

Get Free The Power Of Receiving A Revolutionary Approach To Giving Yourself Life You Want And Deserve Amanda Owen

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You may not realize it but simple, irrelevant factors can have profound consequences on your decisions and behavior, often diverting you from your original plans and desires. Sidetracked will help you identify and avoid these influences so the decisions you make do stick—and you finally reach your intended goals. Psychologist and Harvard Business School professor Francesca Gino has long studied the factors at play when judgment and decision making collide with the results of our choices in real life. In this book she explores inconsistent decisions played out in a wide range of circumstances—from our roles as consumers and employees (what we buy, how we manage others) to the choices that we make more broadly as human beings (who we date, how we deal with friendships). From Gino's research, we see when a mismatch is most likely to occur between what we want and what we end up doing. What factors are likely to sway our decisions in directions we did not initially consider? And what can we do to correct for the subtle influences that derail our decisions? The answers to these and similar questions will help you negotiate similar factors when faced with them in the real world. For fans of Dan Ariely and Daniel Kahneman, this book will help you better understand the nuances of your decisions and how they get derailed—so you have more control over keeping them on track.

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"Sleep is one of the most important but least understood aspects of our life, wellness, and longevity ... An explosion of scientific discoveries in the last twenty years has shed new light on this fundamental aspect of our lives. Now ... neuroscientist and sleep expert Matthew Walker gives us a new understanding of the vital importance of sleep and dreaming"--Amazon.com.

No is perhaps the most important and certainly the most powerful word in the language. Every day we find ourselves in situations where we need to say No—to people at work, at home, and in our communities—because No is the word we must use to protect ourselves and to stand up for everything and everyone that matters to us. But as we all know, the wrong No can also destroy what we most value by alienating and angering people. That's why saying No the right way is crucial. The secret to saying No without destroying relationships lies in the art of the Positive No, a proven technique that anyone can learn. This indispensable book gives you a simple three-step method for saying a Positive No. It will show you how to assert and defend your key interests; how to make your No firm and strong; how to resist the other side's aggression and manipulation; and how to do all this while still getting to Yes. In the end, the Positive No will help you get not just to any Yes but to the right Yes, the one that truly serves your interests. Based on William Ury's celebrated Harvard University course for managers and professionals, The Power of a Positive No offers concrete advice and practical examples for saying No in virtually any situation. Whether you need to say No to your customer or your coworker,

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your employee or your CEO, your child or your spouse, you will find in this book the secret to saying No clearly, respectfully, and effectively. In today's world of high stress and limitless choices, the pressure to give in and say Yes grows greater every day, producing overload and overwork, expanding e-mail and eroding ethics. Never has No been more needed. A Positive No has the power to profoundly transform our lives by enabling us to say Yes to what counts—our own needs, values, and priorities. Understood this way, No is the new Yes. And the Positive No may be the most valuable life skill you'll ever learn!

"This book, which in my opinion is Moltmann's best, can be recommended on the basis that it contains challenging and creative insights that can be used by the discriminating reader in the service of church renewal Moltmann represents the theology of liberation at its best, and those who wish to know more about this theology would do well to study this creative and searching theologian." --Donald G. Bloesch Christianity Today

"Moltmann is perhaps unsurpassed among his contemporaries in keenness of insight and rhetorical power." --Daniel L. Migliore, Theology Today "Moltmann presents a stirring vision which every Christian community could well ponder With a missionary emphasis, he seeks to help the reader face the question of the church's identity in the light of the contemporary political, economic, and social scene." --Religious Education Time in a Bottle

