

Present Over Perfect Leaving Behind Frantic For A Simpler More Soulful Way Of Living

The Power of the Other Ask a Manager Get Out of Your Head Leader's Guide Present Over Perfect Present Over Perfect Rituals of Islamic Spirituality Present, Not Perfect for Moms Get Your Life Back Bread and Wine Summary: Present Over Perfect: Leaving Behind Frantic for a Present Perfect Painting for the Absolute and Utter Beginner The Invisible Life of Addie LaRue The Eternal Current 52 Ways to Live a Kick-Ass Life Good Teachers, Good Schools Chasing Slow Life Makeovers The Book of Immortality The Hygge Life Savor Are You Still a Slave? The History and Adventures of the Renowned Don Quixote, 3 Present Over Perfect Study Guide The Last Wish The Book of Waking Up Scary Close The Art of Rest Love Where You Live Bittersweet Summary of Present Over Perfect: Leaving Behind Frantic for Breaking Up with Perfect Cold Tangerines Halftime Perfect Timing Enrique's Journey The Cow in the Parking Lot: A Zen Approach to Overcoming Anger Rejection Proof Dream of You Present, Not Perfect

The Power of the Other

A revolutionary approach to overcoming perfectionism! A recent, randomized study published by Mindfulness Journal shows that Present Perfect is effective as a standalone intervention. The study found that those who had read the book experienced a statistically significant reduction of self-criticalness, a result that was still maintained at a six weeks follow-up (Wimberley, Mintz, & Suh, Mindfulness, Nov. 2015). While there's no doubt that setting high standards for yourself is a good thing, you've probably already noticed that perfectionism can come at a high price. And when you take steps to try to change, it's easy to be too hard on yourself and fall into the same traps that keep you feeling stressed and disappointed. This book presents a revolutionary approach to overcoming perfectionism—a way to transform your need for precision into self-acceptance, compassion, and love for each perfectly imperfect passing moment in our lives. In Present Perfect, you'll use the Buddhist psychology of mindfulness to learn to accept the present moment in all of its ordinary perfection. This book is filled with over 150 exercises and meditations that you can practice to become more flexible toward yourself and others without losing your love of a job well done. With this compassionate approach, you'll soon be able not only to accept life as it is, but also become more accepting and forgiving of yourself and others.

Ask a Manager

An expert on the psychology of leadership and the bestselling author of Integrity, Necessary Endings, and Boundaries For Leaders identifies the critical ingredient for personal and professional wellbeing. Most leadership coaching focuses on helping leaders build their skills and knowledge and close performance gaps. These are necessary, but not sufficient. Using evidence from neuroscience and his work with leaders, Dr. Henry Cloud shows that the best performers draw on another vital resource: personal and professional relationships that fuel growth and help them surpass current limits. Popular wisdom suggests that we should not allow others to have power over us, but the reality is that they do, for better or for worse. Consider the boss who diminishes you through cutting remarks versus one who challenges you to get better. Or the colleague who always seeks the limelight versus the one who gives you the confidence to finish a difficult project. Or the spouse who is honest and supportive versus the one who resents your success. No matter how talented, intelligent, or experienced, the greatest leaders share one commonality: the power of the others in their lives. Combining engaging case studies, persuasive findings from cutting-edge brain research, and examples from his consulting practice, Dr. Cloud argues that whether you're a Navy SEAL or a corporate executive, outstanding performance depends on having the right kind of connections to fuel personal growth and minimize toxic associations

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and their effects. Presenting a dynamic model of the impact these different kinds of connections produce, Dr. Cloud shows readers how to get more from themselves by drawing on the strength and expertise of others. You don't have a choice whether or not others have power in your life, but you can choose what kinds of relationships you want.

Get Out of Your Head Leader's Guide

Special Savor e-book only exclusive ☐ includes 5 free bonus recipes! Sink deep into the everyday goodness of God and savor every moment! In this daily devotional, Shauna Niequist becomes a friend across the pages, sharing her heart with yours, keeping you company, and inviting you into the abundant life God offers. And there are recipes, too, because spiritual living happens not just when we read and pray, but also when we gather with family and friends over dinners and breakfasts and late-night snacks. These recipes are Shauna's staples, and each one should be enjoyed around a table with people you love. So read and learn and pray and cook and share. Remember to savor each day, whatever it holds: work and play, coffee and kids, meals and prayers and the good stuff and the hard stuff. Life is all about relationships, and your daily relationship with God is worth savoring in every moment.

