

Easy Does It A Book Of Daily 12 Step Meditations Lakeside Medi

Follow the real lives of seven kids from Italy, Japan, Iran, India, Peru, Uganda, and Russia for a single day! In Japan Kei plays Freeze Tag, while in Uganda Daphne likes to jump rope. But while the way they play may differ, the shared rhythm of their days—and this one world we all share—unites them. This genuine exchange provides a window into traditions that may be different from our own as well as a mirror reflecting our common experiences. Inspired by his own travels, Matt Lamothe transports readers across the globe and back with this luminous and thoughtful picture book.

'I found with years of human/dog training and reading many books on training, sometimes, the simplest things were missing from the human/dog instructions. Answering many calls to assist families and their dogs, I decided to put all the 'most asked for' solutions in one place.' Roxane Knott This is a guide to help you with your new, or long standing, Canine family member. If you are delving into the adventures of dog ownership or looking for ways to get over those doggie hurdles with some straight talking then this is a great book for you. It gives you all the simple, little tips to fill in the missing spaces of those major dog training techniques.

17 Times Amazon Best Seller is giving YOU his Complete System! Not only that, he's also giving you his FREE COURSE and the exact Skeleton File (already formatted!) he personally uses for publishing on Kindle! Has he lost it completely? Most likely, but he swears otherwise! He has this stupid idea that if he gives you exactly what you need to solve your problems you might just stick around. By the way, because he has this delusion that you should always put your money where your mouth is, he actually shows you the video where you can see his 17 Amazon Best Sellers. Bananas! He's no saint, though! If you get his FREE COURSE he will try to sell you his complete, over-the-shoulder, professional Course down the line! He offers it for a crazy affordable price and he doesn't even try to upsell you anything. This lunatic believes in transparency and providing real value. These are the worst scumbags! The craziest part is that, even if you don't buy anything else, this book ALONE will give you EVERYTHING you need to publish your book on Amazon from A to Z! This is what I'll teach you: Choosing the Right Topic: The best way to earn a lot of money while having a sense of purpose! Market Research: Learn how to get inspiration and improve your own book by looking at the right places! Title Creation: Learn how to get readers bursting with curiosity and lining to get your book first! Writing Your Book: The fastest way to structure your book all the way to the end! Outsourcing: If you don't want to write it, learn how to outsource it the right way and end up with a masterpiece! Cover Creation: Do it yourself easily and for free OR Get a professional graphic designer to do it for \$5! Description, Categories & Keywords: Learn the AIDA Formula for magic descriptions and know all the secrets to stand out! Formatting and Publishing your Kindle Ebook: I will provide you with the same skeleton file I personally use (already formatted!) and I will show you, step-by-step, how to publish your Kindle book the right way! Formatting and Publishing your Paperback Book: Learn how to publish the paperback version for FREE! I will teach how to get an already formatted template and show you, step-by-step, how to publish your physical book the right way! Free Promotions and Getting Reviews: I will teach you how to set up a free promotion so you can get up to thousands of downloads and honest publishing your book and get your work into the World! Scroll Up and Get It Now!

Your child can write and illustrate their own book - it's easy! Follow along with this workbook filled with writing activities and step-by-step instructions. Includes everything your child needs to write, draw and publish a professionally bound, hardcover copy of their book to cherish. A Program for Detecting and Reducing Vocal Abuse My Book of Easy Mazes, Ages 2-3-4 Parenting in Recovery Parenting Wisdom from Moms in Recovery Should I Buy This Book? A Romance

*(Fake Book). This follow-up to the popular Your First Fake Book includes over 100 more great songs that even beginning-level musicians can enjoy playing! It features the same larger notation with simplified harmonies and melodies, all songs in the key of C, and introductions for each song, to add a more finished sound to the arrangements. The songs are in many musical styles and include: Alfie * All I Ask of You * All My Loving * Always on My Mind * Autumn in New York * Blue Skies * Cabaret * Crazy * Fields of Gold * Go the Distance * God Bless the Child * Great Balls of Fire * Hey, Good Lookin' * How Deep Is Your Love * I'll Be There * If * Imagine * Jailhouse Rock * Kansas City * Memory * Michelle * Misty * My Girl * My Heart Will Go On * People * Stand by Me * Star Dust * Tangerine * Tears in Heaven * Tennessee Waltz * Unchained Melody * What a Wonderful World * What'll I Do? * You've Got a Friend * and more.*

"The good news is we can find serenity by doing nothing. It doesn't cost any money, and it doesn't require anything out of us. The bad news is we can find serenity by doing nothing, we can't buy it, and it doesn't need anything out of us. Therein lies the challenge!" --Mary Faulkner The Easy Does It Meditation Book and Recovery Flash Cards is a profound, challenging, and comforting book that includes fifty-two meditations—one for each week of the year. These wise and witty musings are meant to encourage and inspire anyone traveling on the path of recovery. Also included are fifty-two Recovery Flash cards. Each card contains specially selected line drawings, Twelve-Step folk wisdom, and quotes from The Big Book of Alcoholics Anonymous. This is the essential tool for embracing the challenges of recovery. It provides a quick pick-me-up, a gentle reminder to refocus on your spiritual program, and a way of getting back on track.

Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Living Sober is an extremely informative book which does not offer a plan for getting sober but does offer us sound advice about how to stay sober. Basic, essential information from Alcoholics Anonymous. As the book states, "Anyone can get sober...the trick is to live sober."

This is not a new book but a specially adapted version of Adam Kay's bestseller This is Going to Hurt for Quick Reads. These short books are perfect for adults who are discovering reading for pleasure for the first time. Welcome to the life of a junior doctor. You work 97 hours a week. You make life and death decisions. You are often covered in blood (or worse) from head to toe. And the hospital parking meter earns more money than you do. Adam Kay's diary was written in secret after long days, sleepless nights and missed weekends. It is funny, moving and sometimes shocking. This is everything you wanted to know – and more than a few things you didn't – about life on and off the hospital ward. Specially rewritten for ease of reading by Francesca Main.

Easy Does It Relationship Guide for People in Recovery Moms to Moms Easy Does It for Articulation The Ex-urbanite's Complete & Illustrated Easy-does-it First-time Farmer's Guide A Useful Book The Easy 9-step System to Your First Book in 30 Days

An oral skills practice book for beginning level students of English as a foreign language. It is assumed that students at a "beginning level" will have a good command of the basic structures & vocabulary of written English but that they need practice in speaking, which will also help to improve listening comprehension. The pedagogic emphasis is the oral practice of present, present perfect, past, & present progressive tenses in real-life situations that deal mainly with what people do, both at work & at play. A short reading accompanied by an illustration is the springboard for the talk that should follow based on the exercises.

National Hampered Dulcimer Champion, Mark Wade presents common jam tunes in a unique way that shows beginners how to play the essence of the tunes simply and the intermediate/advanced players the ornamented versions. Each Easy Does It version of a tune is paired with the fancy rendition along with the chords. Now jamming is easier than ever for players of ALL levels! Recipes, tips, and strategies for easy, delicious vegan meals every day of the week, from America's bestselling vegan cookbook author. How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day, often in 30 minutes or less? It's easy! In Isa Does It, the beloved cookbook author shares 150 new recipes to make weeknight cooking a snap. Mouthwatering recipes like Sweet Potato Red Curry with Rice and Purple Kale, Bistro Beet Burgers, and Summer Seitan Saute with Cilantro and Lime illustrate how simple and satisfying meat-free food can be. The recipes are supermarket friendly and respect how busy most readers are. From skilled vegan chefs, to those new to the vegan pantry, or just cooks looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make everyone's time in the kitchen fun and productive.

Being a mom is one of the hardest and most important jobs a woman can have. Being a mom in recovery is even more challenging. In Moms to Moms, counselor Barbara Joy shares the stories, advice, and inspiration from more than 60 mothers in recovery from across the United States who have struggled with addiction. These are women of all ages, races, and religious affiliations who candidly share their experiences: the challenges of being a mom in recovery, the values they want to teach their children, and their fears, struggles, and accomplishments. This is a book that offers help and hope to busy, stressed out moms in recovery; a book they can turn to again and again to find inspiration, comfort, and advice. Joy offers evaluation tools and strategies for positive parenting, journaling activities for reflections, and affirmations designed to relieve stress and reinforce positive behavior.

Back to Bank Street Easy Does It Dating Guide Midas One Day in the Lives of Seven Kids from around the World It's Not Easy Being a Bunny Write & Draw Your Own Book: Easy Home Author Kit for Kids

The Amazing Book of No was just announced as a Winner of the 2015 Readers Favorite Award for K-3rd grade readers. "The Amazing Book of No" is a deceptively simple story that will teach your 3-7 year old how to accept the word "no" when you say it, and why they shouldn't argue. The story is about two moms and their children. One mom says "no" all the time, while the other says "yes" to everything. It is cute and engaging all in one, and designed not to take up too much of a parents valuable time, with the idea being to try and imprint wholesome ideals while kids are young. Reading this just a few times to your boy or girl at bedtime will ensure you don't have any misunderstandings with your children about the word "NO" as they grow older. This really is: The Amazing Book of No!

