

This Beautiful Life The Emotional And Uplifting Novel From The 1 Bestseller

Life is funny sometimes. And not always the ha, ha kind. Like that one time where a hot guy tried to kiss me and I fell. Down. Hard. And then found out I had cancer. I'm trying to be strong for my friends and my mom. And I'm trying so hard to be "just friends" with that hot guy, even though he seems to want so much more. But I won't do that to him. He's been through this before with his family, and I'm not going to let him watch me die. So, I tell myself: Smile Ellie. Be funny Ellie. Don't cry Ellie, because once I start, I might not stop.

Change Your Life with Emotional Intelligence takes Daniel Goleman's revolutionary psychological theory and transforms it into practical self-help for you to boost emotional awareness in any part of your life. It introduces you to the principles of EI, explaining why the qualities of assertiveness, perception, motivation etc really matter if you want to live a fulfilled and successful life. The book takes an applied approach, encouraging you first to understand your own emotional identity, then to develop life skills like developing a sense of responsibility, overcoming anger and being more assertive. It will help you to use these skills to transform relationships with those around you, either in the workplace or in personal relationships and will even offer insight into how to help your children develop emotional intelligence. It is full of interactive exercises, top tips and motivational quotes and offers plenty of further resources. NOT GOT MUCH TIME? One, five and ten-minute introductions to key principles to get you started. AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. TEST YOURSELF Tests in the book and online to keep track of your progress. EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of emotional intelligence. FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts. TRY THIS Innovative exercises illustrate what you've learnt and how to use it.

This book covers the two most important aspects for making real and permanent changes in our lives. It elaborates on the importance of knowing ones real self (in order to change something you must truly know it first) and explores the five measurables that will help you identify what went wrong on the way to achieving your goals (desire, persistence, attitude, thought management, and belief). Throughout the book, you will learn how to assess the issues that stop you from achieving your goals and start making the changes you want in your personal and professional life.

This Life We Share is a woman's guide to living well—from the inner journey of dealing with anxiety and insecurity to the everyday moments of waiting and distraction to practical principles for parenting, grandparenting, and aging. Jesus once said of the woman who anointed his feet, "She did what she could" (Mark 14:8, NIV)—and that is the goal of this book: to provide insights and wisdom for walking through life with the confidence that you're doing "what you can" to live well for God, love others, and take care of yourself.

As I saw my new-born baby's face for the first time I tried desperately to capture her face in my mind—to stamp it onto my eyelids. As she was taken from me I knew I might never see my daughter again. 38 years later... 'You were adopted'. Three short words and Sabina's life fractures. There would forever be a Before those words, and an After. Pregnant with her own child, Sabina can't understand how a mother could abandon her daughter, or why her parents have kept the past a secret. Determined to find the woman who gave her away, what she discovers will change everything, not just for Sabina, but for the women who have loved her all these years. From the bestselling author of *Me Without You* comes another touching, beautifully told story about the pain of separation and the enduring strength of love. Find out what readers are saying about *The Secret Daughter* 'I adored this novel. Absolutely, 100% adored it. Kelly Rimmer is a beautiful writer ... The Secret Daughter packed such an emotional, powerful punch, one that I don't think I've felt before that I'll always associate with her novels from now on.' Becca's Books 'Kelly Rimmer did an amazing job of telling such a heartbreaking tale. This story had me laughing, crying and hugging my daughter a wee tighter. I loved this story!' Steph and Chris Book Reviews 'This book had me on an emotional rollercoaster from the first words... The Secret Daughter is a story that will stay with you long after you have finished the book.' Ask a Bookworm 'This was a refreshingly different read which I would put in the same vein as Diane Chamberlain but this was even better than some of Diane's latest releases. This is no girl meets boy and falls in love read but rather a heartbreaking, beautifully written story based on true facts... I would highly recommend *The Secret Daughter*, a thought provoking, emotional story not to be missed.' Shaz's Book Blog 'This was such a moving story, convincingly told. It is almost as though you are reading a memoir rather than a novel ... a really compelling read and would definitely recommend it.' Portobello Book Blog

'An emotional rollercoaster of a read... profoundly touching and moving'- Daily Express. Perfect for fans of Jojo Moyes and Jodi Picoult. Abi has been given the second chance she never expected: she's in remission. Now she's trying to get her life - and her family - back on track after facing the worst. But it's hard to trust in happiness again, and reconnecting with her husband John proves more challenging than she thought. Can you really go back to 'normal' after thinking you're going to lose one another? With Abi's son Seb struggling with a secret of his own, the three of them are in danger of falling apart just when they need each other most. But how do you pick up the pieces of a family still suffering emotional shockwaves? And can Abi bring the people she loves most in the world back together again... before it's too late? *** **What readers are saying about *This Beautiful Life*** 'Stunning, filled with emotion...one of my favourite books of 2017!' - Off the Shelf Books 'A breathtaking read that will break your heart' 'A beautiful, soaring story...highly, HIGHLY recommended!' 'I loved every word... a wonderful, wonderful book' 'Heartbreaking, real and unforgettable - the characters feel like friends or close family' 'Honest and powerful' 'Will stay in my mind for a long time to come. This author has really touched my heart' 'I devoured every page; an utter delight'

