

True Love A Practice For Awakening The Heart

Bestselling author and Zen Master Thich Nhat Hanh transforms an ancient folktale into a timeless parable of a young woman who dares to risk her life for her faith. Born to an aristocratic family in rural Vietnam, Kinh Tam's uncommon beauty and intelligence were obvious to all she encountered. From an early age she was drawn to the teachings of Buddha and the rewards of a monastic life, but to please her family she agreed to walk the traditional path of marriage. Throughout her marriage, Kinh Tam's mind was devoted to her husband but her heart never waived from her true calling. She wanted to be a monk. And yet Buddhism was still new to Vietnam and temples accepted only men for ordination. Making a decision that would forever change her life, Kinh Tam left town, disguised herself as a man, and joined a monastery as a novice. Despite the many challenges of living as a man, Kinh Tam thrived and became a beloved member of the community. Years of profound joy and peace passed until a local woman accuses the novice of fathering her unborn child. Kinh Tam is torn between two impossible choices: keep her secret and endure brutal punishment or reveal the truth that would prove her innocence but put an end to her spiritual path. Facing the unbearable with the boundless heart of Buddha, her choice forever changes her life, her country, and her faith. In spare, elegant prose, Thich Nhat Hanh reminds us that we, too, face our own injustices and suffering, and by connecting with love, we can,

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like Kinh Tam, discover a mind and heart that are peaceful, happy, and free. Cut through the busyness and anxieties of daily life to discover the simple happiness of living in the present moment, as taught by a world-renowned Zen monk. In this book, Thich Nhat Hanh—Zen monk, author, and meditation master—distills the essence of Buddhist thought and practice, emphasizing the power of mindfulness to transform our lives. But true mindfulness, Hanh explains, is not an escape. It is being in the present moment, totally alive and free. Based on a retreat that Thich Nhat Hanh led for Westerners, *You Are Here* offers a range of effective practices for cultivating mindfulness and staying in the present moment—including awareness of breathing and walking, deep listening, and skillful speech. These teachings will empower you to witness the wonder of life and transform your suffering, both within and outside you, into compassion, tenderness, and peace. As Thich Nhat Hanh declares, “the energy of mindfulness is the energy of the Buddha, and it can be produced by anybody.” It is as simple as breathing in and breathing out.

'Thich Nhat Hanh is a holy man, for he is humble and devout. He is a scholar of immense intellectual capacity. His ideas for peace if applied, would build a monument of ecumenism, to world brotherhood, to humanity.' Martin Luther King, Jr. Buddha and Jesus Christ, perhaps the two most pivotal figures in the history of humankind, each left behind a legacy of teachings and practices that have shaped the lives of billions of people over the course of two millennia. If they were to meet on the road today, what

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would each think of the other's spiritual views and practices? Thich Nhat Hanh has been part of a decades-long dialogue between the two greatest living contemplative traditions, and brings to Christianity an appreciation of its beauty that could be conveyed only by an outsider. In a lucid, meditative prose, he explores the crossroads of compassion and holiness at which Buddhism and Christianity meet, and reawakens our understanding of both.

Sister Chan Khong was born in a village on the Mekong River Delta in 1938. Propelled by her passionate dedication to social change, she began working in the slums of Saigon as a teenager, distributing food, helping the sick, and teaching children. In 1964, she joined Zen master Thich Nhat Hanh in founding the School of Youth for Social Service, which grew to an organization of over 10,000 young people organizing medical, educational, and agricultural facilities in rural Vietnam, and rebuilding villages destroyed by the war. This unique autobiography tells the gripping story of a woman who not only lived but made history, and whose single-minded dedication to humility and courageous integrity can serve as an inspiration for all. Learning true love reflects Sister Chan Khong's spiritual growth against the backdrop of the suffering in her war-torn country, and offers many inspiring examples of how to resolve difficulties and celebrate the joys of a life of service. Chan Khong has for more than three decades worked closely with Thich Nhat Hanh in Vietnam and at his community-in-exile in France, Plum Village. -- Publisher description.

