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# Soul Detox Clean Living In A Contaminated World Craig Groeschel

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Hope in the Dark HarperCollins

“ A must-read for anyone interested in incorporating meditation into their lifestyle. ” – – Sanjay Gupta, MD, chief medical correspondent for CNN

Heartfulness is an ideal, a spiritual way of living by and from the heart that is inclusive of all ideologies, beliefs, and religions. In this heart-centered book, a student in conversation with his teacher, Kamlesh D. Patel—affectionately known as Daaji, the fourth and current spiritual guide of the century-old Heartfulness tradition—present a unique method of meditation with the power to facilitate an immediate, tangible spiritual experience, irrespective of a person ’ s faith. Our modern, fast-paced world can be an overwhelming place. Every day, we ’ re bombarded with messages telling us that in order to be happy, fulfilled, and worthy,

we must be better, do more, and accumulate as much material wealth as possible. Most of us move through our busy lives with our minds full of these ideas, multitasking as we strive to navigate the responsibilities and expectations we must meet just to make it through the day. But what if there is another way? What if, rather than letting the busyness of life overtake our minds, we learn to be heartfelt instead? Based on Daaji ’ s own combination of approaches and practices for the modern seeker—which draws from the teachings of Sahaj Marg, meaning “ Natural Path ” —Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga, a tradition that enables the practitioner to realize the higher Self within. While many books describe refined states of being, *The Heartfulness Way*

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goes further, providing a pragmatic course to experience those states for oneself, which, per the book 's guiding principle, is "greater than knowledge." Heartfulness meditation consists of four elements—relaxation, meditation, cleaning, and prayer—and illuminates the ancient, defining feature of yogic transmission (or pranahuti), the utilization of divine energy for spiritual growth and transformation. Using the method, detailed practices, tips, and practical philosophy offered in this book, you ' ll reach new levels of attainment and learn to live a life more deeply connected to the values of the Heartfulness way—with acceptance, humility, compassion, empathy, and love.

**Altar Ego** New Harbinger Publications

If you long for freedom, peace, & joy but often feel like a

frustrated & depressed mess then keep reading... Have you ever been so happy but someone (or something) completely stomped your good mood into the mud? That person or situation likely attached its negative energy to your Aura! It's so important to protect yourself from bad energy that lowers your vibration & throws off your goals & dreams! There are several threats that require your utmost attention. Are you experiencing a period of great stress? Are you having nightmares? You likely need a proper cleansing of yourself & your home. Have you tried smudging, sprays, & candles, &

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nothing seems to work? Do you finally want to say goodbye to all of your wasted time & see what ACTUALLY works for you? You see, cleansing yourself & home of negative energies & attachments doesn't have to be difficult, even if you've tried every other cleansing book and YouTube video already. In fact, it's easier than you think. The most powerful tool in your effort to remove these spirits from your home is sage. It has been scientifically proven that by burning sage around your body, you can kill 94% of airborne bacteria (Collins, 2016). A scientific paper

'Medicinal Smokes' was published in 2006 & research from 50 countries concluded that, in addition to health benefits, smudging was a powerful antiseptic. If the positive benefits of sage have been proven then think what the secrets in this guide could do for you! Here's just a tiny fraction of what you'll discover: A treasure trove of easy, step-by-step exercises you can do at home for a supercharged vibration & powerful cleansing This quick number secret to seeing your soul's characteristics & what they say about you! The secret

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gland you can activate to skyrocket your energy & reach the stratosphere of the divine (& it's not the third eye!) How to see (with your own eyes) the energetic movements in your home with just 2 kitchen items The insiders step-by-step secret DIY spray recipe to dissolve negative energy Unbeatable Guided Meditations to Banish Negative Entities, Cleanse Your Aura and Supercharge Your Life (& the items you need to power up your meditations) The easy 'invisible chair' at-home exercise to release a lifetime of trauma Made for you '7 Day Negative Energy Cleanse' Daily (& nighttime) rituals to ENCHANT YOUR HOME WITH ANGELIC POWER (just follow this & see what happens!) Manifesting toolkit download inside! & much more... Take a second to imagine how you'll feel once you can effortlessly cleanse your aura & home of harmful negative entities & energy. Imagine your friend's & families' faces when they step foot in your beautifully cleansed home! Spiritual cleansing isn't reserved for those that spend hours meditating every day. In fact, anyone can do it. You can spiritually cleanse starting today with the amazing secrets

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inside, even if nothing has worked for you before. You're holding the key to cleanse & make space for literally anything you have ever dreamed of in life. It's time to take action. Why would you ever settle for anything less than the joyous & blissful life you deserve? So if you're DONE with allowing negative entities to impose on YOUR auric space & have a burning desire to start fresh on your amazing cleansed journey then scroll up & click "Buy Now".