Skill area : apraxia and motor planning; Interest level : Ages 2 thru 6. "If your child is starting to use a pencil, then this book will build on that foundation. Use this book to help your child develop pencil skills while having fun with easy mazes."

Dustin is a seventeen-year-old young man who finds out that his girlfriend, Sandy Allen Carr's Easy Way to Stop Smoking Easy Popular Jam Tunes You Can Play for Hammered Dulcimer Freshcool Amazingly Easy, Wildly Delicious Vegan Recipes for Every Day of the Week

Easy Beaded Ornaments Tess had always wanted to live at the beach and paint scenes of palm trees and blue waters. Now she was moving to an island, but you would have thought she was moving to paradise with how excited she was. From the moment she got off the ferry she knew she had found her muse. What she didn't know was that she was also about to find her soulmate.

"Understanding the fall is Susan's first book and is based on her own personal experience of growing up with an alcoholic parent. She has performed readings of her book and has donated it to recovery houses and institutions throughout Los Angeles." -- P. [4] of cover. Change worry, guilt, stress, shame, etc., to calm and inner peace in minutes! In a world of chaos, this book will help you create inner peace. In this book, you will learn a simple, life-changing four-step process for creating inner peace, and transforming your reality. The Remen Q Method uses the heart as a guide to inner peace. Achieving inner peace opens you to joy, wellness, empowerment and more energy. The Remen Q Method Close your eyes and place your fingertips on your heart space. Then, breathe into presence by taking five slow deep breaths through your nose and out through your nose without pausing using tummy breathing. 1. I am witness to the field of intention to neutralize this created pattern. (Say this in your inner voice.) 2. I am witness to the origins of this created pattern (Say this in your inner voice and visualize a representation of the origin.) 3. I am witness to the neutralization of this created pattern. (Say this in your inner voice and visualize a change in the image. Halfway through visualizing the change, snap open your eyes.) 4. Move your attention to your body and watch until you feel it is complete. (If there is a sensation of lighthtedness or swirling, allow the sensation to finish.) The book develops the Remen Q wisdom explaining how Remen Q works and the effect of the process on your non-peace. In the first chapter, the process is detailed and the Valeria explains background principles. The second chapter explores how using the Remen Q Method creates a "way" of living if engaged daily. The third chapter explores how the heart is more than an organ that moves blood around our body. The fourth chapter answers questions about Remen Q. Finally, the fifth chapter gives a bio of the author, definitions and resources that helped write the book. Valeria had spent decades exploring the foundations of our consciousness as a teacher and practitioner of meditation, healing arts, and emotional release therapies. But, she had a feeling that something was missing no matter how much she read, healed, studied, or meditated. Her heart continued to be gnawed by shame, guilt, confusion, humiliation, hopelessness, anger, grief, and emptiness. She felt no sense of peace. Then in the fall of 2013, she knew that she was no longer a teacher or practitioner of others' healing art methods. She was ill and exhausted. Her body was falling due to a lack of nurturance. Shortly before her "retirement," she had set an intention to know a process for an emotional release that was simple and would not create a bypass, a temporary change that led to disappointment. The desired process would also transform all emotional patterns related to an issue at once. Shortly after entering that "wish" into her journal, she heard her inner voice say, 'there's an easier way.' She then experienced a knowing of a series of steps for changing the created patterns of non-peace to peace. It would be four more years before she understood that this method, Remen Q, was about the heart, peace, and non-peace.

Dr. Brooke Spencer always felt different from other girls. Now a successful scientist, she is finally discovering where she belongs: working alongside the brilliant, trailblazing researcher Dr. Charles Samuelson. Dr. Charles Samuelson. Dr. Samuelson has recently made a discovery that has eluded philosophers and dreamers for centuries: How to transmute iron into gold. Determined to use the knowledge for good, Dr. Samuelson recruits Brooke to assist him with his new plan, his "Golden Manifesto." But humans are not alone and his discovery has not gone unnoticed. Extraterrestrial visitors seek to control Dr. Samuelson's Breakthrough, and before long, Brooke is all that stands between Earth and total Destruction. Will she be able to hold her ground? Or will the timeless temptation of gold prove too much for even the strongest of spirits? Brooke will soon face a choice that will make her question her background, her career, and the fate of the planet.