Paul Riesman's *Freedom in Fulani Social Life* is based upon his two years of residence among the Jelgobe, a group of semi-nomadic Fulani of the Sahel in Upper Volta, western Africa. Since its original publication, this classic study has profoundly influenced the field of anthropology through its re-examination of the ethnographer's personal input on his research. "Freedom in Fulani Social Life richly documents how the ethnographer's own personal and cultural background is implicated in the research process. . . . For this reason, [Riesman's] book will be of paramount interest to all ethnographers."—Philip L. Kilbride, *Reviews in Anthropology* "A remarkably well-written and insightful account of Fulani life. . . . In addition to using the conventional approaches of participating in and observing the daily activities of the Jelgobe . . . Riesman enriches his account by examining his personal feelings about particular incidents."—*Library Journal* "An interesting and provocative study."—*Choice* At the time of his death in 1988, Paul Riesman was an anthropologist who taught at Carleton College.

'A heart-clangingly powerful stunner of a novel' - Heat. Perfect for fans of Jojo Moyes and Jodi Picoult. Can you ever outrun the past? It's Zoe's wedding day. She's about to marry Jamie, the love of her life. Then a phone call comes out of the blue, with the news that her mum Gina has been arrested. Zoe must make an impossible decision: should she leave her own wedding to help? Zoe hasn't seen Gina for years, blaming her for the secret that she's been running from ever since she was sixteen. Now, Gina is back in her life, but she's very different to the mum Zoe remembers. Slowly but surely, Gina is losing her memory. As she struggles to cope with Gina's illness, can Zoe face up to the terrible events of years ago and find her way back to the people she loves? *A Life Without You* is a stirring and poignant novel about the power of the past - and the possibilities of the future. **What readers are saying about *A Life Without You*:** 'A story that will evoke every emotion that lurks within your heart and pull each string firmly. Devastating is the perfect word, yet it is also beautiful and passionate and exquisitely written.' 'Superbly

written. Tender & poignant. Five star read.' 'I loved A Life Without You! Snotty tears, but a smile on my face and also in my heart. Just perfect.' 'Katie Marsh has touched my heart. She is a hidden gem within the world of fiction and I cannot recommend her books enough. I will be shouting about this book to everyone who will listen. A Life Without You is not to missed.' 'It made me sob, and it made me smile. Gorgeous, just gorgeous, beautiful and evocative novel about love, hope and forgiveness.' 'Makes you feel warm inside, but also absolutely breaks your heart... totally beautiful and uplifting.' 'A stunning and compassionate story of family, forgiveness and unconditional love... will remain forever in my heart'

'This Beautiful Life' by Janelle Obieroma is your plug for love, self-discovery, joy, fulfilment, and tranquility. It's loaded with inspiring stories, enlightening perceptions and revelations... Amazing mind-blowing bible quotes and words of wisdom to uplift, bless you and set you on a course to bless others. Its rich harmonization of our divinity with our humanity makes it a book for everyone who loves living the peaceful, successful, impactful, inspiring, happy and abundant life. 'This beautiful life' is all about you. The unique you that has no equal, rival or copy: beautiful and perfect. God does not create junk. Everything God made is beautiful and has a purpose. This knowledge gives us freedom from the Man-made pedestal and standards that had robbed several of their value. Life is beautiful when we look through the mirror of true beauty and perfection which is God's Word. This book exposes the truth about delusions, distractions, sensitivity, motivation and empathy. It harnesses the power of relationships to explain what's within our control and what's not- Who we are? What we deserve? And who owes us what? It uncovers secrets to launch you into your best life; enjoy your journey of self-development with joy and fulfilment of purpose. You will be so glad you read this book, its one of the best Christian books on emotional intelligence.