Present Over Perfect

When you meet the man of your dreams on girls night out, it's hardly☐Perfect Timing In this fresh and funny contemporary romance by bestselling author Jill Mansell, Poppy Dunbar's whole life gets turned upside down after a chance encounter with a handsome stranger Never a troublemaker, Poppy had always been content with the way things were supposed to be done☐which included marrying predictable Rob McBride. But that was before she met Tom Kennedy the night before her wedding. Could she really be falling in love with a stranger? Unable to forget Tom, or go through with the wedding, Poppy runs off to London. Her new life and colorful friends are anything but predictable. Misunderstandings, family secrets, and jealous quarrels ensue, but can Poppy stop running long enough to figure out what☐or, rather, who☐is in her heart? PRAISE FOR JILL MANSELL: "Pick this up at your peril: you won't get a thing done till it's finished." Heat magazine "Classy chick-lit that appeals to women of all ages. She [Jill Mansell] has a fantastic ability to keep a number of storylines running at the same time without losing the reader in a labyrinth." Daily Express "Slick, sexy, funny stories." Daily Telegraph "A romantic romp full of larger-than-life characters." Express "Fast, furious and fabulous fun. To read it is to devour it." Company " Expect to run the gamut of emotions, as this book is both laugh-outloud funny and tear-jerkingly sad. Basically, you won't put it down." New Woman

Present Over Perfect

The journal every mother needs! Present, Not Perfect has hit a nerve with women everywhere with its reassuring, encouraging message of hope and serenity. This book takes it a step further for moms of all ages, with guided prompts and inspiring quotations specifically designed to help mothers cope with the demands of raising children and navigate their relationships with their families. The ideal way to to carve out some contemplative ☐me time,☐ this journal will help frazzled moms find understanding and peace.

Rituals of Islamic Spirituality

'Good schools think with people and not to people' argues David Hudson in this thought-provoking practical guide for those wanting to bridge the gap between middle and senior management roles, and make a difference in their schools. Accessibly and engagingly written and packed with real-life

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examples, this book will prove essential reading for ambitious teachers and deputy heads everywhere. Whilst many management books tend to overcomplicate David writes with refreshing clarity and simplicity of thought. He sets out to inspire his readers to improve their practice and offers tried and tested strategies and solutions. Good teachers, good schools is a must have read for anyone interested in a senior school leadership role and for those leaders keen to improve their leadership style. The book covers every aspect of school leadership, from the decisions senior school leaders need to make such as running meetings, staffing and communication with staff and pupils to the difference between management and leadership and curriculum involvement including monitoring evaluation and self-evaluation. David Hudson encapsulates many principles that have made him a successful school leader. David Hudson has been teaching in secondary schools since 1973 and he has had a wide range of leadership and management roles including that of Head Teacher in two 11 - 18 schools.

Present, Not Perfect for Moms

A personal memoir explores the intertwined natures of happiness and sadness, discussing how bitter experiences balance out the sweetness in life and how change can be an opportunity for growth and a function of God's graciousness.

Get Your Life Back

FOR DISTRIBUTION OUTSIDE THE USA. Halftime. Time to pause, midway in the game of your life, and consider how to make the transition from professional success to significance. Revised and expanded for a new generation of leaders, Bob Buford's bestseller shows how you can make the second half of your life even more rewarding than the first.

Bread and Wine

Summary: Present Over Perfect: Leaving Behind Frantic for a

Geralt the Witcher -- revered and hated -- holds the line against the monsters plaguing humanity in this collection of adventures in the New York Times bestselling series that inspired the Netflix show and the hit video games. Geralt is a Witcher, a man whose magic powers, enhanced by long training and a mysterious elixir, have made him a brilliant fighter and a merciless assassin. Yet he is no ordinary murderer: his targets are the multifarious monsters and vile fiends that ravage the land and attack the innocent. But not everything monstrous-looking is evil and not everything fair is good. . .and in every fairy tale there is a grain of truth. The Last Wish story collection is the perfect introduction to a one of a kind fantasy world. And look out for The Tower of Fools, book one of Andrzej Sapkowski's Hussite Trilogy, coming in October 2020!