The New Jumbo Book of Easy Crafts For People in Recovery Easy Does It Cookbook Easy Does It for Articulation: Materials book The Easy-Does-It Diet Same Message-Simple Language

Instructions for making fabulous beaded ornaments for friends and family. Eight stunning holiday ornaments to make. Easy Does ItA Book of Daily 12 Step MeditationsSimon and Schuster Stop before making another terrible decision again! Let this book put you on the right path. Should you add your mom as a friend on Facebook? How about getting that face tattoo? Is it the right time to quit your job? You're at a child's birthday party— is it wise to keep drinking? It's late at night—are you thinking about texting an ex? Maybe you want to launch your Tinder profile? Before doing anything, think again and consult this book! Should I Buy This Book?—think of it as the paper equivalent of a Magic 8 Ball—helps you make the best decision you can for life's most common dilemmas using a nifty flowchart. With five main sections— Work, Play, Romance, Family & Friends, and Body & Mind—and eighty questions answered, we have your whole life covered.

The revolutionary international bestseller that will stop you smoking - for good. 'If you follow my instructions you will be a happy non-smoker for the rest of your life.' That's a strong claim from Allen Carr, but as the world's leading and most successful quit smoking expert, Allen was right to boast! Reading this book is all you need to give up smoking. You can even smoke while you read. There are no scare tactics, you will not gain weight and stopping will not feel like deprivation. If you want to kick the habit then go for it. Allen Carr has helped millions of people become happy non-smokers. His unique method removes your psychological dependence on cigarettes and literally sets you free. Accept no substitute. Five million people can't be wrong.

Plain Mally Trim Healthy Mama Plan The Easy-Does-It Approach to Vibrant Health and a Slim Waistline The Amazing Book of No Finding Memphis Time-Saving Recipes

Back to Bank Street is the ninth and final book in the bestselling Bank Street Stories series. We recommend that you read the stories in order, but they are all standalone romances. Ozzy Abramson had made a name for himself as a photographer. His specialty was portraiture, and he built beautiful scenes around the people he photographed. He had a gift for saying just the right things to get his subjects to look their best. Ozzy worked with famous actors, models, and musicians all the time. He was extremely talented and easygoing, and that only served to increase his popularity. He was obsessed with finding ways to make people look even better in photographs than they did in real life. But then he met the woman who made that task impossible.

"A chance for moms to catch their breath and refocus... Embracing the lessons... will help you to continue to make the world a better place."—Mary Rita Schlike Korzan, author of When You Thought I Wasn't Looking: A Book of Thanks for Mom Every mom wants to succeed. Every child also wants to succeed. In Easy Does It, Mom, Barbara Joy provides moms with positive encouragement, knowledge, and tools they can begin using immediately as they continue their recovery and move toward being the best moms they can be. Joy relies on experts with degrees and experts with "mom" behind their name. For more than ten years, Barbara Joy has worked with moms in recovery from alcoholism and other addictions. She knows what works. Plus, she includes real-life stories and strategies from the moms and children she works with. The reader is guided by a professional and encouraged and inspired by moms who have "been there, done that." Because moms in recovery feel more safe and secure in a familiar and consistent environment, each chapter begins with an encouraging saying and ends with a writing activity, plus between four to eight clear and concise keys are presented in the chapter—an at-a-glance tools reference section. For moms in recovery, Barbara says, "Other than your recovery, I believe that parenting is the most important job you'll ever do. It may also very well be the hardest job you'll ever do. And, for sure, the most rewarding!" "So moms read Barbara Joy's words of wisdom and raise children who will make a difference and until she writes Easy Does It, Dad I recommend that fathers read it too."—Bernie Siegel, M.D., #1 New York Times bestselling author of Love, Medicine and Miracles

For people in recovery from substance abuse, self-pity and negative thinking are bait for destructive tendencies. Any addictive thoughts can sabotage the emotional progress you make through treatment and diligent work in sobriety. Easy Does It provokes daily reflection through its inspirational quotes, meditations, and AA slogans. Now, cravings meet compassion, and self-pity meets self-love. Your recovery finds its heartbeat. Inner peace and contentment will follow. If you're in recovery, or emotional pains in your recovery, Remember, though: spiritual awakenings and contentment do not come all at once. Recovery is not a light switch, but a daily march. The march must always be purposeful and patient, and no one can do it for you. Easy Does It, written by the authors of The Twelve-Step Prayer Book, is a Twelve-Step meditation book that guides your intentions on a daily basis. It relies upon its deep understanding of spiritually and mindfulness to bring about serenity. These aren't simple buzzwords; they are the birthplace of your day's spirit. One simple thought can change your day. Make yours serene.

