

Finding Your Own North Star How To Claim The Life You Were Meant To Live

Bestselling author Martha Beck shares her step-by-step program that teaches you to read your internal compass and cultivate your dreams. The wisdom and humor of the excerpts provide insight you can use to chart a course to your own North Star.

In a thoughtful examination of faith, bestselling author and life coach Beck chronicles her difficult decision to leave the Mormon church, and her struggle to overcome a dark secret buried in her childhood.

As “Mormon royalty” within the Church of Jesus Christ of Latter-day Saints, Martha Beck was raised in a home frequented by the Church’s high elders in an existence framed by the strictest code of conduct. As an adult, she moved to the east coast, outside of her Mormon enclave for the first time in her life. When her son was born with Down syndrome, Martha and her husband left their graduate programs at Harvard to return to Utah, where they knew the supportive Mormon community would embrace them. But when she was hired to teach at Brigham Young University, Martha was troubled by the way the Church’s elders silenced dissidents and masked truths that contradicted its published beliefs. Most troubling of all, she was forced to face her history of sexual abuse by one of the Church’s most prominent authorities. The New York Times bestseller *Leaving the Saints* chronicles Martha’s decision to sever her relationship with the faith that had cradled her for so long and to confront and forgive the person who betrayed her so deeply. *Leaving the Saints* offers a rare glimpse inside one of the world’s most secretive religions while telling a profoundly moving story of personal courage, survival, and the transformative power of spirituality.

Part travel memoir, part self-help book, *Live, Love, Explore* is a guide to finding meaning and adventure in your everyday life and discovering the road you were always meant to walk. Leon Logothetis’s life was well plotted out for him. He was to do well in school, go to university, get a job in finance, and spend the next fifty years of his life sitting behind a slab of wood, watching the rain-slicked streets of London from thirty floors above. For a long time, he followed that script, until one day, he finally realized he was living someone else’s life—a good one—but not one of his own choosing. So he walked out of that life, and discovered the one that took him around the world. Since then, Leon has driven a broken-down English taxicab across America, offering people free rides; ridden a vintage motorbike around the world, relying solely on the kindness of strangers; and followed a fellow traveler through India without ever knowing where he was going. He has visited more than 90 countries on every continent. Along the way, he learned something about the human

spirit and about the heart of this world. He learned that he needed to shed his old ideas about who he was supposed to be in order to feel his soul rise to the surface and become the person he always longed to be. The wisest words he heard, and the greatest lessons he learned, came from everyday people he met on his travels. He became their accidental student, and after years of sharing those lessons through TV shows, college tours, books, and in the media, he realized that he had also become an accidental teacher. His experiences are more than a collection of stories, they have become a way of life—the Way of the Traveler. So, what is the Way of the Traveler? It's a roadmap to living your best life, loving with all your heart, and exploring the world—both the great and adventurous one waiting outside your door, and the even greater, more adventurous one waiting within your soul. Weaving together Leon's hilarious and heartwarming stories of his misadventures on the road with simple but profound exercises to help you uncover your true path, *Live, Love, Explore* will teach you how to live fully and without regrets. It's not to say that everyone who reads it will have to go to the ends of the world. Because you don't have to go to Mongolia to discover the truths that lie inside. No, those life lessons can just as easily be learned from the people all around you--the chap serving you coffee at Starbucks, the woman sitting next to you on a plane, your co-workers, family, and friends. There's an entire world of people willing to teach you their lessons if you're willing to learn. And by opening yourself up to new adventures, by recognizing that you have the freedom to choose your own road, you'll find something else that has been hiding in plain sight: you'll find the life of which you have always dreamed... and the curiosity and courage it takes to make that life happen.

