often "spin out of control" in midlife due to divorce, career transitions, grief, relationship changes, overeating, empty nest, job loss, retirement, relocation, caregiving, menopause, and other health challenges. *Take Back Your Life: A No Nonsense Approach to Health, Fitness & Looking Good Naked!* offers women, aged 40-55, who want to look and feel better about their bodies, a 90-day guide to regaining control of their bodies and their outlook. Wendy Ida guides women from hopelessness to getting the body they want with her 3-pronged approach to fitness, nutrition, and outlook.

It's not about doing more. IT'S ABOUT DOING WHAT MATTERS. As a busy mom with three young kids and a career, #1 national bestselling author Christy Wright knows what it's like to try to do it all and be stretched too thin. After years of running on empty, she realized she had to do something different. It wasn't just a matter of saying no to a few things. She had to figure out why she felt overwhelmed, overcommitted, and out of balance. Here's what she discovered: Life balance isn't something you do. It's something you feel. The great news is you can feel balanced — even in your busy life. In *Take Back Your Time*, Christy redefines what balance is and reveals the clear path to actually achieve it. You'll learn how to: Identify what balance

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looks like in your unique situation and season. Find confidence in the choices that are right for you. Feel peace even during chaotic times. Learn how to be present for your life and actually enjoy it! You weren't created to live busy and burnt out, unhappy and unfulfilled. You shouldn't be haunted by some elusive idea of balancing it all. There's more for you right now. Today. And it starts with taking back your time the guilt-free way.

A forty-day interactive journey that challenges readers to come face to face with the reality of their life circumstances, identify the internal battles they must personally declare war on and fight through, and become the difference-maker that God created them to be. Simultaneous release with a video-driven curriculum perfect for group study. Every person has a mission and a God-given potential to impact the world, whether they recognize it or not. But the stuff of life—the loss of a job, the death of a friend or a loved one, the inability to focus due to bad moods or self-sabotaging tendencies—presents challenges and traps us in a helpless, hopeless loop of anxiety and fear. These are the kinds of things we face that turn on the dark for any thoughts of a future. In this book bestselling author and pastor Levi Lusko gives a step-by-step process to take back your life, which includes a new introduction and perspective from Pastor Levi stories and testimonies from those whose lives have been changed by his messages, and an action plan with journaling space to turn your thoughts into real change. With a unique blend of message and practical tools, using themes and teachings from his bestselling *Through the Eyes of a Lion* and the more recent *I Declare War*, Lusko gives readers an interactive forty-day journey of learning how to think right so they can live right.

Have you ever had one of those days . . . ? Let's face it. Living in this world can be extremely challenging. It's hard

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enough just to make it through our days and years—let alone in a way we're proud of, living a life that is pure and good. Sometimes it all feels so overwhelming. But here's the good news: As a child of God, you can call upon the Lord, and he will help you take your life back from the daily pressures, worries, habits, and conflicts you face. In *Take Your Life Back Day by Day*, you'll find 365 Scriptures, inspiring reflections, and thought-provoking questions to help you recognize when you've reached your limits allow God to care for you and comfort you experience God's freedom when you are overburdened and his joy when you are downhearted replace the stress in your life with joy and peace It's time to take your life back and live it for God. Keep your eyes fixed on him day by day—because with his help, you have what it takes to prevail.

Get Your Life Back walks you through a holistic planning model Harry Plack developed while working with hundreds of business owners over the past thirty years. It breaks down seven key components that will help you thrive: Time Management, People, Accountability, Health and Spirit, Sales Process, Operational Levers, and Money.

Do you find yourself missing out on those "in the moment" moments? Do you find yourself continually making sure you are "photo-ready?" Do you find days seem to zoom by with nothing to show for? Are you affected by what people post, like, or comment on when it comes to your social media presence? Is clout something that matters to you? Chances are if you have said yes to any of the following, you may be spending more than the average amount of time online and on social media. ?There is a fine line between a healthy dose and an overdose. In this book, I share with you the research that looks at the ?emotional, psychological, and physical impact social media anxiety and addiction have, as well as how to take a step back from being connected. Remember,

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we have one life to live, and if we continue to live through our smart devices, it does not matter how many photos, videos, or tags we get, because we won't have lived it. We will have let life pass us by, and we would have allowed those precious moments to be a memory. Who is this book for? ? Someone eager to learn about what it means to be addicted to social media. ? Someone who wants to step back and regain control over their devices. ? Someone who wants to detox their brain! ? Someone who feels anxious about being separated from their social media accounts. It may seem bizarre to think an inanimate object could control us, but look around you, and how many people do you see glued to their phone? Stop and smell the roses with my book; I am sure you will find a moment of peace, clarity, and freedom from your smart device. If you are ready to take control, turn the page and start your journey!