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Are You Ready to Discover What Aim True Means to You? Yoga teacher and inspirational speaker Kathryn Budig is known for her ability to encourage others to set their intentions and goals, no matter how lofty, and work toward them while staying true to themselves. In *Aim True*, Budig extends her empowering message beyond the mat. Life is an adventure that is meant to be explored, challenged, and fully lived. The best part? When you approach life with an open mind and heart, the possibilities are endless. Allow Budig to be your guide along the journey with:

- A 5-day purification process
- 6 yoga sequences to put into practice
- Over 85 recipes to seduce your inner Top Chef
- An introduction to meditation
- Homeopathic self-care and beauty recipes

Whether your goal is to love who you are right now, reshape the way you view food, develop a meditation practice, or discover new ways to embrace the great balancing act that is life, this holistic approach to yoga, diet, and mindfulness has something for you. Filled with vibrant photographs and whimsical illustrations, this guide is as beautiful as it is life-changing.

An Entertainment Weekly 30 Hottest Books of the Summer Selection • A Refinery29 25 Books You'll Want To Read This Summer Selection One of today's most provocative literary writers—the author of the critically-acclaimed *Sunshine State* and the Los Angeles Times First Fiction Award finalist *Binary Star*—captures the confused state of modern romance and the egos that inflate it in a dark comedy about a woman's search for acceptance, identity, and financial security in the rise of Trump. Nina is a struggling

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writer, a college drop-out, a liar, and a cheater. More than anything she wants love. She deserves it. From the burned-out suburbs of Florida to the anonymous squalor of New York City, she eats through an incestuous cast of characters in search of it: her mother, a narcissistic lesbian living in a nudist polycule; Odessa, a single mom with even worse taste in men than Nina; Seth, an artist whose latest show is comprised of three Tupperware containers full of trash; Brian, whose roller-coaster affair with Nina is the most stable “relationship” in his life; and Aaron, an aspiring filmmaker living at home with his parents, with whom Nina begins to write her magnum opus. Nina’s quest for fulfillment is at once darkly comedic, acerbically acute, and painfully human—a scathing critique of contemporary society, and a tender examination of our anguished yearning for connection in an era defined by detachment.

Whether you're looking for love or looking to rekindle love, "Love Doctor" Daphne Rose Kingma saves the day or at least gives you the knowledge required to find, keep, and foster what nearly every one of us desires--true love. She leads us into the principles of "Loving Yourself," which provide the foundation for everything to come. "Preparing for Love" and "Psychology and Understanding of Love" set the stage for the deeper "Communicating with the Person You Love" and ultimately, the powerful and intimate "Memoir of a heart-wrenching life of a little girl who made it through, though adult life got worse, even through six abusive marriages and lots of illnesses.

Where True Love Is offers a 90-day Biblical exploration of God, scripture, the law,

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gender, sexuality, marriage, and more. After reading it, you'll be able to offer a Bible-based defense of the validity of LGBTQI] Christian faith. More importantly, you'll encounter the gorgeous, loving complexity of a God who can't be stuffed into a book-sized box.

Weaving together traditional stories, personal experiences, and a deep understanding of the Buddha's way of mindful living, Thich Nhat Hanh provides step-by-step practices that foster understanding and intimacy in any relationship and extend our love even to those that cause us pain. Teachings on Love is a treasure-trove of guidance for couples, co-workers, or friends who wish to nourish the gift and strength of their relationships and deal creatively with their weaknesses and difficulties. We all yearn to experience a love that is deeper and more joyful. Teachings on Love provides a time-tested path that anyone can follow to nurture the deepest love in ourselves and others. With a new introductory chapter by Thich Nhat Hanh

Learning True Love, the autobiography of Sister Chân Không, stands alongside the great spiritual autobiographies of our century. It tells the story of her spiritual and personal odyssey, both in her homeland and in exile. Its anecdotal style presents an intensely personal portrait of a woman with astonishing courage, offering us a perspective on the suffering of the Vietnamese people. This unique