'This book broke my heart. It reduced me to tears a quarter of the way in and I don't think I stopped crying until the end.' Goodreads Reviewer Your life or your unborn child's – how do you choose? Paige and Nick are happy. They have a beautiful home, a loving family and, most importantly, they would do anything for each other. Now, they are having a baby and it feels like all their dreams are coming true. But joy turns to despair when they discover that Paige has a rare, life-threatening heart condition and they lose their longed-for child. Heartbroken, the couple must accept the reality that they may not become parents after all. Just as they begin to come to terms with their loss, Paige unexpectedly falls pregnant again. Paige's heart is still weak, and to carry the baby to term puts them both at risk. The couple now face an impossible decision: Paige's life or the life of their unborn child? If Paige keeps the baby, she could lose her life and destroy the man she loves. If Nick tries to stop her, he may lose them both forever. It's the most important decision they have ever had to make – and time is running out. My Life for Yours is a heartbreaking, gripping and emotional story about love, loss and an impossible choice, perfect for fans of Jodi Picoult, Kelly Rimmer and Kate Hewitt. What readers are saying about My Life for Yours: 'WOW!!! What can I say about this book????... Grabbed me from page 1 and it kept me on the edge of my seat. So heartbreaking... I can honestly say I have only cried a handful of times when I have read a book and this one got to me!! This was fantastic.' Goodreads Reviewer, ????? 'An emotional and heartbreaking book and really makes you think about the heart wrenching choices some people have to make. Once I had started reading I couldn't put it down... be warned tissues will definitely be required.' Goodreads Reviewer, ????? 'Wow loved this book, it just blew me away. An emotional rollercoaster... I can't recommend this book enough.' Goodreads Reviewer, ????? 'OMG! I had to take a break after finishing this book!!... I had two mini Niagara Falls flowing down my face... It made me smile, it made me cry... One of the best books in this category that I have ever read... I have found 'my' queen of the waterworks.' Goodreads Reviewer, ????? 'Freakin fantabulous!!... had me hooked at the beginning and I never put it down!!! I cried at the end!!... what a roller coaster of emotions... an amazing book and the author is supercalifragilisticexpialidocious awesome!' Goodreads Reviewer, ????? 'I cried while reading this novel and easily felt as if I was a family member and debating what I would do in this scenario... Wonderful, touching, emotional story!' Goodreads Reviewer, ????? 'Kept me hooked all the way to the very end. Delicate, tender, heart-warming and heart breaking at the same time. I absolutely loved this book. Gave me all kinds of feels.' Goodreads Reviewer, ????? 'What an amazing, heart-breaking story, I was utterly captivated by this book all the way through, it was simply amazing.' Goodreads Reviewer, ????? 'This is a stunningly beautiful novel, dealing with a really difficult subject with grace. I loved it from the first page and was gripped throughout.' NetGalley Reviewer, ????? 'Oh wow what a rollercoaster. So emotional... Every new character that came into the book you really got involved in their life. Brilliant book.' NetGalley Reviewer, ????? 'Brought me to tears many times... will make you stay up past your bedtime.' Goodreads Reviewer, ????? 'Heartbreaking roller-coaster ride... intelligent and gripping, this book had all the feels... keep the tissues handy!' Goodreads Reviewer, ?????

Enjoy the very personal journey and passion with water from the healing point of view and personal experiences while coaching and motivating people. The journey is based on a fun perspective of flying a kite as the vehicle in life. You will enjoy and watch as the Author describes health success from over or above water, which brings a different way to draw parallels in life. Have a close encounter with daily health issues and menacing ones that may affect quality of life. In a hilarious and entertaining way the Author describes the health predators, from the gossiping of a medical office to surf health conditions in the net. Meet the pandemic creatures of health which stops people from evolution and transformation. Explore alternative ways to approach the body as water creatures and in a fun way create a love relationship with the self. Open the heart and just listen to the out loud liquid language of the body in the water, through positions, movement and quality of tissue. Experience the uncorking sensation of healing, even when it does not seem to be real. Embrace the liquid success in health easier and faster than imagination, when water is the catalyst to balance the energy which ignites our daily life success. Meet the health challenges of real testimonies of Latin Americans who getting deep in water have balance their brain to work on their benefit and not against them. Share the extraordinary success stories of the healing power of the liquid that brought us to life: water! The proposal of the Water Kite Journey is a simple invitation to get wet and heal. It is the journey of dedication and love transferred in the water to change the lives of people. No matter the condition caused by stress and external circumstances, there is always water to heal all around the Island, and in the ocean of life. It is a personal invitation to personal empowerment of liquid prosperity in health. For those who love helping others to get inspired, and get wet to heal their people. The Water Kite Journey is an invitation for individuals, to explore the amazing healing power of water from an evolutionary and personal transformation perspective. It is an invitation to live in perfect love with the self and keep pain on the beauty side of life, understanding the amazing healing power of water. It is an invitation to enjoy the amazing personal journey while engaged in real anecdotic testimonies of healing presented in the book.

Dream Walker is a novel based upon truth. What is truth and what is fiction for each reader will depend on how the information resonates with his or her emotional circuitry. The characters

depicted and the situations described are a montage drawn from actual and fictional accounts. The story is not told chronologically; instead, it moves back and forth to different times in the life of Roger, the main character, as a part of this montage. It is through the description of his reactions to those experiences that the book attempts to show how it is possible to arrive at spiritual awareness through difficult, and sometimes even preposterous, circumstances. This is the story of a lifetime journey through our third dimensional physical reality on the planet Earth. It is all part of what is called the Grand Experiment of free choice on this beautiful blue sphere floating on the edge of this universe. The ultimate challenge is for us to find our way back through it all to our own spiritual selves, and who we are on the other side of the veil. This is one person's story about his dreams of romance and adventure through this earthly experience that somehow leads him to his own spiritual awareness.

