

[eBooks] The Simple Living Guide Janet Luhrs

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The Simple Living Guide-Janet Luhrs 2014-04-02 In The Simple Living Guide Janet Luhrs demonstrates how to live a deliberate, simpler life--and savor it. As Janet Luhrs says, "Simple living is about living deliberately. Simple living is not about austerity, or frugality, or income level. It's about being fully aware of why you are living your particular life, and knowing that life is one you have chosen thoughtfully. Simple living is about designing our lives to coincide with our ideals." Whether you are looking at small solutions for cutting down the stress in your life or taking the big leap toward the simpler life, this book can be your guide. Janet Luhrs, the nationally recognized founder and editor of the Simple Living Journal, brings together strategies, inspiration, resources, and real-life profiles of people who have slowed down, overcome obstacles, and created richer lives. Discover Simple Living approaches to: money, work, holidays, cooking and nutrition, health and exercise, clutter, gardening, travel, and more!

Simple Loving-Janet Luhrs 2000 Presents ways to create intimacy and joy in relationships through loving self and others, reducing stress, and finding ways to keep romance alive.

Nurturing Wellness through Radical Self-Care-Janet Gallagher Nestor 2012-11-29 "A necessity for 21st century living. A practical means for daily balancing." - Indrani Maity, ND, D.Ay., Integrated Ayurvedic Naturopathic Energy Medicine Center Nurturing Wellness through Radical Self-Care: A Living in Balance Workbook guides the reader not only to emotional and physical healing, but also to lasting emotional well-being. Mental health professionals will find this complete mindfulness-based program valuable to create a well-planned and flexible holistic approach to client care. The book also gives individuals self-help tools to participate in their own recovery and achieve lasting wellness from the comfort of home. "There are a few wise women I know, and Janet is one of them. She is one truly gifted in matters of the heart. Her new book, Nurturing Wellness through Radical Self-Care, is a fitting follow-up to Pathways to Wholeness. Janet manages to embrace a complex field with a gentleness that makes the material accessible and eminently useful." - A. T. Augoustides, MD, FAAFP, ABIHM "It took me so long to learn how to find joy, this book gives people easy to follow plans to quickly harmonize all the systems in their body and find not only joy but peace and health. I feel the major benefit is the program's ability to help lift anyone out of the fight or flight response into a more positive balance and mindset. Thank you, Janet, for this gift. I'll be recommending this to the parents I work with." - Becky Henry, Founder of Hope Network, LLC, and award-winning author of Just Tell Her to Stop: Family Stories of Eating Disorders "Janet's many years of experience working with clients as a therapist plus her in-office research and extensive studies make her a perfect guide and teacher if you are looking for ways to improve your life. The text a is timely gift to humanity!" - Anne Merkel, PhD., Energy Psychologist Coach, The Ariela Group of Wholistic Services

Earth Girl-Janet Edwards 2013-03-05 A sensational YA science fiction debut from an exciting new British author! Just because she's confined to the planet, doesn't mean she can't reach for the stars. 2788. Only the handicapped live on Earth. Eighteen-year-old Jarra is among the one in a thousand people born with an immune system that cannot survive on other planets. Sent to Earth at birth to save her life, she has been abandoned by her parents. She can't travel to other worlds, but she can watch their vids, and she knows all the jokes they make. She's an "ape," a "throwback," but this is one ape girl who won't give in. Jarra makes up a fake military background for herself and joins a class of norms who are on Earth for a year of practical history studies excavating the dangerous ruins of the old cities. She wants to see their faces when they find out they've been fooled into thinking an ape girl was a norm. She isn't expecting to make friends with the enemy, to risk her life to save norms, or to fall in love. From the Hardcover edition.

Complete Guide for Horse Business Success-Janet E. English 2003 This acclaimed guide examines every aspect of initiating a horse business venture, and is widely used in equine departments at major universities across the nation. In this extensively revised and expanded edition, Janet E. English, CPA, presents advice on how to structure a business plan, attract investors, manage records and funds, and handle accounts. Agreement forms and contracts are conveniently included in ready-to-use formats, and will lay the groundwork for solid business affairs. Every horse owner can benefit from this book, but it should be especially helpful for those who wish to succeed in the horse business! The Simple Guide to Having a Baby-Janet Whalley 2012-03-01 Presents a comprehensive guide that distills information into a succinct format and shares down-to-earth information on the basic stages of pregnancy, what to expect in the delivery room, and how to nurture and nourish a baby.