Present Perfect

Painting for the Absolute and Utter Beginner

Author of the New York Times bestseller Present Over Perfect, Shauna Niequist provides the perfect read for those who love food and value the community and connection of family and friends around the table. Bread & Wine is a collection of essays about family relationships, friendships, and the meals that bring us together. This mix of Anne Lamott and Barefoot Contessa is a funny, honest, and vulnerable

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spiritual memoir. Bread & Wine is a celebration of food shared, reminding readers of the joy found in a life around the table. It's about the ways God teaches and nourishes people as they nourish the people around them. It's about hunger, both physical and otherwise, and the connections between the two. With wonderful recipes included, from Bacon-Wrapped Dates to Mango Chicken Curry to Blueberry Crisp, readers will be able to recreate the comforting and satisfying meals that come to life in Bread & Wine.

The Invisible Life of Addie LaRue

A food and lifestyle book dedicated to the Scandinavian concept of hygge (loosely translated as "coziness"); how to create it for yourself and others, and how to incorporate it into holidays, travel, decor, entertaining, and everyday life, with approximately 30 recipes. Hygge is centered around the idea of feeling snug and inviting comforting elements into day-to-day life while creating warmth, community, and intimacy. A bakery is hygge. Bikes are more hygge than cars. Cozy shows readers how small gestures (putting wool blankets and warm cider out for guests) or larger undertakings (building bonfires and making campfire bread to celebrate solstice) can warm the psyche and foster hygge. The book is divided into chapters focused on different opportunities for hygge; morning rituals, family gatherings, holidays, bedtime rituals, decorating, and caring for yourself, with more than 30 recipes for cozy and comforting food and drink plus stunning photography throughout.

The Eternal Current

After decades of failed relationships and painful drama, Donald Miller decided he'd had enough. Impressing people wasn't helping him connect with anyone. He'd built a life of public isolation, yet he dreamed of meaningful relationships. So at forty years old he made a scary decision: to be himself no matter what it cost. From the author of Blue Like Jazz comes a book about the risk involved in choosing to impress fewer people and connect with more, about the freedom that comes when we stop acting and start loving. It is a story about knocking down old walls to create a healthy mind, a strong family, and a satisfying career. And it all feels like a conversation with the best kind of friend: smart, funny, true, important. Scary Close is Donald Miller at his best.

52 Ways to Live a Kick-Ass Life

Who were you before life told you what you were supposed to be? Let's be honest: The life you lead isn't what you've always dreamed. And maybe the person you've become isn't who you've imagined you would be. Sure, you can clean it up. You can work longer, love harder, and eat better. You can scrub the surface of your life until it gleams yet still never address that somehow you lost sight of who you really are and what you're living for. Is this the life you were meant to live? As the child of Nigerian immigrants in the UK, author and speaker Jo Saxton knows firsthand how quickly the world can cause us to doubt our dreams and question who we are. She understands how easily we can exchange our true child-of-God selves for an identity built on lies, guilt, and brokenness. In this powerful book, Jo examines biblical figures and shares her personal story as she invites you to turn to the One who knows you intimately and loves you deeply. He sees all you've struggled to hide. He hears the voice inside you that others have silenced. He knows the potential that no one valued. He longs to redeem your story and set you on the path to reclaim The Dream of You. Are you ready?

Good Teachers, Good Schools

OVER 500,000 COPIES SOLD! In these pages, New York Times bestselling author Shauna Niequist invites you to consider the landscape of your own life, and what it might look like to leave behind the

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pressure to be perfect and begin the life-changing practice of simply being present, in the middle of the mess and the ordinariness of life. As she puts it: "A few years ago, I found myself exhausted and isolated, my soul and body sick. I was tired of being tired, burned out on busy. And, it seemed almost everyone I talked with was in the same boat: longing for connection, meaning, depth, but settling for busy. "I am a wife, mother, daughter, sister, friend, neighbor, writer, and I know all too well that settling feeling. But over the course of the last few years, I've learned a way to live, marked by grace, love, rest, and play. And it's changing everything. "Present Over Perfect is an invitation to this journey that changed my life. I'll walk this path with you, a path away from frantic pushing and proving, and toward your essential self, the one you were created to be before you began proving and earning for your worth." Written in Shauna's warm and vulnerable style, this collection of essays focuses on the most important transformation in her life, and maybe yours too: leaving behind busyness and frantic living and rediscovering the person you were made to be. Present Over Perfect is a hand reaching out, pulling you free from the constant pressure to perform faster, push harder, and produce more, all while maintaining an exhausting image of perfection. Shauna offers an honest account of what led her to begin this journey, and a compelling vision for an entirely new way to live: soaked in grace, rest, silence, simplicity, prayer, and connection with the people that matter most to us.

