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**Dark Nights Of The Soul** A guide to finding your way through life's ordeals *Hachette UK* A 'dark night of the soul' is not a psychological syndrome, but a quest for meaning during life's darkest hours: the loss of a loved one, the end of a relationship, ageing and illness, career disappointments or just an ongoing dissatisfaction with life. Thomas Moore's extensive experience as a psychologist and theologian has taught him that the dark night is a challenge to restore ourselves and to become someone of substance, depth and soul. By using these trying times as an opportunity to reflect and delve into the soul's deepest needs, we can find a new understanding of life's meaning. **Dark Nights of the Soul** has its roots in a favourite chapter in Thomas Moore's million copy bestseller, *Care of the Soul*. In this beautifully-written and thought-provoking work he explores our contemporary anxieties and insecurities and shows how these metaphoric dark nights can become transforming rites of passage. **Communicating with Kids** What works and what doesn't *Troubador Publishing Ltd* Confused by all the conflicting parenting advice you hear? Not sure who is right or what to do? Well, relax and read this book. Ever wondered why your child gets more upset the nicer you are? Or why your child is always arguing with you, doesn't listen or seems intent on doing the opposite of what you want? Now you no longer have to worry - **Communicating with Kids** has the answers. This new book explains how so often children are not resisting our messages but the way we are sending them. It demonstrates why some of the ways we communicate lead to exactly the opposite of the behaviour we want, and provides methods to tweak your language and approach so that children are willing to help you. So much of the parenting advice we hear works against a child's developing brain, so this book shows you how to work with it instead - which makes all the difference. Once you understand the difference between what you are saying and what your child actually hears, life with children becomes so much easier. This book is all about communication because apart from that, there's no other advice you need; the best way to bring up your child is to be yourself and do it your way. **Communicating with Kids** is a book guaranteed to help all parents, whether they veer towards the methods of Penelope Leach or Supernanny, or have never read a parenting book before. It is not based on any parenting ideology, but on genuine experience with a wide range of children. It is a plain-talking book that presents communication methods that work, so parents gain the confidence to be themselves. **Growing Into Myself** *Troubador Publishing Ltd* Do you have the courage to explore yourself with total honesty; to accept yourself, soul through bone; to ignore conventional expectations and be true to your inner Self, no matter what? In her debut memoir, **Running Into Myself**, Thea Euryphaessa revealed how a seemingly random impulse to sign her unfit, overweight body onto three marathons helped her to overcome depression and abandon the well-worn road of the mundane 9-to-5 for the rockier path of the more meaningful unknown. Now, **Growing into MySelf** follows her as she comes full circle in her transformational Hero's Journey, submitting to the deeper, darker realm of soul, sex, and an uncertain relationship, framed by a series of five Tantra workshops that Thea undertakes over the course of eighteen months. Continuing to explore myth, archetypes, dreams, and depth psychology, Thea learns to surrender to the body's wisdom while also embracing intellect in her quest to become sexually confident and psychologically whole—in short, a woman of substance. **The Power of Paradox** *Routledge* Leaders' actions can have consequences opposite to those they intend. These unintentional results are difficult to detect, understand, and change. Consequently, leaders' actions tend to persist resulting in further unexpected outcomes. This can create a vicious cycle of leadership failure. With all their best efforts, strategic, financial, scenario, human capital and operational plans in place, they fail. Unaware, they self-sabotage and sabotage others; again, the result is unintended consequences, no matter how hard they try. This book gives a glimpse into why and how this happens, and what to do about it. Understanding the Power of Paradox can empower leaders in uncertain times. Paradox reveals uncertainty giving leaders room to breathe and time to think, better able to deal with ambiguity and manage complexity, no longer stymied. Learning to think differently and behave with capabilities, you already have, more resilient, adaptive and flexible leaders execute conscious actions effectively, inspire and empower others, creating the consequences they intend, successful Protean Leaders. **Feast for the Journey** A Creative Path for Cultivating and Celebrating a Life That Matters *Dog Ear Publishing* Feast for the Journey is an enriching guide for individuals and small groups who want creative ways to cultivate a meaningful life in the midst of hectic and uncertain times. If you long for a renewed spark, clearer direction, more confidence in your choices, fresh ways to make a difference, and self-care

