

Running On Empty Book

A seemingly ordinary village participates in a yearly lottery to determine a sacrificial victim.

Lack of access to transportation among low-income groups is increasingly being recognised as a barrier to social inclusion. However, 'transport poverty', and its links with wider welfare objectives, is poorly understood. This book looks at t perspective to assist in a better understanding of this issue.

The fall of Saigon in April 1975 resulted in the largest and most ambitious refugee resettlement effort in Canada’s history. Running on Empty presents the challenges and successes of this bold refugee resettlement program. It traces the journey of the author, who travelled to seventy remote refugee camps, worked long days in humid conditions, subsisted on dried noodles and green tea, and sometimes slept on their worktables while rats scurried around them – all in order to resettle thousands of refugees. Initially accepting 7,000 refugees from camps in Guam, Hong Kong, and military bases in the US in 1975, Canada passed the 1976 Immigration Act to establish new refugee procedures and introduce private refugee sponsorship. In July of 1976, Minister Joe Clark announced that Canada would accept an unprecedented 50,000 refugees – later increased to 60,000 – more than half of whom would be sponsored by ordinary Canadians. Running on Empty presents gripping first-hand accounts of the process, along with selecting refugees from eight different countries, receiving and matching them with sponsors, and helping churches, civic organizations, and groups of neighbours to receive and integrate the newcomers in cities, towns, and rural communities.

“Opens doors to richer, more connected relationships by naming the elephant in the room ‘Childhood Emotional Neglect’” (Harville Hendrix, PhD & Helen Lakelly Hunt, PhD, authors of the New York Times bestseller Getting the Love You Want)
“Running on Empty: Overcome Your Childhood Emotional Neglect, many thousands of people have learned that invisible Childhood Emotional Neglect, or CEN, has been weighing on them their entire lives, and are now in the process of recovery. Running on Empty Relationships will offer even more solutions for the effects of CEN on people’s lives: how to talk about CEN, and heal it, in relationships with partners, parents, and children. “Filled with examples of well-meaning people struggling in their relationships and illustrates what’s missing between adults and their parents, husbands, and their wives, and parents and their children: she also explains exactly what to do about it.” —Terry Real, internationally recognized family therapist, speaker and author of Love, Dad, Son Show, 20/20, Oprah, and The New York Times “You will find practical solutions for everyday life to heal yourself and your relationships. This is a terrific new resource that I will be recommending to many clients now and in the future!” —Dr. Alan Watts Good Enough?

Essays on the Invisible War Zone and Exercises for Recovery

~~~~~

Pinocchio, the Tale of a Puppet
Transport, Social Exclusion and Environmental Justice
Overcoming Emotional Neglect

Women today are more fatigued, burned out, and overwhelmed than ever. You may feel like your life is frantic — — that you're running on empty. In When Less Becomes More, you'll learn how to live a life of more in a world that often overwhelms to the point of burnout. Smartphones constantly ping and alert and demand your attention. And social media can eat up hours of your days with mindless scrolling and tapping while leaving you feeling empty and lonely. Add to that family commitments, work that is accessible around the clock, and overscheduling, and you have a life that can feel out of control. In When Less Becomes More, Emily Ley, author of the bestselling Grace, Not Perfection and Growing Boldly, takes you on a journey out of that empty place and shows you how to fill your wells with the nourishment that only true connection can provide. She also presents some radical concepts that push against the tethers of modern life, with the promise that more of the good stuff comes when we say yes to less of what keeps us empty: Less Noise, More Calm Less Fake, More Real Less Rush, More Rhythm Less Liking, More Loving Less Distraction, More Connection Less Chasing, More Cherishing Less Stuff, More Treasures Getting to more might require some outside-the-box changes, some unravelling of the patterns you have adopted, and some reworking of the day to day. Build a life based on your core values instead of slipping into a life dictated by society or what’s “normal.” Because you weren’t made for normal. You were made for more — — for a life of fullness, dreaming, and lasting joy.