Chasing Slow

An inspiring and thought-provoking guide to help you abandon the pursuit of perfection and become comfortable and more confident in your own skin. We've all been in relationships that were bad for us whether with a catty girlfriend, a selfish boyfriend, or a coworker who undermines our best efforts. But there is one relationship that steals the potential of all other relationships—including our relationship with ourselves and, ultimately, our relationship with God. And that's our relationship with Perfect. Perfect is a bad friend. No matter what we do or say or give or bake or create it's never enough. Perfect always demands more, but it's never satisfied. Never. Whether you are a "good girl," who always tries to be what you think everyone else wants you to be, or a "never good enough" girl, who's desperately hiding your past and shame behind attempts to measure up—this book will help you find the beautiful, loving, fulfilled woman God created you to be. Imperfections and all. *Breaking Up with Perfect* will help you: • Experience authenticity as the antidote for isolation • Trade the Lies of Perfection for the Truths of God's Love • End the pursuit of perfection, so God can begin His powerful perfecting work in you After reading this book, you'll be able to end the never-ending stress that chasing Perfect brings and live a life filled with joy, peace, and spiritual fulfillment.

Life Makeovers

An entertaining and inspiring account of conquering the fear of rejection, offering a completely new perspective on how to turn a no into a yes. Jia Jiang came to the United States with the dream of being the next Bill Gates. But despite early success in the corporate world, his first attempt to pursue his entrepreneurial dream ended in rejection. Jia was crushed, and spiraled into a period of deep self doubt. But he realized that his fear of rejection was a bigger obstacle than any single rejection would ever be, and he needed to find a way to cope with being told no without letting it destroy him. Thus was born his "100 days of rejection" experiment, during which he willfully sought rejection on a daily basis—from requesting a lesson in sales from a car salesman (no) to asking a flight attendant if he could make an announcement on the loud speaker (yes) to his famous request to get Krispy Kreme doughnuts in the shape of Olympic rings (yes, with a viral video to prove it). Jia learned that even the most preposterous wish may be granted if you ask in the right way, and shares the secret of successful asking, how to pick targets, and how to tell when an initial no can be converted into something positive. But more important, he learned techniques for steeling himself against rejection and ways to develop his own confidence—a plan that can't be derailed by a single setback. Filled with great stories and valuable insight, *Rejection*

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Proof is a fun and thoughtful examination of how to overcome fear and dare to live more boldly. From the Hardcover edition.

The Book of Immortality

Despite being part of one of the most mobile societies in history, it's easy for us to feel stuck where we are. Whether because of a recent move or because we're still in the exact same place we've been for years, many of us just aren't where we thought we'd be or doing what we thought we'd be doing. Sometimes we may wonder if God knows what he's doing. How can this be part of his plan? With enthusiasm and contagious joy, Shauna Pilgreen assures readers that, yes, God does have a plan and a purpose for them--right where they are. In fact, he sent them there. She invites readers to "live sent," showing them how to see their surroundings with fresh eyes and renewed energy. Weaving her own remarkable story with biblical habits readers can incorporate into their daily routines, Pilgreen equips us to reach out into our communities with God's love, knowing that our efforts are never in vain.