that isn't self-ish, *Feast for the Journey* offers four soul-satisfying, hands-on courses that will lead you through: An eye-opening self-assessment that reveals what's most important in your life's story. Four new practices to help you cultivate a life that matters-starting wherever you are. Practical tips for finding and freeing your voice in love, work, and everyday life. Creative ways to celebrate and honor the changes and seasons you're going through. On whatever path you find yourself, *Feast for the Journey* invites you to try a new vision and direction for moving forward-all in a nourishing, peaceful, and creative setting. KAREN LEE TURNER has designed, taught, and refined the courses offered in *Feast for the Journey* for more than twenty years. An artist, musician, college professor, and retreat leader, she has a doctorate in education from Peabody of Vanderbilt University and writes in her backyard studio "shed" in Nashville, Tennessee. She is joined by NEVIN COMPTON TRAMMELL, career expert, poet, activist, and author of *Cream Soda Blues*. He is a licensed clinical social worker with a doctorate from Vanderbilt University. "Whether you're starting out, starting over, or somewhere in-between, *Feast for the Journey* is a rare book for anyone wondering, 'What's next in my life?'" -Joe Calloway, author of *Becoming A Category of One, Never By Chance, and Indispensable* "This is good stuff-a journal, a workbook, a confessional memoir, a scholarly text, a resource manual, and a story. Woven together, it is indeed a new sort of book." -Dale Brown, Director of the Buechner Institute and author of *The Book of Buechner* "Anyone who senses the soul's deep longing for celebration, restoration, delight, and movement toward something 'more' will find their place at the beautifully hospitable table set for *Feast for the Journey*." -Pamela C. Hawkins, author of *The Awkward Season and Simply Wait* *Adult Faith Growing in Wisdom and Understanding Orbis Books* This relatively new culture of the adult faith-seeker originated in the closing decades of the twentieth century as developmental psychology highlighted the changing nature of growth and maturity at different life-stages. Accompanied by the information explosion, adult people particularly began to ask questions for which they sought adult answers. The co-dependency of earlier times, expecting adults to simply accept what religious authorities taught, is alien to adult religious maturity. Adult faith has arrived at a new threshold, requiring novel approaches and strategies in the religious development of adult people. Diarmuid O'Murchu charts this evolutionary development, highlighting dimensions of conventional religion which no longer inspire or offer hope, along with those that nurture and mature, and sheds new light on the spiritual horizons which contemporary adults seek to embrace. The result is a path-breaking book that empowers adult faith-seekers to confidently grow in wisdom and in grace, and that enables the church to use its resources to strengthen the faith of its people at a time of great change in how people think about religion. *Stories at Work Using Stories to Improve Communication and Build Relationships Greenwood Publishing Group* How to use storytelling to become a better communicator, presenter, negotiator, teacher, listener, and leader. *How I Discovered My Mother Was a Goddess A Daughter's Story AuthorHouse* In *How I Discovered My Mother Was A Goddess*, Beverly Charles, tells the poignant story of aging and dementia from the point of view of both the parent and child. At some times troubling and other times darkly comic, it provides a vision of a spiritual journey, one that is healing, authentic, and satisfying. In addition to offering us the story of a mother and daughter as they struggle with old age and death, Beverly moves more deeply into the psyche to understand the goddesses at work in herself and her mother during the various phases of life. We journey through the authors and her mothers relationship to each other and to eight goddesses - Artemis, Hestia, Aphrodite, Athena, Demeter, Persephone, Hera, and Mary. By taking us on this odyssey with her, she not only deepens our understanding of the feminine and the goddesses that personify it, but reveals how these goddesses manifest in everyday life. This story enhances our understanding of the divine feminine. This book is for all those who have loved ones experiencing any form of dementia as our intellectual connection diminishes, may we become more connected in our hearts. This book is also for women and the men who love them may we never be ashamed of the journey that brings us home to the goddess within. *Building Resilience with Appreciative Inquiry A Leadership Journey Through Hope, Despair, and Forgiveness Berrett-Koehler Publishers* *Building Resilience with Appreciative Inquiry A Leadership Journey through Hope, Despair, and Forgiveness* As a leader, you have work that is complex, full of ups and downs. Your ability to be resilient—to pick yourself up after setbacks and keep on going no matter the challenges—is critical not only to successful leadership but also to fostering teams, generating collaboration, and igniting your organization. In this breakthrough book, veteran consultants Joan McArthur-Blair and Jeanie Cockell show that Appreciative Inquiry can be an invaluable tool to build that resilience. Appreciative Inquiry is a time-tested, highly effective, and widely used change method that emphasizes identifying what's working well in a system and building on those strengths. Originating in the 1980s, it's been responsible for dramatic results in every conceivable type of organization. Using the authors' Appreciative Resilience model, leaders can use AI to increase their ability to weather the storms they'll inevitably face and come out stronger. A profoundly practical guide, this book features first-person accounts from leaders in all kinds of settings and situations describing how they've used AI concepts to increase their resilience, as well as a detailed description of the exercises and practices the authors use in their Appreciative Resilience Workshop. McArthur-Blair and Cockell believe that the core of resilience is the interplay among despair, hope, and forgiveness. Every leader experiences despair in those moments when there is no clear path forward. Maintaining hope that a better future is possible enables leaders to keep going. And forgiveness, of one's own shortcomings and those of others, helps leaders move from despair to hope. AI's focus on the best of what is and using that to generate the future makes it a particularly powerful aid and ally on this journey. *Medicine, Religion, and the Body BRILL* This book explores the ways in which the body is sacred in Western medicine, as well as how this idea is played out in questions of life and death, of the autopsy and of the meanings attributed to illnesses and disease. Ritual and religious modifications to, and limitations on what may be done to the body raise cross cultural issues of great complexity philosophically and theologically, as well as sociologically - within medicine and for health care practitioners, but also, as a matter of primary concern for the patient. The book explores the ways in which medicine organises the moral and the immoral, the sacred and the profane; how it mediates cultural concepts of the sacred of the body, of blood and of life and death. *Fly Free How Accepting the Wings of Life Can Help*