The Inner Art of Giving and Receiving

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The Illusion of Money

Farming, Family and Delicious Recipes to Share

Honor Yourself

Gospel Principles

The Healing Power of the Holy Communion

Bestselling author Timothy Keller and legal scholar John Inazu bring together a thrilling range of artists, thinkers, and leaders to provide a guide to faithful living in a pluralistic fractured world. How can Christians today interact with those around them in a way that shows respect to those whose beliefs are radically different but that also remains faithful to the gospel? Timothy Keller and John Inazu bring together illuminating stories--their own from others--to answer this vital question. *Uncommon Ground* gathers an array of perspectives from people thinking deeply and working daily to live with humility, patience and tolerance in our time. Contributors include: Lecrae Tish Harrison Warren Kristen De Johnson Claude Richard Alexander Shirley Hoogstra Sara Groves Rudy Carrasco Trillia Newbell Tom Lin Warren Kinghorn Providing varied and enlightening approaches to reaching faithfully across deep and often painful differences, *Uncommon Ground* shows how to live with confidence, joy, and hope in a complex and fragmented age. "Loving engagement with folks with whom we disagree does not come easily for many of us with strong Christian convictions. Tim Keller and John Inazu are not only models for how to do this well, but in this fine book they have gathered wise conversation partners to offer

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needed counsel on how to cultivate the spiritual virtues of humility, patience, and tolerance that are necessary for loving our neighbors in our increasingly pluralistic culture." -- Robert M. Mouw, Professor of Faith and Public Life, Fuller Theological Seminary "For anyone struggling to engage well with others in an era of toxic conflict, this book provides a framework, steeped in humility, that is not only insightful but is readily actionable. I'm grateful for the vulnerability and wisdom offered by each of the twelve leaders who contributed to this book. The task of learning to love well - neighbors and enemies alike - is long and urgent, and it can be costly. And yet, as this book shows us, because it is the love of Jesus, we can pursue this love with great hope." -- Gary A. Haugen, founder and CEO, International Justice Mission

#1 New York Times Bestseller "THIS. This is the right book for right now. Yes, learning to think again requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In *Think Again*, Adam Grant weaves together research and story to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I've never felt so hopeful about what I don't know." — Malcolm Gladwell, Ph.D., #1 New York Times bestselling author of *Dare to Lead* The bestselling author of *Give and Take* and *Originals* examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more:

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ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good of ideas that make us think hard. We see disagreement as a threat to our egos, rather opportunity to learn. We surround ourselves with people who agree with our conclusions when we should be gravitating toward those who challenge our thought process. The that our beliefs get brittle long before our bones. We think too much like preachers defend our sacred beliefs, prosecutors proving the other side wrong, and politicians campaign approval--and too little like scientists searching for truth. Intelligence is no cure, and it even be a curse: being good at thinking can make us worse at rethinking. The brighter the blinder to our own limitations we can become. Organizational psychologist Adam Grant an expert on opening other people's minds--and our own. As Wharton's top-rated professor and the bestselling author of *Originals* and *Give and Take*, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learning. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Sox. *Think Again* reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well.

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prize mental flexibility over foolish consistency. If knowledge is power, knowing what you don't know is wisdom.

"A groundbreaking and illuminating look at the state of abortion access in America and the first long-term study of the consequences—emotional, physical, financial, professional, personal, and psychological—of receiving versus being denied an abortion on women's lives." *The Power of Receiving: A Revolutionary Approach to Giving Yourself the Life You Want and Deserve* Penguin

What Happens When God Leads and You Follow

Intuition, Spirituality and the Power of Our Own Inner Voice

The Life-Changing Power of Giving and Receiving

Preparing the Way for the Holy Spirit

Unleash the Power of Storytelling

Reclaiming Jewish Women's Wisdom

The Receiving

One of the most important forms of communication--intuition--is often overlooked or misunderstood by many people. In The Gift Within Us, author Mary Ann Bohrer explores the subject of intuition through interviews with scientists, paranormal researchers and 33 highly gifted intuitives from around the world who share