"This Beautiful Life is a gripping, potent and blisteringly well-written story of family, dilemma, and consequence. . . . I read this book with white-knuckled urgency, and I finished it in tears. Helen Schulman is an absolutely brilliant novelist." —Elizabeth Gilbert, author of *Eat, Pray, Love* The events of a single night shatter one family's sense of security and identity in this provocative and deeply affecting domestic drama from Helen Schulman, the acclaimed author of *A Day at the Beach* and *Out of Time*. In the tradition of Lionel Shriver, Sue Miller, and Laura Moriarty, Schulman crafts a brilliantly observed portrait of parenting and modern life, cunningly exploring our most deeply-held convictions and revealing the enduring strengths that emerge in the face of crisis. Emotional Harmony is about learning how to choose one's attitude, not simply as a conscious behavioral choice but as a hardwired neurological response to any given set of circumstances. Life is messy, and many people, particularly those with addiction and codependency problems, were never given the tools to negotiate that messiness. Since Kent Fisher and Michelle Rappaport opened their therapeutic practice almost twenty years ago, they have seen thousands of people who have spent their whole lives emotionally deregulated, responding to life with either aggression or passivity. Their job is to teach these people how to live within the emotional regulated space of choice and repair. Drawing on their private practice; reconstruction experiences and the research of Patrick Carnes, Dan Siegel, Sharon Stanley and others, Kent and Michelle have developed a process of repair and renegotiation of the past, and a harmonious way to respond to the present. With the SomEx model change happens through 5 simple actions that evolve through the therapeutic relationship. For therapist and client alike, Emotional Harmony is the first book to merge the science of somatic therapies with the real-world applications of experiential healing. By integrating the left brain's meaning-making and rationalization of our life experience with the right hemisphere's somatic processing of trauma and its consequences, we move from that messy life story into the deep repair that is emotional harmony.

When your dreams get derailed, the culprit can usually be found hiding in your emotional life. It is a pattern of attitudes, habits, or relationships that won't allow you to move forward, no matter how much you tell yourself you want to. Negative feelings and unhealthy beliefs may have slowed you down and locked you up for years, getting in the way of your best intentions. You may need help breaking free from: Shame—because it locks you into your past Procrastination—because you are afraid to try Depression—because you have not grieved your sorrows Unhealthy Relationships—because they distract you from your unique purpose in life These restrictive emotional traps needlessly deprive you of intimacy, trust, friendships, good feelings, rest, and peace of mind. By challenging them, and the self-destructive behaviors that may accompany them, you can learn to live life in a totally new way.

'This book was laugh-out-loud hilarious and give-me-a-box-of-tissues heartbreaking. I loved it so much!... I literally went back and reread some parts a few times just because they were so funny! It's a beautiful story and I'm sure it'll stick with me.' Tales of a Bookbound Mum, ?????? The must-read book of 2019! Equal parts heartwarming and heartbreaking, fans of Jojo Moyes, Eleanor Oliphant *Is Completely Fine* and *One Day in December* will love this special novel by Drew Davies. Dear Lily, It's me, Joy, your much wiser and (very slightly) older sister. I thought I'd start a new tradition of letter writing – now that we're long distance. On the plane over here, I began to cry in seat 21C. I think the magnitude of it finally hit me, after everything that happened... I haven't even unpacked yet – the only thing I've taken out of my suitcase is Harville, your beloved childhood teddy. Sorry for stealing him, but I need him more than you do. Every time I look at that little brown bear I think about our childhood. Remember that dance we made up to Annie's 'It's a Hard Knock Life'? (Remember the broom choreography?) I'm also sorry for abandoning you – I've always been your agony aunt, and a buffer in your infamous shouting matches with Mum. But I had to leave, Lily, I had to. Anyway, I'm here now. I'm here to start over, and to face up to the past. I want to learn to laugh again, and to find someone to love who will maybe even love me back. You always told me I was just getting by, not actually living, so I'm finally doing it. Wish me luck, little sister. Love, Joy x A beautiful book-club read for anyone who has ever hit rock bottom, longed for a fresh start, or needed to heal a broken, aching heart. Readers absolutely love Dear Lily: 'Hysterical and unbelievably relatable... This book was so funny and romantic, but at the same time, extremely emotional... Broke my heart and then turned around and put it back together again.' Goodreads reviewer 'An absolute delight to read!... This book took me through such a wide array of emotions – I was laughing one minute and practically crying the next... A roller coaster ride of emotions and a very surprising twist... Entertaining, fun and able to make you shed a few tears, you need to get your hands on this fab book!' It's All About the Thrill 'All I can say is WOW.' Shelley's Book Nook, 5 stars 'This book is wonderful. Simply wonderful. I can't recommend it enough. Funny, heartfelt, wise, sweet. It had me laughing and crying. Perfect.' JTHBooks, 5 stars 'I absolutely loved this book!... Made me laugh out loud... I am sad to say goodbye to these vibrant characters. I will miss them.' Goodreads Reviewer, 5 stars 'Loved, loved this beautiful book... I laughed, I cried. I will be gifting this book to friends... Grab this book – you're in for a treat.' NetGalley Reviewer, 5 stars 'I fell in love... . This book was so funny and romantic, but at the same time, extremely emotional. Her letters to Lily broke my heart and then turned around and put it back together again.' Goodreads Reviewer, 5 stars 'A heartbreaking, yet heartwarming read, I cried, I laughed then I cried some more. Fabulous!' Goodreads Reviewer 'This book shook me to my core! It is filled with such heartache, beginnings, and life emotions... It was the perfect ending to a perfect book!!' Literacy Indulgence, 5 stars 'A cute, endearing, heartwarming, hilarious, tear-jerker of a book. I found myself crying and then suddenly laughing out loud at the same time. If you are a fan of Eleanor Oliphant or cute little rom-coms, this book is for you.' Goodreads Reviewer, 5 stars 'Every once in a while I stumble across a book that is like a breath of fresh air, and that was the case with this gem. It was beautifully unique and extremely touching and way more emotional than I was expecting, I just adored it!... Incredibly funny... This really had it all, it was funny and charming, warm and wise and also heartbreaking.' Novel Gossip 'Will warm your heart and then turn around and break it. Laugh out loud funny and heart-achingly sad, this is one that will play on all of your emotions.' Goodreads Reviewer 'Such a wonderful, uplifting yet heartbreaking novel...