The Hygge Life

Author of the #1 New York Times bestselling *Take Time for Your Life* now shows you how to reclaim your life one week at a time Cheryl Richardson, bestselling author and one of the most sought-after lecturers in the country, knows firsthand how tough it can be to juggle the daily demands of living in a fast-paced world, and how easily you can become disconnected from your true self and what makes you happy. In *Life Makeovers*, Cheryl has taken all the know-how and insight she has gleaned from her years as a personal coach and distilled it into a simple, year-long program that shows how making small changes, over time, can have a huge impact on the quality of your life. In fifty-two simple yet profound essays, Richardson provides a plan for both reflecting and taking action, along with specific, practical advice and exercises to help readers gradually and permanently remodel their lives, week by week. Easy to use and fun to read, this workbook is the perfect companion to *Take Time for Your Life*. Topics include: *The Gift of Time: It's Self-Management, Not Time Management Are We Having Fun Yet: When Life Gets Too Serious, Here's What to Do Give Your Brain a Vacation: For Finding the Best Ideas, Try This Standing in the Shadow: Whose Talent Are You Hiding Behind? Stop Juggling and Start Living: Here Are Some of the Balls to Drop Close Encounters: How to Make a Deeper Connection with Others* Her brief, personal essays will inspire you to make changes, and her *Take Action Challenges*, which appear with comprehensive resource sections at the end of every essay, will guide you through small steps that will slowly teach you to think, act, love, work, and even laugh in a whole new way. Written in Cheryl's signature, heartwarming style, *Life Makeovers* is the ideal book for anyone looking for a balanced way to reclaim their life one step at a time. How often do you daydream about living a better life—a life that reflects more of you, your values and deepest desires? How many times have you come to the end of a busy week and toyed with the fantasy of packing up and leaving it all behind? The "Life Makeover" program is a powerful year-long program for change. It is designed to support you in changing your life one week at a time. Each chapter consists of a topic of the week and contains a *Take Action Challenge* and a *Resources* section to support you in taking action quickly and easily. Be prepared for your life to unfold in wonderful ways. As you clean up the clutter, reconnect with your inner wisdom, strengthen your character, and take on the challenges of high-quality living, you'll find that the lost parts of yourself start to come together to form a pretty amazing life!

Savor

I am a wife, mother, daughter, sister, friend, neighbor, writer, and I know all too well that settling feeling. But over the course of the last few years, I've learned a way to live, marked by grace, love, rest,

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and play. And it's changing everything.

Are You Still a Slave?

Find out if you experience slavery flashbacks that influence your behavior and control your thinking and learn how to recover from the post traumatic stress of slavery.

The History and Adventures of the Renowned Don Quixote,³

Don't get mad. Get calm. Ask yourself: "Do I really want to be angry?" Leonard Scheff, a trial attorney who used anger to fuel his courtroom persona, realized the answer had to be no. Anger is toxic. Anger is in the eyes of the beholder. Using simple Buddhist principles and applying them in a way that is easy for non-Buddhists to understand and put into practice, Scheff and Susan Edmiston have created an interactive book that helps readers change perspective, step-by-step, so that they can replace the anger in their lives with newfound happiness. Based on the Transforming Anger workshop Scheff created, *The Cow in the Parking Lot* shows how anger is based on unmet demands, from the reasonable (we want love from our partner) to the irrational (we want respect from a total stranger) to the impossible (we want someone to fix everything in our life). The authors show how, once we identify our real unmet demands, we can dissolve the anger. The same is true for our "buttons"—once we understand them, we can defuse what happens when they're pushed. We learn to laugh at ourselves, a critical early step in changing angry behavior. We learn how to deal with the anger of others, and ultimately how to transform anger into compassion. And finally, we learn the liberating truth: Only you can make yourself angry.

Present Over Perfect Study Guide

This study examines the emergence of new forms of Islamic spirituality in Indonesia identified as *Majlis Dhikr*. These *Majlis Dhikr* groups have proliferated on Java in the last two decades, both in urban and rural areas, and have attracted followers from a wide social background. The diverse aspects of these *Majlis Dhikr* groups - their rituals, teachings and strategies of dissemination as well as the popular understanding of these rituals and their contestation by critics and opponents - are examined in detail and illustrated by reference to three particular groups - *Salawat Wahidiyat*, *Istighathat Ihsaniyyat* and *Dhikr al-Ghafilin* each of which has its own distinctive features and notable religious leadership. These *Majlis Dhikr* groups regard their activities as legitimate ritual practices that are in accordance with the legacy of Islamic Sufism based on the interpretation of the Qur'anic and Prophetic tradition.