**You Reach Your Rainbow** *Candid Creation Publishing* Normal 0 false false false EN-SG ZH-CN X-NONE  
 MicrosoftInternetExplorer4 /\* Style Definitions \*/ table.MsoNormalTable {mso-style-name:"Table Normal"; mso-tstyle-rowband-size:0; mso-tstyle-colband-size:0; mso-style-noshow:yes; mso-style-priority:99; mso-style-qformat:yes; mso-style-parent:""; mso-padding-alt:0cm 5.4pt 0cm 5.4pt; mso-para-margin:0cm; mso-para-margin-bottom:.0001pt; mso-pagination:widow-orphan; font-size:11.0pt; font-family:"Calibri","sans-serif"; mso-ascii-font-family:Calibri; mso-ascii-theme-font:minor-latin; mso-fareast-font-family:SimSun; mso-fareast-theme-font:minor-fareast; mso-hansi-font-family:Calibri; mso-hansi-theme-font:minor-latin; mso-bidi-font-family:"Times New Roman"; mso-bidi-theme-font:minor-bidi;} As long as we have life's breath, there is always hope... If given a choice, most people would love pure sunshine moments. Yet it is the combination of rain and sunshine that allows the unfolding of magnificent rainbows. That's what Bernadette discovered as she sought to overcome the everyday storms in her life; from battling low self-esteem, healing from a failed marriage, recovering from financial difficulties ... common themes in our daily lives. While facing her dark nights of the soul, Bernadette dreamt of flying free and reaching her rainbow. Along her journey of self-discovery and liberation, she learnt to accept the wings of life and also learnt much from fellow sojourners who have mastered their flight. Fly Free is an anecdotal account of these experiences, shared unabashedly and candidly by Bernadette. With candour and warmth, the author writes of her healing journey and the insights gained as she changed and transformed her life to one that is abundant, happy and free. **A Lenten Journey with Jesus Christ and St. John of the Cross** *Christus Publishing, LLC* "O Lord, my God, who will seek you with simple and pure love, and not find that you are all one can desire, for you show yourself first and go out to meet those who seek you?" With these beautiful words, St. John of the Cross places before us God's great invitation of Love. He reminds us that it is God who fulfills our desires, God who yearns for us, and God who will come to us if we seek Him. Accept the invitation to journey through Lent with Jesus Christ and one of the great spiritual writers of the Catholic Church, St. John of the Cross. Inside you will find an Invitation from St. John of the Cross, a short biography of St. John of the Cross, a History of Lent, and St. John of the Cross on following Jesus. Each day of Lent, weekdays and Sundays, begins with: a Gospel Reading, a selection from the Writings of St. John of the Cross, a Reflection, and a Prayer. Let this book help you explore the spiritual wisdom of St. John of the Cross and the journey to God. **Across the Threshold, Into the Questions Discovering Jesus, Finding Self** *Church Publishing, Inc.* Formatted in much the same way as the original volume, *Finding Jesus, Discovering Self*, this book includes new encounters with Jesus and his parables and teachings from the Gospel stories in Mark, Matthew, and Luke. **Gratitude and Grace The Writings of Michael Mayne** *University Press of America* This book offers an introduction and overview of the five bestselling books by one of the United Kingdom's finest spiritual writers, Michael Mayne, who served as dean of Westminster Abbey from 1986 to 1996. Though he has a Christian focus, Mayne will appeal to all those seeking spirituality. **Luminous Darkness An Engaged Buddhist Approach to Embracing the Unknown** *Shambhala Publications* A resonant call to explore the darkness in life, in nature, and in consciousness—including difficult emotions like uncertainty, grief, fear, and xenophobia—through teachings, embodied meditations, and mindful inquiry that provide us with a powerful path to healing. Darkness is deeply misunderstood in today's world; yet it offers powerful medicine, serenity, strength, healing, and regeneration. All insight, vision, creativity, and revelation arise from darkness. It is through learning to stay present and meet the dark with curiosity rather than judgment that we connect to an unwavering light within. Welcoming darkness with curiosity, rather than fear or judgment, enables us to access our innate capacity for compassion and collective healing. Dharma teacher, shamanic practitioner, and deep ecologist Deborah Eden Tull addresses the spiritual, ecological, psychological, and interpersonal ramifications of our bias towards light. Tull explores the medicine of darkness for personal and collective healing, through topics such as: **Befriending the Night: The Radiant Teachings of Darkness Honoring Our Pain for Our World Seeing in the Dark: The Quiet Power of Receptivity Dreams, Possibility, and Moral Imagination Releasing Fear—Embracing Emergence** Tull shows us how the labeling of darkness as "negative" becomes a collective excuse to justify avoiding everything that makes us uncomfortable: racism, spiritual bypass, environmental destruction. We can only find the radical path to wholeness by learning to embrace the interplay of both darkness and light. **Christian Responses to Five Views of the Bhagavad Gita Entry into Dialogue** *Cambridge Scholars Publishing* Of all the Hindu Scriptures, the Bhagavad Gita is the most widely read by Western audiences. Its brevity belies its complexity; as with all sacred texts, the only way to fully understand its teaching is to learn from those who live out a faith based on that text. This book examines five different readings of the Bhagavad Gita, juxtaposing these readings with a Western Protestant Christian response to both the text and the ideas and theology that lie beneath the surface of the text. Written for students and practitioners of interfaith dialogue, it is a resource to enable richer and deeper conversations between Hindus and Christians. **Finding Jesus, Discovering Self Passages to Healing and Wholeness** *Church Publishing, Inc.* As we meet Jesus of Nazareth in the Gospel narratives, we come face to face with our own deepest selves. *Finding Jesus, Discovering Self*, invites readers to see Jesus with new eyes and then explore, know, experience, and live questions about how 2000-year-old stories and events happen in the world and in our lives today. Each chapter focuses upon a passage from the Gospels. A narrative by one of the authors recalls a personal experience reflecting the ancient text. Questions to which there are no "right" answers offer multi-dimensional opportunities to explore the stories and wonder. Contemporary poetry and prose open new doors to meeting Jesus as a first century Jew and discovering creative, compelling, and challenging possibilities for one's own story, self, and relationship to God. Written by a Jewish author and an Episcopal priest, *Finding Jesus, Discovering Self* is a perfect volume for personal reflection or group study. **Deep Creativity Seven Ways to Spark Your Creative Spirit** *Shambhala Publications* Nautilus Award Winner A deeply intimate exploration of the "7 Ways" to creativity led by three authors whose collaboration provides meditations on the creative process as well as practical and reflective exercises. Reignite your creative spark with accessible meditations and practices developed by three experts on creativity and collaboration across three generations. Whether you're a filmmaker, writer, musician, artist, graphic designer, dabbler, or doodler, all creative

