

It Doesn't Have To Be Crazy At Work

Molly keeps rushing into relationships with the wrong men, her judgment skewed by a violent incident during her teen years. Now she drinks too much, takes foolish risks, and allows a predatory male to sexually harass her at work, but a chance encounter with her 72-year-old divorced neighbor leads to a tentative friendship that changes everything.

A professional matchmaker and certified life coach outlines a straightforward, optimistic guide to finding romance, discussing how to assess one's marriage suitability, relationship etiquette in modern times, and the

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appropriate use of current technology.

A little girl is frightened of her daddy when he's drunk, but with the support of his family and friends he enters a treatment program and resolves to stay sober.

Revealing the secret to decorating for real people, a popular blogger and self-taught decorator shows readers how to find the beauty in imperfection and build a home that welcomes everyone.

How to Divorce Without Destroying Your Family Or
Bankrupting Yourself

It Doesn't Have to Be Crazy at Work

A Barrio Story

A Guide to the Book by Jason Fried and David

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Heinemeier Hansson

Willowbrook

Working Out Sucks!

It Doesn't Have to Be That Way

How do I stop my horse from being herd-bound? Is one of the most frequently asked questions I get from my blog readers and students. Because of this, I wanted to share my personal approach to dealing with herd-bound horses in this book and help you overcome this vexing issue. Herd-bound behaviors in a horse can range from annoying to outright dangerous and its outcomes can be detrimental to both your safety and your horse's health. In this

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book, I have therefore categorized herd-bound behavior into three levels of severity, each with its own easy-to-follow protocol. They all follow the same approach I use when facing any issue with horses, and that is to 'Push the Easy Button'. This is why I am so confident that the solutions I will be sharing will work for you and your horse as well. The goal with any of my training materials is to make you as self-sufficient a horse person as possible so you can solve any future issue that comes up with your horse. I cannot guarantee that you will become totally independent just from reading this book but I know that after completing the exercises, you will

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feel confident being able to handle any and all issues that may arise if you have a horse that is herd-bound. My primary concern is always the safety of my customers, students, readers, and their horses. Beyond that though, I want you to be able to experience the same joyful, loving relationship that I am blessed to share with my horses.

"Spanning fifteen years from the present day into the immediate future, It doesn't have to be this way tells the story of three queer friends trying to navigate an increasingly fractured, violent and unstable world. A profoundly moving story of resilience and tenderness, and our capacity for love in the face of

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fear"--Back cover.

Growing Old Sucks! We've all said it. Sure, there are some bad things about getting older, but the good things far outweigh the bad. As we age, we gain experience and wisdom (at least some of us do), we mellow and ripen (some of us smell like old cheese too) and we have freedoms that we never had while we were young. Growing Old Sucks is a set of tips and topics designed to help you have the best years of your life. This is not an anti-aging book. Anti-aging just doesn't make sense. If you stop aging, it means you're dead. If you reverse aging is that reliving your 20s? Do you really want to go there -

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but not have the years of experience you have? Growing Old Sucks shows people over 50 how to have fun and dance through the rest of your life. From sex to dining, relationships to work, Growing Old Sucks illustrates how you can have the life you've always wanted. This is the best time of your life. Most importantly, this book will show you how to age with attitude, taking a stand that growing old really doesn't suck!

A collection of delicious and nutritious non-green juices & tips for natural energy, balance, and a healthy lifestyle: - Fully plant-based - Dairy-free and soy-free - Naturally sugar-free - Easy to find,

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inexpensive ingredients - The recipes focus on mineral-rich, sugar-free (or low-sugar) fruits and veggies - Over 30 easy-to-follow recipes included - Vegan, paleo & keto-friendly – whatever diet you follow, this book is a great addition to your healthy nutrition & lifestyle - Low calorie and high in nutrients, great for weight loss programs. “I think this is a great book for people who want to juice but don’t like the green taste. Lots of variety and great macro and micronutrients in each.” – by VGN Lady, US Here’s Exactly What’s Inside It Doesn’t Have to Be Green: -Quick, beginner-friendly alkaline food crash course (so that you know what to put in your