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autobiography tells the gripping story of a woman who not only lived but made history, and whose life of single-minded dedication to humanity can serve as an inspiration for us all. Sister Chân Không was born in a village on the Mekong River Delta in 1938. In her teens she devoted her life to the development and practice of nonviolence grounded in the Buddhist precepts of non-killing and compassionate action. Propelled by her passionate dedication to social change, she began working in the slums of Saigon, distributing food, working with the sick, and teaching children. When she was 21 years old she met the man who until to this day remains her teacher and spiritual companion: Thich Nhat Hanh. With him she co-founded the School of Youth for Social Service in 1964, which grew to an organization of over 10,000 young people organizing medical, educational, and agricultural facilities in rural Vietnam, and rebuilding villages destroyed in the fighting. Sister Chân Không became well known in the anti-war and peace community for her work promoting human rights and protesting repression and violence, often at risk of her own life. She continues to do this work today. After the war she became one of the co-founders of Plum Village, the spiritual center, that is home to Thich Nhat Hanh's community in France, where she continues to be deeply involved in the development and vision for this unique community. In January of 2005, after nearly 40 years in exile, Sister Chân Không

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was able to return on a 3-month visit to Vietnam. In this fully revised edition of Learning True Love she movingly describes the return to her homeland, the reunions with many old friends and fellow activists, and shares her impression of the "new Vietnam," where Buddhists still struggle for religious freedom and the re-establishment of their own organizations. Learning True Love is a moving personal memoir, an introduction to the mindfulness teachings and life of Thich Nhat Hanh and his community in exile, an overview to the development of the European and American peace and human rights movement, and an introduction to the engaged and practical style of Vietnamese Buddhism. It documents the process that brought an end to the US Vietnam war, and gives a lively summary of Vietnamese history from 1945 to the current political, social and spiritual climate in Vietnam. Learning True Love also portraits some of the many remarkable people that shared Sister Chân Không 's path. Foremost however it is the remarkable and impressive story of a very courageous woman, whose journey from an accredited biologist at the University of Paris to a Buddhist nun, gives her unique insight into life's central questions and the ability to address them in an unflinching and straightforward manner. Forewords by Thich Nhat Hanh and Maxine Hong-Kingston

A Irish Love Story Annie Foster stays in Ireland after boarding school to nanny a

widower's infant daughter. Five years later, the widower proposes. Her first love Chad Jones, whom she believes abandoned her, arrives weeks before the wedding on an undercover assignment probing her fiancé's connection with IRA terrorists. Chad's determined to change Annie's mind and her heart because he's never stopped loving her. Which man will claim Annie's heart?

This is an easily accessible text written for the training practitioner and student. It is invaluable for all those studying on programmes leading to qualifications such as the Certificate in Training Practice and is also an essential reference for the new or recently appointed training manager who needs authoritative guidance. Steve Truelove has successfully collated and synthesized the best existing knowledge in a succinct and accessible way. He has concentrated on the core techniques which every serious "sharp end" practitioner and student must master. The text is organized into five sections which deal with: Identifying Training Needs. Design of Training. Preparing Material. Delivery Skills. Assessment and Evaluation. This allows the reader to get to grips with the key elements of the training process from start to finish. No previous knowledge of the subject is assumed. The approach is highly practical rather than simply theoretical, whilst ensuring that all the key underlying concepts are clearly introduced. "Training in Practice" is now the most comprehensive, usable, up-to-

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date and authoritative text for students and trainers.

Don Miguel Ruiz illuminates the fear-based beliefs and assumptions that undermine love and lead to suffering and drama in our relationships. He shows us how to heal our emotional wounds, recover the freedom and joy that are our birthright, and restore the spirit of playfulness that is vital to loving relationships. A heart-warming story about a young, purple penguin named Cameron, who grows up in a village of red and blue penguins. Cameron knows that he is somehow different from the other red and blue penguins in his village, but doesn't let that stop him from finding happiness. Through his experiences, Cameron learns about equality and the importance of being true to himself.