people face the challenges of myriad distractions and pressure to produce. Devoting space for the creative spark has become increasingly difficult. *Deep Creativity* is a call for making that space and an invitation to intentionally and introspectively engage with the creative life through seven time-tested pathways, available to you right where you are. The authors' novel approach includes fifteen principles of creativity that not only inspire but also set you up for a lifetime of self-expression. This highly resourceful book offers practical guidance as well as deep reflection on the creative process. For more information, visit [www.deepcreativity.com](http://www.deepcreativity.com).

**Healing Grief, Finding Peace 101 Ways to Cope with the Death of Your Loved One** *Sourcebooks, Inc.* "Dr. LaGrand's advice and recommendations reach from and to both heart and head ... a powerful and important lesson about grief that even in grief, we can still grow." Kenneth J. Doka, PhD, senior consultant, Hospice Foundation of America **Through Your Loss Comes The Strength to Grow** Whether the death of a loved one is sudden or follows a long battle with illness, there is no way to prepare for the loss of someone close. Grieving is painful, but you have a choice in how you cope with grief and most importantly how you adapt to the intense loss you've experienced. Grief counseling expert Dr. Louis LaGrand describes 101 tips and prescriptions to help mourners through their tragic loss. His specific coping strategies offer practical advice, ultimately giving you pathways for achieving lasting inner peace by using the one thing you can control your own response to grief. **Heal your inner grief and find peace by:** \*Starting each day with an affirmative action \*Establishing a grief or worry time \*Planning in advance for birthdays, anniversaries, and important holidays \*Learning to enjoy new routines \*Letting go of "if onlys" and "what ifs" \*Never ruling out happiness

**Soft Bipolar Vivid Thoughts, Mood Shifts And Swings, Depression, And Anxiety of the Mild Mood Disorders Affecting Millions of Americans** *iUniverse* **Soft Bipolar: Vivid Thoughts, Mood Shifts and Swings, Depression, and Anxiety of the Mild Mood Disorders Affecting Millions.** Cutting-edge help and information is now available on the misunderstood and often misdiagnosed milder mood disorders: Bipolar II and Cyclothymia. You may have Soft Bipolar if you: Have vivid thoughts and emotions Have variable periods of energy and productivity Have good times followed by periods of foggy depression Have a relative with depression, a mood disorder, or alcoholism Are strongly affected by stress, relationships, changes of seasons, or losses Feel you are bright, but for some reason are not meeting your potential If you can relate to any of these ideas, *Soft Bipolar* has further tools to understand your symptoms, including the new and innovative *Soft Bipolar Symptom Self Report*. There are things you can do about these disorders, and direction in finding qualified help is included. Where would we be without other resources? *Soft Bipolar* includes many internet-critical resource sites that offer vast amounts of help you can find today! Dr. Bunch wants you to understand why you have suffered and what you can do about the fears, anxieties, and depression of your *Soft Bipolar* disorder.