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their stories in individual profile chapters. Ultimately, we learn that every individual has access to this amazing divine wisdom simply by listening to our own inner voice. The process is simple, but the rewards are profound. According to research, people are increasingly identifying themselves as "spiritual but not religious," yet they don't know how to satisfy their yearning for greater spiritual connection and understanding. In this insightful and groundbreaking book, the author outlines six simple steps to accessing our own inner voice, so that each and every one of us can tap into this incredibly powerful form of communication and divine guidance, The Gift Within Us. About The Author Mary Ann Bohrer is a PR professional, communications specialist and intuition advocate who has interviewed some of the most gifted intuitives in the world. She has also interviewed top scientists, psi researchers, academicians and even a leading Catholic Archbishop regarding the topic of intuition, and shares her findings in The Gift Within Us that each and every one of

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us--regardless of religious affiliation, or whether they identify as religious at all--has access to this amazing and life-changing gift, simply by listening to our own inner voice. Editorial Reviews "In The Gift Within Us, Mary Ann really captures what it's like to be a psychic medium, and this book shows us how to listen to our own inner voice. This intelligent book will help many people appreciate and access the spiritual world." James Van Praagh, Spiritual medium and author of Talking to Heaven, Adventures of the Soul, and The Power of Love "This direct connection has always been available to all of us. Some receive this guidance through prayer, some through meditation, and others by simply listening to their inner voice. We all have access to divine wisdom - it's just a matter of knowing and trusting that we are loved and worthy of receiving that guidance." Archbishop Harry J. Flynn, former Archbishop Emeritus of the Archdiocese of St. Paul and Minneapolis "The evidence is in - intuition is real and it exists within all of us to various degrees. Mary Ann has

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written a powerful and engaging book that documents real life evidence for this precious gift, and underscores the benefits of listening to our own inner voice." Gary E. Schwartz, PhD, Professor of Psychology, Medicine, Neurology, Psychiatry and Surgery, University of Arizona and Author of Super Synchronicity, The Afterlife Experiments and The Sacred Promise "Most people have had one or more extraordinary intuitive or transcendent experiences, but we quickly learn not to talk about them. They feel strange and otherworldly, so we're concerned how others will react if we tell them our stories. This is why Mary Ann Bohrer's The Gift Within Us is such a gift. It helps to break the paradox of common experiences that no one wants to talk about, and it reminds us that these experiences are real, normal, and valuable. Highly recommended!" Dean Radin, PhD, Chief Scientist at the Institute of Noetic Sciences (IONS) and Author of The Conscious Universe, Supernormal and Real Magic Your patriarchal blessing is a personalized, carefully

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chosen sacred gift from our Heavenly Father. As you come to understand what your blessing contains, it will help you discover your purpose in life and help guide you toward your eternal reward. Whether you are preparing to receive your patriarchal blessing or already have one, this book will enrich your life as you come to better understand your potential during mortality and in the eternities.

The sequel to Cymbala's best-selling Fresh Wind, Fresh Fire and Fresh Faith reveals what it means to be constantly transformed by the Holy Spirit. Dramatic stories from the Bible and the life of the Brooklyn Tabernacle fill each page. This softcover edition includes a study guide.

Once in a blue moon an idea comes along that once heard seems so obvious that you wonder why somebody hasn't written about it before. Amanda Owen's The Power of Receiving: A Revolutionary Approach to Giving Yourself the Life You Want and Deserve presents a new paradigm for the 21st century—a philosophy that values receiving as much as giving and demonstrates that giving is enhanced when

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receiving is embraced. With the formula: Believe + Receive = Achieve, The Power of Receiving presents a wholly original yet easily accessible road map for people to follow, showing readers how to restore balance to their over-extended lives and attract the life they desire and deserve. Inspiring stories are featured about people who have experienced life-altering results after becoming skilled Receivers, including Ken who regained his hearing after a devastating hearing-loss, Julie who met the man she would later marry, and Don who received an extra \$1,000 a month in his pay check. Based on over twenty years of research into the nature of receptivity and its link to manifestation, The Power of Receiving offers a unique vision for anyone seeking to create greater reciprocity in their relationships and more harmony and abundance in their lives.

