

Romancing The Ordinary A Year Of Simple Splendor Sarah Ban Breathnach

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Homo Luminous Regnery Publishing

Homecomings usually involve burgers, fries and apple pies but that's not on the menu for Cassandra and Silver. They're launched into assassination attempts, bar brawls, and relationship drama just in the first 24 hours. Can they protect everyone they love from all comers before it explodes in their face? Find out in VECTOR, Book Three of the Weaver Series.

Confidently You Hassell Street Press

MODERN SCIENCE has confirmed what the ancients knew centuries ago: The subtle daily changes in our bodies dramatically affect how we work, play, sleep, feel, and heal. In Savoring The Day, food and health authority Judith Benn Hurley combines ancient wisdom with cutting-edge science and great culinary taste--bringing it all home to our contemporary kitchens and busy lives. She shares more than 250 delicious recipes and a treasury of natural remedies designed to complement your body's rhythms and help you be at your best through out the day. PART ONE: RECIPES FOR SAVORING THE DAY is divided into the six different times of the day and is filled with recipes (including seasonal variations) and remedies herbal teas, yoga postures, self-massage tips, and aromatherapy ideas-to help you feel energized, de-stress, stay healthy, and sleep soundly. Try Pear and Buckwheat Pancakes or Cherry-Vanilla Granola for wide-awake mornings, Grilled Chicken Sandwiches with Sesame and Chives and lemon balm tea to beat the afternoon blahs; Penne with Roasted Garlic and Artichokes or Soft Tacos with Spicy Summer Vegetables for nutrient-rich dinners; and Strawberry-Rhubarb Crisp or Cool Melon Ice for immune enhancing desserts. PART TWO: REMEDIES FOR SAVORING THE DAY provides remedies to alleviate common ailments-many are linked to the seasons or to the body's cycles-including arthritis, colds, headache, hay fever, jet lag, depression, dry skin, and more. Enjoy a few drops of eucalyptus oil in the bottom of your morning shower to relieve congestion, a two-minute self-massage technique to banish anxiety, or cooling hibiscus and peppermint tea to soothe irritability. Filled with stories of Hurley's exotic travels in search of new tastes and healing ideas, Savoring the Day will let you discover the delights of a more attuned way of life.

What's Wrong with Pauly? Createspace Independent Publishing Platform

Calliope is a literary novel. In its simplest form, it is the story of a man longing to become the young, idealistic person he once was when the world seemed completely open to promise. It is the desire to re-experience life with all the naivet  and hope of romantic youth. In its allegorical form, the story explores such themes as purpose, morality, social convention, materialism and happiness. When the protagonist meets an orange-haired girl, his life is forever altered. Her name is Calliope, and what occurs throughout the rest of the novel is a wild, episodic fugue. The flight becomes a frenetic interlacing through wilderness and civilization, this being an allusion to Jean-Jacques Rousseau's Discourse on Inequality. The wilderness comes to represent a path back to the primal self, while civilization is more dubious representing both the potential for corruption, as well as the great heights of artistic and rational endeavors. Yet while on the journey, the protagonist is forced to look at life anew in part due to the somewhat unscrupulous efforts of Calliope. Morality is examined through the eyes of Calliope, who is by all intensive purposes Greek, which means pre-Christian. Her moral code is not affected by the guilt of Christianity. Her nakedness throughout the novel in part symbolizes a complete lack of shame. As for her beliefs, an understanding of Friedrich Nietzsche's perspectivism best represents her values. This allows the protagonist an opportunity to erase everything that he has learned. All custom, all forms of etiquette, religious belief, habit and convention must be forgotten in order to re-experience the world with the sense of wonderment he so eagerly longs for. With no ties to the world, he embarks upon an epic voyage of silliness and profound examination. Lured along by this electric, orange-haired muse, he becomes convinced that she is either bent upon his supreme salvation or utter damnation. What is so amazing about the entire journey is where they both end up--a location which seems to be the last place the protagonist was in complete control of his destiny. Therefore, a true chance to begin again is perhaps realized.

Peace and Plenty Grand Central Publishing

Making your sales and marketing more effective and more impactful is the focus of Killer Marketing Strategies by Katryna Johnson, J.D. Starting with an understanding of what it takes to actually make a profit, the book teaches the reader about powerful headlines and persuasive copywriting. The book explores the world of online marketing and social media. But online is only one channel for effective marketing. The smart marketer in today's environment uses some tried and true marketing methods like press releases, newsletters, value bundling, and more. Killer Marketing Strategies will help you take your marketing to the next level.