**Worst Enemy, Best Teacher** How to Survive and Thrive with Opponents, Competitors, and the People Who Drive You Crazy *New World Library* **Worst Enemy, Best Teacher** presents a powerful system to identify and learn how to best approach the person or problem that plagues us most — whether it's a neighbor, a brother-in-law, a new boss, or the factory's fiercest competitor — Combs breaks down problems and threats into more easily understood categories, such as conflicts that threaten physical harm, emotional pain, constriction of one's ability to be unique, and intellectual threats and how they affect one's world view and beliefs. Hands-on exercises, parables, and real-life stories show readers how to apply the wisdom gained from studying the opponent to any challenge, whether within one's self, with friends or family, or between companies or nations, *Worst Enemy, Best Teacher* offers ingenious tips and techniques for learning from the enemy and converting conflict into resolution.

**Meet Your Soul A Powerful Guide to Connect with Your Most Sacred Self** *Hay House, Inc* In this groundbreaking book, therapist and intuitive Elisa Romeo, takes Soul beyond an intellectual concept and into a direct and personal relationship. Pulling from depth psychology, years of practical experience, and touching stories from clients, Elisa brings substance and gravitas—and some levity—to the topic of how to live a Soulful life. This comprehensive, straightforward program contains effective meditations, visualizations, and inquiries to support you on the often messy, winding, and yet amusing path of discovering your Soul in modern times. *Meet Your Soul* not only tells you how to access your Soul connection but also preps you for some of the common obstacles you're likely to encounter on your journey. With her kind and informed direction, you'll learn to:

- Understand the crucial distinction between ego, Spirit, and Soul
- Create and cultivate a strong spiritual practice
- Distinguish your Soul Truth from the beliefs of family, friends, and society
- Clearly access the voice of your Soul
- Gain awareness of the key Soul contracts in your life and discover your Divine purpose

This book helps you meet the oldest, wisest, and most loving part of yourself—the part that gives meaning and purpose to your life. Elisa shows that each of us has the capacity to hear this personal, unique guidance directly. You needn't look outside yourself to a guru, program, or system; rather you can simply look within.

**Negotiating the Inner Peace Treaty** **Becoming the Person You Were Born to Be** *Balboa Press* A real gift to anyone interested in finding out more about the many selves that make up our Inner Cast of Characters. Clear, thoughtful, and lyrical, it guides the reader along the fascinating journey of self-discovery, providing support and practical suggestions along the way. Hal Stone, PhD and Sidra Stone, PhD, **Creators of Voice Dialogue**, authors of *Embracing Our Selves; Embracing Your Inner Critic; Partnering; and The Shadow King*. *Negotiating the Inner Peace Treaty* inevitably leads to greater peace and productivity in the outer world as well. The exercises and insights offered here are profound, clear, and attainable for anyone. I am particularly impressed with how this book presents a view of Jung's archetypes that is lucid, moving and transformative. Jeremy Taylor, D. Min., Unitarian Minister, author of *Dream Work; and Where People Fly and Water Runs Uphill*. This creative work presents a lucid, practical set of tools for those not formally trained in Jungian psychology, who seek to come to peace with the inner turmoil that fragments our lives. Her clear presentation of shadow and dream work are very helpful highly recommend it! Keith Parker, PhD Jungian Analyst, author of *Seven Cherokee Myths*. Chelsea Wakefields work moves us beyond wounds of the past, expanding our potential for love and intimacy. Here is a guide that is both visionary and integrative. Gina Ogden, PhD, LMFT Author of *The Heart and Soul of Sex; and Return of Desire Like a Child Restoring the Awe, Wonder, Joy and Resiliency of the Human Spirit* *SkyLight Paths Publishing* By breaking free from our misperceptions about what it means to be an adult, we can reshape our world

