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## Dear Soul

In this lyrical, exuberant follow-up to her novel, *The Bastard of Istanbul*, acclaimed Turkish author Elif Shafak unfolds two tantalizing parallel narratives—one contemporary and the other set in the thirteenth century, when Rumi encountered his spiritual mentor, the whirling dervish known as Shams of Tabriz—that together incarnate the poet's timeless message of love. Ella Rubenstein is forty years old and

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unhappily married when she takes a job as a reader for a literary agent. Her first assignment is to read and report on *Sweet Blasphemy*, a novel written by a man named Aziz Zahara. Ella is mesmerized by his tale of Shams's search for Rumi and the dervish's role in transforming the successful but unhappy cleric into a committed mystic, passionate poet, and advocate of love. She is also taken with Shams's lessons, or rules, that offer insight into an ancient philosophy based on the unity of all people and religions, and the presence of love in each and every one of us. As she reads on, she realizes that Rumi's story mirrors her own and that Zahara—like Shams—has come to set her free.

### Mason Dixon

For all of the women who have ever given their everything to the wrong man.

### Healing the Soul of a Woman

In *The Nectar of Pain*, Zebian sheds light on the feelings and experiences that emerge from a painful heartbreak. She writes that the process of cleansing oneself of that pain—day by day, hour by hour, and second by second—is the real work of healing. With uncommon warmth and wisdom, Zebian empowers all who have lost to let go of anger and transform their suffering into the softness, sweetness, and beauty of

nectar. She holds her readers by the hand as they heal.

### In Love With Pain

The human heart was created with a great capacity to love. But along with that comes a great capacity to feel pain. There is no denying that those who love us, who are closest to us, can wound us the most profoundly. That kind of pain can be difficult, if not impossible, to overcome. And it can feel even more impossible to continue loving in the face of it. Yet that is exactly what we are called to do. Sharing his own story of personal pain, pastor and New York Times bestselling author Jentezen Franklin shows us how to find the strength, courage, and motivation to set aside the hurt, see others as God sees them, and reach out in love. Through biblical and modern-day stories, he discusses different types of relational disappointment and heartache, and answers questions such as Why should I trust again? and How can I ever really forgive? The walls we build around our hearts to cut us off from pain are the very walls that block us from seeing hope, receiving healing, and feeling love. Here are the tools and inspiration you need to tear down those walls, work through your wounds, repair damaged relationships, and learn to love like you've never been hurt.

### The Healing Soul of a Survivor

### God's Peace When You Can't Sleep

This book will pump life into your levels of success. Sylvester takes us down the road of Acceleration. He shows us the work-ethic required to excel in sports, relationships and business. This book is motivation for any person who is looking to take their life to the next level. "Success Is A Choice" should be on your brain daily, it goes beyond the book title. Success is a way of life and a culture that you will adapt after completing the book. You deserve a massive amount of success, love and happiness.

### The Nectar of Pain

This book is for those who share a love and concern for all animals. Anyone who has ever loved and lost an animal companion knows the incredible pain and feeling of emptiness. This book of poems emerged from the author's own deep sadness following the death of her beloved pet rabbit, Pochie. May her poetry be a close friend and a source of comfort to you. "When Only The Love Remains" will validate your own feelings of pain and sorrow, and recognize your need to grieve.

### Endymion, a Poetic Romance

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After being ejected as collateral via my parent's breakup; After being lied to, cheated on and subtracted from all equations of love; I determined that things were not adding up any more. I knew that I deserved to be loved everyday, not only with words but with actions. I found a great deal of power in learning about love. I had been confused this whole time as I believed what we were all taught to believe as children - that love was something you find inside of another person. This journey allowed me to heal, forgive and accelerate my life towards love. Our journeys have different titles but we are all out here walking together toward the same goal. People with different skin tones, speech variations and socie-economic status all deserve love. This is The Dear Queen Journey: A Path To Self Love.