This in-depth follow-up to Running on Empty takes you even further, to heal the effects of invisible Childhood Emotional Neglect in your relationships with your partner, your parents, and your children.

The Inconsequential Child is an intimate memoir of one man’s journey of self-discovery. The book is written in the form of a letter where each chapter conveys one of the lessons the author has learned during his journey toward emotional well-being, love and hope. The book centers around a series of memories which were the basis of the author’s personal psychoanalysis. The memories are written as he remembers them; in his voice, often in first-person, present tense. The author also offers both real-time and post analysis of the memories that have guided him through his journey. As such, the Inconsequential Child is not a self-help book. Instead, it is a book of possibility. The possibility that you too can heal as you walk along your path toward self-discovery. Also, please note that the author is not a medical professional and he is using a pseudonym.

Many Christian women give of themselves relentlessly. In the midst of their many responsibilities they get tired, yet there’s simply no time to stop and become refreshed. What can a woman do when she’s running on empty? Cindi McMenamin shares how women can renew their energy and passion and press on. She touches upon every area of a woman’s life, offering practical advice on knowing when to say no serving to please God and not people maintaining good health habits that recharge one’s energy simplifying one’s priorities taking time to rest and play Every chapter concludes with a "Pick-Me-Up Prayer" designed to help women do all things in the Lord's power and not their own.

Piano, Vocal, Chords

Running on Empty

An Ultramarathoner’s Story of Love, Loss, and a Record-Setting Run Across Ameri ca

Refilling Your Tank and Renewing Your Passion

Refilling Your Spirit at the Low Points of Life

*Wayne Cordeiro found himself paralyzed by burnout. He had been in ministry for 30 years, and 10 years after founding what is now the largest church in Hawaii, he found himself depleted. Wayne took a season out of his growing ministry to recharge and refocus on the truly important. He was able to get back in touch with his life, get back in proper balance, and re-energize his spirit through Christ in a way that propelled him forward to greater levels of service. Wayne first gave this message at a recent Willow Creek Leadership Summit, where it was the highest-rated presentation by those in attendance. Pulling no punches, Wayne talks about the walls leaders must break through and how to move on with integrity. Included are ways to care for oneself physically and emotionally as well as spiritually. Jackson's 4th release, and probably his most legendary. This album-matching folio features professional arrangements for Piano/Vocal/Chords. Titles: Running on Empty \* The Road \* Rosie \* You Love the Thunder \* Cocaine \* Shaky Town \* Love Needs a Heart \* Nothing but Time \* The Load Out \* Stay.*

*All Ethan Palmer wants is wheels of his own, and he's finally saved enough money to buy his dream car . . . when he accidentally rams his dad’s Volvo into their garage. It’s not like his lawyer/politician father can’t afford to pay for the damage, but of course his old man is going to turn this into another Big Life Lesson. With all of his hard-earned cash going into repairs, Ethan won’t be sliding behind the wheel of that Mustang Cobra any time soon. Or will he? He thinks he’s found a way to make some easy money, and suddenly nothing is more important. Not school, not the girl he loves, not even the secrets that divide his family. For Ethan, it’s all about payback. But he has no idea what his choices will cost him.*

*The groundbreaking guide to self-healing and getting the love you missed. Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can’t quite put a finger on what’s missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects. Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains: Possible reasons your mother was distracted or hurtful—and what she was unable to give The lasting impact of childhood emotional neglect and abuse How to find the child inside you and fill the “mother gap” through reflections and exercises How to secure a happier future for yourself (and perhaps for your children)*

Save Yourself from Burnout

The Emotionally Absent Mother, Updated and Expanded Second Edition

The Lottery

When You're Running on Empty

Healing the Adult Children of Narcissists

Those who have had a narcissistic parent can testify to how damaging it can be to one’s psyche. Narcissistic parents lack empathy, show a severe sense of entitlement to micromanage the lives of their children and often subject their children to neglect, as well as emotional and physical abuse. The unique challenges daughters of narcissistic fathers face to the ways in which adverse childhood experiences affect our brains, Shahida Arabi’s insightful essays resonate deeply with those who have been raised by narcissistic parents. In this new essay collection, Arabi explores how childhood can set us up for trauma repetition in adulthood, affecting how we navigate relationships, the self, and the world. She pinpoints the toxic traits and behaviors of narcissistic mothers and fathers, exposing how covert abuse insidiously plays out in these specific dynamics and offers practical strategies and skill sets and healing modalities for survivors who have undergone a lifetime’s worth of abuse, helping them to break the cycle once and for all for future generations.