Tokoda's rock 'n roll lifestyle comes to an abrupt halt when he is called back home. He climbs on his Harley and heads back to Spirit Island where Native American legends are known to come to life. Nara is intent on preserving her Ojibwa heritage, and couldn't be happier about her former crush coming back to the Island, and is even happier when the sexy musician finds his way into her bed. The rekindled lovers are thrown back in time, but in opposite directions. Tokoda and Nara must overcome the barbaric Sioux tribe to find one another and look for a way to return to their own time. \$1 from each copy of *Mystified* sold will go to Mark's Run for A.L.S. (Lou Gehrig's Disease)

"Practices and wonderful quotations to help re-open our heart." - Ram Dass, author of *Be Here Now* and *How Can I Help?* "Andrews provides such a wealth of creative and

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insightful ideas that his book is likely to change the meaning of your life forever." - Leading Edge Review "So faith, hope, love abide, these three; but the greatest of these is love. Make love your aim." - St. Paul One goal transcends all others, one purpose heightens all others, one emotion brings joy to all others: to love fully and without conditions. The most wise men and women of all religious and philosophical traditions have taught the art and practice of loving. Now for the first time, their knowledge has been distilled and collected in this one volume-with 144 practices for cultivating a loving heart. This is a unique and practical guidebook for loving-deeply and continuously-regardless of what happens to you as you go through life. With the inspiring quotations, valuable exercises, and insightful text of this volume, you can gain the skill and the will to turn living into loving. "Earth's the right place for love: I don't know where it's likely to go better." - Robert Frost "If you wish to open your heart to love, to explore the depth of your soul, to experience help on your spiritual journey, and to meditate on spiritual truths, then this is the book for you." - Gerald Jampolsky, M.D., author of Love Is Letting Go of Fear

In this seemingly loveless world of ours, we might wonder if true love is attainable. Is it real, or is it perhaps a dancing illusion captured on Hollywood screens? And if this love dares to exist, does it satisfy as the poets say, or fade in our hearing like a passing whisper?The souls are few who have discovered these answers, and one of them is Nicolina, a feisty, flirtatious girl who fell in love with the most romantic man in all of post-

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war Germany. Little did they imagine the places where love would take them. This enthralling, real-life short story is a glimpse into the grand secrets of true love-secrets that remain a conundrum to most, but become life itself for a grateful few. These hidden treasures wait in hope to be discovered, resting in chambers of the Heart of Love. Through this little book, may you, like Nicolina, enter their mystery, and find life, too. Lysie Fox has what she considers to be a perfect life. Married to Lincoln, a military pilot, she's living the Army life she's always loved. Being a sucker for great love stories, Lysie makes it her mission to find Lincoln's best friend and co-pilot, Dax Adams, a good woman. Losing the one woman he's ever loved, Dax attempts to be a good sport by playing along in Lysie's match-making scheme. However, Dax is certain he will never get the woman of his dreams. But life doesn't always fly smoothly. When turbulence strikes, Lysie watches her world crash and burn around her, leaving her empty with broken wings. Despite her grief, can she mend the pieces back together and learn to fly again?

This book will help you to remember who you truly are, and to be your true, authentic self, in its entirety, to unlock the beautiful spirit and essence of you. You have a soul mission: it's time to wake up to it and fulfill your destiny and be everything you ever dreamed of being, your soul and spirit self really are, unafraid to shine in a world that all too often might seem might seek to undermine or limit you...You are filled with infinite possibilities and great gifts. Many of us are waking up from the illusion of fear, lower

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consciousness and vibration that we have been trapped in. Though times may be dark, the light can prevail and by holding on to our dreams and visions, we will emerge with a higher consciousness. We will shed all the restrictions of the past, and break the chains of the judgmental and fear-based systems which have ruled and limited our lives in so many ways, to take a jump and leap of faith and really be the full expression of our unique and special souls. "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul.... I believe Sally is a gifted soul on a mission to genuinely help & empower people. It is a book I will treasure" "What a beautiful book; one that touches you and works on so many levels." "It doesn't matter where you are on your journey, in this book you will find something new, something to remind you of who and where you are, why you are following the path you have chosen and affirmation that you are not alone, the Universe is always supporting you. I found the book easy to read, to me the energy of the words just flow off the page, and hit the spot. Read it from cover to cover, dip in and out, the choice is yours and the book supports you in what ever way you wish to connect with it. Bursting with information and and workable ways to experiment and include in your spiritual practice. Sally has worked really hard to make this work appeal to as wider audience as possible and I feel she has pulled it off with a flourish. Well done Sally, when's the next one?" "I really love this book. As soon as I started reading it, it felt like it was talking directly to my soul and I felt curiously emotional. I believe Sally is a gifted soul on a mission to genuinely help & empower