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juicer) -Juicing mistakes to avoid + healthy foods you should never juice -Detailed food lists + shopping lists (No fancy ingredients. You should be able to find the most important ingredients very easily in your local grocery store.) -What kind of juicer should you get? (quick recipes you can quickly make without a juicer- perfect for a busy day!) -Easy-to-follow, step-by-step juicing recipes (with simple explanations so that you know what they're good for). -Effective motivational tips you can use for years to come– to help you stick to juicing and get the awesome results you deserve! Low-sugar, fresh, and nutrient-packed juicing is one of

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the fastest ways to feed your body with what it needs to pay you back with balance, ENERGY, and vitality. And it doesn't have to be green! If you're ready to learn more, order your copy today and quickly discover how to energize your body and mind with delicious and nutritious non-green juices!

It's Complicated (but it Doesn't Have to Be)

My Tech-Wise Life

It Doesn't Have to Be Perfect to Be Beautiful

Why Pain Hurts, and Why it Doesn't Have To

The Secrets to Finding and Keeping Intimacy

My Alarming Discovery about the Danger of Contact Sports

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Summary & Analysis of It Doesn't Have to Be Crazy at Work

This title is aimed at those of us who feel instinctively that there is something badly wrong with our global system of trade and finance, where money for its own sake is valued over jobs and people's lives, but don't know how to start suggesting alternatives.

Author Chet H. Elder provides school administrators with a simple method, called Exit Counseling, to rid their schools of mediocre, marginal, and incompetent teachers. He teaches principals how to build a case and document it so tightly that virtually any union

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challenge will fail. His theory is simple straightforward, clear, and concise.

Reluctantly a young boy becomes more and more involved in the activities of a local gang, until a tragic event involving his cousin forces him to make a choice about the course of his life.

"The French have a name for the uniquely hellish years between elementary school and high school: "l'âge ingrat" or "The Ugly Age." Characterized by a perfect storm of developmental changes-physical, psychological, and social-the middle-school years are a time of great distress for parents and children

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alike, marked by hurt, isolation, exclusion, competition, anxiety, and often outright cruelty. Some of this is inevitable; there are intrinsic challenges to early adolescence. But these years are harder than they need to be, and Judith Warner believes that adults are complicit. With piercing insight, compassion, and humor, Warner walks us through a new understanding of the role that middle school plays in all our lives. Part intellectual investigation and part call to action, this timely book unpacks one of life's most formative periods and shows how we can help our children not only survive it, but thrive"--

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But It Doesn't Have To!

A Spirit Alliance

Research Doesn't Have to Be Boring

It Doesn't Have to Hurt to Work

Herd-Bound To You!

It Doesn't Have To Be This Way

It Doesn't Have to Be Me

Pain seems like a fairly straightforward experience – you get hurt and it, well, hurts. But how would you describe it? By the number of broken bones or stitches? By the cause – the crowning baby, the sharp knife, the straying lover? What does a 7 on a pain scal

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of 1 to 10 really mean? Pain is complicated. But most of the time, the way we treat pain is superficial – we seek out states of perfect painlessness by avoiding it at all costs, or suppressing it, usually with drugs. This has left us hurting all the more. Through in-depth interviews, investigation into the history of pain and original research, *Ouch!* paints a new picture of pain as a complex and multi-layered phenomenon. Authors Margee Kerr and Linda McRobbie Rodriguez tell the stories of sufferers and survivors, courageous kids and their brave parents, athletes and artists, people who find healing and pleasure in pain, and scientists

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pushing the boundaries of pain research, to challenge the notion that all pain is bad and harmful. They reveal why who defines pain matters and how history, science, and culture shape how we experience pain. Ouch! dismantles prevailing assumptions about pain and that not all pain is bad, not all pain should be avoided, and, in the right context, pain can even feel good. To build a healthier relationship with pain, we must understand how it works, how it is expressed and how we communicate and think about it. Once we understand how pain is made, we can remake it. "Featuring . . . personal anecdotes and filled with

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accessible resources, a celebrity doctor and his daughter present this . . . comprehensive guide to sex, relationships and consent in today's #MeToo era"--Provided by publisher.