“I want to have better relationships . . . but is it all on me to fix things?” “This person’s approval means everything to me. It’s like it controls me.” “Why can’t I get free from this cycle?” If you find yourself having these feelings, it’s time to take your life back. Through personal examples, clinical insights, and spiritual truth, Stephen Arterburn and David Stoop will show you how to overcome the habits and history that are keeping you down—and take new, positive steps toward change; heal from the hurts, setbacks, and broken relationships that affect you every day; develop better boundaries with others in your life; stop overreacting and start responding appropriately to any situation or circumstance; break the cycle of behavior that harms you and your relationships; find the freedom you have longed for. Your past and current circumstances don’t have to define

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you, and they don't have to determine the direction of your life. Take Your Life Back is the key to moving from reactive attitudes and behaviors to healthy, God-honoring responses that will help you live the life you were meant to live.

"A poignant and necessary book for all women who live in fear in their own homes." —Library Journal A controlling or abusive partner can break even the strongest person—unless you know what to look for. Written by an expert in intimate partner abuse and based on her highly successful recovery program for women with controlling partners, this book will give you the strength, courage, and strategies you need to acknowledge the problem and stand up for yourself once and for all—whether you stay or leave the relationship. If you have a controlling partner, you aren't alone. Millions of women suffer psychological abuse at the hands of a spouse or intimate partner during some point in their lives, not fully seeing or knowing what is happening to them. Research shows that psychological abuse affects women's overall well-being more than physical abuse, is a bigger contributor to inducing fear, and can be a precursor to violence. To make matters worse, having a controlling partner often results in hidden injuries like anxiety, depression, low self-esteem, trauma, and low self-efficacy—feeling like you can't make a difference in your life. So, where can you turn for help? Based on over a decade of clinical and domestic abuse research, *Women with Controlling Partners* will help you identify the coercive constraints that can be predictive of intimate partner abuse, recognize the harmful effects of psychological abuse on

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your mental and physical health, and gain the personal strength and power to break free. Using the author's three-stage recovery model, you'll be empowered to move out of denial, deconstruct what holds you psychologically captive, and take back your life. Abuse can be devastating, and having a controlling partner can make you feel crazy—and as if you're the one responsible. But you're not crazy, and you're not to blame! With this important, one-of-a-kind recovery process, you'll finally find the clarity of mind, courage, and strength to protect yourself from the hurtful control that damages your mental and physical health, and move toward a safer and happier life.

A five-session journey toward meaningful change and new life for individuals and groups. Have you ever invested time and energy in something that really mattered to you--and you weren't sure you would succeed? Taking your life back can feel like that. It's a big risk to try to overcome the fears, wounds, and patterns that are holding you back in life. But nothing is impossible . . . if we put our trust in God. The Take Your Life Back Workbook, a companion resource to the groundbreaking book Take Your Life Back, is designed to help you do just that. Recovery and relationship experts Stephen Arterburn and Dr. David Stoop lead you through five sessions designed to help you take your life back by: understanding the recurring issues that get in your way--where they came from, how they're influencing you right now, and what to do about them; inviting God to use all of your experiences--both positive and negative--to build your relationship with him; equipping

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you with exercises, reflection questions, action steps, and prayers as you move forward; putting your past in perspective and stepping into a brighter future.