and become harbingers of grace. “In our desire to grow up, mature, become adults, we become enamored with who we are supposed to be. When we have finally ‘grown up’ we realize much of who we really are has been left behind or buried under various masks and roles we play. But the knowledge of who we truly are never leaves us. To reclaim our selfhood, we must grow up again and consciously embrace all that it means to be childlike.” —from Chapter 12, “It Takes a Long Time to Become Young” By restoring the childlike ways of humility, trust, awe, wonder, playfulness and more, we can recover a fuller picture of what it means to be human. This unique spiritual resource explores what Jesus may have meant when he said, “Unless you change and become like children, you will never enter the kingdom of heaven.” It addresses our modern misperceptions regarding the nature of maturity and the common coping mechanisms—distrust, guardedness, insecurity, judgmental thinking—we acquire, and feel we require, in adulthood. Along with the wisdom of ancient and modern spiritual luminaries, this book provides over twenty-five spiritual practices to help us cultivate the childlike ways of attention, self-awareness, joy and resilience in our inner lives as well as in our relationships with others. Reader of Hearts The Life and Teachings of a Reluctant Psychic *New World Library* A psychic describes how he struggled to fit into his prosaic community and fundamentalist church before realizing the truth about his knowledge of things that weren't obvious to other people, in a guide that outlines seven lessons about how to follow a spiritual path and provides a range of exercises, prayers, and guided meditations. Original. Undivided Love Navigating Landscapes of Living Faith *FriesenPress* Undivided Love is a book about faith: how it is expressed and what it communicates. Janet Gear offers readers a sympathetic way to interpret the belief-inspired actions of those around them without assuming homogeneous understandings of God, the church, and our place in the world. Recognizing the pastoral and strategic challenges provoked by conflicting understandings of what the church is for, Gear guides leaders in the artistry of handling shadows and strengths coexisting across five streams of lived faith: evangelical, ecclesial, missional, ecumenical, and spiritual. Ultimately, Undivided Love empowers congregations to navigate the terrain of theological diversity shared by their community of faith, to nurture its various longings and receive its unique gifts, and to ultimately address the deeper question: What are we called to do? Worship That Changes Lives Multidisciplinary and Congregational Perspectives on Spiritual Transformation *Baker Academic* Compiles cultural, theological, and psychological perspectives on spiritual experience in worship from scholars and laity, paying particular attention to the role of the arts in facilitating spiritual transformation. Making Peace with Depression A warm, supportive little book to lift low mood and ease despair *Bookouture* Is depression or low mood stopping you from living life to its fullest? Are you feeling alone, struggling to find a way through? Making Peace with Depression is here to help. In this comforting and supportive little book, bestselling authors Sarah Rayner and Kate Harrison, with Dr Patrick Fitzgerald, draw on their own experiences of living with depression and share their life-changing coping techniques that have helped them manage low mood and depressive episodes. They explain that actively trying to fight your depression can actually prolong your suffering - instead, making peace with difficult emotions and compassionately accepting them can restore mental health and happiness. Packed with simple and effective tips, this must-have handbook explores: - The psychological and physical symptoms of depression and tips to cope. - How to stop the spiral of negative thinking and boost your self-esteem. - What to do when you suffer from suicidal thoughts. - How to seek help and get a diagnosis. - Different therapies and medications to help you recover. - Evidence-based tips to avoid relapse. Uplifting, hopeful and compassionate, Making Peace with Depression will help you on your path to recovery, and shows you how to rediscover joy and contentment every day. Read what everyone is saying about Making Peace with Depression: ‘I ABSOLUTELY loved this... so practical, so down to earth, so non-preachy and so relatable.’ Amazon reviewer, 5 stars ‘Amazing read!!!!... I laughed and I cried as I can relate to almost something in every page.’ Amazon reviewer, 5 stars ‘A gem. Full of compassion, understanding, humour and practical advice... Read this book and you feel you've found a friend. A real lifeline for those living with depression.’ Amazon reviewer, 5 stars ‘Perfect book... a superbly structured and well thought-out guide... offers just the right amount of information to help you... extremely helpful and thought-provoking... possibly the best guide I've ever read.’ Amazon reviewer, 5 stars ‘Brilliant... wish I had had this book years ago.’ Amazon reviewer, 5 stars ‘Brilliant little book, helped me immensely.’ Amazon reviewer, 5 stars ‘Absolutely fantastic... amazing.’ Amazon reviewer, 5 stars ‘Helped so much. I read this book in 2 days... I felt the most relaxed I have in a long time. It feels like a supportive friend giving you the best advice.’ Amazon reviewer, 5 stars Standing at Water's Edge A Cancer Nurse, Her Four-Year-Old Son and the Shifting Tides of Leukemia *McFarland* Janice Post-White was an oncology nurse who thought she knew what life with cancer was about—until her four-year-old son was diagnosed with leukemia. While he drew pictures to process his emotions, she buried her feelings and threw herself into managing a dual role as a medical professional and mother. Her memoir shares her son's perspective as a young cancer patient and teen survivor, and explores her own personal and professional insights on survivorship, resilience, healing and what facing death can teach us about living. Higher Purpose How to Find More Inspiration, Meaning, and Purpose in Your Life *Hay House, Inc* Why are you here? What is life for? What are you meant to do? Best-selling author Robert Holden helps you go from looking for your purpose to living it. (Hint: It's not just about you.) “How do I find my life's purpose?” In the 10-year run of Robert Holden's call-in radio show, Shift Happens!, his listeners asked that question more often than any other, by far. It seems everybody is looking for their purpose, and yet we all struggle to recognize it and live it. In Higher Purpose, Holden takes readers on an epic journey of self-discovery that includes the hero's journey with Joseph Campbell, Carl Jung's work on true vocation, Victor Frankl's search for meaning, a pilgrimage with St. Francis of Assisi, the poetry of Wordsworth and Rilke, and much more. The journey has four stages: “The Call” explores “the calling” inside you to live a more meaningful life. “The Path” helps you to realize what inspires you, what brings you alive, to follow your joy, and to do more of what you love. “The Ordeal” tackles the inner blocks, the road of trials, and challenges you must overcome to live your higher purpose. “The Victory” encourages you to not betray yourself, to “sing your whole song,” and to keep on saying YES to your soul's high adventure. In Higher Purpose, Holden explores three distinct levels of purpose: your unique purpose, a