**Dangerous Prayers** Destiny Image Publishers  
Can God be good when life is not?

Rediscover faith in the character, power, and presence of God. Even in the questions. Even in the hurt. "I want to believe, I want to have hope, but . . ."  
Pastor and bestselling author Craig Groeschel hears these words often and has asked them himself. We want to know God, feel his presence, and trust that he hears our prayers, but in the midst of great pain, we may wonder if he really cares about us. Even when we have both hope and hurt, sometimes it's the hurt that shouts the loudest. In *Hope in the Dark*, Groeschel explores the story of the father who brought his demon-possessed son to Jesus, saying, "I believe! Help my unbelief!" In the man's sincere plea, Jesus heard the

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tension in the man's battle-scarred heart. He healed not only the boy but the father too, driving out the hopelessness that had overtaken him. He can do the same for us today. As Groeschel shares his pain surrounding the health challenges of his daughter, he acknowledges the questions we may ask in our own deepest pain: "Where was God when I was being abused?" "Why was my child born with a disability?" "Why did the cancer come back?" "Why are all my friends married and I'm alone?" He invites us to wrestle with such questions as we ask God to honor our faith and heal our unbelief. Because in the middle of your profound pain, you long for authentic words of

understanding and hope. You long to know that even in overwhelming reality, you can still believe that God is good. Hope in the Dark is also available in Spanish, *Esperanza en la Oscuridad*. BJU Press

Sounds of guilt, anxiety, anger, despair, and even entertainment can generate overwhelming noise in our souls. The quiet rest and joy promised by the Lord Jesus can seem elusive, and almost impossible. Yet His words still beckon to us: Come unto Me, all ye that labor and are heavy laden, and I will give you rest. God's call extends even to those experiencing panic attacks, obsessive thoughts, and compulsive behaviors, as well as to those practicing more overtly destructive behaviors such as anorexia, bulimia,

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addiction, and self-mutilation. No problem of the soul is too complicated, and no personal agony is too overwhelming for the Master. The Quietening a Noisy Soul DVD program provides the roadmap out of the turmoil for the struggling believer. Its biblical truths will bring joy and peace to his soul. An interactive counseling program, aiding individuals in dealing with inner turmoil, unmasking the source of spiritual unrest, and overcoming behavioral disorders. Includes four DVDs containing twenty-four half-hour video sessions, one MP3 CD of all twenty-four sessions, meditation CD of Scripture, music, and relaxation exercises, and a 304-page syllabus and study guide. Visit Quietening a Noisy Soul.com for videos, articles, and more information."

10-Day Green Smoothie Cleanse Zondervan  
Quick, easy emotional detoxes for whatever life throws at you! Feeling uninspired on a (every?) Monday morning? Cleanse it. Fuming after an argument...two days later? Cleanse it. Exhausted by drama at the office? Cleanse it. Author Sherianna Boyle 's simple cleanse system will help you process difficult and overwhelming emotions, no matter what they may be. Emotional Detox Now gives you the tools to take on whatever life throws your way. Covering over 135 different emotions and situations, from decision making and disappointment to homesickness and heartbreak, the book includes a cleanse for every situation and scenario. It takes only a few minutes to move through the cleanse process, but you will find that the practice transforms your attitude. By checking in with your body



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and allowing your emotions to fully manifest instead of brushing them aside, you will be able to process what you are feeling and step back into your life refreshed and empowered to confront whatever challenge you may be facing.

The Conscious Cleanse, 2E Simon and Schuster

2014 “ Christian Retailing ’ s Best ” award finalist! What did Jesus really mean when he said, “ Follow Me ” ? In this new book, David Platt, author of the New York Times bestselling book, *Radical: Taking Back Your Faith from the American Dream*, contends that multitudes of people around the world culturally think they are Christians yet biblically are not followers of Christ. Scores of men, women, and children have been told that becoming a follower of Jesus simply involves believing certain truths or saying certain words. As a

result, churches today are filled with people who believe they are Christians . . . but aren ’ t. We want to be disciples as long as doing so does not intrude on our lifestyles, our preferences, our comforts, and even our religion. Revealing a biblical picture of what it means to truly be a Christian, *Follow Me* explores the gravity of what we must forsake in this world, as well as the indescribable joy and deep satisfaction to be found when we live for Christ. The call to follow Jesus is not simply an invitation to pray a prayer; it ’ s a summons to lose your life—and to find new life in him. This book will show you what such life actually looks like.

