

Positive Energy: 10 Extraordinary Prescriptions For Transforming Fatigue, Stress, and Fear Into Vibrance, Strength, And Love, 2005, 369 pages, Judith Orloff, 1400082161, 9781400082162, Crown Publishing Group, 2005

Are you forever rushing through your day, fending off chronic exhaustion? Are you desperately overcommitted, afraid to say no? Do you want to feel well rested and ready to conquer each day with enthusiasm, but fall short time and time again? If so, you're the victim of a hidden energy crisis. Here, at last, is the complete prescription that will stop you from feeling constantly drained and enable you to live a more vibrant life. The Positive Energy Program will help you:•Generate positive emotional energy to counter negativity•Design an energy-aware approach to diet, exercise, and health•and teach you how to avoid the energetic overeating that sabotages attempts to lose weight•Awaken your intuition and rejuvenate yourself•and learn the cure for technodespair: overload from e-mails, computers, and phones•Protect yourself from energy vampires with specific shielding techniques Filled with clear instructions for the simple, powerful exercises Dr. Orloff practices herself and shares with her patients, Positive Energy is your tool kit for transforming fatigue, stress, and fear into an abundance of vibrance, strength, and love.

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Energy Medicine for Women Aligning Your Body's Energies to Boost Your Health and Vitality, Donna Eden, 2008, Health & Fitness, 326 pages. The author of Energy Medicine draws on the theories of her original work to counsel women on how to regard health issues as energy imbalances, explaining how to apply energy.

If You Want What We Have Sponsorship Meditations, Joan Larkin, 1998, Self-Help, 366 pages. Written as conversations between sponsor and sponsee, these daily meditations explore the concerns, dilemmas, and struggles involved every day in recovery. Provides insights.

The Law of Sobriety Attracting Positive Energy for a Powerful Recovery, Sherry Gaba, Sep 1, 2010, Self-Help, 230 pages. Offers a new style of addiction recovery for creating and maintaining a life filled with joy and purpose, using seven action steps to make recovery about the new life to be.

Second Sight , Judith Orloff, Dec 14, 2008, Body, Mind & Spirit, 300 pages. In this compelling self-portrait, psychic and psychiatrist Dr. Judith Orloff draws on her own experience and that of her patients to explore the mysterious and poorly.

When God becomes a drug breaking the chains of religious addiction & abuse, Leo Booth, Oct 1, 1991, Psychology, 273 pages. A guide to breaking addictive religious beliefs and behaviors--a refusal to question authority and the use of guilt to control others--draws on AA's Twelve-Step program.

The Practical Empath - Surviving and Thriving as a Psychic Empath , Catherine Kane, Sep 1, 2011, Self-Help, 182 pages. Are You a Psychic Empath?... & ;Do people say you're too sensitive? Do other people's emotions overwhelm you? Do you carry abdominal weight you can't seem to lose? You may be.

Soulful Love The Search for the Self, Deri Joy Ronis, Ronis, Deri Ph.D, Mar 31, 2001, Peace, 228 pages. Dealing specifically with overcoming oppression, healing the heart and understanding the impact of the psychological journey we are all on, this guide explores the creation of.

The Everything Reiki Book Channel Your Positive Energy to Reduce Stress, Promote Healing, and Enhance Your Quality of Life, Phylameana Lila Desy, Feb 10, 2004, Health & Fitness, 320 pages. For centuries, Reiki has been valued by Eastern cultures as a means for relieving pain and balancing the body's natural energies. This hands-on healing method is now gaining.

Beautiful You A Daily Guide to Radical Self-Acceptance, Rosie Molinary, Oct 5, 2010, Health & Fitness, 440 pages. In Beautiful You author Rosie Molinary forcefully encourages women "whatever their size, shape, or color" to work toward feeling wonderful about themselves despite today's.

The Top Performer's Guide to Leadership , Judith Orloff, Jan 1, 2008, Business & Economics, 128 pages. Great Leadership Makes an Impact Business needs great leaders. Of all the skills a top performer can master, this may be the most important. The Top Performer's Guide to.

Healing Mind, Healthy Woman: Using the Mind-Body Connection to, Book 1997 Using the Mind-Body Connection to Manage Stress and Take Control of Your Life, Alice D. Domar, Henry Dreher, Aug 11, 1997, Health & Fitness, 448 pages. Outlines techniques for relieving stress, infertility, eating disorders, and other conditions.

You Do Know , Becky Walsh, Feb 1, 2013, Psychology, 216 pages. In the past few years there has been an increase in the use of the word intuitive. This increase has been a direct result of the way we describe the intelligent functionality.

The Language of Emotions , Karla McLaren, Jun 1, 2010, Emotions, 415 pages. Your emotions contain brilliant information. When you learn to welcome them as your allies, they can reveal creative solutions to any situation. For 35 years, empathic.