*Thanks for the Feedback
The Lost Art of True Receiving
Ai Weiwei: Yours Truly*

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On First Principles

How to Say No and Still Get to Yes

Tattoos on the Heart

A Revolutionary Approach to Giving Yourself the Life You Want and Deserve

“Patricia Spadaro is a marvelous guide through the inner realms of the heart. I always feel uplifted by her words.” —Marianne Williamson, #1 New York Times bestselling author of A Return to Love Honor Yourself: The Inner Art of Giving and Receiving (winner of two national book awards) skillfully guides us through one of the key stressors and paradoxes of our time—how to balance what others need with what we need, how to give and to receive. Should I sacrifice for others or take time to care for myself? Be generous or draw boundaries? Stay in a relationship or say goodbye? When I give to others, do I really need to give up myself? Tensions like these are not only a natural part of life, they are life. But rather than focusing on how to pamper ourselves, Honor Yourself goes to the heart of the problem so you can find real solutions. While modern society is ill-equipped to bring us back into balance, the sages of East and West are experts, and Honor Yourself explores their practical, and surprising, advice. Combining wisdom from around the world with real-life stories and a treasury of tools, it exposes the most potent myths about giving that can sabotage your relationships, career, finances, even your health,

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without you knowing it. With candor and compassion, it shows how to move beyond the myths to the magic of honoring yourself so you can live a life filled with possibility and passion and give your greatest gifts to your loved ones, your community, and the world. We are called to master the delicate dance of giving and receiving in virtually every area of our lives, and this beautiful work offers empowering and heartfelt ways to do it. It will free you to celebrate your own gifts and greatness as you explore the dynamics behind setting boundaries, being honest about unhealthy people in your life, honoring endings, using feelings to stay true to yourself, finding your own voice, giving with the heart rather than the head, and much more. Just as importantly, Honor Yourself will teach you the steps for staying in balance. For when you learn the steps, you can perform the dance—and that's when the magic begins.

A stunning book from Amanda Owen - shepherdess, wife, mother of nine children, bestselling author and star of C5's Our Yorkshire Farm - that brings her world to life in glorious colour. In Celebrating the Seasons, Amanda shares funny and charming stories about life with her family and their many four-legged charges and describes their activities at Ravenseat, from lambing and shearing to haymaking and feeding the flock in midwinter. Her gorgeous photographs showcase the famous Swaledale landscape she writes about, from the sweeping moors to rare wildflowers and the elusive hares glimpsed in the field. She lives in tune with nature and Amanda's

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attitude to food is the same. She believes in buying good, seasonal ingredients when it comes to feeding her family and includes her favourite recipes here, from wild garlic lamb with hasselback roast potatoes to rhubarb and custard crumble cake and Yorkshire curd tart. As inspirational as Amanda herself, this book is a beautiful keepsake that will delight everyone who has followed her adventures so far.

*The coauthors of the New York Times–bestselling *Difficult Conversations* take on the toughest topic of all: how we see ourselves Douglas Stone and Sheila Heen have spent the past fifteen years working with corporations, nonprofits, governments, and families to determine what helps us learn and what gets in our way. In *Thanks for the Feedback*, they explain why receiving feedback is so crucial yet so challenging, offering a simple framework and powerful tools to help us take on life’s blizzard of offhand comments, annual evaluations, and unsolicited input with curiosity and grace. They blend the latest insights from neuroscience and psychology with practical, hard-headed advice. *Thanks for the Feedback* is destined to become a classic in the fields of leadership, organizational behavior, and education.*

*The tenth-anniversary edition of the book that changed lives in profound ways, now with a new foreword and afterword. In 2006, a groundbreaking feature-length film revealed the great mystery of the universe—*The Secret*—and, later that year, Rhonda Byrne followed with a book that became a worldwide bestseller. *Fragments**

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of a Great Secret have been found in the oral traditions, in literature, in religions and philosophies throughout the centuries. For the first time, all the pieces of The Secret come together in an incredible revelation that will be life-transforming for all who experience it. In this book, you'll learn how to use The Secret in every aspect of your life—money, health, relationships, happiness, and in every interaction you have in the world. You'll begin to understand the hidden, untapped power that's within you, and this revelation can bring joy to every aspect of your life. The Secret contains wisdom from modern-day teachers—men and women who have used it to achieve health, wealth, and happiness. By applying the knowledge of The Secret, they bring to light compelling stories of eradicating disease, acquiring massive wealth, overcoming obstacles, and achieving what many would regard as impossible.