*30 Day Detox for Your Soul* Zondervan  
*Soul Detox* Zondervan

*The Miracle Kidney Cleanse* Waterbrook Press  
Be inspired to pray boldly, pray powerfully, pray with passion, and trade ineffective prayers

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and lukewarm faith for raw, daring prayers that will transform your daily life. Do you ever wonder if God answers your prayers? Do you wish you could see the evidence that prayer changes lives? Do you long for more than playing it safe in your faith? Join New York Times bestselling author Craig Groeschel as he helps you discover the power of authentically communicating with God, breaking out of the restrictive spiritual safety bubble, and expanding your ideas about what's possible with God. The Bible tells us that prayer has the power to move God's heart, but some prayers move him more than others. He wants more for us than a tepid faith and half-hearted routines at the dinner table. God called you to a life of courage, not comfort. In *Dangerous Prayers*, Groeschel will show you how to pray the prayers that search your soul, break your habits, and send you out to pursue the calling God has for you. But be warned: If you're fine with settling for what's easy, or if you're okay with staying on the sidelines, this book isn't for you. You'll be challenged. You'll be tested. You'll be moved to take a long, hard look at your heart. But you'll be inspired, too. *Dangerous Prayers* will give you the encouragement and tools you need to:

- Transform the patterns around your daily prayer life
- Truly embrace and believe in the power of intentional prayer
- Start to pray daring, faith-filled, God-honoring, life-changing, world-transforming prayers
- You'll discover the secret to overcoming fears of loss, rejection, failure, and the unknown, and you'll welcome the blessings God has for you on the other side. But best of all, you'll gain the courage it takes to pray dangerous prayers.

The 5-Day Real Food Detox Destiny Image

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## Publishers

DIY Detox Kidneys filter the blood to keep you healthy. With this book you can keep your kidneys healthy. The Miracle Kidney Cleanse shows how to flush out toxins and maximize the benefits of the body ' s natural cleansing system, including:

- Preventing painful kidney stones
- Boosting immune function
- Increasing energy
- Helping ensure fertility
- Improving mood
- Curing low-back kidney pain

The Miracle Kidney Cleanse is the safest and gentlest way to dissolve kidney-congesting salts, minerals, uric acid and proteins. This straightforward plan also details the daily supplements and foods to eat, as well as the foods to avoid, to keep the kidneys functioning smoothly.

## Emotional Detox Zondervan

In The 21-Day Consciousness Cleanse, Debbie Ford delivers her most practical and prescriptive book yet —a 21 – day, life-changing program for spiritual renewal,

emotional transformation, and reconnection with the soul ' s deepest purpose. Ford, the New York Times bestselling author of Why Good People Do Bad Things, offers a unique program designed to clear our minds and hearts from the negative thoughts and feelings that build up over time and too often guide our decisions and behaviors.

## Living Clean: The Journey Continues Zondervan

Discusses what makes a strong church and offers practical advice for cultivating a healthy spiritual community.

The 30-Day Faith Detox Harper Collins  
Discover the safe, effective, delicious cleanse that took Instagram by storm! This 5-day detox program allows you to eat whole, nutrient-rich foods—and feel satisfied and energized while dropping pounds! As a professional model,

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Nikki Sharp traveled constantly, barely slept, skipped meals, and relied on quick fixes to stay skinny, all of which took a toll on her physical and emotional health. Realizing she needed to make a serious change, she began to study integrative nutrition—and learned that the key to weight loss, radiant skin, and overall well-being is not starving yourself but eating.

That ' s right: eating! Sharp created her detox plan based on the knowledge that in the right combinations, real whole foods—grains, vegetables, fruits, and spices—can aid digestion, burn body fat, flush out toxins, reduce bloating, banish fatigue, and clear up acne. Unlike other cleanses, The 5-Day Real Food Detox allows you to eat five times a day—and shed a pound a day—with meals and snacks developed by Sharp (and backed by a nutritionist and a registered dietician). Even better, the recipes,

including Love Pancakes, Spinach & Chickpea Hummus, Black Bean Burgers, Cauliflower Mash, and Taco Bowl, have been taste-tested by Sharp ' s many of 300,000-plus Instagram followers, who have done the plan and seen amazing results. In *The 5-Day Real Food Detox*, you ' ll discover