The Phantom of the Opera is a novel by French writer Gaston Leroux. Christine Daaé travels with her father, a famous fiddler, throughout Europe, and plays folk and religious music. When Christine was six years old, her mother died and her father was taken to rural France by a man who claimed to be the Phantom of the Opera. While Christine was a child, her father told her many stories about the "Angel of Music", who is the personification of musical inspiration. Christine meets and befriends the young Raoul, Viscount of Chagny. One of Christine and Raoul's favourite stories is one of Little Lotte, a girl who is the Angel of Music and possesses a heavenly voice. Christine now lives with "Mamma" Valerius, the elderly widow of her father's benefactor. She eventually is given a position in the chorus at the Paris Opera House (Palais Garnier). She begins hearing a beautiful, unearthly voice which she believes this must be the Angel of Music and asks him if he is. The Voice agrees and offers to teach her "a little bit of heaven's music". The Voice, however, belongs to Erik, a physically deformed and mentally disturbed musical genius who was one of the architects who took part in the construction of the opera house. He is in love with Christine.

Predicting economic challenges that the author believes will occur as a result of China's growing ability to produce U.S. products more cheaply, an economic analysis draws on hundreds of interviews with Chinese, American, and European workers and businesspeople that draw on the author's experiences as a superpower. 75,000 first printing.

Even after achieving our most lofty goals, we are sometimes left confused by the emptiness we feel. We check the boxes. We fill our calendars. We get the promotion. We buy the bigger house. Yet there is still an unquenchable longing deep within us. Simple Mercies: How the Word of God Fulfllment offers an alternative. You can be the person God created you to be by loving and serving others through the works of mercy. By doing so, we are assured the peace and fulfillment that doesn't come from the world, but from love of God and neighbor. With her accessible writing, mom, and volunteer, Lara C. Patangan helps us realize that our everyday compassion makes a difference in exponential ways and that mercy always matters. Practicing mercy isn't a passive way of renewal; rather, engaging in transformative acts of service empowers us to reach out to others, serve God, and to love our neighbor as ourselves. ABOUT THE AUTHOR Lara C. Patangan earned her undergraduate degree in public relations from the University of Florida. She has written for a variety of news publications and Catholic blogs. Previously she worked in fundraising for a domestic violence shelter, an AIDS service organization, and Children’s Hospital of New Orleans. She lives in Jacksonville, Florida, with her husband and their two sons.