While most of her peers were obsessed with their iPhones, Instagramming and Snapchatting their lives, and glued to streaming TV, 19-year-old Amy Crouch was growing up with minimal technology. In *My Tech-Wise Life*, she and her father, Andy Crouch, share how intentional and controlled use of modern devices, apps, and services has helped her avoid many of the negative experiences of her peers and cultivate positive

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experiences interacting with the real world. With writing that connects on a teen-to-teen level, Amy and Andy unpack tech temptations--such as the temptation to distract ourselves from any potentially boring or awkward situation, or to stay up-to-date with every notification and trend--and then offer antidotes that lead to more patience, wisdom, honesty, and wonder in life. If you're in high school or college and devices and social media are affecting your friendships and family life, your sense of self-worth, or even how well you think you know yourself, this book will help you reevaluate your relationship with technology--and

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renew your relationship with the world around you. This book aims to provide some general understandings towards persons with visual disability as well as provide some contextual insights of their marriage, focusing on the phenomena of happiness. A common stigma surrounding persons with visual disability is that their lives might be filled with challenges, and thus facing difficulties in managing familial institution. The authors would like to provide a different perspective, focusing on the positive aspects of the lives of persons with visual disabilities, hence highlighting that such population is equal to the non-

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disabled. This book is divided into six chapters, which encompasses topics such as the theoretical viewpoints of happiness, the phenomena of marital happiness illustrated through three cases which include the dimensions and sources of marital happiness, as well as the strategies applied to improve or maintain marital happiness.

It Doesn't Have to Be a Life Sentence

Composition Notebook: Wide Ruled

English and Reading

Life Doesn't Have to Be Perfect to Be Wonderful

It Doesn't Have to be Gourmet to be Good, Vol. II

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What Every Administrator and Supervisor Should Know

Dismissal Doesn't Have to be Difficult

It Doesn't Have to be this Way
A Barrio Story
Children's Book Press

Richard Todd Canton knows all too well that when tragedy strikes, you can either triumph or fail. When he was accused of a sexual offense while working as a teacher's assistant, he looked right into the lens of a television camera and said he'd stood up for every kid in town, and he hoped that someone would stand up for him. Almost everyone did exactly what he asked. A

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tireless worker, he's also been a waiter, a store clerk, a television host, an author, and a newspaper column writer-all at the same time. Long hours have been tough, but he's gotten satisfaction out of the work. In this series of vignettes, he urges readers to: Never give in to labels or opinion; be your own person. Never give up on yourself or others will surely follow. Accept the things you cannot change like death; embrace both good and bad memories, and keep marching. Make something good out of life's toughest situations. Through a divorce and losing family members and friends, there were times Canton felt lost, but he's always managed to survive. You can, too, with the realizations in "Life

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Doesn't Have to be Perfect to be Wonderful."

“ The newbie investor will not find a better guide to personal finance. ” —Burton Malkiel, author of A RANDOM WALK DOWN WALL STREET TV analysts and money managers would have you believe your finances are enormously complicated, and if you don ' t follow their guidance, you ' ll end up in the poorhouse. They ' re wrong. When University of Chicago professor Harold Pollack interviewed Helaine Olen, an award-winning financial journalist and the author of the bestselling Pound Foolish, he made an offhand suggestion: everything you need to know about managing your money could fit on an index card. To

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prove his point, he grabbed a 4" x 6" card, scribbled down a list of rules, and posted a picture of the card online. The post went viral. Now, Pollack teams up with Olen to explain why the ten simple rules of the index card outperform more complicated financial strategies. Inside is an easy-to-follow action plan that works in good times and bad, giving you the tools, knowledge, and confidence to seize control of your financial life. This rich, spiky collection of short stories peeks into the obsessions, fantasies, and fears of women. The stories present the forbidden innerlives of women in styles ranging from heightened naturalism to rollicking fable. (and why it Doesn't Have To)

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Surviving Life As a Dumbass

I Might Have Epilepsy But It Doesn't Have Me Epilepsy
Awareness

It Doesn't Have to be That Way

Breast Cancer

A Family Caregiver Speaks Up

Lovetide: It Doesn't Have to Be Complicated

Fun ACT prep makes practicing for the ACT, typically a grueling experience, FUN! Students will implement test-taking strategies and improve their English and reading skills while enjoying original, high-interest content relevant to teens, modeled after real ACT passages.