I found myself laughing out loud.' Goodreads Reviewer 'A cross between Bridget Jones and Eleanor Oliphant. A poignant look at love, loss and the pursuit of happiness... I found myself flying through the pages as I lost track of time.' Goodreads Reviewer 'Makes you laugh, cry, feel the bottom drop out of your stomach and then sigh with satisfaction as you turn the last page.' Goodreads Reviewer

Sofia is tired: of touring, of her record company, of her fake boyfriend. After collapsing on stage, she's forced to recuperate at her beach house. Madison feels settled for the first time in a long while. She's back home in Miami and her interior design business is thriving. So what if she's a little lonely, the universe will send her someone when she's ready. But Madison soon discovers the universe has a sick sense of humor when Sofia turns out to be her new client. Once upon a time, they were bandmates in America's hottest girl band. Their biggest secret? They were in love—the forever and ever kind—until Sofia told Madison she was going solo. Flung back into each other's lives, each is forced to face the hurt they caused the other. But maybe, just maybe, Sofia's new single, "Not This Time," is the universe playing matchmaker again.

The development of a sociology of emotions is crucial to our understanding of social life as they hold the key to our understanding of social processes and sociological investigation. First published in 1997, *Emotions in Social Life* consolidates the sociology of emotions as a legitimate and viable field of enquiry. It provides a comprehensive assessment of the sociology of emotions using work from scholars of international stature, as well as newer writers in the field. It presents new empirical research in conjunction with innovative and challenging theoretical material, and will be essential reading for students of sociology, health psychology, anthropology and gender studies.

The book is divided into two parts self-improvement and social improvement. It covers all social and personal issues which a single person faces in his everyday life. The purpose of this book is not to make the life of the reader . The motive is simple just understand it and make your life beautiful.

Within this quartet of books that I have titled *The Four Seasons of The Heart*, I will share the deepest pivotal parts of my journey as a recovering alcoholic/addict and survivor of childhood abuse with you. One day at a time, I have lived clean and sober consistently since 1995. However, allowing myself to emotionally grow by not just giving but also receiving love and to genuinely feel deserving of my life's hard-earned rewards, has presented many challenges. Please allow me as we journey through these pages together to suggest ways that we can heal our heart, dust off our doubt, intercept self-sabotage and invest in self-respect.

Our greatest purpose in life is to free ourselves of the limiting patterns of ego and soul that keep us chained to painful, disempowered lives so that we can fully realize the authentic and holy Spirits we are. This journey can feel overwhelming—even impossible—unless we gain access to the three sacred blessings of Spirit, made available to us from God. Without them we fail. These sacred blessings are God's grace, inner guidance, and personal gifts. Grace lifts us beyond our own ability, inner guidance leads the way, and personal gifts are both the inner and outer resources given to us to succeed at every step. It is up to us to ask for these sacred blessings, and we must do so now more than ever before. This inspiring book will show you how. Through the use of daily lessons, specific prayers, personal intentions, and powerful mantras, you will be showered with these blessings every day of your life. Simply open up this book and call upon your sacred blessings right now. Use it every day to keep your blessings flowing and guide your way back home.