How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect

The Guilt-Free Guide to Life Balance

Hope and Help for the Over-Scheduled Woman

Running On Empty

Leading on Empty

*When corporate genius Jason Wilding reluctantly visits his hometown for Christmas, he has no idea what his brother has in store for him.*

*117 marathons, 52 days, 32 pairs of shoes, 57 years old: A fascinating glimpse inside the mind of an ultramarathon runner and the inspirational saga of his phenomenal journey running across America. The ultimate endurance athlete, Marshall Ulrich has run more than 100 foot races averaging over 100 miles each, completed 12 expedition-length adventure races, and ascended the Seven Summits - including Mount Everest - all on his first attempt. Yet his run from California to New York- the equivalent of running two marathons and a 10K every day for nearly two months straight - proved to be his most challenging effort yet. Featured in the recent documentary film, Running America, Ulrich clocked the 3rd fastest transcontinental crossing to date and set new records in multiple divisions. In Running on Empty, he shares the gritty backstory, including brushes with death, run-ins with the police, and the excruciating punishments he endured at the mercy of his maxed-out body. Ulrich also reached back nearly 30 years to when the death of the woman he loved drove him to begin running - and his dawning realization that he felt truly alive only when pushed to the limits. Filled with mind-blowing stories from the road and his sensational career, Ulrich's memoir imbues an incredible read with a universal message for athletes and nonathletes alike: face the toughest challenges, overcome debilitating setbacks, and find deep fulfillment in something greater than achievement Watch a Video*

*A star-studded collection of essays from acclaimed and bestselling authors and celebrities that illuminates the lasting power of desire and longing, and celebrates our initiation into the euphoria, pain, and mystery that is our first celebrity crush. You never forget your first crush . . . CRUSH brings together stories of heartbreak, humiliation, and hilarity from a roster of popular luminaries, including James Franco, Carrie Fisher, Stephen King, Roxane Gay, Jodi Picoult, Emily Gould, and Hanna Rosin, who share intimate memories of that first intense taste of love. Here are funny, whimsical, sometimes cringe-worthy tales of falling head over heels for River Phoenix, Mary Tyler Moore, Howard Cosell, Jared Leto, and a host of other pop culture icons. A few contributors channeled their devotion into obsessively writing embarrassing fan letters. Some taped pics in school lockers. Others decorated their bedroom walls with posters. For tweenaged Karin Tanabe, it was discovering bad boy Andy Garcia—playing the gun-loving mobster Vincent Corleone in The Godfather III. Barbara Graham unsuccessfully staked out an apartment on Park Avenue for a glimpse of her blue-eyed soulmate, Paul Newman. There was only one puppy for six-year-old Jodi Picoult—Donny Osmond—while Jamie Brisick’s pre-teen addiction was Speed Racer. Swoon-worthy and unforgettable, the essays in CRUSH will leave you laughing, make you cry, and keep you enthralled—just like your first celebrity crush.*

*Running on EmptyOvercome Your Childhood Emotional NeglectMorgan James Publishing*

*Running on Empty No More*

*Take Back Your Time*

*The Screenplay*

*Transform Your Relationships with Your Partner, Your Parents & Your Children*

*An Lcr Elite Novel*

*Young adults need eight to ten hours of sleep each night, yet nearly half fail to get the sleep they need, and nearly a third have fallen asleep in school due to insufficient sleep. So many Americans—both teens and adults—lack quality sleep that the Centers for Disease Control and Prevention calls sleep deprivation a public health epidemic. Chronic sleep deprivation leads to poor performance during the day and impacts stress levels, academic performance, and physical and mental health. The American Academy of Sleep Medicine found that sleeping difficulties contribute to one-third of auto accidents. And drowsy-driving can lead to fatalities. Author and registered nurse, Connie Goldsmith presents a much needed scientific and informative approach to the topic of sleep, making the case for taking measures to get adequate and quality sleep each night to combat anxiety, depression, and stress. Running on Empty: Sleeplessness in American Teens provides readers with information on the why and tips for the how to sleep well.*

*Draws on current medical research, patient interviews, and alternative health sources to provide a detailed study of the history and possible causes of, and effective treatments for the disease.*

*Based on her own widely respected book The Indispensable Woman, Ellen Sue Stern has taken the observations and recovery program which made that book so valuable and developed them into a daily meditational for women "running on empty"—who give to everyone but themselves.*

*Feeling burned out? Unfulfilled? Drained? Jill Briscoe offers hope and comfort for those times in life when we feel empty and tired. With wit and candor, Briscoe draws lessons from several biblical figures that provide spiritual refreshment and renewal to those who are running on empty.*

*Contemplative Spirituality for Overachievers*

*The Inconsequential Child*

*Setting Boundaries*

*Sleeplessness in American Teens*

*When Less Becomes More*