The Best Part of The Day Simon and Schuster

Newly revised with a fresh introduction, updated quotes, and a charming, contemporary aesthetic. "Gratitude is the most passionate, transformative force in the Cosmos." This beautiful companion journal to the national bestseller Simple Abundance: A Daybook of Comfort and Joy, the mega-bestselling guide that has led so many women to live fulfilling, harmonious, and joyful lives, has been refreshed for fans of the original Simple Abundance Gratitude Journal -- and a whole new generation

of journalers. The Simple Abundance Journal of Gratitude offers insight via uplifting, inspirational quotes and gives women a place to record their daily moments of gratitude. Through daily practice, this journal can help you embrace everyday epiphanies: profound moments of awe that forever alter your experience of the world.

Monday-to-Friday Cookbook CreateSpace

ROMANCING THE ORDINARY is organised as a yearbook, celebrating a spirituality of the senses seasonally, monthly and weekly. Sarah Ban Breathnach introduces the concept that women are endowed with not five, but seven senses: Sight, Hearing, Taste, Touch, Scent, Knowing and Wonder. Each day's reflection, each week, will highlight one of the senses drawing on the natural and supernatural worlds. By exulting in the ecstatic experience of daily life, by romancing your soul - working out what excites or moves you to tears, what makes your heart miss a beat, your knees shake and soul sigh - Sarah Ban Breathnach shows you how to embrace your magical, mystical, sensitive and spiritual Essential Self, restoring weary and jaded feminine souls.

Savoring the Day Grand Central Publishing

Here you will meet Mrs. Victorianna Sharp, a noted 19th-century literary domestic,² and the delightful creation of Sarah Ban Breathnach's imagination. Guides readers month by month through the year, encouraging them to turn away from the stress of modern life and embrace the enduring pleasures of a gentler, more reassuring era. From organizing a New Year's Day open house to arranging a midsummer strawberry regale to reviving traditional holidays like May Day or Martinmas, Mrs. Sharp is on hand to offer an abundance of joyful simplicities and seasonal suggestions that will enchant and engage everyone. Full of heart and insight, this sourcebook reveals century-old customs and rituals for bringing a family closer together. Full-color illustrations.

Mazes for 5 Year Olds (My Book of Mazes Workman Publishing Company

After the collision claimed her mother's life and left her with a memory full of holes, Lilly Noble is sent away to boarding school on the gloomy island of Raven's Landing, Maine. Though feeling exiled and abandoned by her father, she is determined to fill in the blanks the accident left in her mind. When she meets the hypnotically charming and strangely intense Murosky Skaggs, his unnatural curiosity and careful attentions toward her raise her suspicions. His stories don't add up. Lilly's search for the truth beneath his lies causes her life to take a thrilling and terrifying twist. What she doesn't realize is the closer she gets to revealing his dark secret, the closer she comes to regaining her memory and unmasking her mother's murderer. But something else, something far more sinister is lurking just off the coast. It's been there, waiting for her. Lilly's quest for answers puts her and those around her in mortal danger, and once she starts down that path, there is no turning away from her destiny, if she can survive. Young Adult Paranormal

Turning This Thing Around Grand Central Publishing

Featuring essays that inspire the reader to lead an active and joyous life, a beautiful calendar that may be started at any time offers appointment space, places to record special days, and areas for noting personal thoughts, feelings, and reactions. 50,000 first printing.

Rural Rides Life Remotely

Hi My Name Is C.J. is an easy to read, fun, interactive children's book. Meet 5 year-old C.J. and learn about all the things he likes and does. Enjoy the interactive pages by writing your own C.J. story and have fun drawing and coloring the characters. Have fun and use your imagination.

Romancing the Page Simon & Schuster

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Once Again Sylvia M Badie

Confidently You: 21-Day Action Plan To Your Professional Best, written by Podcaster and Career Confidence Blogger & Coach Michele Badie, is a guide full of easy to implement career tips and thought triggers that will help you at any stage of your career to evolve into your next level of professional best. This book is an excellent resource for just about anyone from new grads to seasoned workers and can be utilized as a tool in the workplace to inspire professional development and implement team building exercises. In this guide Badie has identified timeless topics and components which includes:- Career-centric topics that will boost your professional esteem.- Daily activities that can help you generate a new perspective to advancing in your career.- Action lists and affirmations that promote and develop successful career traits.

Free Roll Mike Frost

The Authentic Journey Continues -- for Women to Understand Men, and for Men to Understand Themselves.