World-renowned neuroscientist and author of *Healthy Brain, Happy Life* explains how to harness the power of anxiety into unexpected gifts. We are living in the age of anxiety, a situation that often makes us feel as if we are locked into an endless cycle of stress, sleeplessness, and worry. But what if we had a way to leverage our anxiety to help us solve problems and fortify our wellbeing? What if, instead of seeing anxiety as a curse, we could recognize it for the unique gift that it is? Dr. Wendy Suzuki has discovered a paradigm-shifting truth about anxiety: yes, it is uncomfortable, but it is also essential for our survival. In fact, anxiety is a key component of our ability to live optimally. Every emotion we experience has an evolutionary purpose, and anxiety is designed to draw our attention to vulnerability. If we simply approach it as something to avoid, get rid of, or dampen, we actually miss an opportunity to improve our lives. Listening to our anxieties from a place of curiosity, and without fear, can actually guide us onto a path that leads to joy. Drawing on her own intimate struggles and based on cutting-edge research, Dr. Suzuki has developed an inspiring guidebook for managing unwarranted anxiety and turning it into a powerful asset. In the tradition of *Quiet and Thinking, Fast and Slow*, *Good Anxiety* has the power to permanently change how we understand anxiety and, more importantly, how we can use it to improve our lives for the better.

A REFRESHINGLY SIMPLE GUIDE TO RECOVER

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YOUR LIFE! In *Get Your Life Back*, New York Times bestselling author John Eldredge provides a practical, simple, and refreshing guide to taking your life back. By practicing a few wonderfully simple practices—or what John calls “graces”—you can begin to recover your soul, disentangle from the tragedies of this broken world, and discover the restorative power of beauty. Ask yourself: Are you happy most of the time? Do you feel deeply loved? Are you excited about your future? How often do you feel lighthearted? After reading this book you will... Learn how to insert the One Minute Pause into your day Begin practicing “benevolent detachment” and truly let it all go Offer kindness toward yourself in the choices you make Drink in the simple beauty available to you every day Take realistic steps to unplug from technology overload These simple practices and others are ready for the taking. You don’t need to abandon your life to get it back. Begin restoring your life here and now. Your soul will thank you for it.

Thoroughly updated based on the latest science, this empowering workbook gives you the skills to overcome obsessional thoughts and compulsive behaviors--and live a freer, happier life. Leading OCD specialist Dr. Jonathan Abramowitz presents a step-by-step program grounded in cognitive-behavioral therapy (CBT), the most effective treatment for the disorder. Vivid stories and numerous practical tools (which you can download and print for repeated use) help you: *Understand how OCD affects your mind and body. *Develop a customized plan for change. *Find relief from distressing intrusive thoughts. *Confront the situations you avoid--and

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discover a new sense of safety. *Break free of compulsive rituals. *Reduce anxiety and improve your relationships. The second edition is revised throughout with cutting-edge strategies for coping with unwanted thoughts that can't be eliminated completely, plus new learning techniques drawn from brain research. Ready to get over OCD? Your journey starts here.

Has anxiety taken over your life? Do you feel like you put a mask on to disguise how you're feeling? Do negative thinking and non-stop obsessive thoughts riddle your brain all day? From someone who has had anxiety my whole life, this book describes how I tackled each one of the following areas: -Anxiety when making big life decisions -Anxiety in love relationships -Anxiety when starting or changing careers -Anxiety while traveling, being out of your comfort zone -Anxiety about your own thoughts, being afraid to be alone I take you through my ups and downs, and finally, my treatments that aided me in living with anxiety. There is no quick fix to cure anxiety disorder but that doesn't mean you can't learn how to live with it. This book sheds light on some of the positives anxiety has brought me. Don't let anxiety take over your world and dictate how you live. Read along and take back your life.

While productivity and time management expert Brian Tracy has been writing bestselling books and giving seminars on these topics for well over thirty years, the challenge of remaining optimally productive in our modern world has never been greater. How can this be? We live in the most technologically advanced period of history in the most technologically advanced country.