**Learn to live with God instead of for God. In this candid and achingly authentic book, Fil Anderson shares the healing insights that restored his spiritual compass and guided him back to God—the God who specializes in filling empty souls. Fil Anderson had accomplished more for God than most of his contemporaries, but his worn-out body housed an empty soul. His frenetic pace of ministry had earned him just one thing: greater pressure to do even more. He had fallen for the soul-killing lie that doing more for God would give his life meaning. Then the godly admonition of a spiritual director set this burned-out believer on a life-saving spiritual path. Sometimes the only way to get a new life is by running your old one completely into the ground. This powerful story of a reawakened soul can be the story of every person who has pursued spiritual productivity over intimacy with God and come up empty. It's the story of reclaiming your soul and finding a home in the center of God's relentless love. It's the journey from self-importance to God-importance. “To the harried and the unharried, I pray that this book will minister to your heart in the profound way that it has blessed mine.” —Brennan Manning Everyone expected Leon Kline, anchor for the 4x100 sprint relay, to secure Gilburn High’s spot in the record books. But a freak accident on the final stretch changes everything. Suddenly his future is gone. No more running, no scholarship, no college. But then he meets sassy and straight-talking Casey De Vries, and life doesn’t look quite so bleak. She even gets him running again. He can’t sprint anymore, but he can handle longer distances. As he gets to know Casey better, he realizes that something is not quite right. How can he help her if she won't tell him what's going on? For anyone who needs a "fill-up," this book outlines 21 qualities for living life to the fullest based on the Gospel of John.**

**What does it feel like when you die-in those final moments? Do you feel the physical pain, or just the pain of your regrets? What does it feel like when you realize you can't answer these questions because you're not the victim? You're the killer. River Daniels lives an ordinary life as a high school junior growing up in the confines of rural Texas until her boyfriend's brutal attack leaves her both a murderer and a fugitive. When River's closest girlfriends come to her aid, they make a hasty decision to not only help her, but leave their own troubled lives behind and join in her escape. The girls manage to elude police for months, but with every near-miss, River's life spirals further out of control, until she finally hits rock bottom. Realizing she must stop endangering her friends and find evidence proving she acted in self-defense, the girls decide to make a risky move. River must face her ugly past and the one person she was protecting the night her world caved in, the guy she has loved for as long as she can remember.**

**A System to Get Your Life Back**

**CRUSH**

**Transform Your Relationships with Your Partner, Your Parents and Your Children**

**Parenting with Confidence (Even When You Don't Feel Cut Out for It)**

**Canada and the Indochinese Refugees, 1975-1980**

**A large segment of the population struggles with feelings of being detached from themselves and their loved ones. They feel flawed, and blame themselves. Running on Empty will help them realize that they're suffering not because of something that happened to them in childhood, but because of something that didn't happen. It's the white space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate people about it, and teach them how to overcome it.**

**When Bush came to office in 2001, the 10-year budget balance was officially projected to be at a surplus of \$5.6 trillion. But after three big tax cuts, the bursting of the stock-market bubble, and the devastating effects of 9/11on the economy, the surplus has evaporated, and the deficit is expected to grow to \$ 5-trillion over the next decade. The domestic deficit is only the half of it. Given our \$500 billion trade deficit and our anemic savings rate, we depend on an unprecedented \$2 billion of foreign capital every working day. If foreign confidence were to wane, this could lead to the dreaded hard landing. Peter G. Peterson--a lifelong Republican, chairman of the Blackstone Group, and former secretary of commerce under Nixon--shatters the myths with hard facts and a harrowing view of the twin deficit's real impact. Republicans and Democrats alike have mortgaged America's future through reckless tax cuts, out-of-control spending and Enron-style accounting in Congress. And the situation will only get worse as the Baby Boom generation begins to retire, making unprecedented demands on entitlement programs like Social Security and Medicare. Despite what Bush says, we are on a path that could end in economic meltdown, and we simply cannot grow out of the deficit. In Running On Empty, Peterson sounds the warning bell and prescribes a set of detailed solutions which, if implemented early, will prevent the need for draconian measures later. He takes us behind the politicians' smoke-and-mirror games, and forcefully explains what we must do to rescue the future of our country.**

**The side of his mouth quirked up as he studied me. "I think I might be fallin' in love." I picked up his keys off the bedside table and tossed them to him. "That makes one of us." He clutched at his heart in mock pain. Then his perfect red lips formed the word, "Liar." Seventeen year-old Kat Chandler has been called worse, but she's worked hard to make amends for past mistakes and gain control of her life. So she isn't about to be thrown off her game by some Harley-driving bad boy who's just moved to town. Luca is mysterious. Aloof. Frustrating. Kat can't stand him; she can't seem to stay away from him either. But she's forced to reassess**

the company she keeps when she finds herself being blackmailed by her mom's con artist ex-boyfriend. Fresh out of prison, Cross has reappeared to collect a debt--Kat's debt. His demand? Three grand in three weeks or else his stay won't be temporary. He even offers a suggestion on how to get the cash--and it involves Luca. Desperate to keep Cross out of her life and the people she cares about safe, Kat devises a plan that will cost her more than just money. She will have to give up control, her hard-won integrity, and possibly the only guy she's ever fallen for.