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people. It is a book I will treasure & refer to when I am in need of uplifting"

Offers relationship advice for successful women who have been unsuccessful in love, providing tools and strategies to escape negative relationship cycles and make sound choices in order to build a satisfying romantic relationship.

The science behind love. A neurologist explains the real science of chemical changes in the brain during various phases of love. True Love is the last phase of love.

The acclaimed first volume in feminist icon bell hooks' "Love Song to the Nation," All About Love is a revelation about what causes a polarized society and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. "The word 'love' is most often defined as a noun, yet we would all love better if we used it as a verb," writes bell hooks as she comes out fighting and on fire in All About Love. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness--not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society's failure to provide a model for learning to love. As bell hooks uses her incisive mind to explore the question "What is love?" her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The Utne Reader declared bell

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hooks one of the “100 Visionaries Who Can Change Your Life.” All About Love is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better.

Lark isn't your normal princess. She's the princess of Myrinor, an influential kingdom with a rich history. Along with that title come great responsibilities, such as learning swordplay, trying her best to be the perfect role model, and most importantly, hiding her deepest secret. As days go by, she discovers that her best friend, Julian, is not what he seems. An ancient curse resurfaces from the past and drags them both into the heart of a forgotten kingdom. The fates of both kingdoms rest in their hands. The quest begins to end it all.

The landmark bestseller that changed the way we think about love: “Every line is packed with common sense, compassion, and realism” (Fortune). The Art of Loving is a rich and detailed guide to love—an achievement reached through maturity, practice, concentration, and courage. In the decades since the book’s release, its words and lessons continue to resonate. Erich Fromm, a celebrated psychoanalyst and social psychologist, clearly and sincerely encourages the development of our capacity for and understanding of love in all of its facets. He discusses the familiar yet misunderstood romantic love, the all-encompassing brotherly love, spiritual love, and many more. A challenge to traditional Western notions of love, The Art of Loving is a modern classic about taking care of ourselves through relationships with others by the New York

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Times—bestselling author of *To Have or To Be?* and *Escape from Freedom*. This ebook features an illustrated biography of Erich Fromm including rare images and never-before-seen documents from the author's estate.

You are a person worthy of love. You don't have to do anything to deserve all the love in the world. *Real Love* is a creative tool kit of mindfulness exercises and meditation techniques that help you to truly engage with your present experience and create deeper love relationships with yourself, your partner, friends and family, and with life itself. Sharon Salzberg, a leading expert in Lovingkindness meditation, encourages us to strip away layers of negative habits and obstacles, helping us to experience authentic love based on direct experience, rather than preconceptions. Across three sections, Sharon explains how to dispel cultural and emotional habits, and direct focused care and attention to recapture the essence of what it is to love and be loved. With positive reflections and practices, Sharon teaches us how to shift the responsibilities of the love that we give and receive to rekindle the powerful healing force of true connection. By challenging myths perpetuated by popular culture, we can undo the limited definitions that reduce love to simply romance or passion, and give the heart a much needed tune-up to connect ourselves to the truest experience of love in our daily lives.