The Last Wish

In this five session video Bible study (DVD/digital video sold separately), New York Times bestselling author Shauna Niequist invites you on a journey that changed her life. She will walk a path with you, a path away from frantic pushing and proving, and toward your essential self, the one you were created to be before you began proving and earning of your worth. Shauna will help you begin leaving behind busyness and frantic living and rediscovering the person you were made to be. *Present Over Perfect* is a hand reaching out, pulling you free from the constant pressure to perform faster, push harder, and produce more, all while maintaining an exhausting image of perfection. She offers an honest account of what led her to begin this journey, and a compelling vision for an entirely new way to live: soaked in grace, rest, silence, simplicity, prayer, and connection with the people that matter most to us. The study guide includes first thoughts, video notes, group discussion questions, practicing presence reflections, and solo work for you to complete between sessions. Sessions include: Pain Points The Roles We Play

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Yes, And No Unflashy, Unspectacular, Good Living the Love Designed for use with the Present Over Perfect Video Study 9780310816034 (sold separately).

The Book of Waking Up

AN INSTANT NEW YORK TIMES BESTSELLER USA TODAY BESTSELLER NATIONAL INDIE BESTSELLER THE WASHINGTON POST BESTSELLER #1 Indie Next Pick and #1 LibraryReads Pick - October 2020 Recommended by Entertainment Weekly, Real Simple, NPR, Slate, and Oprah Magazine A "Best Of" Book From: CNN * Amazon Editors * Goodreads * Bustle * PopSugar * BuzzFeed * Barnes & Noble * Kirkus Reviews * Lambda Literary * Nerdette * The Nerd Daily * Polygon * Library Reads * io9 * Smart Bitches Trashy Books * LiteraryHub * Medium * BookBub * The Mary Sue * Chicago Tribune * NY Daily News * SyFy Wire * Powells.com * Bookish * Book Riot * In the vein of *The Time Traveler's Wife* and *Life After Life*, *The Invisible Life of Addie LaRue* is New York Times bestselling author V. E. Schwab's genre-defying tour de force. A Life No One Will Remember. A Story You Will Never Forget. France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever—and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Scary Close

Cold Tangerines is a collection of stories that celebrate the extraordinary moments hidden in our everyday lives. It is about God, and about life, and about the thousands of daily ways in which an awareness of God changes and infuses everything. It is about spiritual life, and about all the things that we have called nonspiritual life that might be spiritual after all. It is the snapshots of a young woman making peace with herself and her life, and trying to craft a life that captures the energy and exuberance we long for in the midst of the fear and regret and envy we all carry with us. It is both a voice of challenge and song of comfort, calling us upward to the best possible life, and giving us room to breathe, to rest, to break down and break through. *Cold Tangerines* offers bright and varied glimpses of hope and redemption, in and among the heartbreak and boredom and broken glass.

The Art of Rest

The world never stops. But we need to. And, as Christians, we can. Welcome to the art of rest. If you're feeling weary wishing life were more sustainable searching for a way to rest without feeling guilty or suspecting that you'd enjoy Christian rest if only you knew how to do it—this book is for you. Discover how rest is different than you thought, more important than you've realized, and more wonderful than you ever imagined. Book jacket.

Love Where You Live

We all have our habits to "help" when life gets hard. Yet there's only one force that can offer us true healing from life's pain. Join award-winning writer Seth Haines in *The Book of Waking Up* for a guided experience into the Divine Love of God that transforms a life. The inevitable pain of life gives us many reasons to check out - and many ways to do it. Alcohol, entertainment, pills, shopping, porn, chasing success, cashing checks, and collecting social media "likes" - these and so many other things anesthetize

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us from the wounds of everyday living. As Seth Haines wrote in his award-winning book, *Coming Clean*, "We're all drunk on something." In his compelling follow-up, *The Book of Waking Up*, Seth invites you into the story of healing. He invites you to see your coping mechanisms for what they are - lesser lovers, which cannot bring the peace, freedom, and wholeness you crave. Through guided reflections, sustainable soul practices, and stories from Seth's life and others, *The Book of Waking Up* invites you to wake to your coping mechanisms, find the why behind your pain, and walk into the Divine Love of God. As Seth writes, "Addiction is misplaced adoration." Now, join him on a journey toward the only Love worth adoring, the only Love that cures a soul. Join him on the journey to waking up.