Sabrina Fox believed she could handle anything, but that was before the love of her life died before her very eyes. Now she finds purpose and hope as an LCR Elite Operative rescuing victims from some of the most volatile places in the world. Covert ops agent Declan Steele is used to a life of danger and deceit, but when the one person he trusted and believed in above all others sets him up, he'll stop at nothing to make her pay. Finally rescued from his hellish prison, Declan has one priority: hunt down Sabrina Fox and exact his revenge. Sabrina swears she's innocent and Declan must make a decision: trust his heart or his head.

**Meditations for Indispensable Women**

**How the Works of Mercy Bring Peace and Fulfillment**

**The Phantom of the Opera**

**China, Inc**

**Overcome Your Childhood Emotional Neglect**

*A naturopathic physician and a nurse share their personal burnout experiences along with their unique self-help system, the Burnout Shield. Readable, upbeat, and often humorous, each chapter is packed with science-based information, quizzes, and self-reflection tools guiding the reader to understanding and recovery. Extensive source citations.*

*Pinocchio, The Tale of a Puppet follows the adventures of a talking wooden puppet whose nose grew longer whenever he told a lie and who wanted more than anything else to become a real boy. As carpenter Master Antonio begins to carve a block of pinewood into a leg for his table the log shouts out, "Don't strike me too hard!" Frightened by the talking log, Master Cherry does not know what to do until his neighbor Geppetto drops by looking for a piece of wood to build a marionette. Antonio gives the block to Geppetto. And thus begins the life of Pinocchio, the puppet that turns into a boy. Pinocchio, The Tale of a Puppet is a novel for children by Carlo Collodi is about the mischievous adventures of Pinocchio, an animated marionette, and his poor father and woodcarver Geppetto. It is considered a classic of children's literature and has spawned many derivative works of art. But this is not the story we've seen in film but the original version full of harrowing adventures faced by Pinocchio. It includes 40 illustrations.*

*It's not about doing more. IT'S ABOUT DOING WHAT MATTERS. As a busy mom with three young kids and a career, #1 national bestselling author Christy Wright knows what it's like to try to do it all and be stretched too thin. After years of running on empty, she realized she had to do something different. It wasn't just a matter of saying no to a few things. She had to figure out why she felt overwhelmed, overcommitted, and out of balance. Here's what she discovered: Life balance isn't something you do. It's something you feel. The great news is you can feel balanced — even in your busy life. In Take Back Your Time, Christy redefines what balance is and reveals the clear path to actually achieve it. You'll learn how to: Identify what balance looks like in your unique situation and season. Find confidence in the choices that are right for you. Feel peace even during chaotic times. Learn how to be present for your life and actually enjoy it! You weren't created to live busy and burnt out, unhappy and unfulfilled. You shouldn't be haunted by some elusive idea of balancing it all. There's more for you right now. Today. And it starts with taking back your time the guilt-free way.*

*Setting Boundaries is not just about saying 'no'. It is about pursuing the things that set our soul on fire, loving deeply without losing ourselves, and better resisting the demands and expectations of others. Dr Rebecca Ray, Australian clinical psychologist and author, shows how boundaries are the key to many of the emotional and practical difficulties we encounter in daily life. Many of us, raised to be people-pleasers, find ourselves giving in to draining colleagues, friends, partners and relatives. In Setting Boundaries, Dr Ray shares science-based advice and tools to help you: - identify your boundaries and when