*Seven Powerful Steps Women Can Take Today to Reclaim Their Half of the Universe
The Hidden Gifts of Helping*

Why Chasing Money Is Stopping You from Receiving It

The Gift Inside the Box

The Power of Giving

The Deep Yes

Uncommon Ground

New York Times best-selling author and comedian-turned-

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motivational speaker, Kyle Cease, shows how your obsession with money is actually preventing you from living the life of your dreams. "I can't afford that." "Now's not the right time . . . I need to save up." "Quit my job? Are you nuts?!" Sound familiar? Money is one of the biggest excuses we make to not go after what we really want. Our fixation with money--the desire for more of it, and the fear of not having enough of it--is often really just a longing to feel safe. But this obsession with money is coming at a much bigger cost: our sanity, our creativity, our freedom, and our ability to step into our true power. This book is about eliminating the need to seek safety through the illusion of money, and learning to see ourselves for the perfection that we are--so that we can bring our gifts to the world in an authentic way, and allow ourselves to receive massive, true abundance as a result. Kyle Cease has heard excuses like the ones above countless times at his live events, and he has shown people how to completely break through them. In *The Illusion of Money*, he shares his own experiences as well as practical tools to help readers understand their ingrained beliefs and attachments to money, and how they can tap into our

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infinite assets and talents. "After 25 years as a successful comedian, actor, transformational speaker, author and junior-league amateur bowler, I've experienced many times how chasing money is not an effective way to create an abundant and fulfilling life. The most alive I've ever felt was after I left my comedy career at its peak to become a transformational speaker. I left tons of guaranteed money and so-called security for a complete unknown. It was terrifying--but what was on the other side of that terror was a completely different life that is not only more abundant financially, but has more freedom, more ease, more passion, more impact and more joy." -- Kyle Cease

A Study Guide and a Teacher's Manual Gospel Principles was written both as a personal study guide and as a teacher's manual. As you study it, seeking the Spirit of the Lord, you can grow in your understanding and testimony of God the Father, Jesus Christ and His Atonement, and the Restoration of the gospel. You can find answers to life's questions, gain an assurance of your purpose and self-worth, and face personal and family challenges with faith.

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You can do the work of Jesus Christ by relying on the Holy Spirit, while closing the door to the counterfeit, the demonic and the merely human. This book will help you move beyond powerless Christianity, understand the balance between 'the spirit within' and 'the spirit upon', and pray for the empowerment of God's Spirit.

The world's religions affirm it to be so and recent research across a number of disciplines tell us that "Helping others not only benefits those we assist but is good for us as well." The recent and astonishingly generous outpouring of help and donations in response to the earthquake in Haiti is a clear demonstration of this phenomenon, but what if we could be convinced to make helping others a way of life, even when times are hard? Post is author of the widely praised Why Good Things Happen to Good People Filled with inspirational anecdotes about the transformative power of doing good The author is a leader in the study of altruism, compassion, and love as well as the President of the Institute for Research on Unlimited Love Beautiful packaging, ideal for gift giving The Hidden Gifts of Helping Others will leave you with the unshakable feeling that

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the world is an essentially good place.

The Secret

The Energy of Receiving

Celebrating the Seasons with the Yorkshire Shepherdess

How Giving Back Enriches Us All

Mastering the Experience of Life

The Power of Receiving Journal

Unlocking the Power of Sleep and Dreams

Father Boyle started Homeboy Industries nearly 20 years ago, which has served members of more than half of the gangs in Los Angeles. This collection presents parables about kinship and the sacredness of life drawn from Boyle's years of working with gangs.