### Daily Love

God ' s Peace for When I Can ' t Sleep is a wonderful means for calming the mind and soothing the spirit during drawn-out restless nights. Find Comfort and Peace during Long Sleepless Nights Every evening, millions of people crawl into bed and struggle either to go to sleep or stay asleep through the quiet hours of the night. What's worse, lying awake during those dark and silent times can bring on a busy mind and anxious thoughts that make sleeping seem even more impossible. Instead of recharging and resting peacefully before the alarm rings, the early morning sunbeams are met with exhaustion and difficulty focusing. God's Peace for When I Can't Sleep is a wonderful means for calming the mind and soothing the spirit during those drawn-

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out periods of restlessness. Short and simple anecdotes, quotes, Bible verses, blessings, and prayers help direct ones thoughts toward a serene and tranquil place of rest, a place full of God's presence of peace. It's the perfect companion to keep within reach for any time of night or early morning hours. This is the first in a series of other topics such as: God's Peace for When I'm Anxious God's Peace for When I'm Busy (or Overwhelmed?) God's Peace for When I'm Worried God's Peace for When I'm Afraid

### More Beautiful Than Before

"I want to tell you I have treasured every letter. They will be here when I am dead and gone." - Molly

### The Sh!t No One Tells You About Pregnancy

### The Accelerated

The journey from love to heartbreak to finding love again is personal yet universal. Lang Leav's evocative love poetry speaks to the soul of anyone who is on this journey. Leav has an unnerving ability to see inside the hearts and minds of her

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readers. Her talent for translating complex emotions with astonishing simplicity has won her a cult following of devoted modern poetry fans from all over the world. Forget the dainty, delicate love poems of yore; these little poems pack a mighty punch. Lang Leav is a poet and internationally exhibiting artist. Her work expresses the intricacies of love and loss. Love & Misadventure is her first poetry collection.

### The Prophet

In Care Package, Sylvester has tackled life's biggest hurdles: shame, guilt, letting go, codependency, lack of purpose, people pleasing, setting boundaries, and negative self-talk. Sylvester guides the reader down the path of healing, the scary journey that is tough to do alone, but with Care Package, the reader is never alone.

### Everyone Here Spoke Sign Language

Turn trauma into power. To be human is to be in crisis. From our first breath, we trade the warm, loving embrace of the womb for the harsh realities of a situation we can't possibly control. We seek solace from our suffering and look for wisdom outside the confines of dogma, but soon we're drowning in vague spiritual lingo - intention, higher self, attraction, vibration - that's poetry at best and manipulation at worst. We become so stuffed up with ideas of what is spiritual - doing vinyasas, attending

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seminars, being vegan - that we leave no room for Grace, that uncontrollable, benevolent power that wants to enter the world through and as you. For Grace to unfurl in your life, you need to shake your foundations so the soil loosens, allowing devastating catastrophes to become wondrous opportunities. Spirituality isn't about averting crises; it's about making the cycle from crisis to Grace a little less bumpy. By identifying the patterns in your life, you'll be able to figure out how to relax, find your power, learn from your difficulties, and allow Grace to enter. Mastin Kepp knows a thing or two about the crisis-to-Grace cycle. In a matter of weeks, he went from being a hard-partying, 21-year-old vice president at a Hollywood record company to an unemployed, drug-addicted college dropout living in the tiny pool house of his ex-girlfriend's parents. From rock bottom, he began his spiritual journey, learning from teachers like Tony Robbins, Joseph Campbell, and Caroline Myss, and his message of self-acceptance and service grew into his popular website, TheDailyLove.com. He offers no fancy degrees, just his life and his scars, which form a road map to help guide you through the uncertainty that lies ahead, marking where the cliffs are slippery, where the sun burns hot - and where Grace blossoms. Praise for dailylove 'I've watched Mastin transform from rock bottom to someone who turned his life around and is making a massive impact on the world. His book, Daily Love- Growing into Grace, is an inspiring story about the power of truly being committed to improving the lives of others, no matter what may come.' Tony Robbins 'Daily Love is the powerful story of one man turning his life around and sharing the lessons he learned along the way. In it, Mastin Kepp emerges as a leader for a