- nutrient-dense foods that encourage detoxification and weight loss
- the facts on juice, smoothie, tea, and raw food cleanses
- yummy foods to substitute when you crave unhealthy ones
- ingredients to avoid and how to decode food labels
- the secret to great-tasting meals—use spices instead of salt
- strategies for lowering stress and combating insomnia
- troubleshooting for food allergies, mood swings, bloating, and other detox issues

Complete with gorgeous full-color photos, success stories, shopping lists, and meal plans, *The 5-Day Real Food Detox* lays the

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groundwork for eating well and feeling wonderful for the rest of your life! Advance praise for *The 5-Day Real Food Detox* “ Nikki is an amazing inspiration. Whether you are vegan, vegetarian, paleo, or just trying to get healthy, this book is a must-read! ” —Kristina Carrillo-Bucaram, founder of the FullyRaw brand and author of *The Fully Raw Diet*

“ Nikki Sharp ’ s plant-based detox is a holistic approach to long-term wellness. Not only will it help get you lean in a short amount of time, it will keep you there, and feeling energized the whole way through. ” —Brendan Brazier, author of the Thrive book series “ The real power of this book is that it just may transform how you think about your food, your body, and the way your choices shape every aspect of your life. ” —Adam Rosante, author of *The 30-Second Body* “ I love that Nikki Sharp ’ s

program is full of real, satisfying foods that won ’ t leave you starving—so you can build healthy habits that will last long after the five days are over! ” —Megan Gilmore, author of *Everyday Detox* “ Nikki Sharp ’ s style is fun, approachable, and innovative, and embodies the new way we should be eating. The wellness world is fortunate to now include her brilliant new book. ” —Matthew Kenney, author of *Cooked Raw: How One Celebrity Chef Risked Everything to Change the Way We Eat* “ A must have for everyone who wants to look gorgeous and healthy like Nikki! ” —Ani Phyo, author of *Ani ’ s 15-Day Fat Blast* and *Ani ’ s Raw Food Essentials*

*The 21-Day Consciousness Cleanse* Penguin

As standards of conduct continue to erode in our shock-proof world, we must fight the soul pollution threatening our health, our faith, and our witness to others. Without even knowing it, people willingly

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inhale second-hand toxins poisoning their relationship with God and stunting their spiritual growth. *Soul Detox* examines the toxins that assault us daily including: toxic influences, toxic emotions, and toxic behaviors. By examining the toxins that assault us daily, this book offers the ultimate spiritual intervention with ways to remain clean, pure, and focused on the standard of God's holiness

The Heartfulness Way Stonebank Publishing

*A Reset Button for Your Body, Mind, and Spirit* In our fallen world, invisible toxins like doubt, disappointment, and discouragement can contaminate even the strongest of faiths, leaving behind symptoms that affect our entire being--body, mind, and spirit. Using a one-month detox structure, spiritual wellness expert and

certified nutritional counselor Laura Harris Smith uncovers 30 universal faith-toxins that affect us all. Each day you will discover Scripture, prayers, and faith declarations to cleanse yourself spiritually and emotionally with truth and a biblical perspective. In addition, she includes a simple, corresponding nutritional cleanse using detoxifying foods from your own kitchen. Prayer by prayer, thought by thought, day by day, refresh and refuel your faith and bring healing to the whole temple--spirit, mind, and body.

*The 40 Day Soul Fast* Zondervan

It's about heart change, not behavior change.

That's the conviction of Tim Chester as he seeks to help everyday Christians "connect the truth about God with our Monday-morning struggles." This interactive book, laid out in workbook fashion, is

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for newer Christians struggling with sin and for more mature Christians who have plateaued in their faith as they seek to find victory over sin in their lives. With a conviction that sanctification is God's work and the journey to holiness is joyful, Chester guides readers through a "change project"-beginning with the selection of one area of life they would like to modify. Each chapter includes a question (e.g., Why would you like to change? What truths do you need to turn to?) to guide readers as they deal with a specific sin or struggle, truths from God's word, and a reflection guide to help readers through their change project.

**The Blessed Church Soul Detox**  
Everyone's experience of life of unique—but none of us gets by without being hurt or disappointed somewhere along the way, hindering our relationships and progress in life. With compassion and humor, author Jo Naughton takes you step-by-step to emotional and spiritual renewal.

**Step One: Off-load**—Lay down your weights and receive healing and new confidence. **Step Two: Clean Out**—Clear out the clutter in your life and let go of guilt. **Step Three: Build Up**—Restore your dreams and be filled with strength and life. As you move through this process, you will experience new life in your relationship with God, feel whole again—and be more ready than ever to fulfill your God-given destiny.