Bittersweet

Stopping the spiral of toxic thoughts. In *Get Out of Your Head*, a six-session video-based Bible study, Jennie inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking control of our thoughts. Our enemy is determined to get in our heads to make us feel helpless, overwhelmed, and incapable of making a difference for the kingdom of God. But when we submit our minds to Christ, the promises of goodness of God flood our lives in remarkable ways. It starts in your head. And from there, the possibilities are endless. This guide serves as a tool to prepare you in leading this *Get Out of Your Head* study and to encourage you along the way. It helps you as the leader to effectively point your group to the overarching theme of each lesson and point them to the themes of each study. This *Get Out of Your Head Leader's Guide* includes: Session-by-session helps to guide your group through the study. Walk-through for using each piece of the study: Videos, Study Guide, and Conversation Card Deck. The vision for *Get Out of Your Head*. Tips for leading your group, and much more. This guide is designed for use with the *Get Out of Your Head Video Study* (9780310116394), sold separately. Streaming video, study guide, and conversation cards also available.

Summary of Present Over Perfect: Leaving Behind Frantic for

An exploration of one of the most universal human obsessions charts the rise of longevity science from its alchemical beginnings to modern-day genetic interventions and enters the world of those whose lives are shaped by a belief in immortality.

Breaking Up with Perfect

A call for Christians to move past the shallows of idealized beliefs and into a deeper, more vibrant, beatitude-like faith rooted in sacred practices and intimate experiences with God. When the limits of his own faith experience left him feeling spiritually empty, Niequist determined God must have a wider vision for worship and community. In his search, Aaron discovered that there was historical Christian precedent for enacting faith in a different way, an ancient and now future way of believing. He calls this third way "practice-based faith." This book is about loving one's faith tradition and, at the same time, following the call to something deeper and richer. By adopting some new spiritual practices, it is possible to learn to swim again with a renewed sense of vigor and divine purpose.

Cold Tangerines

For beginning painters, this resource guide provides a series of lessons including an introduction to line, paint consistency, and color; creating dimension with drawing and painting values; and the essentials for painting still lifes, landscapes, and face and figures. Original.

Halftime

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A beautifully illustrated workbook that helps women slow down and enjoy life rather than pushing for perfection. Most women today are frantic, lost in an endless cycle of busyness caused by constant pressure to perform up to unrealistic expectations of perfection, many of which are self-imposed. This journal cuts to the heart of the problem by showing women how to reconnect with their inner selves through solitude, introspection, and contemplation of what's truly important to them as individuals and family members. Give yourself permission to be Present, Not Perfect.

Perfect Timing

An astonishing story that puts a human face on the ongoing debate about immigration reform in the United States, now updated with a new Epilogue and Afterword, photos of Enrique and his family, an author interview, and more—the definitive edition of a classic of contemporary America Based on the Los Angeles Times newspaper series that won two Pulitzer Prizes, one for feature writing and another for feature photography, this page-turner about the power of family is a popular text in classrooms and a touchstone for communities across the country to engage in meaningful discussions about this essential American subject. Enrique's Journey recounts the unforgettable quest of a Honduran boy looking for his mother, eleven years after she is forced to leave her starving family to find work in the United States. Braving unimaginable peril, often clinging to the sides and tops of freight trains, Enrique travels through hostile worlds full of thugs, bandits, and corrupt cops. But he pushes forward, relying on his wit, courage, hope, and the kindness of strangers. As Isabel Allende writes: "This is a twenty-first-century Odyssey. If you are going to read only one nonfiction book this year, it has to be this one." Praise for Enrique's Journey "Magnificent . . . Enrique's Journey is about love. It's about family. It's about home."The Washington Post Book World "[A] searing report from the immigration frontlines . . . as harrowing as it is heartbreaking."People (four stars) "Stunning . . . As an adventure narrative alone, Enrique's Journey is a worthy read. . . . Nazario's impressive piece of reporting [turns] the current immigration controversy from a political story into a personal one."Entertainment Weekly "Gripping and harrowing . . . a story begging to be told."The Christian Science Monitor "[A] prodigious feat of reporting . . . [Sonia Nazario is] amazingly thorough and intrepid."Newsday