A highly respected rabbi, therapist, and teacher restores women's spiritual lineage to Judaism and empowers women to reclaim their rightful connection to Jewish teachings, Kabbalah, and to their own spiritual wisdom.

In The Energy of Receiving, authors share with you tools for opening up your receiving, awaken your gifts, know that you may ask and then receive, and experience life more fully.

Why would most people endure unwanted or unsatisfying touch, rather than speak up for their own boundaries and desires? It's a question with a myriad of answers - and one that Dr. Betty Martin has explored in her 40+ years as a hands-on practitioner, first as a chiropractor and later as a Somatic Sex Educator, Certified Surrogate Partner and Sacred Intimate. In her

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client sessions, she noticed a pattern wherein many clients would "allow" or go along with discomfort or unease rather than speak up for what they wanted or didn't want. Betty discovered there was a major component missing for people -- the confidence that we have a choice about what is happening to us. In her framework, "The Wheel of Consent(R)" Betty traces the fundamental roots of consent back to our childhood conditioning. As children, we are taught that to be "good" we must ignore our body's discomfort and be compliant: to finish our food even if we're full, to go to bed - even if we're not tired, to let relatives hug and kiss us even if we don't want to. We learn that our feelings don't matter more than what is happening, and that we don't have a choice but to go along, whether or not we want it. As adults, this conditioning remains with us until we have an opportunity to unlearn it, which is why consent violations are often only called out after the violation has occurred - because we have not been taught or empowered to notice our boundaries, much less value or express our internal signals as the unwanted action is happening. In this book, Betty guides the reader through the Wheel of Consent framework, and shares practices to help us recover the ability to notice what we want and set clear boundaries. While the practices are based on exchanges of touch, they can also be learned without touch. In these practices, we discover that the Art of Giving includes knowing our own limits so we can be more generous within those limits, and not give beyond our capacity - a common problem which creates feelings of resentment or martyrdom. We also discover that the Art of Receiving invites us to notice and ask for what we really want, and not just what we think we are supposed to want. This knowledge, and its

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embodied practice, is foundational for creating clear agreements and bringing more satisfaction into relationships. While much of consent education focuses on noticing what we don't want, or prevention of violation, Betty has developed a "pleasure-forward" approach to teaching consent. By first accessing and awakening (sometimes re-awakening) our bodies' relationship to pleasure and what we want, we can practice noticing and verbalizing what we don't want. Such an approach provides a more holistic frame in which to unlearn the childhood conditioning that taught us to be silent and compliant, and in which individuals can learn to ask for what they want and state what they don't, in a more empowered way. The implications of this approach to consent education extends beyond touch and intimate relationships. When we forget how to notice what we really want, we lose our inner compass. When we continue to go along with things we don't feel are right, we lose our ability to speak up against injustice. This has a profound effect on society. We allow all manner of inequality, corruption, theft of natural resources and our planet's future health - because "going along with it" feels normal. The Wheel of Consent offers a deeply nuanced way to practice consent as an agreement that brings integrity, responsibility, and empowerment into human interaction, starting with touch and relationships, and further expanding our understanding of consent to social issues of equality and justice.

You Shall Receive Power

Fresh Power

The Power of Knowing What You Don't Know

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Personal Prayer: A Guide for Receiving the Father's Love Living Faithfully in a World of Difference The Five Powers of God

Receiving the Presence of the Holy Spirit into Your Life

This practical and visionary guide helps you discover that the more you give, the more you have. Simple and easy to use, The Power of Giving provides a wealth of down-to-earth ideas, exercises, and real-life stories that reveal to each reader the unique gifts he or she has to give—including kindness, ideas, advice, attention, hope, and more—and the many ways you can benefit from giving them, from better health to better job prospects.