Presents easy-to-follow instructions on creating home-made crafts out of everyday objects, including a decorated flower pot, a tin can telephone, and a photo puzzle. Easy Does It for Apraxia Cheap and Simple Ways to Solve Common Household Problems Easy Does It, Mom A Book of Daily 12 Step Meditations This Is How We Do It Life's Hardest Decisions Made Easy... by Flow Chart

A straightforward, yet lighthearted, look at what it takes to enter or reenter the world of dating—clean and sober style. How much of your past should you share? Is it wise to date another addict in recovery? What should you do if you're attracted to a problem drinker? These are important questions in any dating relationship, but even more critical for individuals who are in recovery. This Step-friendly, one-of-a-kind dating guide offers frank yet lighthearted advice about avoiding the traps, triggers, and trauma of romance in recovery.

Finally! The book that thousands of alcoholics have been waiting for! An updated version of the "Big Book of Alcoholics Anonymous." This edited revision of the old, basic text is reader-friendly and carries the exact same message as the 1939 version of "Alcoholics Anonymous." It's written in a style that's friendly to readers of any gender, race, or spiritual path. Until now, Bill Wilson's 1939 book has never been edited for modern readers. This book is for: Women who object to the sexist language in the original Big Book. The EZ Big Book is gender neutral. All partners of alcoholics, including gays and lesbians. The EZ Big Book makes no assumption about the genders or marital status of partners. Alcoholics at all reading levels. The language is reader-friendly and journalistic in tone. Readers of any faith, including agnostics. The spiritual references in the book are all-encompassing. Non-English speakers. Readers for whom English is a second language buy the EZ Big Book because the writing is simple and direct. About the Author The author is a retired science and nature writer with double-digit of sobriety. Her last years of drinking took her to emergency rooms several times and finally to rehab.

Solid relationship advice for couples in recovery—delivered with a light touch. The Easy Does It Relationship Guide shares solid advice for couples in recovery, delivered with a light touch. Mary Faulkner, a therapist and popular workshop leader, identifies the five basic topics partners argue about over and over again--money, sex, extended family, children, and time--and offers suggestions for assessing and resolving disagreements. Readers will come to see relationships as a process, always changing, often challenging, and ultimately a source of hope, strength, and joy. Forget the Fad Diets, Join the Food Freedom Movement! Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there, Serene Allison and Pearl Barrett, creators of the Trim Healthy Mama movement, took matters into their own hands. Through trial and error and much research, they created the Trim Healthy Mama Plan, the breakthrough lifestyle program to help readers of all ages and stages get healthy, slim down and keep off the weight once and for all. Based on the authors' successful self-published book, this simplified, improved, practical plan shows readers a unique way to lose weight and get healthy by eliminating sugar, and still eating hearty, delicious food. The biblically-sound and highly effective eating approach centers on Satisfying meals

(which include more fats and protein) and Energizing meals (which include more carbs and protein), as they are the key to success. Scrumptious whole, unprocessed foods, including fats, blood sugar friendly grains, proteins, fruits, and vegetables, are eaten in a way that boosts metabolism, yet still fits into anyone's hectic lifestyle. It's family friendly and effective for pregnant and nursing mothers, pre or post-menopausal women, and also those without weight or health issues—even men and growing children. The book includes menu plans, a list of key super foods to eat on plan, time-saving tips, and pantry stocking and lifestyle advice to help readers successfully reach their goals. Join the Trim Healthy Mama movement and along with thousands of others, and discover the groundbreaking, easy-does-it, and delicious way to eat for health and weight loss.

The Easy Fake Book (Songsbook) For Beginning Level Students : A Speaking Skills Practice Book for English As a Foreign Language Understanding the Fall Be a Happy Non-smoker for the Rest of Your Life Living Sober Trade Edition A Phonological Approach

This Beginner Book starring P.J. Funnybunny is a bunny-rrific tale of discovery Meet P. J. Funnybunny in this humorous and touching Beginner Book by Marilyn Sadler and Roger Bollen. It's Not Easy Being a Bunny tells the "tail" of P.J. and his quest to become something other than what he is. Is it more fun to be a bear, a bird, or a pig? Read along as P.J. tries to determine who he is--and where he belongs. Originally created by Dr. Seuss, Beginner Books encourage children to read all by themselves, with simple words and illustrations that give clues to their meaning. "Sick of being a bunny, P. J. Funnybunny takes off to become a bear. Hibernation gets dull, so he tries being a bird. And so it goes, with beavers, pigs, possums, and skunks--till P. J. realizes that bunnyhood is for him. The short, repeating text is ideal for beginners and the bright, humorous cartoons will get immediate attention." --School Library Journal.

Easy Does It The Complete Beginners Guide to Become an Authority Author in Weeks! Isa Does It Drama-free, Step-friendly advice on attaining, maintaining, and sustaining a committed relationship The Simple Dog Book Easy Does it for Voice