Enrique's Journey

A much-needed kick in the ass for women everywhere! Like many women, Andrea Owen always lived life on the sidelines, watching each day pass by without ever catching a glimpse of the happiness she yearned for--until the day she had enough. She realized that she had to take action and step out of the box she had created for herself if she really wanted the best life possible. And now, as a celebrated life coach, she shows thousands of women how to take the reins, create an actionable plan for their goals, and finally reach their full potential. In this powerful book, Owen guides you through her acclaimed strategies for creating a more fulfilling life. Each goal-orientated lesson empowers you to take control of the barriers that keep you from achieving the love and success you desire. From breaking the unrewarding cycle of people pleasing to dealing with unsupportive friends, this book approaches the problems you face with a candid look at why you aren't satisfied--and how to fix it. Owen's life-changing wisdom helps you uncover your self-limiting beliefs as well as push you out of your comfort zone by zeroing in on the most difficult issues. Never one to sugarcoat the truth, she holds you accountable for your actions while offering expert advice for knocking down that cynical inner-voice and loving yourself wholeheartedly. With 52 Ways to Live a Kick-Ass Life, you will shut off your internal auto-pilot; kick empty expectations to the curb; and live a bigger, gutsier life.

The Cow in the Parking Lot: A Zen Approach to Overcoming Anger

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A REFRESHINGLY SIMPLE GUIDE TO RECOVER YOUR LIFE! In *Get Your Life Back*, New York Times bestselling author John Eldredge provides a practical, simple, and refreshing guide to taking your life back. By practicing a few wonderfully simple practices—or what John calls “graces”—you can begin to recover your soul, disentangle from the tragedies of this broken world, and discover the restorative power of beauty. Ask yourself: Are you happy most of the time? Do you feel deeply loved? Are you excited about your future? How often do you feel lighthearted? After reading this book you will— Learn how to insert the One Minute Pause into your day Begin practicing “benevolent detachment” and truly let it all go Offer kindness toward yourself in the choices you make Drink in the simple beauty available to you every day Take realistic steps to unplug from technology overload These simple practices and others are ready for the taking. You don’t need to abandon your life to get it back. Begin restoring your life here and now. Your soul will thank you for it.

Rejection Proof

Dream of You

The ideal graduation gift for anyone about to enter the workforce, a witty, practical guide to 200 difficult professional conversations—featuring all-new advice from the creator of the popular website *Ask a Manager* and New York’s work-advice columnist. There’s a reason Alison Green has been called “the Dear Abby of the work world.” Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don’t know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You’ll learn what to say when “coworkers push their work on you—then take credit for it” you accidentally trash-talk someone in an email then hit “reply all” “you’re being micromanaged—or not being managed at all” you catch a colleague in a lie “your boss seems unhappy with your work” your cubemate’s loud speakerphone is making you homicidal “you got drunk at the holiday party Advance praise for *Ask a Manager* “A must-read for anyone who works . . . [Alison Green’s] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.” *Booklist* (starred review) “I am a huge fan of Alison Green’s *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.” *Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide** “Clear and concise in its advice and expansive in its scope, *Ask a Manager* is the book I wish I’d had in my desk drawer when I was starting out (or even, let’s be honest, fifteen years in).” *Sarah Knight, New York Times bestselling author of *The Life-Changing Magic of Not Giving a F*ck**

Present, Not Perfect

You’re here, but you want to be there. So you spend your life narrowing this divide, and you call this your race, your journey, your path. You live your days tightening your boot straps, wiping the sweat from your brow, chasing undiscovered happiness just around the bend. Higher! Faster! Better! Stronger! And on and on you run. Viral sensation and HGTV.com star Erin Loechner knows about the chase. Before turning 30, she’d built a fan base of one million women worldwide and earned the title “The Nicest Girl Online” as she was praised for her authentic voice and effortless style. The *New York Times* applauded her, her friends and church admired her, and her husband and baby adored her. She had arrived at the ultimate destination. So why did she feel so lost? In *Chasing Slow*, Erin turns away from fast and fame and frenzy. Follow along as she blazes the trail toward a new-fashioned lifestyle—one that

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will refresh your perspective, renew your priorities and shift your focus to the journey that matters most. Through a series of steep climbs—her husband's brain tumor, bankruptcy, family loss, and public criticism—Erin learns just how much strength it takes to surrender it all, and to veer right into grace. Life's answers are not always hidden where they seem. It's time to venture off the beaten path to see that we've already been given everything we need. We've already arrived. You see? You'll see.

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