Origen's *On First Principles* is a foundational work in the development of Christian thought and doctrine: it is the first attempt in history at a systematic Christian theology. For over a decade it has been out of print with only expensive used copies available; now it is available at an affordable price and in a more accessible format. *On First Principles* is the most important surviving text written by third-century Church father, Origen. Origen wrote in a time when fundamental doctrines had not yet been fully articulated by the Church, and contributed to the very formation of Christianity. Readers see Origen grappling with the mysteries of salvation and brainstorming how they can be understood. This edition presents G. W. Butterworth's trusted translation in a new, more readable format, retains the introduction by Henri de Lubac, and includes a new foreword by John C. Cavadini. As St. Gregory of Nazianzus, Doctor of the Church, wrote: "Origen is the stone on which all of us were sharpened."

Prayer is at the heart of the Christian life. Given that we are weak and even sinful human beings, how can it be that God has anything to do with us? What does it mean to have a personal relationship with God? Why is God so silent and hidden? How do we grow in prayer? *Personal Prayer: A Guide for Receiving the Father's*

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Love brings the depth of human experience together with the Catholic tradition of prayer to present the path to an intimate and vulnerable relationship with God. Experienced spiritual directors Fr. Thomas Acklin, OSB, and Fr. Boniface Hicks, OSB, explore the many forms of Catholic prayer and demonstrate that vulnerability is essential to growing in relationship with God. Rich with the wisdom of Scripture, Catholic teaching, and the writings of the saints, *Personal Prayer* is an exhaustive guide for priests, religious, and laity desiring to receive the Father ' s love in a profoundly personal way.

What does it mean to say Yes to receiving-without guilt or shame? How many of us can say that we use our bodies to do this with sleep, rest, food, touch or love? What would it add to our lives to learn the Deep Yes in ourselves? Could it help us with addictive or "stuck" behaviors? Could it be the change that makes all of the difference in our lives? In this wonderful new book, Dr. Rosalyn Dischiavo describes how and why people in western societies seem to have trouble with receiving and then offers simple practices you can use on a daily basis to create lasting happiness and contentment in your life.

Why We Sleep

The Science and Art of Receiving Feedback Well

The Church in the Power of the Spirit

The Turnaway Study

The Power of Receiving Blessing

Ten Years, a Thousand Women, and the Consequences of Having—or Being Denied—an Abortion

Think Again

Accompanied by real-life stories of woman who successfully tapped into their receptive power, a consultant-coach offers women seven practical steps that they can integrate easily into their daily lives to help them

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achieve their goals, reduce stress and lead healthier, happier lives. Original. A groundbreaking look at why our interactions with others hold the key to success, from the bestselling author of Think Again and Originals For generations, we have focused on the individual drivers of success: passion, hard work, talent, and luck. But in today's dramatically reconfigured world, success is increasingly dependent on how we interact with others. In Give and Take, Adam Grant, an award-winning researcher and Wharton's highest-rated professor, examines the surprising forces that shape why some people rise to the top of the success ladder while others sink to the bottom. Praised by social scientists, business theorists, and corporate leaders, Give and Take opens up an approach to work, interactions, and productivity that is nothing short of revolutionary.

The beloved creator of Blues Clues and Daniel Tiger's Neighborhood and protégé of Fred Rogers explores the importance of kindness and how it can change your life in this essential guide and tie-in to the PBS special, "The Power of Radical Kindness." Angela C. Santomero, the creator, executive producer, and head writer of many of today's most popular educational children's shows believes in the radical power of kindness, on her shows, and in her life. Inspired by her mentor Fred Rogers, beloved host of the classic, award-winning PBS show Mister Rogers' Neighborhood, Angela has

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dedicated her life to teaching others that when you treat yourself and others with warmth, empathy, and respect, life changing benefits follows. From the true meaning of self-care and the gift of vulnerability, to the importance of active listening or the magic of asking for help, Radical Kindness goes beyond The Golden Rule and entreaties to “be nice,” contending that kindness is the key to recognizing others, and ourselves, as worthy of love and understanding. Much like gratitude, Angela contends we need a kindness practice. A practice in which we learn to see with our hearts and act from a place of compassion. As the Dalai Lama says, “Be kind whenever possible. It is always possible.” Through practicing radical kindness—toward ourselves, with loved ones, and to the world at large—we can transform ourselves, our neighborhood, and our world for the better.