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A humorous, yet no-nonsense how-to guide, this book offers hundreds of ideas and tips to help beginning to intermediate students, their families, and their instructors approach music lessons and practice with a positive outlook.

"We cannot get enough of doomed lovers separated by betrayal, taboo and violence as long as they stay on the screen or the page. In our own beds we want the Hollywood ending. But despite the hype, relationships are tumbling like a proverbial rock fall. But all around us, divorce statistics rocket as the hopes of lonely singles plummet. In an age of financial and political uncertainty, love is the only

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thing left to believe in. So why do we give up on it so easily? Through interlocking stories that are moving, funny and all too familiar, Joanne Fedler and Graeme Friedman combine their years of personal and professional experience to tackle the toughest of questions around intimacy. This book will change the way you see yourself, and how you think about long-term love. Finding and keeping intimacy is a massive challenge. But it is not impossible, once you know the secrets."--P. [4] of cover.

PLEASE NOTE: This is a summary and analysis of the book and not the original book. If you'd like to purchase the original book, please paste this link in

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your browser: <https://amzn.to/2AYCqxd> Jason Fried and David Hansson, founders of Basecamp, share some of the radical ideas that have enabled them to create a calm environment within their organization. Infused with wit and inspiring logic, It Doesn't Have to Be Crazy at Work is chock full of ideas you won't find anywhere else! What does this ZIP Reads Summary Include? Synopsis of the original bookKey takeaways from each sectionWhy working longer hours isn't helpingHow to be more effective rather than more productiveEverything your business is doing wrongHow to work less and still be successfulSpecific, actionable advice on changing

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your company culture Editorial Review Background on Jason Fried and David Hansson About the Original Book: *In It Doesn't Have to Be Crazy at Work*, Jason Fried and David Hansson provide a blueprint that any company can use to ensure that sanity prevails in the workplace. The modern workplace is filled with overworked employees, stressed managers, and unending distractions. It's a wonder any work gets done. However, it doesn't have to be this way. Fried and Hansson explain some simple steps that can help you create a calm office environment and ultimately get the best out of your employees. Whether you are a small business

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or a multinational corporation, the concepts presented in this book can help you steer clear of corporate chaos toward a more serene and productive workplace. DISCLAIMER: This book is intended as a companion to, not a replacement for, It Doesn't Have to Be Crazy at Work. ZIP Reads is wholly responsible for this content and is not associated with the original author in any way. Please follow this link: <https://amzn.to/2AYCqxd> to purchase a copy of the original book. We are a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to

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It Doesn't Have To Be That Way***

The Index Card

Practicing Sucks, But It Doesn't Have To!

Techniques and Methods to Apply to Real Life

***Your Collection of Super Healthy, Tasty, Non-Green
Alkaline Juices for Energy and Vitality***

A Modern Guide to Finding and Keeping Love

It Doesn't Have to Hurt to Work is a transformational memoir about breaking free from the physical pain and mental misery of achieving the "perfect" body,

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and a guide to helping you find strength and whole-body health through the practice of functional fitness. As a former cardio-junkie and champion calorie-counter, author Erin Paruszewski grew up believing that "more is more" when it came to exercise and "less is more" when it came to food. On the outside, she was in great shape. But on the inside, her body was falling apart thanks to the wear and tear of overexercising and fueling herself with a chemically processed, low-fat, high-sugar diet. After hitting rock-bottom, this reality set her on a new trajectory in both body and mindset. Erin's lived experience and

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functional lifestyle pivot are the inspiration behind this how-to message as she blends narrative stories and research-based explanations of how our bodies and minds work best.

Aims to get readers back on track to a healthy lifestyle by banishing unhealthy habits, demolishing destructive attitudes and correcting misinformation about health. Original.