The Total Strength and Flexibility Workout

Breaking the Cycle of Compulsive Behavior

Incidents in the Life of a Slave Girl (EasyRead Super Large 20pt Edition)

Why Right-Brainers Will Rule the Future

Discover the Way of the Traveler a Roadmap to the Life You Were Meant to Live

10 Daily Practices for a Happier Life

Poverty, Survival & Hope in an American City (Pulitzer Prize Winner)

Discover a menu of ten behaviors you can add to your way of living and thinking to enhance every day's journey through the unpredictable terrain of your existence. Add these behaviors gradually and watch your life become steadily more vivid and satisfying. Or you can go on a "crash Joy Diet" to help you navigate life's emergencies. The ten menu items are:

- Nothing: Do nothing for fifteen minutes a day. Stop mindlessly chasing goals and figure out which goals are worth going after.
- Truth: Create a moment of truth to help you unmask what you're hiding—from others and from yourself.
- Desire: Identify, articulate, and explore at least one of your heart's desires—and learn how to let yourself want what you

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want. • Creativity: Learn six new ways to develop at least one new idea to help you obtain your heart's desire. • Risk: Take one baby step toward reaching your goal. The only rule is it has to scare the pants off you. • Treats: Give yourself a treat for every risk you take and two treats just because you're you. No exceptions. No excuses. • Play: Take a moment to remember your real life's work and differentiate it from the games you play to achieve it. Then play wholeheartedly. • Laughter: Laugh at least thirty times a day. Props encouraged. • Connection: Use your Joy Diet skills to interact with someone who matters to you. • Feasting: Enjoy at least three square feasts a day, with or without food. No matter what your long-term goals are, *The Joy Diet*, written with Martha Beck's inimitable blend of wisdom, practical guidance, and humor, will help you achieve the immediate gift of joyful living in the here and now. Begin your journey today.

A journey through the minds of some of the most creative people on the planet reveals that creativity is rarely a "lightbulb moment" and instead arrives through a process of making and self-understanding. The creative process is winding. It involves entertaining uncertainty and improvising new paths to knowing. In this insightful and informed book, Lorne M. Buchman, an international leader in art and design education and president of ArtCenter College of Design in Pasadena, California, guides readers through stories of a diverse and talented group of artists, entrepreneurs, innovators, and designers. Including such luminaries as Yves Béhar, Chris Kraus, Zack Snyder, Paula Scher, and Frank Gehry and businesses like Apple and Tesla who have changed the world as we know it, Buchman focuses on the revelatory nature of the creative journey itself. Michelangelo is said to have seen the angel in the stone and carved away until he set him free. *Make to Know* is about making as a path to knowing—presenting creativity as a "carving away" toward a revelation, not as a fully formed epiphany gleaned from a mysterious ether. As Buchman reveals throughout this provocative book, uncertainty is the space where discovery happens and where creators can be both playful and imaginative. Whether you're an artist, designer, writer, daydreamer, or doodler, anyone can learn from these lessons on the varied paths to self-expression. New York Times Bestseller *An exciting--and encouraging--exploration of creativity from the author of When: The Scientific Secrets of Perfect Timing* The future belongs to a different kind of person with a different kind of mind: artists, inventors, storytellers-creative and holistic "right-brain" thinkers whose abilities mark the fault line between who gets ahead and who doesn't. Drawing on research from around the world, Pink (author of *To Sell Is Human: The Surprising Truth About Motivating Others*) outlines the six fundamentally human abilities that are absolute essentials for professional success and personal fulfillment--and reveals how to master them. *A Whole New Mind* takes readers to a daring new place, and a provocative and necessary new way of thinking about a future that's already here. New York Times bestselling author and Life Designs, Inc. creator Martha Beck shares her step-by-step program that will guide you to fulfill your own potential and create a joyful life. In this book, you'll

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start by learning how to read the internal compasses already built into your brain and body--and why you may have spent your life ignoring their signals. As you become reacquainted with your own deepest desires, you'll identify and repair any unconscious beliefs or unhealed emotional wounds that may be blocking your progress. This will change your life, but don't worry--although every life is unique, major transformations have common elements, and Beck provides a map that will guide you through your own life changes. You'll learn how to navigate every stage, from the first flickering appearance of a new dream to the planning and implementation of your own ideal life. Based on Dr. Beck's work as a Harvard-trained sociologist, research associate at Harvard Business School, instructor at Thunderbird Business School, and especially on her experiences with her clients over the last six years, Finding Your Own North Star offers thoroughly tested case studies, questionnaires, and exercises to help you articulate your core desires and act on them to build a more satisfying life. "Explorers depend on the North Star when there are no other landmarks in sight. The same relationship exists between you and your right life, the ultimate realization of your potential for happiness. I believe that a knowledge of that perfect life sits inside you just as the North Star sits in its unaltering spot." -- Martha Beck

Turn Your Season Around

From Effectiveness to Greatness

A Guide to Claiming the Life You Were Meant to Live

The Power of Living Your Values

How to Thrive at Work by Leaving Your Emotional Baggage Behind

Finding Your Own North Star

Set in the African bush: a tracker seeks one lion, thanks to lessons that can teach us all how to live--Provided by publisher.