they have been crossed - recognise the patterns and habits that have failed to support you to feel empowered - engage in difficult conversations from a place of strength and self-kindness - set clear, intentional boundaries and become your most loving, fulfilled and authentic self. Accessible, inspiring and deeply practical, Setting Boundaries ignites us to rethink our relationships, reclaim our lives and protect our mental health and wellbeing. Praise for Setting Boundaries 'Within the first two pages I found myself exclaiming, She's so brilliant. That's exactly how it is!' - Dr Libby Weaver 'Yet another valuable contribution from Dr Rebecca Ray and one I can genuinely and sincerely recommend.' - Dr Tim Sharp 'I will return to this book over and over again when I'm feeling lost and need a comforting voice of support.' - Alison Daddo 'This book has changed my life so much. I think it's Beck's style of writing and connection to her audience. It's real, relatable and doable! I have radically seen shifts in my life from reading Beck's words.' - Tanya Hennessy, Sexy*

*How the Democratic and Republican Parties Are Bankrupting Our Future and What Americans Can Do About It*

*Simple Mercies*

*No Better Mom for the Job*

*How the Rise of the Next Superpower Challenges America and the World*

*Writers Reflect on Love, Longing, and the Power of Their First Celebrity Crush*

**Stop running on empty. Every day you juggle the many components that fill your life. Between work and family commitments, volunteer work, hobbies, and managing your physical and mental health, it's easy to feel overwhelmed and that you're letting someone down or neglecting some aspect of your life. But you can find ways to honor all of your commitments without collapsing. The HBR Guide to Work-Life Balance will help you: Evaluate and adjust your priorities Manage expectations Set and spend your time budget Make plans--and backup plans Understand how to make trade-offs Prioritize self-care Discover what works for you**

**This classic drama starts in the late 1960s when two student radicals set fire to a weapons lab to protest the Vietnam War. Seventeen years later, now a married couple with children, they are still on the run from the authorities, and their eldest son's desire to attend Julliard threatens the family's freedom.**

**No Better Mom for the Job is for any mom who has ever felt inadequate--who loves her kids fiercely but sometimes thinks another mom would do a better job in her shoes. Becky Keife knows the ups and downs of motherhood. And she has learned along the way and from other mamas that it doesn't work to try to do more or be better. Confidence comes from leaning on the One who made you a mother. Through these pages, you will discover how to - exchange negative internal dialogue for joyful gratitude - identify and celebrate your one-of-a-kind mom strengths - establish boundaries that set you and your child up for success - recognize evidence of God's work in your life and growth in your kids - and much more Filled with encouraging stories and practical, biblical wisdom, each chapter also includes one simple action step and a powerful prayer, all to help you see yourself as exactly the mom your child needs.**

**AJ's grandfather has always been the one to keep his unusual family together, so when he dies things start to unravel at the edges. AJ is worried about his parents but they don't really seem to notice. In order to deal with his grief and to keep his anxiety at bay, AJ does what he and his grandfather did best: running. Round and round the Olympic Park, aiming for the nationals, running to escape, AJ only seems to be heading ever closer to disaster. Running On Empty is a beautiful book about false starts and emotional journeys, with hope as the ultimate finishing line.**

**Life Lessons to Refuel Your Faith**

**Temporary High**

**HBR Guide to Work-Life Balance**

**The Complete Guide to Chronic Fatigue Syndrome (CFIDS)**

**Making Space for Slow, Simple, and Good**