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younger generation- for those who long to live lives that are more passionate and more soulful. His journey from crisis to grace is an inspiration.' Arianna Huffington, President and Editor-in-Chief of the Huffington Post Media Group 'Daily Love-Growing into Graceguides you through Mastin Kipp's fresh and inspiring journey from rock bottom to soulful success. This book will empower a new generation of thought leaders, pushing them to be tomorrow's conscious change-makers.' Kris Carr, New York Times Best-selling Author of Crazy Sexy Kitchen 'Mastin Kipp is a modern-day mystic. By fearlessly sharing his own story of personal growth, Mastin guides readers to create change and step into their power. Daily Love is a transformational book for anyone seeking a life filled with grace.' Gabrielle Bernstein, New York Times Best-selling Author of Miracles Now

### Sacred Pain

In Seeking Allah, Finding Jesus, now expanded with bonus content, Nabeel Qureshi describes his dramatic journey from Islam to Christianity, complete with friendships, investigations, and supernatural dreams along the way. Providing an intimate window into a loving Muslim home, Qureshi shares how he developed a passion for Islam before discovering, almost against his will, evidence that Jesus rose from the dead and claimed to be God. Unable to deny the arguments but not wanting to deny his family, Qureshi struggled with an inner turmoil that will challenge Christians, Muslims, and all those who are interested in the world 's greatest religions. Engaging

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and thought-provoking, Seeking Allah, Finding Jesus tells a powerful story of the clash between Islam and Christianity in one man ' s heart?and of the peace he eventually found in Jesus. "I have seldom seen such genuine intellect combined with passion to match truly a 'must-read' book."—Ravi Zacharias

### Love & Misadventure

The Soul of Rumi is renowned poet Coleman Barks' first major assemblage of newly translated Rumi poems since his bestselling The Essential Rumi. Coleman Barks presents entirely new translations of Rumi's poems, published for the first time in The Soul of Rumi. The poems range over the breadth of Rumi's themes: silence, emptiness, play, God, peace, grief, sexuality, music, to name just a few. But the focus is on the ecstatic experience of human and divine love and their inseparability, conveyed with Rumi's signature passion, daring, and insights into the human heart and the heart's longings.

### The Ballad of Reading Gaol

Internationally renowned Bible teacher Joyce Meyer draws on her own history of abuse to show women how Christ's redeeming love heals emotional wounds and brings joy to life. Can a woman who has been deeply hurt by life's circumstances be

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healed, heart and soul? If she has been wounded by a man she loved and trusted, can she love and trust again? As a woman who endured years of abuse, abandonment, and betrayal by those closest to her, Joyce Meyer can answer with a resounding "yes!" Meyer's positivity comes from living her own journey, and from seeing so many women who don't believe they can fully overcome their pain--or even know where to begin--find the guidance they need in the life-changing wisdom of the Bible. Meyer's bestseller *Beauty for Ashes* told of her personal story of healing. Now, with the passage of more time, *HEALING THE SOUL OF A WOMAN* delves deeper into Joyce's story and the journey of healing for all women. Each chapter guides you through whatever obstacles may be holding you back to find your true destiny as God's beloved. God can heal all pain, and He wants to do this in you. Let *HEALING THE SOUL OF A WOMAN* be the first step toward the wonderful, joyful future God intends for you.

### The Dear Queen Journey

### When Your Past Is Hurting Your Present

Bestselling author Sue Augustine leads the reader along a clear, manageable path to reconciliation with a painful past. Relying on biblical principles and using her own

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heart-rending story, she points the way to a future full of hope. With compassion and empathy--and plenty of "telling-on-herself" humor--she shows readers how to Identify, release, and change how they respond to the past Overcome the "victim" mentality Set goals for the future with passion and purpose Fears will be conquered and dreams renewed for those seeking to cut loose the baggage of the long ago. A must-read for anyone struggling with a difficult past that is harming their present and crippling their future.