Outlines a step-by-step process for reconnecting with one's life purpose, drawing on research in psychiatry and neurology while sharing inspirational tips for changing one's perspective, overcoming roadblocks, and experiencing greater fulfillment.

the greatest thing you'll learn from actually practising The Joy Diet is that money, love, success, and, even physical health and fitness are the products of a joyful life, not the cause.' Martha Beck. This book outlines the ten most powerful, life-enhancing behaviours that Martha Beck has found in years of research and practice. Clearly explained, with poignant case studies from her life design practice, together with her trademark wit, The Joy Diet provides straightforward instructions for incorporating these behaviours into everyday life. By encouraging you to add the ten 'ingredients' of stillness, compassion, truth, desire,

creativity, risk, play, treats, gratitude and rest to your daily routine, The Joy Diet shows you how to change the course of your lives. In turn they will be empowered to find purpose, overcome obstacles, heal wounds and build dreams

The author of Expecting Adam introduces her step-by-step plan for identifying core desires and acting upon them to create successful, satisfying, and more fulfilling lives. Reprint. 25,000 first printing.

The Way of Integrity

The Joy Diet

10 Steps to a Happier Life

Diana, Herself

An Allegory of Awakening

Leaving the Saints

Just One Thing

Stuart helps you identify the cause of struggle in your life and shows you how to eliminate it quickly. Your heritage is to be free. To achieve that freedom, you have to move gradually from struggle into free FLOW.

You've heard the expression, "It's the little things that count." Research has shown that little daily practices can change the way your brain works, too. This book offers simple brain-training practices you can do every day to protect against stress, lift your mood, and find greater emotional resilience. Just One Thing is a treasure chest of over fifty practices created specifically to deepen your sense of well-being and unconditional happiness. Just one practice each day can help you: Be good to yourself Enjoy life as it is Build on your strengths Be more effective at home and work Make peace with your emotions

"A wonderful book, funny unbelievably tender, and smart. It shimmers."--Anne Lamott Includes an all-new afterword about Adam. John and Martha Beck had two Harvard degrees apiece when they conceived their second child. Further graduate studies, budding careers, and a growing family meant major stress--not that they'd have admitted it to anyone (or themselves). As the pregnancy progressed, Martha battled constant nausea and dehydration. And when she learned her unborn son had Down syndrome, she battled nearly everyone over her decision to continue the pregnancy. She still cannot explain many of the things that happened to her while she was expecting Adam, but by the time he was born, Martha, as she puts it, "had to unlearn virtually everything Harvard taught [her] about what is precious and what is garbage."

A knowledge of your perfect life sits inside you, just as the North Star sits in its unalterable spot. Where will your North Star lead you? Discover the answer with this interactive journal, based on the bestselling book Finding Your Own North Star. Take the quizzes and fill out the prompts to figure out exactly what you want and how to use change to propel you toward your North Star—the life you were meant to live. You'll also learn how to: - Recognize what you love to do most and turn it into a sustainable career or lifestyle. - Listen to

your intuition—learn how your body says yes and no to certain people, tasks and environments. - Employ techniques and language for empowering yourself, confronting fear, coping with grief, dealing with anger, and achieving joy.

How to Fulfil Your Destiny, No Matter What

What Matters Most

Developing A Buddha Brain One Simple Practice at a Time

Expecting Adam

Reclaim Your True Nature to Create the Life You Want

A Personal Guide

The Minimalist Vegan

The Minimalist Vegan by Masa and Michael Ofei is less of a how-to book, and more of a why-to book. A manifesto on why to live with less stuff and with more compassion. They explore the intersection of minimalism and veganism and all that each complimentary lifestyle offer. They dive deep into conscious living and what it actually means. With chapters on topics such as "The More Virus" and Courageous Simple to The Superior Species and A Plastic World, Masa and Michael cover every aspect to help challenge your way of thinking. The hope is that by the end of it, you'll have the thirst and passion to architect your life in a way that brings you purpose and joy each day. They have written this book to be read within a few hours. Yes, even if you'd consider yourself to be a slow reader! Each chapter can be read independently, so you can jump ahead to a section that resonates with you. However, reading the book from start to finish is a great way to build momentum as you manifest your ideas and dive into a more conscious way of living.