One Peace-Janet Wilson 2008-10-01 One Peace celebrates the "Power of One," and specifically the accomplishments of children from around the globe who have worked to promote world peace. Janet Wilson challenges today's children to strive to make a difference in this beautifully illustrated, fact-filled and fascinating volume of portraits of many "heroes for today." Canadian Craig Kielburger, who started Free the Children to help victims of child labor at the age of twelve, has been nominated three times for the Nobel Peace Prize. Farlis Calle, forced to identify the body of a young friend -- a victim of her country's civil war -- started the Columbia Children's Movement for Peace. At age ten, Kimmie Weeks, a refugee from the Liberian civil war, came within a whisper of being buried in a mass grave. Almost miraculously he survived and vowed to make a difference in the lives of other children. At thirteen he established Voices of the Future, Liberia's first child rights advocacy group. Other portraits feature the accomplishments of children from Sarajevo, Japan, the United Kingdom, Cambodia, Afghanistan and the United States. These moving testaments to the courage and initiative of youth will inspire readers young and old.

True You-Janet Jackson 2011-04-28 I'm just Janet. I have strengths, weaknesses, fears, happiness, sadness. I experience joy and I experience pain. I'm highly emotional. I'm very vulnerable. And, as anyone who knows me will testify, I'm extremely sensitive. I have lifelong patterns of behaviour that have caused me difficulty - patterns tough to break. Like everyone, I have talents, but with those talents have come challenges. This book is about meeting the challenges that face all of us. For more than three decades, I've struggled with yo-yo dieting. Some of my battles with weight have been very public. But most of it has been internal. Even at my thinnest, when my body was being praised, I wasn't happy with what I saw or how I felt about myself. Infused with stories from fans and friends, Janet offers a candid look into the causes and circumstances behind some of her well-documented weight issues. Far more than a celebrity fitness manifesto, this book is a searingly honest account of the most tumultuous times of her life - from being taunted as a young girl to her internal battles with her beauty and femininity and her desire to fit in. It has taken Janet most of her adult life to come to terms with who she is. True You illuminates the path Janet took in learning how to love herself and finally break free of the attitudes that brought her down.

No More Boys-Janet Quin-Harkin 1995

Stressless Success-Janet McKee 2020-02-02 Stressless Success will leave you with the incredible ability to elevate your thoughts, emotions, and energy in a way that allows your life to flow with ease instead of stress. The time is now to discover the surprising secrets that will change and improve your life forever

Cheese & Beer-Janet Fletcher 2013-04-16 Gourmand Awards winner---Beer category, USA. "Like a lot of cheese experts, I'm convinced that the ultimate companion to cheese is, and always will be, great craft beer. Don't believe me? Try it for yourself. This beautiful, well-researched and tastefully written tome is the perfect accompaniment to your journey. Cheers!"---Greg Koch, CEO & Co-Founder, Stone Brewing Co. / Stone Brewing World Bistro & Gardens "The rise in cheese connoisseurship has coincided with a delicious growth in quality beer appreciation. Janet draws on her keen palate to describe nuances in the many different beer styles and then recommends great cheese partners for each category. Cheese & Beer is an excellent guide that explains how different beers are crafted and what gives these different types their synergies with superior cheeses."---Max McCalman, author, Mastering Cheese Cheese & Beer capitalizes on the rapidly growing audience for craft beer in the U.S. and the enthusiasm these passionate beer fans have for good cheese. Enhanced by the author's reputation as a journalist and cheese authority, the book fills a wide-

open niche for consumer guidance in pairing craft beer and cheese. The beer enthusiast who wants to know which cheeses to pair with an IPA, porter or Trappist ale can easily find a recommendation. Each style entry includes: Style Notes: a description of that beer style--what defines it from the brewer's perspective, and what to expect from the beverage in the glass. Beers to Try: Several recommended craft beers in that style, both domestic and imported. Some of the breweries included from across the country are: Boulevard Brewing (Kansas City, MO), Allagash Brewing (Portland, ME), Brooklyn Brewery (Brooklyn, NY), Firestone Walker (Paso Robles CA), Great Divide (Denver, CO), and Rogue Ales (Newport OR). Cheese Affinities: In general terms, what types of cheeses pair well with that style and why. Cheeses to Try: Brief profiles of three well-distributed cheeses (domestic and imported) specifically recommended for that style and why More Cheeses to Try: A list of other cheeses to pair with that beer style—so that every reader should be able to find at least a couple of the recommended cheeses The introductory chapter includes general advice on pairing cheese and beer; and on selecting, storing and presenting cheese. Six themed platters give readers ideas for entertaining with beer and cheese.