It was a hot, Midwest summer evening in July 1987 when a random outing led them both to the exact same place at the exact same time. The attraction and connection seemed instant and overwhelming

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and before they knew it, this sixteen and seventeen year old would find themselves at a place where their lives would never be the same. Amy Jo Hawkins shares the very real and very raw story of this young couple (Luke & Macy) who at young age, begin raising a family while desperately trying to find themselves along the way. Through marrying young, countless trials and ultimately divorce, Luke & Macy defy all odds and discover the true meaning of love & forgiveness. With divorce as prevalent as it is today, it's virtually incomprehensible to grasp this truly remarkable story of how It Doesn't Have to be

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That Way.

Popular blogger and author of *Cozy Minimalist Home* Myquillyn Smith (The Nester) helps readers find beauty in imperfection and freedom to take risks to create the home--and life--they've always wanted. This beautiful four-color book is full of photos and creative, easy ideas for arranging, decorating, and cultivating a welcoming home. Myquillyn Smith is all about embracing reality--especially when it comes to decorating a home bursting with boys, pets, and all the unpredictable messes of life. In *The Nesting Place*, Myquillyn shares the secrets of decorating for

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real people--and it has nothing to do with creating a flawless look to wow your guests. It has everything to do with embracing the natural imperfection and chaos of daily living. Drawing on her years of experience creating beauty in her 13 different homes, Myquillyn will show you how to think differently about the true purpose of your home and simply and creatively tailor it to reflect you and your unique style--without breaking the bank or stressing over comparisons. Full of easy tips, simple steps, and practical advice, *The Nesting Place* will give you the courage to take risks with your home and

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transform it into a place that's inviting and warm for family and friends. There is beauty in the lived-in and loved-on and just-about-used-up, Myquillyn says, and welcoming that imperfection wholeheartedly just might be the most freeing thing you'll ever do.

Making Sense of Middle School

Growing Up and Making Choices in a World of Devices

A Report on how it is and why it Doesn't Have to be that Way

Truth Doesn't Have a Side

It Doesn't Have to Be So Hard

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It Doesn't Have to be Like this

A Path to Freedom

As featured on The Today Show--the award-winning advocate for family caregivers tells her own story and shows how you too can learn to speak up for yourself, your loved one, and all family caregivers.

This is a true story of a woman who travels through the highs and lows of stage three breast cancer with trepidation, laughter and her faith in God.

Michael E. Webster's story begins in the Navy, where he becomes an aggressive alcoholic, managing to survive a series of episodes that should have been

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deadly. Still, he manages to graduate from two top Navy schools. After being discharged, Webster returns to his hometown, but he has no plans for the future. Through the help of family members, friends and others, he returns to school and meets future wife Peggy, who supports him through his many relapses into the dark throes of alcoholism. Webster finally realizes he's hit rock bottom, but not until others almost lose their lives. At the age of 33-overweight and out of shape-he joins a Tae Kwon Do school and begins a physically painful journey as he learns how to beat his addiction. For 30 years, Webster has

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continued his journey, and in the process, he's helped others to change their lives. He teaches martial arts at no cost to those needing discipline in their lives. Join Webster as he battles demons of his own making and journeys down a road to self-improvement in *Surviving Life as a Dumbass*.

Ruled composition notebooks are quite popular in business, home and legal environment use. Nothing can beat how classic it is to use according to K-12 school children and even university students since people with larger handwriting find it easy when it comes to legibility because it is clearer to read and

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see. Whether it is for jotting down those important ideas in a meeting, copying notes during a class lecture, writing your journal entry for the day, or drafting scribbles, it is the ideal notebook for journaling, daily planning, and note taking, wherever you may be. Get a copy now!

Global Economics : a New Way Forward

And Then They Stopped Talking to Me

Daddy Does Not Have to be a Giant Anymore

It Doesn't Have to be this Way

Dealing with Relationships, Consent, and Other Hard-To-Talk-about Stuff

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Green Politics Explained

This Way Is My Way

One day in 2002 the fifty-year old body of former Pittsburgh Steeler and hall of famer Mike Webster was laid on a cold table in front of pathologist Dr. Bennet Omalu. Webster's body looked to Omalu like the body of a much older man, and the circumstances of his behavior prior to his death were clouded in mystery. But when Omalu cut into Webster's brain, it appeared to be normal. Something didn't add up. It was at this moment, Omalu