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With the advent of mobile phones, killer apps, internet speeds that stagger the imagination, and nearly any bit of information, products, and solutions only one click away, how can it be that remaining optimally productive is such a challenge for so many? In a word:

DISTRACTION. Many of us spend precious time focusing on the incessant e-mails, texts, notifications, ads, etc. that seem important—even urgent—to our success and happiness, but, in reality, only complicate our lives and take us even further from our goals. Brian addresses this challenge of distraction in its many forms and shows you how to “feed your focus” on a daily basis. You will learn:

- Productivity Promises and Pitfalls in our Modern Age
- The Psychology of Productivity
- The Best Productivity Methods Ever Conceived
- How to End Procrastination Once and For All
- Productivity and Relationships: Where it Applies and Where It Doesn't

Look for these other books by BRIAN TRACY

- Entrepreneurship
- Make More Money
- The Science of Influence
- The Science of Money
- The Science of Motivation

Take control of the unrelenting e-mail, conflicting commitments, and endless interruptions—and take back your life! In this popular book updated for Microsoft Office Outlook 2007, productivity experts Sally McGhee and John Wittry show you how to reclaim what you thought you'd lost forever—your work-life balance. Now you can benefit from McGhee Productivity Solutions' highly-regarded corporate education programs, learning simple but powerful techniques for rebalancing your personal and professional commitments using Outlook

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2007. Empower yourself to: Clear away distractions, tie up loose ends, and focus on what's really important to you. Take charge of your productivity using techniques designed by McGhee Productivity Solutions and implemented by numerous Fortune 500 companies. Balance your home and work priorities by exploiting the enhanced productivity, organizational, and search capabilities in Outlook 2007. Go beyond just coping and surviving to taking charge of your time—and transform your life today! PLUS—Get a quick reference poster to McGhee Productivity Solutions' proven methodology for managing workflow.

Since its original publication in 1982, *Getting Free* has changed the lives of tens of thousands of women. Written in an accessible style, packed with practical information and answers, special exercises designed to help a woman recognize abuse, and several success stories, *Getting Free* remains an important resource today—and this updated edition makes it an all the more relevant resource. In this expanded edition, Ginny NiCarthy features important new information from the latest studies and most recent research on the subject. New chapters include an analysis of whether batterers' treatment really works, which programs help violent men change, and which do not; the results of research on the ways that many men who batter also abuse their children, and specific reactions of children to battering; the cultural and legal issues relevant to immigrant women; and a presentation of how religious beliefs and religious communities affect the real and perceived choices of women facing violence.

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"The Power of a Half Hour is full of unique, practical, and God-inspired truths to keep your time focused on all that God has called you to do. If you apply these principles...they will bring renewed purpose and inspiration to your life." --Joyce Meyer, Bible teacher and best-selling author "Allow the deep revelations and years of wisdom from this man of God to impart health and life into your faith journey." --Brian Houston, senior pastor, Hillsong Church Turn your fleeting minutes into defining moments. What can you do in thirty minutes? Have lunch? Watch television? Check Facebook? How about change your life? Why do some people achieve far more than others? We all get the same twenty-four hours in a day, yet a special few seem to have superhuman abilities when it comes to accomplishing great things in life. Tommy Barnett, a proven master at "getting things done," says the key to maximizing your productivity is to make use of small, manageable moments in your day--just thirty minutes at a time. In this remarkably practical book, Tommy shows how to begin a whole new life of fruitfulness. You'll see immediate results in all areas of your life, including your-- - Purpose and values - Personal goals - Faith - Character and attitude - Dreams - Career - Relationships - Marriage and family - Church involvement and ministry Why not change time from being your worst enemy to your everlasting friend? It all starts with the amazing things you can do in only a half hour. Through inspiring stories and biblical principles, discover how your downtime can have a major upside. Get going--you don't have a minute to lose!

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to Get Organized and Stay Organized Microsoft Press Start daily writing and journalling in the middle of your life and create a brand new ending. The Life Edit will show you how to use daily journalling to get clear on what you want to do with your life. Use the writing exercises to work through an eight-step formula to find clarity, set goals and make changes, all by using a daily writing routine.

In *A Couple After God's Own Heart Interactive Workbook*, Jim and Elizabeth George build on the content of their book, *A Couple After God's Own Heart*, to create a companion guide that leads husbands and wives through a fascinating study on God's plan for marriage. Through a unique blend of Bible study material, questions for thought, and "What Can I Do Today?" applications, couples will grow a closer and deeper union as they... learn from the successes and failures of key couples in the Bible discover the essentials to a better marriage participate in discussions designed to stimulate communication with each other set and apply goals that help husbands and wives be all God designed them to be determine how to make the best of the strengths and weaknesses in their relationship This friendly and practical study offers life lessons from a variety of well-known couples in Scripture, and will equip spouses to experience more and more of the incredible bliss only God can bring into a marriage.