PULITZER PRIZE WINNER • A "vivid and devastating" (The New York Times) portrait of an indomitable girl—from acclaimed journalist Andrea Elliott "From its first indelible pages to its rich and startling conclusion, Invisible Child had me, by turns, stricken, inspired, out of my mind, illuminated, in tears, and hungering for reimmersion in its Dickensian depths."—Ayad Akhtar, author of Homeland Elegies ONE OF THE BEST BOOKS OF THE YEAR: The New York Times • ONE OF THE BEST BOOKS OF THE YEAR: The Atlantic, The New York Times Book Review, Time, NPR, Library Journal In Invisible Child, Pulitzer Prize winner Andrea Elliott follows eight dramatic years in the life of Dasani, a girl whose imagination is as soaring as the skyscrapers near her Brooklyn shelter. In this sweeping narrative, Elliott weaves the story of Dasani's childhood with the history of her ancestors, tracing their passage from slavery to the Great Migration north. As Dasani comes of age, New York City's homeless crisis has exploded, deepening the chasm between rich and poor. She must guide her siblings through a world riddled by hunger, violence, racism, drug addiction, and the threat of foster care. Out on the street, Dasani becomes a fierce fighter to protect those who I love." When she finally escapes city life to enroll in a boarding school, she faces an impossible question: What if poverty means abandoning your family, and yourself? A work of luminous and riveting prose, Elliott's Invisible Child reads like a page-turning novel. It is an astonishing story about the power of resilience, the importance of family and the cost of inequality—told through the story of one remarkable girl. Winner of the J. Anthony Lukas Book Prize • Finalist for the Bernstein Award and the PEN/John Kenneth Galbraith Award

The author explores existential angst, dissatisfaction, and spiritual emptiness in this far-sighted guide to adjusting life's priorities and goals. The secret to a good life is not what you think. Most of us have been raised to believe that we can solve any problem if we think about it hard enough.

enough. We spend years honing our intellect, knowing that our brains are our best line of defense against whatever roadblocks life t
But each and every one of us has a secret weapon to call upon when brainpower isn't enough, and that is Heart. Amy Bloch discover
power of heart quite by accident. An accomplished psychiatrist, fully in control of her professional and family life, Amy was dealt wha
thought was a devastating, insurmountable set-back when her daughter Emily was born with a severe brain malformation. Amy tried
desperately to "fix" Emily, and exhausted herself in her efforts to deal with the "problem" using her intellect, going at it brain-first—t
way we tend to approach challenges in our society. Emily, on the other hand, lives completely heart-first: she simply doesn't have the
capabilities to approach life brain-first. Yet to Amy's initial surprise—and ultimately, to her great admiration—Emily is remarkably happ
successful. The Power of Heart is the distillation of what Emily taught Amy—lessons that are applicable to anyone's life. Learning to
Emily's mom and observing how Emily approaches life prompted a radical change in Amy's life. It also transformed her work with patie
her professional practice, where she witnessed over and over again how getting out of brain and into heart made life deeper and rich
stressful, and more meaningful. While the brain is amazing, powerful, and useful, it does come with limitations. There's some stuff the
just doesn't know, which is where heart comes in. Tapping into heart helps your brain perform better, and makes you stronger and s
than you will ever be trusting only your brain. Heart will allow you to live with uncertainty; find strength, resilience, courage, and per
tough times; cast off self-criticism and doubt, and have a lot more confidence and fun. The Power of Heart is for readers of all ages
of life who are ready to move beyond the brain-first strategy, and embrace heart as well.

