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Abby Rawlinson



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sheet But guess what You don t have to move to a mountain and meditate for 12 hours a day to feel calm and happy This book is your hilarious nonsense guide to decluttering your mind kicking stress to the curb and finally understanding what it means to be actually at peace hint it s not just bubble baths and yoga With relatable stories laughoutloud moments and easytofollow tips you ll learn how to stop overthinking embrace mindfulness without the fluff and build a selfcare routine that doesn t feel like another chore Because let s be real life s chaotic But your mind doesn t have to be Mornings with the Lord Doreen Virtue,2017-10-17 Best selling author Doreen Virtue invites you to set your day s intentions on a loving and positive note by spending every morning with the Lord Every page of this uplifting devotional features a meditation prayer and relevant biblical verse to reaffirm your connection with heaven the angels and God You can read the book daily spending a year in contemplation or open it at random to receive guidance pertaining to a specific question or concern Whether you are a longtime student of scripture new to the Bible or looking to reacquaint yourself with its love based wisdom you will find Doreen s gentle devotional reflections and commentary inspiring and supportive of your path This wonderfully positive book is for anyone desiring to develop a closer loving relationship with God and Jesus Through my faith in God I have found happiness and the most blissful unconditional love I ve ever experienced Dear one it is my prayer that you do the same

Called2B Travis Guse,2024-03-04 Who am I Why am I here What is my purpose How can I make a more significant impact All these questions have to do with the topic of vocation Vocation is more than what one does for a living in terms of one s career Vocation is a lens that helps believers see the larger story of who they are regarding their calling with God through faith in Jesus and how they are now called to love and serve their neighbors through their everyday callings Everyday believers seeking purpose and meaning in their lives will find this book helpful in empowering them to discover and live out their authentic calling in Christ in their daily lives It will help them deepen their awareness of their ultimate identity in Christ and better discern their unique identity of God s workmanship It also can help believers develop an empowerment plan to practice good self care so that they can show up at their best in their daily callings Finally coaching can empower people to make a more significant kingdom impact in their different stations of life Family Church Lifework and Society **The Confident You: Transforming Your Life Through Self-Belief** Willow R. Stone,2023-01-01 You gain strength courage and confidence by every experience in which you really stop to look fear in the face Discover the power of self confidence and unlock your full potential with *The Confident You Transforming Your Life Through Self Belief* This comprehensive guide is designed to help you overcome doubt build lasting self confidence and create the life you ve always desired With a combination of practical tips expert advice and relatable stories this book will equip you with the tools you need to thrive in every aspect of your life Inside the pages of this transformative book you ll uncover The foundations of self confidence and the importance of building a strong sense of self worth Effective techniques to quiet your inner critic and replace negative self talk with empowering thoughts The role of body language in portraying confidence and how to use it to your advantage

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