DR. SEBI Recipe Book: Crossway  
“ Finding Ultra blends Rich Roll's story of superhuman personal transformation with an amazingly practical guide to plant-based living. It's also an enlightened manifesto for anyone wanting to transform their life. ” —Dan Buettner, National Geographic Fellow and

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New York Times bestselling author of the Blue Zones books “ An incredible story of mental, emotional, and physical endurance. ” —Michael Greger, MD, FACLM, New York Times bestselling author of How Not to Die On the night before he was to turn forty, Rich Roll experienced a chilling glimpse of his future. Nearly fifty pounds overweight and unable to climb the stairs without stopping, he could see where his current sedentary life was taking him—and he woke up. Plunging into a new routine that prioritized a plant-based lifestyle and daily training, Rich morphed—in a matter of mere months—from out of shape, mid-life couch potato to endurance machine. Finding Ultra recounts Rich ’ s remarkable journey to the starting line of the elite Ultraman competition, which pits the world ’ s fittest humans in a 320-mile ordeal of swimming, biking, and running. And following that test, Rich conquered an even greater one: the EPIC5—five Ironman-distance triathlons, each on a different Hawaiian island, all completed in less than a week. One of Men ’ s Fitness Magazine ’ s “ 25 Fittest Men in the World, ” Rich has become one of the most recognized advocates of plant-based living. In this newly revised and updated edition, he shares the practices, tools, and techniques he uses for optimal performance, longevity, and wellness, including diet and nutrition protocols. Rich reflects on the steps he took to shift his mindset and leverage deep reservoirs of untapped potential to achieve success beyond his wildest imagination, urging each of us to embark on our own journey of self-discovery. The Detox Diet HarperCollins Flush out negativity and clear a path for



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new positive habits, behaviors, and emotions with certified energy healer, yoga instructor, and psychology professor Sherianna Boyle ' s emotional detox program, C.L.E.A.N.S.E.—as featured on [YogaJournal.com](http://YogaJournal.com). When we think of a detox, we usually think of a physical experience. But it ' s not just our physical bodies that need to be cleansed of the impurities we encounter and absorb in our daily lives—it ' s our minds too. When we find ourselves unable to process our negative emotions and feel them becoming toxic to ourselves and those around us, it ' s time for an Emotional Detox, a mindful and systematic guide to freedom from these troublesome feelings. Wellness expert Sherianna Boyle has created the revolutionary the 7-step C.L.E.A.N.S.E. method to help you rid yourself of negativity, fear, worry, anger, and doubt, and guide you back toward a natural, energized state of pure joy and acceptance. Learn how to Clear your pathways, Look inward, Emit positivity, Activate, Nourish, Surrender, and Ease your way into your best self and a happier and healthier life. Emotional Detox “ will wake you up, turn your views upside down, while providing you with life changing tools and insight ” (Elizabeth Hamilton-Guarino, CEO of Best Ever You Network and author of [Percolate](#)). [Detox Your Life](#) NA World Services Inc Combining her experience as scientist, researcher, and clinician, internationally recognized health expert Deanna Minich offers

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a comprehensive, integrative, and personalized approach to detox that helps you heal your unique physical challenges and overcome the life obstacles holding you back from total health and wellness. Most detox programs—from fasts, cleanses and supplements, to elimination diets, organic diets, and saunas—focus on ridding our bodies of the bad foods or chemicals that prevent us from achieving total health. While some people respond well, others find the benefits are short lived and do not result in transformational change. Experienced researcher and practitioner Dr. Deanna Minich discovered that to achieve true health and wellness, we must address all of the toxic elements in our lives. Going beyond previous programs, Whole Detox offers a proven plan to uncover all the obstacles that prevent you from feeling your best. Using Dr. Minich ’ s

integrative, color-coded system that has successfully helped thousands, Whole Detox teaches you how to identify which of your seven “ health systems ” are out of balance, and provides a personalized prescription for diet, activity, and lifestyle changes that will make you feel better. Following her systematic, step-by-step twenty-one-day journey through all seven systems, filled with helpful questionnaires and charts, you can remove toxins, lose weight, repair existing health issues, boost energy, improve relationships, and find purpose and passion. Dr. Deanna Minich ’ s methods have resulted in jaw-dropping results. By ridding yourself of all types of toxins, your body will change dramatically . . . and so will your life. You Can Change Simon and Schuster The highly anticipated cookbook from the immensely popular food blog Minimalist

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Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare. Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.