As seen on The TODAY Show! “A godsend to anyone searching for, but struggling to find, true love in their lives.” —Kristin Neff, PhD, author of *Self-Compassion*

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"Empowering and compassionate, and its lessons are universal." —Publishers Weekly

Real love starts with you. In order to attract a life partner and build a healthy intimate relationship, you must first become a good partner to yourself. This book offers twenty invaluable lessons that will help you explore and commit to your own emotional and psychological well-being so you can be ready, resilient, and confident in love. Many of us enter into romantic relationships full of expectation and hope, only to be sorely disappointed by the realization that the partner we've selected is a flawed human being with their own neuroses, history, and desires. Most relationships end because one or both people haven't done the internal work necessary to develop self-awareness and take responsibility for their own experiences. We've all heard "You can't love anyone unless you love yourself," but amid life's distractions and the myth of perfect, romantic love, how exactly do you do that? In *Loving Bravely*, psychologist, professor and relationship expert Alexandra H. Solomon introduces the idea of relational self-awareness, encouraging you to explore your personal history to gain an understanding of your own relational patterns, as well as your strengths and weaknesses in relationships. By doing so, you'll learn what relationships actually require, beyond the fairytale notions of romance. And by maintaining a steady but gentle focus on yourself, you'll build the best possible foundation for making a loving connection. By understanding your past relationship experiences, cultivating a strong sense of self-awareness, and determining what it is you really want in a romantic partner—you'll be

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ready to find the healthy, lasting love your heart desires.

Learn how to relax the bonds of anger, attachment, and delusion through mindfulness and kindness toward ourselves and others. The Mindfulness Essentials series introduces beginners and reminds seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the ways we act out in anger, frustration, despair, and delusion. In brief meditations accompanied by whimsical sumi-ink drawings, Thich Nhat Hanh instructs us exactly how to transform our craving and confusion. If we learn to take good care of our suffering, we can help others do the same. How to Fight is pocket-sized with two color original artwork by California artist Jason DeAntonis.

A renowned Zen master and Nobel Peace Prize nominee introduces a Buddhist approach to practicing authentic love in our everyday lives In this eye-opening guide, Zen monk Thich Nhat Hanh offers timeless insight into the nature of real love. With simplicity, warmth, and directness, he explores the four key aspects of love as described in the Buddhist tradition: lovingkindness, compassion, joy, and freedom—explaining how to experience them in our day-to-day lives. He also emphasizes that in order to love in a real way, we must first learn how to be fully present in our lives, and he offers simple techniques from the Buddhist tradition that anyone can use to establish the conditions of love. Thich Nhat Hanh, a Vietnamese Zen Buddhist monk, is an internationally known author, poet, scholar, and peace activist who was nominated for the Nobel Peace Prize by Martin Luther King Jr.

This book was inspired as a desire to share my own experiences and tools. May it help those

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who are called to read it to become empowered and in charge of their own life, rather than victims of circumstance. Our world is a direct reflection of our level of consciousness and the ills of the world are a reflection of the sickness of the mind, in our thinking, habits, patterns and belief systems. It is my wish that in sharing my story, experiences and tools, it raises awareness and consciousness not only of the reader but also everyone the reader comes in contact with. Many people live lives of quiet desperation, feeling alone, lost, confused and without hope of ever feeling better. Our world has established systems that keep the past repeating. Many feel trapped and are searching for meaning, searching unknowingly for themselves. Searching for something or someone to lift them out of a seeming joyless, loveless, empty existence. This book was written to offer help and hope. It is my offering to facilitate others abilities to become aware of the patterns they have been repeating. To let them know in my sharing, they are not alone and it is possible to move beyond the past. It is possible to honor the past, integrate the experiences, in the literal cells of their bodies and Remember the Wholeness of Being they are. To live joyfully, thriving, knowing they have choices and options unseen up until now. To help them become available to those options and choices and be fully empowered uniquely as individuals, while fully Realizing the truth, we are all One. The first part of this book is written in story form through the eyes of a mother and daughter. It is a revelation of the past and the patterns established through generations and repeated through time. It shows how patterns emerge, habits are created and conclusions are drawn. Then how they are built upon, camouflaged and unwittingly repeated throughout lifetimes. It is the journey of the soul to travel that terrain of growing up and becoming responsible (able to respond) that awakens the spark of illumination to say I Am all of that,

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there is no other - I am whole and I never left home. The kingdom/queendom of heaven is within me and I am here now. True Love's Kiss came about as a desire to share my own experiences and tools so that you may awaken to the truth of your being. The 2nd book, Keep It Simple Sweetheart, is designed to do just that, to provide you with the Awareness to know you already have what you need within you and I've given 4 Simple Steps that you can put into action on your own. Living Joyfully is your Divine Birthright! Happily Ever After is a choice. Recognize this for yourself, put these steps into practice and I have no doubt you will Awaken Heaven Within and find yourself living Heaven on Earth Now! Thank you for reading this book and Blessed Be.