### Seeking Allah, Finding Jesus

Sylvester's fifth book, *This is What Real Love Feels Like* is a riveting look at what real love is. The prose guides us through deep levels of love, mirrors of lust, & affirmations on self-love. The vivid stories, poetry, & descriptive moods paints a picture that any romantic can relate to. The wordplay will hook you directly from the creation story. In this effort, Sylvester put forth writings that entertain, poetry that makes you reflect, & letters that capture the hearts of thousands of readers across the globe. [sylvestermcnutt.net](http://sylvestermcnutt.net) \$17.99

### Anam Cara

A prophet has is about to board a ship home after 12 years in exile, when he is

stopped by a group of people. His teachings to them, discussing love, marriage, crime, freedom and law among many other aspects of everyday life, form the 26 poetic essays of Gibran's work. The work has been a bestseller since its first publication.

### The Forty Rules of Love

So many of us struggle with our Salaah (the five foundational prayers of the Muslim) whether our hearts feel distracted or empty, or we regularly neglect or delay our prayers. In this interactive coursebook, which accompanies Umm Zakiyyah's online course "Come Back To Allah, Dear Soul," our hearts are reminded of the soul-nourishing connection between us and our Merciful Creator, and of the weightiness of Salaah in our lives and souls—even when we are in the midst of emotional pain and confusion and feel "too weak" to pray. We are also reminded to guard our hearts from ostensibly compassionate messages that make us feel comfortable neglecting the Salaah during times of difficulty, under the assumption that we'll build up to all five prayers "one day." But in truth, Salaah is the spiritual lifeline between us and our Creator, even when our hearts feel distant from Allah and our emotional pain overwhelms us.

### This Is What Real Love Feels Like

Lust For Life was born out of the obsession to taste happiness consistently, to deliver mountain moving words that will always push you towards happiness, and to create energy inside of us that can never be destroyed so we can remain in a state of abundance

### Come Back To Allah, Dear Soul

From the seventeenth century to the early years of the twentieth, the population of Martha ' s Vineyard manifested an extremely high rate of profound hereditary deafness. In stark contrast to the experience of most deaf people in our own society, the Vineyarders who were born deaf were so thoroughly integrated into the daily life of the community that they were not seen—and did not see themselves—as handicapped or as a group apart. Deaf people were included in all aspects of life, such as town politics, jobs, church affairs, and social life. How was this possible? On the Vineyard, hearing and deaf islanders alike grew up speaking sign language. This unique sociolinguistic adaptation meant that the usual barriers to communication between the hearing and the deaf, which so isolate many deaf people today, did not exist.

### Care Package

Fourth-grader Mason struggles to enjoy playing basketball after his best friend persuades him to join a team, and learns that the dog-hating lady next door is not so bad after all.

### Lust for Life

Why would anyone seek out the very experience the rest of us most wish to avoid? Why would religious worshipers flog or crucify themselves, sleep on spikes, hang suspended by their flesh, or walk for miles through scorching deserts with bare and bloodied feet? In this insightful new book, Ariel Glucklich argues that the experience of ritual pain, far from being a form of a madness or superstition, contains a hidden rationality and can bring about a profound transformation of the consciousness and identity of the spiritual seeker. Steering a course between purely cultural and purely biological explanations, Glucklich approaches sacred pain from the perspective of the practitioner to fully examine the psychological and spiritual effects of self-hurting. He discusses the scientific understanding of pain, drawing on research in fields such as neuropsychology and neurology. He also ranges over a broad spectrum of historical and cultural contexts, showing the many ways mystics, saints, pilgrims, mourners, shamans, Taoists, Muslims, Hindus, Native Americans, and indeed members of virtually every religion have used pain to achieve a greater identification with God. He examines how pain has served as a punishment for sin, a cure for disease, a weapon against the body and its desires, or a means by which the ego may be

transcended and spiritual sickness healed. "When pain transgresses the limits," the Muslim mystic Mizra Asadullah Ghalib is quoted as saying, "it becomes medicine." Based on extensive research and written with both empathy and critical insight, Sacred Pain explores the uncharted inner terrain of self-hurting and reveals how meaningful suffering has been used to heal the human spirit.