Nine Rules to Break When Romancing a Rake Harper Collins

"Here is the golden opportunity to learn how to get the most you can out of living-to squeeze significance and happiness out of every moment, every hour, out of everything which happens in the daily round of existence...Be more elegant. Be serene. Be more gracious. Graciousness is the most profitable personal attribute in the world...Much comes from little. Light has power over darkness. Love has power over discord. Lie yields great returns, pressed down and running over." Margery Wilson How to Live Beyond Your Means (1945) Welcome to your new insight tool, the Peace and Plenty Journal of Well-Spent Moments created by Sarah Ban Breathnach, the New York Times best-selling author of Simple Abundance, as a companion volume to her acclaimed money memoir Peace and Plenty: Finding Your Path to Financial Serenity. What is a "well-spent" moment? Well, the expression is a play on words-we really spend very little on the things that make us truly content. The things that matter most are priceless. Here in these pages, you will find comforting home-grown rituals and seasonal suggestions to help you bring more contentment into your daily round. To inspire you Sarah has shared a bounty of blessings that bring her deep satisfaction and an increased sense of well-being throughout the year. The wisdom, warmth, compassion and disarming candor of Sarah Ban Breathnach has made her a trusted voice and reassuring guide to millions of women, illuminating the beauty and meaning in the ordinary. Let her gently encourage you to keep calm and carry on as you discover the well-spent moments waiting to be savored and cherished each day.

Mrs. Sharp's Traditions CreateSpace

Savannah is a young woman set out to make a difference in the world. But she plans to do it alone. With no family to connect with and no man in her life, she is ready, willing and able to face the challenges life has to offer. She is fearless, or so she thinks. She has planned her life out carefully never realizing that the best plans are sometimes altered. This story is about her journey as her life's plan changes its course.

The Peace and Plenty Journal of Well-Spent Moments Romancing the Ordinary

A collection of the first three Romancing the Page novellas: A Hidden Hope (enemies to lovers), A Perfect Balance (office romance), and An Unheard Song (romance with a bit of light revenge)! All three stories are centered around strong, complicated women who work in science fiction and fantasy publishing.

A Complicated Legacy e-artnow

#1 NEW YORK TIMES BESTSELLER Over 7 million copies sold in 30 languages! Simple Abundance is a book of evocative essays - one for every day of the year - for women who wish to live by their own lights. A woman's spirituality is often separated from her lifestyle. Simple Abundance shows you how your daily life

can be an expression of your authentic self ... as you choose the tastiest vegetables from your garden, search for treasures at flea markets, establish a sacred space in your home for meditation, and follow the rhythm of the seasons and the year. Every day, your own true path will lead you to a happier, more fulfilling, and contented way of life. Embrace its gentle lessons, savor its sublime common sense, and dare to live its passionate truth.

The authentic self is the Soul made visible.

Living the Life Unexpected Brandt Tobler

Celebrating the spirituality of the senses, the author highlights seven important senses--sight, sound, scent, taste, touch, knowing, and wonder--through a series of daily reflections and meditations and encourages women to discover the sensual experiences of everyday life.

Killer Marketing Strategies CreateSpace

As eighteen-year-old Cheryl Hunter escapes rural Colorado for the bright lights of Europe, she does so with nothing more than an over-packed suitcase and a dream. Once there, her mind is bent on solving one problem alone: how does a small-town cowgirl pull off the feat of becoming an international supermodel? When Cheryl is abducted, raped and brutally beaten instead, she is faced with solving a much bigger problem: how does she survive? Using her journey of rising from the ashes as fuel, Hunter delivers a step-by-step method that can be applied by anyone who has ever dealt with less-than-favorable circumstances. In a world where—let ' s face it—life often hijacks our personal agendas, Cheryl shows you how to immediately take back the reins, design a life you love, and become the unstoppable force of nature you were born to be.

Lilly Noble & Actual Magic Penguin

Maybe you're a recent college graduate, looking for a successful start to your career. Or an experienced professional, feeling the need to try something new. Either way, a whole host of opportunities await you-but if you really hope to ace that interview and get the job you want, you'll need the right skills to get ahead. So when you're navigating the complex twists and turns of today's changing job market, let I'll Get That Job! serve as your road map and guide. Featuring advice from real HR professionals, headhunters, and team managers, this essential job-hunting companion will let you know exactly what you need to do to increase your chances, from social media presence to writing a great CV. While shedding light on the many myths and outdated "rules" that may actually bog you down in today's job-seeking experience, I'll Get That Job! serves as a source of motivation and encouragement for modern job hunters. After all, with hard work and the right mind-set, it really is possible for you to get that job you've always wanted-and become the most successful version of yourself along the way!