365 Energy Boosters Juice Up Your Life, Thump Your Thymus, Wiggle as Much as Possible, Rev Up with Red, Brush Your Body, Do a Spinal Rock, Pop a Pumpkin Seed, Susannah Seton, Sondra Kornblatt, Sep 1, 2005, Health & Fitness, 377 pages. Are you S.A.D.? (Suffering from Seasonal Affective Disorder.) Are you one of the listless denizens sleepwalking your way through the day? Are you tired of being tired? Life.

The Heart of Healing Discovering the Secrets of Self-Care, Regina Rosenthal, Feb 1, 2013, Healing, 312 pages. "'The Heart of Healing' is the perfect book for those seeking to deepen their understanding of healing. Health-care professionals and the chronically ill know that this is a.

The Last Ghost Dance A Guide for Earth Mages, Brooke Medicine Eagle, Mar 4, 2009, Religion, 432 pages. In the celebrated Buffalo Woman Comes Singing, Brooke Medicine Eagle revealed her extraordinary spiritual odyssey from her first guided steps on the medicine path to her.

Serpents and Apples Emotional, Spiritual, and Physical Well-Being for Working Women, Karen Barrie, Kathleen Cain, Nov 1, 1992, Business & Economics, 303 pages. Are working women liberated or imprisoned? Work can be a blessing or a curse; what each woman does with her workday determines whether or not she will be healthy, wealthy, and.

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Iraq at the Crossroads State and Society in the Shadow of Regime Change, Toby Dodge, Jun 17, 2013, History, 120 pages. A US-led assault on Iraq will have unpredictable and possibly profound effects on Iraqi society. Moreover, those effects will vary with the objectives and strategy adopted by  
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Imagery , Dr J Richardson, Nov 12, 2013, Psychology, 177 pages. This advanced undergraduate textbook structures and integrates research on imagery Centered around the woman's tattoo, the "malu", tells the story of three generations of women from two Samoan families touched by shame and grief over an uncompleted tattoo. Poetry. "DARK MATTER is a beautifully focused book, the work of a gifted poet coming, at midlife, into his full powers. Time and the shifts of time are the burden: not simply.

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JFK The Book of the Film : the Documented Screenplay, Oliver Stone, Zachary Sklar, 1992, Music, 593 pages. Provides the complete script for JFK, which details the investigation into President Kennedy's assassination, and includes reponses and comments about the film, and officialThe Beginnings of Rome Italy and Rome from the Bronze Age to the Punic Wars (c. 1000-264 BC), Tim Cornell, 1995, History, 507 pages. "This beautifully written study is the most comprehensive study of Rome from 753 BC to 264 BC. It is an important synthesis of the many developments in research over the last

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The Revised English Bible The New Testament, Oxford Staff, Oxford University Press, 1997, Bible, 236 pages. The Revised English Bible is a version of the scriptures expressed in contemporary English that has attracted particular praise for its elegant prose style. It is in use in Goodbye Father The Celibate Male Priesthood and the Future of the Catholic Church, Richard A. Schoenherr, Sep 26, 2002, Religion, 275 pages. Given the recruiting advantages of abandoning the celibacy requirement, Richard Schoenherr asks why the conservative coalition - headed by the Pope - is so adamantly opposed to Fallen , Jacob D. Poettker, Nov 29, 2011, Juvenile Fiction, 210 pages. Darkblade Huncong the 19th is from the country Corinthia on the planet Biblicia. The Fecian Empire is attempting to take over Corinthia. Darkblade and his two sons must save Positive Energy: 10 Extraordinary Prescriptions For Transforming Fatigue, Stress, and Fear Into Vibrance, Strength, And Love 2005

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Gluten-free Family Favorites The 75 Go-to Recipes You Need to Feed Kids and Adults All Day, Every Day, Kelli Bronski, Peter Bronski, 2014, Cooking, 240 pages. This kid-friendly cookbook from category-leading authors has gluten-free families covered, every day of the week Going gluten-free can seem especially daunting for families Nawiedzony dom , Joanna Chmielewska, 1991, Body, Mind & Spirit, 202 pages Environmental Protection Agency's fiscal year 2003 budget hearing before the Committee on Environment and Public Works, United States Senate, One Hundred Seventh Congress, second session, February 13, 2002, United States. Congress. Senate. Committee on Environment and Public Works, Jan 1, 2003, Law, 47 pages Positive Energy: 10 Extraordinary Prescriptions For Transforming Fatigue, Stress, and Fear Into Vibrance, Strength, And Love Judith Orloff Leading scientists review and explain the state of the science With chapters contributed by pioneers and leading scientists in the field, this carefully edited work provides. Told from the viewpoint of a first mate with a candid and humorous perspective, If The Shoe Fits takes you inside the life of a very reluctant boatfrau--the ups and downs of.

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Māori Healing and Herbal New Zealand Ethnobotanical Sourcebook, Murdoch Riley, 1994, Botany, 528 pages. A comprehensive study of the healing arts of the Maori from the time before contact with Europeans till the present. One section lists individual diseases and injuries in The Origins of the African-American Civil Rights Movement , Ai-min Zhang, May 22, 2014, History, 188 pages. First published in 2002. Routledge is an imprint of Taylor & Francis, an informa company

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