### Healing HER

Angel Ruiz thought she knew where she came from--until a DNA test revealed otherwise. Reeling from the sudden and total collapse of her own identity, Angel begins to piece together her own troubled past growing up with her mom. She recalls how she was treated poorly compared to her siblings, constantly threatened with being sent away to a group home or reform school. As a child, she lives in absolute squalor and strives to overcome her circumstances. But as Angel grows up, she unknowingly begins falling into the same habits as her mother: picking the wrong men, realizing she has trouble fully loving her first child and struggling to find a career. To find herself again, Angel realizes the need to create herself anew. This leads her to exploring painting, books, courses in self-improvement and practical ways to succeed. She begins to find healing from meditation, retreats, and healing circles. With raw candor and optimism, *The Healing Soul of a Survivor* is as much an inner journey for the reader as it is about Angel's quest to find and forgive her past.

### Dear Miss Molly

A historical portrait of the Netherlands capital and the ideas that make it unique explores the ongoing efforts of its citizens to navigate its seaside challenges and democratic philosophies, revealing how the liberal ideals that evolved there throughout time have had a profound influence and are being compromised in today's world.

### The Soul of Rumi

The fourth book in Dawn Dais's popular Sh!t No One Tells You series offers "been there, freaked out about that" advice for expectant parents The fourth title in Dawn Dais's popular parenting series, The Sh!t No One Tells You About Pregnancy is quite possibly the funniest, and most heartfelt, yet. After all, pregnancy is not all about scanning Pinterest for baby shower themes and registering for ironic onesies, and sometimes the less flattering aspects of gestation have a way of dimming a bit of that so-called pregnancy glow. Not to worry! Dawn is here, ready to shepherd you through the experience of one human body taking on the task of growing another human body. (Spoiler alert: It ain't always pretty.) Dawn covers it all, sharing expert lists, tips, warnings, and even a series of Parent-Training Workouts designed to increase readers' tolerance to the various indignities of parenthood, like peeing with

an audience and surviving an afternoon in Chuck E. Cheese. *The Sh!t No One Tells You About Pregnancy* is a must-have guide for expectant moms (and their partners!) who are looking for some counsel, comedy, and camaraderie during their ultimate countdown to parenthood.

### Dear Father

Hip-hop 's favorite poet and Grammy Award – winning artist J. Ivy bares his soul in this inspirational memoir of pain transformed into healing and empowerment. J. Ivy is a true pioneer and trendsetter who 's bridged the worlds of hip-hop and poetry through his appearances on HBO 's *Def Poetry* and his collaborations with Kanye West and Jay-Z. But throughout his success, he carried with him the pain of being abandoned by his father and growing up in the tough neighborhoods of Chicago 's South Side. So he sat down with pen and paper and processed his pain the only way he knew how—through poetry. The resulting poem, *Dear Father*, became his vehicle of forgiveness and healing. It is a pivotal poem that has touched and inspired the lives of millions. Fused with his signature raw lyricism and street consciousness, J. Ivy 's memoir shows what it takes to deal with your emotions before your emotions deal with you. His story is personal yet universal, and will inspire others to channel whatever pain they have experienced into their own powerful gift of expression.

### Letters to My Ex

Sons and Lovers, a story of working-class England, is D. H. Lawrence ' s third novel. It went through various drafts, and was titled “ Paul Morel ” until the final draft, before being published and met with an indifferent reaction from contemporary critics. Modern critics now consider it to be D. H. Lawrence ' s masterpiece, with the Modern Library placing it ninth in its “ 100 Best English-Language Novels of the 20th Century. ” The novel follows the Morels, a family living in a coal town, and headed by a passionate but boorish miner. His wife, originally from a refined family, is dragged down by Morel ' s classlessness, and finds her life ' s joy in her children. As the children grow up and start leading lives of their own, they struggle against their mother ' s emotional drain on them. Sons and Lovers was written during a period in Lawrence ' s life when his own mother was gravely ill. Its exploration of the Oedipal instinct, frank depiction of working-class household unhappiness and violence, and accurate and colorful depiction of Nottinghamshire dialect, make it a fascinating window into the life of people not often chronicled in fiction of the day. This book is part of the Standard Ebooks project, which produces free public domain ebooks.