Cheese & Wine-Janet Fletcher 2011-12-16 From the best-selling author of *The Cheese Course* comes a new guide to enjoying one of the most basic yet sophisticated culinary delights: cheese and wine. Janet Fletcher leads readers on an international tour of 70 cheeses, exploring the best wine pairings and serving suggestions. From Oregon's autumnal Rogue River Blue to aromatic Brind'Amour evocative of the Corsican countryside, cheese lovers will savor the range of textures, flavors, and colors. Featuring mouth-watering color photography and detailed, informative text, this collection of cheeses and the wines that go with them will inspire perfect pairings.

Down to Earth-Rhonda Hetzel 2012-12-15 'I was pulled into simple living before I knew what it was. It crept up on me using the smallest of steps and didn't reveal its true beauty and real power until I was totally hooked. I was searching for a way to live well while spending very little money. What I found was a way of life that also gave me independence, opportunity and freedom.' Rhonda Hetzel gently encourages readers to find the pleasure and meaning in a simpler life, sharing all the practical information she has gathered on her own journey. Whether you want to learn how to grow tomatoes, bake bread, make your own soap and preserve fruit, or just be inspired to slow down and live more sustainably, *Down to Earth* will be your guide.

Letters from Boot Camp-Janet M. Nast 2016-11-09 When my son informed me that he enlisted in the Marine Corps, I became an emotional wreck. Alan's letters really helped me to deal with the constant fear (of the unknown) and anxiety I was feeling while he was gone. His writing was very descriptive of what day-to-day life was like for him and the other recruits. To those former Marines out there, you might get a kick out of reading these letters; I'm sure they'll bring back some, shall we say, interesting memories. For those who are thinking about becoming a Marine, I hope you enjoy this book and that Alan's experiences help you to decide whether or not the Marine Corps is a good fit for you, or better yet, if you're a good fit for the Marine Corps. *Semper Fi*

Household Hints For Dummies, Pocket Edition-Janet Sobesky 2010-12-07 Clean your homethe easy way! The best ways to clean today are different from what they were even a few years ago. It's not just that you have to know how to use new products and new equipment. The surfaces in your home and the fibers used to make clothes and furniture have improved. Plus, the time you have to clean has shrunk. Inside you'll find easy-to-follow information on stain removal and a room-by-room guide to cleaning up everything from counters to carpets. You'll cut down on expensive cleaning bills and still maintain your home. Open the book and find: The basics of having a clean house The right tools for the job Methods for busting dust Tips on cleaning floors and carpets Guidance on caring for your kitchen and bathroom Hints on doing your laundry

Don't-Janet E. Halley 1999 Describes the origins and development of the military's "Don't Ask, Don't Tell" policy and analyzes its assumptions and implications.

Writing Down Your Soul-Janet Conner 2009-01-01 Channel your divine inner wisdom and the miraculous, life-changing power of writing with this guide by the author of *Find Your Soul's Purpose*. A writer, poet, and spiritual field guide, Janet Conner is first and always a deep soul explorer. Through her own meditative writing practice, she has learned to open a channel to her divine inner voice. In *Writing Down Your Soul*, Janet shows you how to turn journal-writing into a divine dialogue with the wisdom that dwells just below your conscious awareness. Today, research scientists are providing peeks into the nature of consciousness. Their findings give us intriguing clues as to what is actually happening with our bodies, minds, and spirits as we roll pen across paper. *Writing Down Your Soul* explores some of this research and instructs how to access the power and beauty of our own deepest selves by slipping from the alpha brainwave state into the theta: the intriguing border between the conscious and the subconscious.