shared purpose, and the greater purpose of life. He offers inquiries, meditations, and journaling exercises to help you live your purpose every day. And he shares stories from his own life and conversations with a host of remarkable people—Maya Angelou, Louise Hay, Jean Houston, Matthew Fox, Robert Thurman, Caroline Myss, Andrew Harvey, Wayne Dyer, Oprah Winfrey, and more. **Widowhood The Death of a Spouse** *Trafford Publishing* Provides professional and personal insight into dying and death, and includes stories of men and women who learned to accept and deal with the loss of their spouses. **The Deer and the Naturalist Dreamwork and the Soul's Journey** *Dorrance Publishing* **The Deer and the Naturalist: Dreamwork and the Soul's Journey** by Mary Edwards In 1982 nightmares saved Mary Edwards, a wife and mother who had been sliding into alcoholism to avoid the grief work that she seriously needed to do. **The Deer and the Naturalist** is Mary's remarkable story of her life's spiritual journey as she began to understand how dreams are a valuable guide to our life's path. Working with dreams became a form of prayer and meditation that improved her conscious contact with God and for the knowledge of God's will for her and the power to carry that out. Mary has been forever changed by her recovery and her understanding of her purpose on earth, her awareness of that deep wisdom within that comes from dreams and their connection to one's Higher Power. The reader of this book will be given many tools for working with their dreams during times of transition. It will help you fully understand the language of that inner voice that comes through dreams, from one's true self and that voice of God from within. No matter what brokenness we all experience, once we surrender to that wise voice within, we find healing for ourselves, and the gift to help others. **The Great Work Self-Knowledge and Healing Through the Wheel of the Year** *Llewellyn Worldwide* Fusing ancient Western spirituality, energy work, and psychology, **The Great Work** is a practical guide to personal transformation season by season. Learn to be truly holistic by incorporating key physical, emotional, and energetic practices into your life at times when the natural tides are in harmony with your process. **The Great Work** captures the core essence of each festival with eight key themes that span the annual cycle—a cycle that reflects human development and experience. Discover how Yule can alleviate a painful childhood, how Beltane can facilitate conscious relationships, and how Mabon can assist with determining your life's purpose. Find guidance through daily journal questions, elemental meditations, and the author's unique energy-healing technique of Hynni. With this invaluable resource for your journey of inner alchemy, you'll develop an intimate connection with the earth's impulse to create balance and harmony. Praise: "Tiffany Lazic weaves together psychology, myth, meditation and keen observation of the natural world, creating an invaluable and original resource for healing work of all kinds. Inviting and accessible to all readers."—Elizabeth Cunningham, author of *The Maeve Chronicles* "The Great Work presents inspiring insights and practical exercises that help unlock the alchemical mysteries at the heart of the Eightfold Path, and which facilitate a deep connection with the cycles of nature as they reveal their transformational powers in all of us."—Jhenah Telyndru, author of *Avalon Within CUT LOOSE (Mostly) Older Women on the End of their (Mostly) Long-Term Relationships* *Rutgers University Press* **Although breakups—whether celebrity or everyday—are a constant source of fascination, surprisingly little attention has been given to women who are cut loose in their later years. This is a book about (mostly) long-term relationships that have come apart. Each woman involved, the majority of whom are over sixty, tells of her experience through journal entries, essays, poetry, or stories. Although in many senses they have been abandoned, they have also been set free, untethered, and, for some, liberated sexually, mentally, or emotionally. The book is divided into two major sections. The pieces in the first part are personal narratives. Among the varied voices, we hear from women in both heterosexual and same-sex relationships who have been left by their partners or who have decided to leave them. In the second section, the contributors look at being left and leaving from psychological, sociological, economic, sexual, medical, anthropological, and literary perspectives. Other essays explore the shared experiences of specific classes of women, such as single women, widows, or abandoned daughters. **Beauty A Path to God** *Paulist Press* An invitation to embrace a spirituality of beauty. Grounded in the foundational writings of Hans Urs von Balthasar, it explores the ability of beauty to introduce components of prayer, joy, and spirituality into our lives today. **Radical Awareness 5 Practices for a Fully Engaged Life** *Llewellyn Worldwide* Experience a profound engagement with life through the transformational power of spiritual awakenings. Presenting a simple and safe system that can be applied to daily living, **Radical Awareness** shows you how to achieve the mystical state of oneness. Join author Catherine Dowling as she offers meditation techniques, hands-on exercises, and breathwork methods for enlightenment and expanded awareness. Exploring five practices for turning everyday experiences into opportunities for spiritual growth, you will learn to move past fear and self-sabotage, break the bonds of anger, understand the expectations of others, honor your own values, and more. Grounded in the knowledge of ancient and contemporary world wisdom traditions, **Radical Awareness** is a down-to-earth, workable guide for living with passion, abundance, and serenity. Praise: "There is much learned and practiced wisdom here!"—Fr. Richard Rohr, author of *Falling Upward* and founder of the Center for Action and Contemplation "When you've read this book you will understand what mysticism and spirituality are . . . Everyone will grow with [Radical Awareness], even the most experienced. It is a truly excellent book."—Joy Manne, PhD, author of *Conscious Breathing in Everyday Life* **Sugar Free** *Jonathan Ball Publishers* Where fat was once regarded as the enemy, scientists now point to the huge amount of sugar we consume as being the real danger to our health. Karen Thomson's simple, effective and proven eight-week programme to quit sugar for good will dramatically improve your health while helping you to lost weight. Packed with recent scientific research and nutritional advice, it includes a chapter by research neuroscientist Dr Nicole Avena and provides eight weeks of meal plans, both vegetarian and non-vegetarian, put together by Emily Maguire. This updated international edition of **Sugar Free** features over 40 new mouth-watering new recipes developed to help you live a low-carb lifestyle. **Shamanic Transformations True Stories of the Moment of Awakening** *Simon and Schuster* Inspiring accounts from renowned contemporary working shamans about their first moments of spiritual epiphany • With contributions by Sandra Ingerman, Hank Wesselman, John Perkins, Alberto Villoldo, Lewis Mehl-Madrona, Tom Cowan, Lynn Andrews, Linda Star Wolf, and others • Also includes shamanic awakening experiences from those with unique shamanic paths--teachers, mothers, social workers, academics, and**