"An emotional rollercoaster of a read... profoundly touching and moving"- Daily Express.Perfect for fans of Jojo Moyes and Jodi Picoult. Abi has been given the second chance she never expected: she's in remission. Now she's trying to get her life - and her family - back on track after facing the worst. But it's hard to trust in happiness again, and reconnecting with her husband John proves more challenging than she thought. Can you really go back to "normal" after thinking you're going to lose one another? With Abi's son Seb struggling with a secret of his own, the three of them are in danger of falling apart just when they need each other most. But how do you pick up the pieces of a family still suffering emotional shockwaves? And can Abi bring the people she loves most in the world back together again... before it's too late? *** **What readers are saying about *This Beautiful Life*** "Stunning, filled with emotion...one of my favourite books of 2017!" - Off the Shelf Books "A breathtaking read that will break your heart" "A beautiful, soaring story...highly, HIGHLY recommended!" "I loved every word... a wonderful, wonderful book" "Heartbreaking, real and unforgettable - the characters feel like friends or close family" "Honest and powerful" "Will stay in my mind for a long time to come. This author has really touched my heart" "I devoured every page; an utter delight"

15 strategies to jumpstart student and educator health With rapid technological advancements and changes to how schools must respond to learning and mental health needs, the educational landscape looks considerably different from how it did 20 years ago. How do educators contend with this everchanging future? Jared Scherz answers this question and more by outlining the 15 critical steps to educators' and students' health through psychosocial emotional learning. Designed for everyone involved in the educational system—including district administrators, teachers, students, parents, and the business community—this book provides a practical plan with steps to harmonize whole-school health, including sustainable growth in student character development, improvement of organizational health, and reduction of violence and other threats to education. A blueprint of applicable resources is provided, including: • 15 easy-to-follow guidelines for successfully implementing social-emotional learning practices • A spotlight on issues such as empathy, identity formation, self-control, and conflict resolution • Dozens of real-world stories from educators • Anecdotal and data-driven results from successful implementation Educators today must navigate a newer and more dynamic terrain than previous generations. This book provides a practical framework for improving the satisfaction of educators, all through the lens of whole-school health.

Having Trouble Letting Go? No Problem! Learn to Forgive Even the Things You CAN'T Forget & Live a Beautiful, Productive Life -- Keep Reading!Are you having trouble moving forward in your life because of unresolved pain?Do you carry the heavy weight of resentment and bitterness in your chest that you simply can't function?Do you wish you could unburden yourself of all the negative emotions and thoughts and start focusing on your healing journey?You came to the right place!Just because people have hurt you doesn't mean you should allow them to hold you back. We get it, it's not always easy to forgive... much more to forget!However, it's still possible.Imagine this: You want to make a life you can be proud of, but the pain of your past keeps holding you back. What do you do?Continue holding on to the pain and allow it to consume you, leaving you stuck where you are?Or do you let go, forgive people who've hurt you, forgive yourself for holding on to the pain for TOO long, and finally start your healing?Of course, no one wants to get stuck in the past!So, why not move forward with "Learning Forgiveness for Self Healing and Personal Success" by seasoned personal development expert and prolific author Fanica Rarinca!In this life-changing book, you will:*Establish healthier boundaries by learning when to compromise and when to hold your ground*Expand your horizons and learn to accept others for their authentic selves without allowing your boundaries to be crossed*Learn to forgive yourself first to better understand what others' intentions are and easily forgive them*Get 11 powerful techniques to help you forgive the people who have wronged you within reason*Practice amazing tips on how you can forgive yourself and let go of heavy burdens that hold you back from moving forward*Read all about the benefits

of forgiveness for your mental, emotional, physical, and spiritual health*And so much more!For us to move forward in life, we must learn to let a few things go -- especially the ones that no longer serve us.So, why don't you let "Forgiveness: Fast-Track Your Emotional, Mental, and Physical Healing Journey and Start Living a Beautiful Life" teach you how it's done?Scroll up, Click on "Buy Now with 1-Click", and Grab a Copy Today!