The Science and Magic of Finding Your Destiny

The Man Who Mistook His Job for His Life

Changes of the Heart

The Power of Heart

A Whole New Mind

Claiming the Life You Were Meant to Live

When and How to Get Out of Your Brain

For over two decades, Abby Seixas has taught women how to slow down and reclaim their lives from the tyranny of their to-do lists. Based on the experiences of women whose lives have been transformed by her workshops, this highly anticipated first book presents her comprehensive program to nurture contact with the Deep River Within, the soul-nourishing dimension in each of us that flows beneath the busyness of daily life. With gentle encouragement, practical guidance, and compelling stories of struggle and success, Finding the Deep River Within details the three preliminary doorways and six core practices for inviting the rich resources of our deeper nature into everyday life.

"The Best of Martha Beck's Columns from O, the Oprah Magazine"--Cover.

OPRAH'S BOOK CLUB PICK AN INSTANT NEW YORK TIMES BESTSELLER "A roadmap on the journey to truth and authenticity... [The Way of Integrity] is filled with aha moments and practical exercises that can guide us as we seek enlightenment." – Oprah Winfrey Bestselling author, life coach, and sociologist Martha Beck explains why "integrity"—needed now more than ever in these tumultuous times—is the key to a meaningful and joyful life As Martha Beck says in her book, "Integrity is

the cure for psychological suffering. Period.” In *The Way of Integrity*, Beck presents a four-stage process that anyone can use to find integrity, and with it, a sense of purpose, emotional healing, and a life free of mental suffering. Much of what plagues us—people pleasing, staying in stale relationships, negative habits—all point to what happens when we are out of touch with what truly makes us feel whole. Inspired by *The Divine Comedy*, Beck uses Dante’s classic hero’s journey as a framework to break down the process of attaining personal integrity into small, manageable steps. She shows how to read our internal signals that lead us towards our true path, and to recognize what we actually yearn for versus what our culture sells us. With techniques tested on hundreds of her clients, Beck brings her expertise as a social scientist, life coach and human being to help readers to uncover what integrity looks like in their own lives. She takes us on a spiritual adventure that not only will change the direction of our lives, but also bring us to a place of genuine happiness.

Based on Bill George’s bestselling book *True North*, this personal guide offers leaders a comprehensive method for identifying their unique “True North.” The book offers methods for personal reflection and includes targeted exercises that help leaders hone in on the purpose of their leadership and developing their authentic leadership skills.

Black Boy [Seventy-fifth Anniversary Edition]

The 8th Habit

Finding Your True North

A Practical Guide for Discovering Purpose for You and Your Team

The Little Book of Big Lies

Finding Your Way in a Wild New World

A Journey into Inner Fitness

“ The best known life coach in America ” (Psychology Today) and bestselling author of *Finding Your Own North Star* provides a new transformational program for creating an unconventional life path to a sustainable way of life. Martha Beck ’ s program has been practiced by Oprah and featured on Super Soul Sunday! *Finding Your Way in a Wild New World* reveals a remarkable path to the most important discovery you can make: the knowledge of what you should be doing with your one wild and precious life. It ’ s the thing that so fulfills you that, if you knew what it was, you ’ d run straight toward it through brambles and fire. Life coach and bestselling author of *Finding Your Own North Star* Martha Beck guides you to find out how you got to where you are now and what you should do next, with clear instructions on tapping into the deep, wordless knowledge you carry in your body and soul. You probably have sensed that you have a higher calling and a quiet power that could change the world—you lack only the tools. With her sparkling prose, Beck draws from ancient wisdom and modern science to help you consciously tap into that power and develop those tools for transformation. You ’ ll also find your inner identity and your external “ tribe ” of like-minded people, experience the spark of inspiration, and take action to make a lasting impact on the world. Compassionate and inspirational, *Finding Your Way in a Wild New World* is a revolutionary journey of self-discovery that leads to miraculous change.

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_ Explores the causes of anxious perfectionism, crippling fear and anxiety regarding our potential, and the impossible expectations society forces upon women_ Guides readers in finding their voice and asking for help when society teaches us to _suffer in silence__ Unravels the journey for readers to embracing imperfection and a overcoming expectations in order to live a life that is full, unique, and real

In this exuberant allegory, bestselling memoir and self-help author Martha Beck takes readers into the wild parts of the world and the human psyche. The story of Diana, Herself helps every reader chart a course for awakening to greater joy, adventure, and purpose.