even rappers How does one receive the “call” to enter onto the shamanic path? What causes some people to change their safe, uneventful, and ordinary lives and start on a spiritual search? For many it is a singular instant, a flash when the mystical reveals itself and the person is drawn into the world of shamanic power. For a few, it is a more gradual awakening, filled with numinous events that build upon one another until the calling of the shamanic path can no longer be ignored. In this book of remarkable stories, we learn firsthand about the many different forms of the “aha” moment of shamanic awakening, whether they arise from ceremony, near-death experiences, dream messages, or entheogenic substances. We travel alongside Sandra Ingerman, Hank Wesselman, John Perkins, Alberto Villoldo, Lewis Mehl-Madrona, Tom Cowan, Lynn Andrews, Linda Star Wolf, and other well-known shamanic practitioners as they begin their transformations into the prominent shamans we know them as. We experience the real-life shamanic epiphanies of those with unique shamanic paths--teachers, mothers, social workers, academics, healers, and even rappers who have all experienced a moment in time in which they were awakened and the shamanic path showed itself to them. As each of these unique and beautiful stories of unexpected realization, insight, and inspiration unfolds, we see how these single moments--usually entirely unexpected--are able to transform the individual's life, clearing their vision and allowing a new consciousness to emerge. As a whole, this collection paints a breathtaking portrait of the intricacies of the shamanic path and the paradigm shift of which we all are part.

**APOCALYPTIC GRACE THE EVOLUTION OF CULTURE AND CONSCIOUSNESS** *Xlibris Corporation* Here is a unique exploration of the five eras or Worlds of cultural (socioeconomic, psychological, spiritual) evolution. Stephen Powell, a seasoned anthropologist and psychotherapist, illuminates the hunter/gatherer, horticultural, agrarian, and industrial/technological epochs in unexpectedly fresh and timely ways. Foremost, the diversity of these Worlds is still within us all. World One, reaching back to 50,000 BCE, was a time of widely accepted shamanic assumptions. World Two (10,000 to 3500 BCE) developed small-scale horticulture and tribal cohesion, but also unprecedented social conformity. World Three (from about 3500 BCE) experienced the global rise of caste-structured hierarchies with the World Religions as cultural compensation. Beginning in the 1600s, World Four developed a mechanistic, secularized worldview, accentuated by individualism, popular culture and a capitalist agenda. Finally, Powell describes the beginnings of a new, fifth set of world assumptions — a world without borders. Here we may start to integrate humanitarian aspects of the preceding Worlds, embracing multiculturalism without losing cultural integrity. Moreover, the wisdom traditions from each time appear to hold seed truths of the profound changes that mark the end-time and the beginning of each World. *Apocalyptic Grace* leads the reader on a stunning survey of this remarkable journey.

**Running Into Myself** *Troubador Publishing Ltd* While celebrating her 26th birthday, Thea listens on as her thirty-something friends discuss their lives. Their conversation leads her to realise she's been drifting through life and hasn't grown up. In addition, she can't tell where she ends and her mother begins. The realisation gradually takes its toll and several months later, she's diagnosed with depression. Refusing medication, she leaves her soul-constricting job and pursues a more meaningful path. Along the way she discovers spirituality - in particular, Japanese Energy healing - but with a fragile sense of Self, lacks the confidence and belief required to cross the threshold to a new life. Instead, she unquestioningly accepts others' views on life and slides back into a mundane existence. Three years later a terrifying nightmare provides another wake-up call. This time with no game plan, she sells her house, leaves her 9-5 job and embarks on a relationship that takes her to Santa Fe (US). Once there, she encounters several mentors who introduce her to Jungian psychology, Greek mythology, BodySoul work, fairytales, folk tales and alchemical symbolism. Soon after, overweight and unable to run more than a few metres at a time, she impulsively signs up for three marathons - New York, Rome and Athens - with the first only months away. What unfolds over the next eighteen months is an inspiring rite of passage into conscious womanhood: an unintentional pilgrimage healing old wounds, and a revelatory experience with her deep Self. The book is a personal narrative accompanied by examinations of myth and depth psychology, in which life illuminates ancient tales and archetypes find form in modern experience.