### When Only the Love Remains

In this humorous and perceptive exchange between two devils, C. S. Lewis delves

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into moral questions about good vs. evil, temptation, repentance, and grace. Through this wonderful tale, the reader emerges with a better understanding of what it means to live a faithful life.

### Amsterdam

"In love with pain" is a journey through an impetuous tempest of a broken heart, mended within ink in the form of short and long poems. A journey of two strangers, the writer and the reader, filled with words of love, pain, anger and passion.

### Sons and Lovers

Ease Emotional Pain. End Aloneness. Find Self-Love<sup>SM</sup> Filled with warmth, empathy, and hope, *Becoming Whole* systematically teaches you how to ease emotional pain in your life and in the lives of those you care about. Powerfully illustrated by "sessions" —stories of patients in treatment—and for the first time unveiling what goes on inside the heart and mind of a psychotherapist as they heal a patient's tangled heart, *Becoming Whole* is devoted to helping · Someone suffering from emotional distress that just won't go away · Patients in treatment who have not fully recovered · Anyone wanting to improve their love relations Insightful, powerful, and revealing, *Becoming Whole* is not only a healing companion, but a valuable life

companion as well. Proceeds from your purchase of this book will be used to directly help victims of child abuse.

### Tiny Beautiful Things

"Anam Cara is a rare synthesis of philosophy, poetry, and spirituality. This work will have a powerful and life-transforming experience for those who read it." —Deepak Chopra  
John O'Donohue, poet, philosopher, and scholar, guides you through the spiritual landscape of the Irish imagination. In Anam Cara, Gaelic for "soul friend," the ancient teachings, stories, and blessings of Celtic wisdom provide such profound insights on the universal themes of friendship, solitude, love, and death as:  
Light is generous  
The human heart is never completely born  
Love as ancient recognition  
The body is the angel of the soul  
Solitude is luminous  
Beauty likes neglected places  
The passionate heart never ages  
To be natural is to be holy  
Silence is the sister of the divine  
Death as an invitation to freedom

### Eloisa to Abelard

Feminine energy has been used for centuries to heal the soul. It is a conduit for self-love to return to your life and heal you through wholeness. You do not need to know how to heal yourself, just have a sincere desire to do so. Healing HER is a collection

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of intention-based poetry and prose that aligns you with your own self-healing superpowers. By intuitively resonating with the nurturing qualities of the feminine psyche, we are able to recalibrate our minds, bodies and souls back into a nourishing state, from which even the deepest wounds can be healed. This book was created as an intuitive conduit for your own journey back to self-love and allows you to hold space for the darkness - those peaty, blackened soils that provide the most richness for personal growth. Through this book, you will engage in the emotions that do not only bare witness your pain - but show you a way THROUGH to the other side."Sez articulates the words of our feminine soul by creating poetic pieces that nourish, align and leave you feeling deeply inspired by all shades of life. This is the work of an emotional alchemist and has the power to truly change your life." IMMART

### Love Like You've Never Been Hurt

Rich with humour, insight, compassion - and absolute honesty - Tiny Beautiful Things is a balm for everything life throws our way, administered by the author of the international bestselling memoir, Wild.