Do you ever feel you are walking against the wind? Are you ready to experience expansive relief from mental and emotional suffering? Coming to a higher level of wholeness and healing is entirely possible. You can still live your best life ever! Why is it important that sexual abuse survivors heal? There are a myriad of mental and physical health challenges that can present for those hurt in this way. Additionally, emotional patterns need to be examined and remedied so they can live a fulfilling life. Sadly, the suicide rate is high among survivors who do not heal. For some, addictions become a way of coping with feelings they do not want to experience in everyday life. Another set of compelling reasons to heal is victims of sexual abuse tend to either become self destructive or turn aggressive toward others. Many survivors heal to a degree, yet never fully reach a whole state where they can experience a full and beautiful life. With over twenty chapters, this book covers every aspect of emotional healing from sexual abuse. Real life methods are given for not only coping, but thriving. Holistic helpers are revealed that can speed the recovery of emotional wounds as you transform with nature. Lyra Adams, host of the podcast Breaking Free - Healing the Emotional Effects of Sexual Abuse, has put forth this beautiful guidebook for those trying to see light at the end of the tunnel. Recovery is possible and probable when you take the hand of someone who has walked some of the same roads you have in life. "My hope is that my sisters and brothers affected by sexual abuse will find these holistic methods of healing so beneficial they cannot help but bloom." Lyra Adams

Empower, inspire, and encourage young readers to know that they are strong enough to face their feelings and fears with the facing feelings and fears bundle! Perfect for parents, teachers, and anyone looking for books for kids to inspire a growth mindset to the little ones in their life. This five picture book set will urge kids to overcome challenges, embrace mistakes, dream big, and help boost their self esteem and social emotional skills: Share the magical experience of catching fireflies with children in this beautiful picture book in sweet, simple verse. Accompanied by lifelike, soft photo-illustrations, Amy's Light is a wonderful read-aloud for bedtime and to help children who are afraid of the dark. In The Dandelion Seed, kids learn the life cycle of a plant, but this dandelion seed is special. Readers follow a beautiful story of life's journey--a journey that brings change and growth. A journey of a tiny dandelion seed who was afraid to let go. In Why Should I Walk? I Can Fly, kids will learn that they too, can do hard things in this growth mindset book for kids! Children learn about the characteristics of robins in this bird book for kids 3-8, when a bird leaves its mothers nest for the first time. This book doubles as an inspirational, courage book for kids. Meet John Muir's trusty dog Stickeen in this classic, true story from the intrepid explorer himself, reimagined as a kids book. Vivid illustrations and beautiful writing combine in a captivating tale about courage and loyalty that both kids and adults will love. Explore real-life examples of animals portraying various emotions in Do Animals Have Feelings, Too?this heartwarming and thought-provoking collection for kids and adults! Beautiful, life like art accompanies pages describing each emotion, and includes questions to the reader that are perfect for social emotional learning and an introduction to animal communication.

Since ancient times, hedonism has been one of the most attractive and controversial theories. In this text, the author presents a careful, modern formulation of hedonism, defending the theory against some of the most important objections.

WW1 marches on, but Violet faces her own battle at home July 1916. Young mother, Violet Jones, lives a tough life in the Rhymney Valley, caring for 4-year-old Clarice and baby Benjy on her own while soldier husband Charlie fights on the Front Line. But when tragedy strikes, Violet's life becomes even harder. While they may be far from the battlefields, the effects of WW1 take their toll on the small mining community of Dorcalon, with food becoming scarce and more and more of their young men losing their lives. With very little money coming in, and two babies to care for, Violet takes in a relative to help make ends meet. But far from easing her burden, it might turn out to be the worst decision she's made. As the Great War takes its toll on the nation, Violet faces her own battle. All alone in the world, can she protect her children, and herself? And will she ever find joy out of the depths of despair? A captivating, emotional saga set in WW1 – will tug on your heart-strings and bring a tear to your eye. If you like Nadine Dorries, Rosie Goodwin or Sheila Newbury you will adore this beautiful Welsh saga. Praise for Francesca Capaldi's emotional WW1 sagas: 'Rich with well-drawn characters, twists and turns, sense of history and place...it was hard to put down. I loved it!' Rosie Hendry, author of the East End Angels series 'this is a really emotional book...I really enjoyed this book and fully recommend it. Worth all the stars' ?????? Reader Review 'worthy of a 5-star rating... a good book that commands your attention and emotions.' ?????? Reader Review 'A lovely debut saga!... Great story line and wonderful period details.' ?????? Reader Review 'I loved this book... I would heartily recommend it for anyone who enjoys family saga or historical fiction.' Reader Review 'an all-engrossing story that swept me along with it. It is a wonderful historical saga... With a hint of romance... It had me go through an array of emotions' ?????? Reader Review 'this is such a warm-hearted book... I would ask all readers to read this book. I loved it' ?????? Reader Review

We all know people who have more of an impact on others in their surroundings. They could be family members, friends, coworkers, business founders or politicians. They have a unique way of gaining the loyalty of others and bringing people together to achieve common goals. They are great listeners and know how to communicate in pushing others do to produce their best. Such people have a higher degree of emotional intelligence, higher self awareness and know how to achieve maximum productivity and maximum results. Individuals like this also know how to achieve great results alone and with others as well. This book was written with the intention to increase awareness on how emotional intelligence can affect positively your life and how it can enhance your effectiveness across all aspects of your life. By gaining access to top tier emotional intelligence knowledge, you will be able to understand its effects and how it can be used in your life today. Personally, socially or professionally - this book will help you improve your life today and help you create a better future tomorrow.