Step away from boredom and reclaim your life Feeling unfulfilled? Do you dream of a lifestyle where you can have it all – good health, wealth, freedom and happiness? You're not alone. *Upgrade Your Life* is your

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guide to taking the power back and becoming the master of your own fate and that of your business. Author Pat Divilly has worked with an array of small business owners to help them achieve a growing business based on purpose, passion and profit whilst also maintaining a healthy work-life balance. Pat offers a practical approach to setting and achieving personal and business goals, understanding that both are necessary in order to succeed in life. By promoting personal development and daily success rituals Upgrade Your Life inspires its readers to dream big and not give up in the search for fulfilment. Using the author's own experiences, mixed in with valuable neuroscience research and popular psychology, Upgrade Your Life will help fast-track you and your business on the road to success. Learn how to implement your own game plan of simple daily steps to achieve your goals Get tips on creating the perfect work-life balance Update your daily routine to become more productive Includes a 42-day success planner to help you stay on top of your dreams

Are you tired of feeling like a prisoner in your own body? Do you want to find some hope and be free of fibromyalgia symptoms and pain? A fibromyalgia patient herself, author and Fibromyalgia Coach, Tami Stackelhouse, has gone from disabled to thriving. In this book, you will learn how to Take Back Your Life using the techniques and strategies Tami has used to get well. More than just a lifestyle or self-management guide, this is a concise reference book woven with Tami's own fibromyalgia story. This book is a page-by-page survival guide for the action-oriented fibromyalgia patient who

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wants to feel better as quickly as possible. It's written for the patient overwhelmed with a new fibromyalgia diagnosis and for the fibro-veteran who is stuck and needing new ideas. It is also a great resource for the caring family members and support team of anyone suffering with fibromyalgia. In this book, Tami discusses what it means to have a fibromyalgia diagnosis, from the perspective of someone living with it daily. She will show you how to: * Stop the pain. * Increase your energy. * Improve your quality of sleep. * Work with your doctor. * Help yourself heal. * Bring more joy into your life.

Packed with tested strategies and practical tips, this book is the essential, life-changing guide for everyone who owns a smartphone. Is your phone the first thing you reach for in the morning and the last thing you touch before bed? Do you frequently pick it up "just to check," only to look up forty-five minutes later wondering where the time has gone? Do you say you want to spend less time on your phone—but have no idea how to do so without giving it up completely? If so, this book is your solution. Award-winning journalist Catherine Price presents a practical, hands-on plan to break up—and then make up—with your phone. The goal? A long-term relationship that actually feels good. You'll discover how phones and apps are designed to be addictive, and learn how the time we spend on them damages our abilities to focus, think deeply, and form new memories. You'll then make customized changes to your settings, apps, environment, and mindset that will ultimately enable you to take back control of your life.

Whether you recognize it or not, you're at war with yourself. There's anxiety. Selfishness. Self-sabotaging tendencies. Narcissism. The black dog of depression. There is a war raging within you. But all is not lost. You can win . . . if you

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choose to engage. In this five-session video Bible study, Levi Lusko shows how you can fight this battle by declaring war on your thoughts, your words, and your actions. Levi candidly shares about his struggles with moodiness, bullying, suicidal thoughts, and night terrors to show how you—with the help of the Holy Spirit—can achieve victory by . . . filling your heart with truth and making it inhospitable to anxiety overcoming bad behaviors to claim the victory God has for you learning to think right so you can live right It's time to stop being your own worst enemy. It's time to declare war and become the person, the spouse, the parent, and the leader whom God intended you to be. The I Declare War Study Guide includes video teaching notes, discussion questions, Bible exploration, and weekly personal study and reflection materials. Sessions include: It's Time to Declare War Declaring War on Your Thoughts Declaring War on Your Words Declaring War on Your Actions Your Secret Weapon in the Battle Designed for use with I Declare War Video Study (9780310094913), sold separately.