A Simple Manifesto on Why to Live with Less Stuff and More Compassion

Finding Your Own North Star Journal

The Girl Guide

Finding the Deep River Within

Invisible Child

Choosing Brave Over Perfect to Find My True Voice

Life Was Never Meant to Be a Struggle

“ This is a gorgeous, lyrical, hilarious, important book. . . . Read this and you may find yourself instinctively beginning to heal old wounds: in yourself, in others, and just maybe in the cathedral of the wild that is our true home. ” —Martha Beck, author of Finding Your Own North Star Boyd Varty had an unconventional upbringing. He grew up on Londolozi Game Reserve in South Africa, a place where man and nature strive for balance, where perils exist alongside wonders. Founded more than eighty years ago as a hunting ground, Londolozi was transformed into a nature reserve beginning in 1973 by Varty ’ s father and uncle, visionaries of the restoration movement. But it wasn ’ t just a sanctuary for the animals; it was also a place for ravaged land to flourish again and for the human spirit to be restored. When Nelson Mandela was released after twenty-seven years of imprisonment, he came to the reserve to recover. Cathedral of the Wild is Varty ’ s memoir of his life in this exquisite and vast refuge. At Londolozi, Varty gained the confidence that emerges from living in Africa. “ We came out strong and largely unafraid of life, ” he writes, “ with the full knowledge of its dangers. ” It was there that young Boyd and his equally adventurous sister learned to track animals, raised leopard and lion cubs, followed their larger-than-life uncle on his many adventures filming wildlife, and became one with the land. Varty survived a harrowing black mamba encounter, a debilitating bout with malaria, even a vicious crocodile attack, but his biggest challenge was a personal crisis of purpose. An intense spiritual quest takes him across the globe and back again—to reconnect with nature and “ rediscover the track. ” Cathedral of the Wild is a story of transformation that inspires a great appreciation for the beauty and order of the natural world. With conviction, hope, and humor, Varty makes a passionate claim for the power of the wild to restore the human spirit. Praise for Cathedral of the Wild

“ Extremely touching . . . a book about growth and hope. ” —The New York Times “ It made me cry with its hard-won truths about human and animal nature. . . . Both funny and deeply moving, this book belongs on the shelf of everyone who seeks healing in wilderness. ” —BookPage

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For anyone ready to move their life forward, from tragedy, personal failure, unfair circumstances, or just a sense of being stuck, baseball legend and bestselling author Darryl Strawberry offers transformational practices and the tangible hope that you can enjoy a future filled with power, purpose, and freedom. Darryl Strawberry has seen it all--the highs and lows of an intense career as a Major League Baseball all-star, drug addiction, marriage challenges, prison time, and battles with cancer. With honesty and transparency, Strawberry shares the same foundational principles that transformed his life from the inside out--the power of prayer, cultivating healthy friendships, weathering trials without losing heart, refreshing the way you think, and letting God change your life for good. Ultimately, he'll help you discover and trust the redemptive process of making small, daily decisions to follow God into a life of faith, health, and freedom. Strawberry weaves compelling stories from his own life with those of others he met through his speaking and ministry work across the nation. These uplifting testimonies will inspire you with the reminder that God's power can renew any life, no matter what has happened. With scriptural insights and real-life examples, Strawberry celebrates the miracles God works in us for healing, cleansing, and new beginnings. Strawberry's life story is proof that you can overcome life's adversities one decision, one step at a time. It's time to turn your season around.

An inspiring and illuminating guide to true self care, from the sage teacher and breakout star of the critically acclaimed drama, Queen Sugar, from Executive Producers Oprah Winfrey and Ava DuVernay for OWN. Featured on Essence Magazine's Culture List In all your years of schooling, did you ever take a single class that explained how to navigate the hurt, drama, and fear that come with living? Tina Lifford sure didn't. She learned the hard way—through experience as both a Hollywood actress and as the founder of the personal development network The Inner Fitness Project. Now, she brings together her own hard-won insights as well as those of her clients in this helpful and transformative guide. A blend of personal anecdotes and meaningful, practical—and most important, actionable—advice, The Little Book of Big Lies is the life skills class you need to nurture the inner you and move beyond the past. In fourteen raw, personal stories, Tina teaches you how to change your self-perception—to see yourself in the best possible light, to love and honor what you see, and to forge a new sense of what's possible in every aspect of your life. But make no mistake, The Little Book of Big Lies is not a “rah-rah” quick fix for fear and pain. Like physical fitness, building and maintaining emotional strength requires continued effort. This invaluable book is the foundation you need to start building inner health and well-being so you can thrive. Tina guides you on a journey of self-discovery that will help you turn shame into self-acceptance, self-rejection into self-love, blame into freedom, and old hurt into power. Wise and powerful, The Little Book of Big Lies will completely change how you think and live.