### The Screwtape Letters

We live in a generation that lacks authenticity, honesty, and empathy. We do not

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understand each other or each other's struggles as human beings. Today, my culture needs more love and understanding than ever before. We need more healing, growing, and development than ever before. Our souls are being killed by technology, expectation, and separation. Dear Soul is my attempt at laying the groundwork for recovery, healing, and moving forward. Dear Soul is my journey journal written in conversationalist tone, a very intimate, introspective style of poetry, and it shows the twisted romantic observations of the world, which we have all seen. This book connects to every human because it is based on finding love after pain. Pain is something that is common to each of our stories. Let's be honest-how many of us are still suffering from incidents from our childhood? When we struggle in life, the problem is not the problem. The problem is not having adequate solutions or resources to really move forward from the stresses. Dear Soul is the ultimate book to help you take an introspective look inside to uncover a deeper connection with self and a deeper scope for possible solutions for any type of pain. As a writer, my style has been dubbed "visionary poetry," and my purpose is to combine observations, poetry, and persuasive logic. My only goal is to cause an intense amount of thought or reflection inside of each reader. I do not put my words together to be "right." Right and wrong are relative and based on a person's perception and experience. It would be egregious of you to tell me that anything I am writing about is wrong, and vice versa. Nothing is wrong; everything in life is all about perception and perspective. The user who will get the most from this book is one who will relate to the topics that are relevant to his or her personal growth. The other user is someone who will

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step outside of his or her bubble and understand another's struggle. Once you can holistically understand another person's struggle, then you have activated empathy, and I believe that empathy is the most important quality missing from our culture. Once you have a culture of people who understand each other, are comfortable with self, and able to communicate effectively, then you raise the vibration of the entire world with that energy. We sit inside of our bubbles and internalize the pain of everything that happens to us, but we don't align with our struggles or successes. I am genuinely happy when I see people succeed at something they've worked for. I am able to share the joy as if it were my own accomplishment. I am able to feel the pain of a woman who doesn't feel comfortable walking down the street at night alone. No, I have never been a woman, but I have listened to those stories and tried to put myself there. Let's just be honest. This generation does not talk about sex, race, or pain from our childhood. We ignore those topics and we ignore self-love. I never heard the word self-love when I was growing up. As a child, I also didn't hear the word love much. I went on several spiritual journeys in my early twenties to discover the deepest version of self. What I present to you here is a continuation of the journey. I am happy, I am healed, and I am as healthy as I can be. Today, I am sharing a spiritual, emotional, and health journey with you inside of these lines.

### Becoming Whole

Every one of us sooner or later walks through hell. The hell of being hurt. The hell of

hurting another. The hell of cancer, the hell of divorce, the hell of chronic pain. The hell of anxiety, depression, Alzheimer ' s, a kid in trouble. The hell of a reluctant, thinking shovelful of earth upon the casket of someone we deeply loved. The point is not to come out of hell empty-handed. There is real and profound power in the pain we endure if we transform our suffering into a more authentic, meaningful life. As the Senior Rabbi of Wilshire Boulevard Temple in Los Angeles, one of America ' s largest and most important congregations, Steve Leder witnesses a lot of pain: " It ' s my phone that rings when people ' s bodies or lives fall apart. " In this deeply inspiring book, written in the spirit of such classics as *When Bad Things Happen to Good People*, Rabbi Leder guides us through pain ' s stages of surviving, healing, and finally growing. Drawing on his experience as a spiritual leader, the wisdom of ancient traditions, modern science, and stories from his own life and others ' , he shows us that when we must endure, we can, and that there is a path for each of us that leads from pain to wisdom. This powerful book can inspire in us all a life worthy of our suffering; a life gentler, wiser, and more beautiful than before.

### Dear Love Life

Dear Lover, You deserve to get a love life that makes you feel alive, unique, and valuable. You deserve a partner who is committed, thoughtful, and who communicates with you easily. This generation has birthed a lot of confusion around dating, relationships and love. *Dear Love Life: Efficient Dating in the Technology Era*, gives

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realistic, raw, and honest guidance to the Dear Love Life readers to make their dating life instantly better. This text works for singles, couples, and people who are broken down from previous dating experiences. Sylvester uses his introspective style to navigate the reader through a program that is easy to retain and practice. He has three common principles on which the program is built. Then, he offers tactics, strategies, and understanding for each situation that you'll encounter in relationships. You deserve to get the love that you claim you want and Dear Love Life will ensure that you are the most effective lover possible. It will give you the skills, the tools, and the knowledge you need to be the lover you want and to attract the lover you deserve.

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