God wants you to have amazing sex There is nothing more powerful on earth than the forces of love, sex, and romance. In fact, relationships are a matter of life-and-death importance. So how you can train today for the relationship you want tomorrow? In Swipe Right, Levi Lusko shares with raw honesty from his own life experiences and God's Word how to regret-proof your marriage bed and your deathbed resist settling for instant pleasure by discovering what your heart really longs for learn how to avoid and treat sexual scars by careful living today turn the clumsy "sex talk" with your child into dialogue that leads to wise choices transform a stagnant marriage by trading predictable nearness for mind-blowing intimacy God's dreams for your life are not intended to kill your joy but to enhance it. Whether you're fed up with dating and hooking up as usual, tired of being single, numb

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because of porn and casual sex, or curious about how to improve your marriage, this book is for you. Praise for Swipe Right “It’s my hope that whoever reads this will have their thoughts of the heart as seriously provoked as mine have been.” —Ryan Good Producer, writer, and entrepreneur “It’s a perspective I believe we need now more than ever.”

—Steven Furtick Pastor, Elevation Church, and New York Times bestselling author “One day, someday, there will be a day where you will need the down-to-earth wisdom in this book like you will oxygen.” —Joel Houston Songwriter,

Hillsong United, and pastor, Hillsong NYC “Swipe Right isn’t just another book of how-not-tos but an honest, gritty, and real-time approach to navigating dating, sex, and romance with our souls and sanity intact.” —Judah Smith Lead pastor, The City Church, and New York Times bestselling author of Jesus Is _____. “Swipe Right is a timely, wonderful, prophetic, and needed message for our generation.”

—Christine Caine Founder of the A21 Campaign and bestselling author of Unashamed “If you are wondering what God’s plans are for your love life, or leading those in search of his plan for theirs, you need this book.” —Louie Giglio

Pastor of Passion City Church, founder of Passion Conferences, and author of The Comeback “This is a good book. Study it, ponder it, and, if you know a fifteen-year-old, tell them to read it.” —Max Lucado New York Times

bestselling author “We need the Swipe Right message now more than ever before.” —Lysa TerKeurst New York Times bestselling author and president of Proverbs 31 Ministries “This is more than just a book; it’s a life jacket!” —Chris

Tomlin Grammy Award-winning musician and author of Good Good Father “Levi shows that God will light our way, if we allow him to.” —Carl Lentz Pastor, Hillsong NYC “Funny and engaging, while simultaneously practical and hard-hitting.”

—Craig Groeschel Pastor of Life Church and author of From

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This Day Forward

A forty-day interactive journey that challenges readers to come face to face with the reality of their life circumstances, identify the internal battles they must personally declare war on and fight through, and become the difference-maker that God created them to be.

The straight-talking, New York Times bestselling author and Pitbull of Personal Development® is back with a pithy and prescriptive guide to success. A five-time bestselling author and one of the country's leading business speakers, Larry has made a reputation for being the first to challenge the positive-attraction gurus and the law-of-attraction bozos with his commonsense approach to success. Larry doesn't sugar-coat, and he isn't afraid to make people uncomfortable, because he wants us to stop making excuses, and start getting results. In the New York Times and Wall Street Journal bestseller *Grow a Pair*, Larry takes on entitlement culture, the self-help movement, political correctness, and more. We've all heard the phrase "grow a pair," but Larry's advice isn't about anatomy—it's about attitude. To get the success we want, we need to reject victimhood in favor of being assertive and finally taking some responsibility. With prescriptive advice on goal achieving, career, personal finance, and more, *Grow a Pair* will give the readers the kick in the pants they need.

Each of the 52 devotions in *More Power to You* by Bible teacher Margaret Feinberg examines a popular lie in our culture, helps us understand how that lie shows itself in our lives, and invites us to replace that lie with a biblical affirmation of truth that will bring joy to your soul. In a culture that constantly tells us we're not good enough, not beautiful enough, and not doing enough, it's easy to feel as if we have nothing to offer. Lies about who we are and how we are failing slip into our thinking until we believe they are reality.

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But that's not what God intends for us. In *More Power to You*, Margaret Feinberg exposes these false beliefs and shows you that the places of your deepest hurts can become wellsprings of your greatest healing. Here Margaret shares the daily practice that has been so life changing for her: the 90-Second Daily Declaration Challenge. You'll launch into each day by reading the Daily Declaration aloud, paying attention to what the Holy Spirit may be highlighting for you. Then you'll read through the weekly devotions that examine each line of the Daily Declaration, exploring the what and the why behind those biblical truths. These brief but powerful devotions are designed to unleash the true you--and remind you of who you really are. *More Power to You* equips you to embrace your true identity every day. You'll find power in knowing you are already worthy in God's eyes. As you begin to live out that truth, you will break free from the negative thoughts that hold you hostage and experience the joyous life God wants for you.