Empower yourself emotionally through exercise. Emotional Fitness is an emotional and physical journey like no other. A collection of bodyweight stabilization and strength exercises are carefully crafted in order of emotional and physical progression, as you learn how to self-soothe and become your best emotional and physical self. Your new "gym bag" awaits, filled with five Master Mantras and five Emotional Guidance Techniques: the sages of your new journey. As a means of coping with daily stresses, fear, anxiety, depression or even trauma – Emotional Fitness can benefit all of us. Gain a deeper understanding of your "why" and subconscious versus conscious behavior. Recognize your wide range of emotions from anger to shame, your emotional triggers, and come to better understand your vulnerabilities. Heal your heart, soul, and spirit while progressing your mind and body! Emotional Fitness has helped Shaun Zetlin discover the best version of himself, from within. Now, he hopes to continue to inspire others to find the same, while

influencing the world to embrace kindness and happiness...

NATIONAL BESTSELLER • A stunning “portrait of the enduring grace of friendship” (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. A NATIONAL BOOK AWARD FINALIST • A MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE A Little Life follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara’s stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara’s new novel, *To Paradise*, coming in January 2022.

'Inner Spark is a book that will help you move through difficult times, and remind you of your own greatness.' – Deepak Chopra 'Where psychological insight meets day-to-day wellbeing' Stylist Kristin Vikjord presents a practical toolkit of exercises to help find, regain and nurture your inner spark. Drawing on her experiences as a Clinical Psychologist and yoga and mindfulness facilitator, Kristin combines these complementary, integrative therapies for a book that has the scientific mind of a psychologist and the heart and soul of a yoga teacher. In *Inner Spark*, Kristin offers practical activities that match up to the three sections of the book and explains how pathways in the brain work, showing how, and crucially why, it's important for anyone navigating a difficult time, physically or mentally, to have a toolkit for re-connection. Kristin Vikjord has effectively harnessed the long Scandinavian winters to stoke her own inner spark and created this guide that will help readers embrace the challenges of modern life, from burnout to navigating new parenthood.

THIS BEAUTIFUL LIFE by Janelle Obieroma is your plug for love, self-discovery, joy, emotional intelligence, fulfillment, clarity and tranquility. It is loaded with inspiring stories, enlightening perceptions and revelations. Replete with amazing mind-blowing bible quotes and words of wisdom to uplift, bless you and set you on a course to bless others. Its rich harmonization of our divinity with our humanity makes it a book for everyone who loves living the peaceful, successful, impactful, inspiring, happy and abundant life. This book is all about you! The unique you that has no equal, rival or copy: just beautiful and perfect! God does not create junk. Everything God made is beautiful and has a purpose. This knowledge releases from the man-made pedestal and standards that has bound several and robbed them of their true value. Life is beautiful when we look through the mirror of true beauty and perfection which is God's Word. In this book, Janelle Obieroma unravels key secrets about Relationships, The concept of love, A fresh start, Delusions, Distractions, Concept of hate, Motivation, Sensitivity, Forgiveness, Empathy and much more by harnessing the knowledge of God's Word to explain what's within our control and what's not- Who we are? What do we deserve? And who owes us what? Get set to uncover secrets that will launch you into your best life as you enjoy your journey of self-development with joy and fulfillment of purpose.

An every day tale of heroism in small measures. A young girl's journey to adulthood and the wrong relationships that threaten to steal her innocence. Guided by her faith and a close bond with Nature, she struggles to find freedom.

Our emotions are powerful and they can lead us to feelings and thoughts of happiness and joy or sadness and devastation. Everyone of us are faced with not only our own emotions but the emotions of others, as well. Learning to master our emotions and how to appropriately respond to the emotions of others is critical to living a successful and happy life. Failure to master our emotions can lead to poor physical health and depression. The good news is that we do not have to be creatures of emotion based reaction behavior but can live the life of success, prosperity and love we deserve. Emotional Mastery will lead you to awareness of the root cause or triggers of your emotions and give you effective methods for dealing with them and increasing your emotional intelligence. Contrary to the belief of some, our emotions are not necessarily the result of upbringing, social status, or environment. Our emotions should not control us but serve us giving us more management over our lives and improving our relationships. Each of us have within us the power to rein over our emotions and redirect them to become powerful tools of enhanced self-awareness, rapid problem and conflict resolution, influential interpersonal skills, stronger relationships, career success, and enable us to live the happy life we all dream of. You have the power to rein over your emotions and even control them. You have the power to be happy, even when you think it's impossible, and you have the power to change the way you feel. You will soon find that even the most difficult circumstances will be handled with maturity and can no longer harm you or your physical well being. Decide today to raise your Emotional Intelligence stop negative emotional reaction behavior and become the Master of your success and happiness.

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