A revolutionary approach to understanding the emotional dynamics within our working lives. 'Nobody understands the everyday madness of working life better than Naomi Shragai. This book should be read by everyone who ventures anywhere near an office' - Lucy Kellaway You probably don't realise this, but every working day you replay and re-enact conflicts, dynamics and relationships from your past. Whether it's confusing an authority figure with a parent; avoiding conflict because of past squabbles with siblings; or suffering from imposter syndrome because of the way your family responded to success, when it comes to work we are all trapped in our own upbringings and the patterns of behaviour we learned while growing up. Many of us spend eighteen formative years or more living with family and building our personality; but most of us also spend fifty years - or 90,000 hours - in the workplace. With the pull of the familial so strong, we unconsciously re-enact our personal past in our

professional present - even when it holds us back. Through intimate stories, fascinating insights and provocative questions that tackle the issues that cause us most problems - from imposter syndrome and fear of conflict to perfectionism and anxiety - business psychotherapist Naomi Shragai will transform how you think about yourself and your working life. Based on thirty years of expertise and practice, Shragai will show you that what is holding you back is within your gift to change - and the first step is to realise how you, like the rest of the people you work with, habitually confuse your professional present with your personal past.

Live, Love, Explore

A True Story of Birth, Rebirth, and Everyday Magic

Steering by Starlight

One Child's Story of Survival and Hope

Finding Your Place in a Mixed-Up World

A Woman's Guide to Recovering Balance and Meaning in Everyday Life

Cathedral of the Wild

THE OFFICIAL YOGA PROGRAM OF THE NEW YORK ROAD RUNNERS CLUB Power Yoga is a unique combination of dynamic breathing and strong, flowing movement, which creates a high-heat, high-energy workout. Unlike any other yoga program, Power Yoga is a choreographed sequence of postures that flow into one another, building strength, unwinding tight joints, and loosening muscles. Beautiful photographs and clear instructions guide you through this effective and popular routine. Based on the classical and original yoga system called astanga, Power Yoga is a complete mind and body workout that develops concentration and reduces stress. With its focus on mindful breathing and body heat, Power Yoga goes beyond the relaxation benefits of traditional yoga to offer a route to health and fitness that athletes of all levels will embrace.

A special 75th anniversary edition of Richard Wright's powerful and unforgettable memoir, with a new foreword by John Edgar Wideman and an afterword by Malcolm Wright, the author's grandson. When it exploded onto the literary scene in 1945, Black Boy was both praised and condemned. Orville Prescott of the New York Times wrote that "if enough such books are written, if enough millions of people read them maybe, someday, in the fullness of time, there will be a greater understanding and a more true democracy." Yet from 1975 to 1978, Black Boy was banned in schools throughout the United States for "obscenity" and "instigating hatred between the races." Wright's once controversial, now celebrated autobiography measures the raw brutality of the Jim Crow South against the sheer desperate will it took to survive as a Black boy. Enduring poverty, hunger, fear, abuse, and hatred while growing up in the woods of Mississippi, Wright lied, stole, and raged at those around him—whites indifferent, pitying, or cruel and Blacks resentful of anyone trying to rise above their circumstances. Desperate for a different way of life, he headed north, eventually arriving in Chicago, where he forged a new path and began