Take back your God given birth right to life. Unlock your full potential without the opinions of others. Find your purpose in life because you are the only one that can live your life. Trial and error is apart of the growing process, so don't be afraid to fail or stumble, remember this is your journey and you must at times walk it alone.

Are you feeling shocked, betrayed, devastated, and downright angry after discovering your husband is addicted to pornography? Are you wondering: how could he do this to me or, why aren't I enough for him? Do you wonder if your marriage is over? Are you feeling lost and alone? Life and relationship coach Sandy Brown has been there. Her own experience in surviving the betrayal of her husband's porn addiction has inspired her to focus her practice on helping other women to do the same. Through her own recovery and her experience with clients, Sandy has developed a process

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of recovery to empower women at a time when they feel all is lost. Porn Addict's Wife shows readers that they are not alone in feeling shattered by their husband's sexual addiction, and teaches them how and with whom they can safely share their story. By providing resources for readers to get real help for both themselves and their spouse, it provides guidance to healing and rebuilding a normal life.

Up-to-date, guided support to help women with a gambling problem achieve the rewards of a hopeful life, free of addiction Up-to-date, guided support to help women with a gambling problem achieve the rewards of a hopeful life, free of addiction Today, more than five million women in the United States struggle with problem gambling, and this number continues to increase as casinos, online card rooms, and other venues continue to multiply. In this groundbreaking book, addiction expert Diane Rae Davis, Ph.D., offers women everywhere the support they need to face this debilitating problem and take the necessary steps to regain control of their lives. Offering information on preventing relapse, finding support groups, and healing relationships with loved ones, Davis uses the most up-to-date research and methods for treatment to help women gamblers: identify what makes them vulnerable to addiction recognize the costs and consequences of gambling behaviors see what it means to "hit bottom" determine how to begin and continue on the road to recovery using a virtual toolbox of techniques Each section of this user-friendly guide

highlights real success stories of women who have gone through the same issues and treatment strategies, and who have discovered the rewards of beating a gambling problem and reclaimed hope for their lives. Diane Rae Davis, Ph.D., is a professor in the School of Social Work and Human Services at Eastern Washington University. She has researched and written extensively on addiction and recovery, specifically with regard to women in recovery from compulsive gambling.

Whether you were sexually assaulted recently or many years ago, you do not need to allow the experience to influence your life. You can recover-- and have your life back again.

Describes how to balance personal and professional commitments by using Microsoft Outlook.

Fibromyalgia is a condition that's often misunderstood by the general public and doctors alike. This book aims to dispel myths about fibromyalgia and offers practical strategies that can help anyone living with this condition manage it successfully and return to a fulfilling and enjoyable life. Drawing on decades of experience in treating fibromyalgia, Mayo Clinic Guide to Fibromyalgia offers research-supported, practical strategies that can help anyone with fibromyalgia live their best life now. From personal stories of people living with fibromyalgia to the compassionate expertise of its medical editors, this book seeks to first connect with

people who have fibromyalgia in a way that they may not have experienced from loved ones and even doctors. From there, readers will learn about what fibromyalgia is – and isn't – and find solace in knowing that they're not alone in the challenges that they face. The half of the book sets the foundation for the second half, which outlines practical strategies shown to be effective in managing fibromyalgia. Along the way, worksheets will help guide readers toward finding the best mix of strategies for managing their symptoms. The entire book comes together in the last part, where readers will put everything they've learned into an actionable daily plan that they can start using right away. This book is divided into 4 parts: Part 1 defines fibromyalgia, describes what causes it, and lists the challenges it can pose Part 2 outlines treatment options Part 3 describes strategies for managing fibromyalgia Part 4 outlines steps toward working with your health care team and family and creating a daily action plan for managing symptoms From Publishers Weekly: Coming from one of the most reliable, respected health resources that Americans have, this book is the first one a newly diagnosed patient should consult. (Sept.)

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