Renowned artist Ai Weiwei engaged nearly 900,000 visitors in a conversation about human rights with his art installation @Large: Ai Weiwei on Alcatraz. In one participatory piece, Yours Truly, visitors sent 92,829 postcards to prisoners of conscience around the world. This book delves into those postcards' lasting impact. Five former prisoners and their loved ones reflect on the experience of receiving hundreds of postcards while imprisoned. Essays and a statement by Ai Weiwei contextualize this extraordinary project. And photographs taken during the exhibition show

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visitors and the messages they wrote.

Win Hearts, Change Minds, Get Results

A 90-Day Devotional

The Power of Boundless Compassion

A Contribution to Messianic Ecclesiology

The Power of Your Patriarchal Blessing

Give and Take

Why Helping Others Drives Our Success

Are you ready to put the power of time on your side? Time is perhaps the most precious and highly coveted resource at our disposal. Yet spiritual teacher Howard Falco has encountered hundreds of people whose limited notions of time have been the primary cause of suffering and disempowerment in their lives. This book shows readers how adjusting their perspective on time will empower them to realize their greatest hopes and dreams. Whether you desire greater abundance, better health, or more meaningful relationships, you have the power to collapse time, thereby actualizing your intentions faster than you ever imagined possible. Falco shows how personal awareness, thought patterns, feelings, and actions affect when our dreams become a

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reality. By broadening our understanding of time, we open the doors to an ocean of possibility.

Wouldn't you like to have someone who is always with you, gives expert advice, is constantly encouraging, brings comfort when you are sad, provides strength to persevere, delivers you in difficult situations, supplies all your needs, and fills you with power for living? You can! He's the Holy Spirit, and He is a special gift to you from God.

Experience your healing as you encounter the Lord's love through the holy Communion. Are you worried about a bad medical report? Or battling a chronic or incurable condition? Don't give up. Not now. Not ever. Let this inspiring 90-day devotional bring hope and breakthroughs as you learn about the Lord Jesus' love for you and how He wants you to walk in healing and wholeness. Through uplifting bite-size readings, daily thoughts, and many healing testimonies, discover how the Communion meal is all about encountering the person of Jesus and receiving all He has done for you. And as you learn to come to the Lord's Table and allow Him to impart His life and health to you, may you begin to experience for yourself the healing power of the holy Communion.

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The blessing book is a story that will take you on a Blessing Journey and in the end you will learn to be bless every day and be a blessing for others every day as well.

Sidetracked

Art, Human Rights, and the Power of Writing a Letter

Why Our Decisions Get Derailed, and How We Can Stick to the Plan

The Art of Receiving and Giving

Radical Kindness

Born to Receive

Adam Grant, the bestselling author of Give and Take, teams with his wife, Allison, to share the lighthearted tale of a gift in search of a giver--a classic in the making and the perfect conversation starter about thoughtfulness. This delightful book--one of Amazon's 2019 Holiday Gift Picks and Most Anticipated Books--is designed to start conversations with kids about generosity. In the tradition of Goodnight Gorilla, the words are intentionally spare. The book is meant to be read interactively, with adults posing questions

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so kids can guess what's happening (and why). Praised by both parents and teachers for sparking imagination and eliciting discussion, the story can be interpreted differently in every family, by every child, and reinterpreted many times over. Give the gift of this clever, earnest book about generosity--a new and nourishing fable for every child's library (and one that includes a delightfully innovative cover approach that requires the reader to unfasten the Velcroed cover for a fun unboxing effect!). It's a gift that keeps on giving. "Truly phenomenal . . . Kristen [Bell]'s favorite book we've read to the kids in a year." --Dax Shepard of the podcast "Armchair Expert"

Receiving the Power

The Gift Within Us

The Power of a Positive No

The Power of Receiving

How the Power of Giving, Compassion, and Hope Can Get Us Through Hard Times