Bringing the energy of true presence into our lives really does change things for the better—and all it takes is a little training. This treasury of 365 gems of daily wisdom from one of the most beloved Buddhist teachers of our age is a help and support for anyone who wants to train to meet every moment of life with 100 percent attention. Thich Nhat Hanh shows how practicing mindfulness can transform every area of our lives—and how its benefits radiate beyond us to affect others and the whole, larger world.

True Love Divine Love (TLDL) will positively impact the institution of marriage in the western world. If you practice the techniques in this book, not only will you avoid divorce, you will experience a marriage that grows stronger and happier each year. The book shows how to easily find the proper life companion; how to achieve the highest state of health; how to practice sex in an affirming and sustainable way; how to greatly extend your youth; and much more. TLDL pulls knowledge from ancient and esoteric sources revealing their practical life affirming qualities.

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Indistinct voices, strange visitations and unusual dreams have begun to plague Nineteen-year-old Khari days before her return from London to her Oregon home. As the occurrences have spawned haunting emotions she thought she had escaped, she realizes she can't ignore them any longer and begins to surrender to their pull. Feeling weary and a bit crazy, Khari struggles to cope with what is happening to her. She is forced to open up about herself, only to find out secrets were kept from her by those she trusts the most. She then begins a problematic journey toward self-discovery and uncovers more than she ever imagined possible. But, continuing toward understanding requires Khari to face a dangerous figure, risk of death and a fight for love. Kharishma explores the importance of family ties, both past and present, the consequences of love and hate, and the power of believing in ones self. It is a story of deception, humility, discovery and the strength of bonds to the seen and unseen. It is a story that will not be easily forgotten and will leave you wishing for more.

Chase Brown has it all...he's wealthy, owns three of the hottest night clubs in New York City and he's boyishly handsome. Chase's rise to the top hasn't been easy and memories of his mother's murder, as she died in his arms when he was only twelve years old, still haunt him. These memories birth Smoke, his monstrous alter ego, who is psychotic and very dangerous. Chase and his younger brother Corey are close; so close that his older brother, Cyrus, uses emotional blackmail to make Chase carry out his deceitful and murderous deeds. While attempting to bury Smoke and break free from his brother's spell, Chase meets the beautiful Bliss Riley. They fall madly in love but there is only one problem...Bliss isn't aware of Chase's murderous appetite and the demon that lives inside of the man she loves. Will Chase be able to bury his demons for good and live happily ever after with the woman of his dreams or will

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Smoke take Chase and Bliss on a journey that will leave dead bodies throughout the city of New York? Only time will tell!

How to Love is the third title in Parallax's Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. This time Nhat Hanh brings his signature clarity, compassion, and humor to the thorny question of how to love. He distills one of our strongest emotions down to four essentials: you can only love another when you feel true love for yourself; love is understanding; understanding brings compassion; deep listening and loving speech are key ways of showing our love. Pocket-sized, with original two color illustrations by Jason DeAntonis, How to Love shows that when we feel closer to our loved ones, we are also more connected to the world as a whole. With sections on Love vs. Need, Being in Love, Reverence, Intimacy, Children and Family, Reconciling with Parents, and more, How to Love includes meditations you can do alone or with your partner to go deep inside and expand your own capacity to love. Scientific studies indicate that meditation contributes tremendously to well-being, general health, and longevity. How to Love is a unique gift for those who want a comprehensive yet simple guide to understanding the many different kinds of love, along with meditative practices that can expand the understanding of and capacity for love, appropriate for those practicing in any spiritual tradition, whether seasoned practitioners or new to meditation.

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