his career as a writer. At the end of Black Boy, Wright sits poised with pencil in hand, determined to “hurl words into this darkness and wait for an echo.” Seventy-five years later, his words continue to reverberate. “To read Black Boy is to stare into the heart of darkness,” John Edgar Wideman writes in his foreword. “Not the dark heart Conrad searched for in Congo jungles but the beating heart I bear.” One of the great American memoirs, Wright’s account is a poignant record of struggle and endurance—a seminal literary work that illuminates our own time. Need help facing your life’s challenges? In Changes of the Heart, thirteen life coaches offer their best strategies for some of life’s toughest moments. Following principles developed by Dr. Martha Beck - such as seeking what’s right for you within yourself and taking change one easy step at a time - each coach has written about her particular expertise. Look inside for genuine, effective strategies for improving your finances, raising challenging children, living in gratitude, making difficult choices, living after loss, handling difficult relationships at work, losing weight, restoring your energy, writing a book, and rediscovering yourself. Changes of the Heart provides warm and real help from diverse certified life coaches speaking from their individual experiences.

Finding your unique voice in a noisy world can be hard—very hard. But not if you have a great guide! The Girl Guide: Finding Your Place in a Mixed-Up World is a must-read for girls in grades 6-8 as they enter the tumultuous world of adolescence. Packed with fun worksheets and quizzes, as well as stories from older girls and women, The Girl Guide covers everything a teenage girl needs to know on the journey toward her own identity. Proven strategies for dealing with stress management, confronting relational aggression, being safe online, navigating the changing mother-daughter relationship, and more make this the ultimate guide for any girl to get through the teen years and discover her unique point of view in the world. Grades 6-8 Check out Christine’s article on building positive friendships in the January 2014 issue of Justine!

The Lion Tracker’s Guide to Life

How I Lost the Mormons and Found My Faith

An African Journey Home

Fierce Joy

Make to Know: From Spaces of Uncertainty to Creative Discovery

Finding the Path to Your True Self

The Martha Beck Collection

Start With Why has led millions of readers to rethink everything they do – in their personal lives, their careers and their organizations. Now Find Your Why picks up where Start With Why left off. It shows you how to apply Simon Sinek’s powerful insights so that you can find more inspiration at work -- and in turn inspire those around you. I believe fulfillment is a right

*and not a privilege. We are all entitled to wake up in the morning inspired to go to work, feel safe when we're there and return home fulfilled at the end of the day. Achieving that fulfillment starts with understanding exactly WHY we do what we do. As Start With Why has spread around the world, countless readers have asked me the same question: How can I apply Start With Why to my career, team, company or nonprofit? Along with two of my colleagues, Peter Docker and David Mead, I created this hands-on, step-by-step guide to help you find your WHY. With detailed exercises, illustrations, and action steps for every stage of the process, Find Your Why can help you address many important concerns, including: * What if my WHY sounds just like my competitor's? * Can I have more than one WHY? * If my work doesn't match my WHY, what should I do? * What if my team can't agree on our WHY? Whether you've just started your first job, are leading a team, or are CEO of your own company, the exercises in this book will help guide you on a path to long-term success and fulfillment, for both you and your colleagues. Thank you for joining us as we work together to build a world in which more people start with WHY. Inspire on! -- Simon*

Finding Your Own North Star Claiming the Life You Were Meant to Live Harmony

In the 7 Habits series, international bestselling author Stephen R. Covey showed us how to become as effective as it is possible to be. In his long-awaited new book, THE 8th HABIT, he opens up an entirely new dimension of human potential, and shows us how to achieve greatness in any position and any venue. All of us, Covey says, have within us the means for greatness. To tap into it is a matter of finding the right balance of four human attributes: talent, need, conscience and passion. At the nexus of these four attributes is what Covey calls voice - the unique, personal significance we each possess. Covey exhorts us all to move beyond effectiveness into the realm of greatness - and he shows us how to do so, by engaging our strengths and locating our powerful, individual voices. Why do we need this new habit? Because we have entered a new era in human history. The world is a profoundly different place than when THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE was originally published in 1989. The challenges and complexity we face today are of a different order of magnitude. We enjoy far greater autonomy in all areas of our lives, and along with this freedom comes the expectation that we will manage ourselves, instead of being managed by others. At the same time, we struggle to feel engaged, fulfilled and passionate. Tapping into the higher reaches of human genius and motivation to find our voice requires a new mindset, a new skill-set, a new tool-set - in

short, a whole new habit.

Wisdom from Finding Your Own North Star

Essays for Creating Your Right Life, Volume One

Power Yoga

Find Your Why

How God Transforms Your Life