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studying slides of Webster's brain tissue under a microscope, that the world of contact sports would never be the same: the discovery of Chronic Traumatic Encephalopathy. CTE can result in an array of devastating consequences including deterioration in attention, memory loss, social instability, depression, and even suicide. And Omalu's discovery of CTE in the brain of an American football player has become the catalyst of a blazing controversy across all contact sports. At the center of that

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controversy stands the unlikely Dr. Bennet Omalu, a Nigerian-born American citizen, a mild-mannered, gentle man of faith. It is fascinating that it would take someone on the outside of American culture to make this amazing discovery, and refuse to let it be kept hidden. Dr. Omalu began his life in strife, growing up in war-torn Nigeria. But his medical studies in forensic pathology proved to be a lifeline. It fed his natural curiosity and awakened within a deeper desire to always search for the truth. Who would have thought

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that such an unexpected character would play such a role in bringing to life this world-changing data? In Truth Doesn't Have a Side, discover the truth about CTE: Its causes and symptoms, how we might keep our children safe and guide professional athletes when CTE sets in. The problem of CTE is coming to light with each new story about an athlete's concussion problem, and we are likely facing dramatic changes to professional sports. You'll be inspired by Dr. Bennet Omalu a man driven by his love and concern for the welfare of all

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people, and his professional vow to speak the truth.

The intent of this book is to empower you and inspire you to have your own personal experiences with the Divine. The author takes you on the journey he experienced himself, starting with a remarkable act of Divine intervention. He then shares many other experiences he had working with the Angelic realm and the Ascended Masters. Through the sharing of his experiences, you will have the opportunity to understand how these

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wonderful Beings of Light work with people, and how they might work with you. He also shares a great variety of techniques and methods for working with Spirit and with Energy itself, so you can use them with confidence on your own spiritual journey. We then continue on with the history of the Earth and our civilization you were not taught in school, which will explain how our world got to be the way it is. This leads us into a few ideas of what we can do as individuals and as a civilization to heal our lives and create a world

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that actually works for the highest good of all concerned, not just the few "elite". A lifetime of firsthand experience working with Spirit and studying in the metaphysical realm has brought the author to a user-friendly understanding of the Unity Consciousness of All That Is. Marty Rawson is a Ordained Minister of the Universal Life Church, and an Ayurvedic practitioner. He is certified in Advanced EMF Balancing Technique, a Level 5 Facilitator of the (now defunct) Melchizedek Method, and a Holy Fire(R)III Karuna(R) Reiki

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Master. His lifetime of experience with the metaphysical world has allowed for a unique insight into how to work with the higher realms in our daily lives.

Shares a different approach to divorce resolution that will help readers better navigate through the emotional and financial devastation of a break-up.

Jason Fried and David Heinemeier Hansson, the authors of the New York Times bestseller Rework, are back with a manifesto to combat all your modern workplace worries and fears.

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It Doesn't Have to Be Awkward

*How to Reverse Herd-Bound Behaviors and
Get Your Horse Focused on You*

*God's Renewing Spirit: How Cancer Doesn't
Have to Be a Long Walk Off a Short Pier: My
Spiritual Journey: My Spiritual Journey: My
Spiritual Journey*

Growing Old Sucks

Ouch!

"It Doesn't Have to be this Hard"

Surviving Music Lessons

It was a hot, Midwest summer evening in

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July 1987 when a random outing led them both to the exact same place at the exact same time. The attraction and connection seemed instant and overwhelming and before they knew it, this sixteen and seventeen year old would find themselves at a place where their lives would never be the same. Amy Jo Hawkins shares the very real and very raw story of this young couple (Luke and Macy) who at a young age, begin raising a family while

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desperately trying to find themselves along the way. Through marrying young, countless trials, addiction, chaos, abandonment and ultimately divorce, Luke and Macy defy all odds and discover the true meaning of love and forgiveness. With divorce as prevalent as it is today, it's virtually incomprehensible to grasp this truly remarkable story of how never losing hope can and does prove the heart's deepest desire of how "It Doesn't Have

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to be That Way."

It Doesn't Have to Be Green

The Nesting Place

Why Personal Finance Doesn't Have to Be
Complicated

Fun ACT Prep: Because Test Prep Doesn't
Have to Be Boring