Elevating Child Care: A Guide to Respectful Parenting-Janet Lansbury 2014-05-01 Janet Lansbury's advice on respectful parenting is quoted and shared by millions of readers worldwide. Inspired by the pioneering parenting philosophy of her friend and mentor, Magda Gerber, Janet's influential voice encourages parents and child care professionals to perceive babies as unique, capable human beings with natural abilities to learn without being taught; to develop motor and cognitive skills; communicate; face age appropriate struggles; initiate and direct independent play for extended periods; and much more. Once we are able to view our children in this light, even the most common daily parenting experiences become stimulating opportunities to learn, discover, and to connect with our child. "Elevating Child Care" is a collection of 30 popular and widely read articles from Janet's website that focus on some of the most common infant/toddler issues: eating, sleeping, diaper changes, communication, separation, focus and attention span, creativity, boundaries, and more. Eschewing the quick-fix 'tips and tricks' of popular parenting culture, Janet's insightful philosophy lays the foundation for a closer, more fulfilling parent/child relationship, and children who grow up to be authentic, confident, successful adults.

Dr. Janet's Guide to Thyroid Health-Janet Maccaro 2016 Get to diagnosis in days instead of decades.

Ministry and Money-Janet T. Jamieson 2009 Money is a key issue in today's Christian faith communities but it can be a touchy subject to address. With this book, pastors and clergy finally have a practical resource for managing money in the church. *Ministry and Money* serves as an excellent primer on accounting practices, church financial reports, and church budgets. Throughout, the authors provide real-life examples to help clarify basic approaches to issues of money.

Habits for Happiness-Janet Mohapi-Banks 2019-11-09 Do you have room in your life for more fulfilment, success, joy and happiness? There can be no mistaking the fact that sometimes life throws you curve-balls that seem to take your confidence and happiness away. If you've ever been divorced, lost a career or suffered a long term illness, you'll know that it isn't always easy to get back up, brush yourself off and start all over again. What if there was a way of recovering from the hard slap-upside-head that life gives us from time to time that could be found by adopting some daily habits that allow you to regain your Personal Power and create the life you want? Life doesn't come with a manual, but if it did, this would be it. *Habits for Happiness* reveals the exact habits, tools and techniques that helped Award-Winning Entrepreneur, Janet Mohapi-Banks, to go from the aftermath of an incurable illness, through an unexpected divorce and the heart surgery of her daughter, to living a joy-filled life of happiness, fulfilment, ease and contentment. Through teaching these personal development tools and techniques to the clients in her Superhero Coaching practice, it has been proven that adopting these habits will leave you feeling happier, more fulfilled, more confident, more self-assured and with more inner peace. You now have the opportunity to learn all of these techniques and transform your life with this easy to read book. "A powerful and very inspirational read. I loved every single chapter. Janet has very successfully combined ALL of the knowledge that ANYONE needs to know to live an exceptional life wonderfully throughout the pages. As I began reading my immediate reaction was "there isn't a word wasted in this book". From beginning to end I felt power in every sentence and paragraph. This is not a 'fluffy' book but a strong, life changing book written by a strong and inspirational woman. Working in the field of personal development, I myself have read hundreds of self-help book over the years. For me, this book is amongst my favourites at the top of the list. It delivers thought provoking and seriously life changing knowledge and I love the way that Janet's own personal story is revealed throughout. I absolutely love Janet's writing style and I dare anyone NOT to change after reading her words. This is without doubt is a book that everyone needs to own." by Maria Hocking - UK Life Changer, Author, Speaker Your natural state is happiness and abundance and by implementing this transformational book your life will change for the better. Stop living a life you don't deserve and buy this book now to create the happiness you dream of.

Living in the Chemical Age: How an Ounce of Prevention Can Protect Your Family from a World of Toxins-Ph. D. Janet Newman 2018-03-15 We live in an age of convenience, consumerism, and immediate gratification. But the exponential changes happening in our society have an effect: More toxins are invading our lives than ever before. The best way to prevent harm from toxins is to avoid them-and Janet Newman, Ph.D., can show you how. *Living in the Chemical Age* is an eye-opening look at how we can live less polluted lives. In this indispensable guide, Janet identifies contaminants in our food, water, personal care products, environment, pharmaceuticals, and even nature; explains the physical effects these chemicals can have; and explores everyday ways to avoid them. Whether you're a mom concerned about her kids or a citizen hoping to positively use your consumer power, Janet's clear and simple tips will help you make everyday choices that can lead to a healthier world.

A Guide to Duchenne Muscular Dystrophy-Janet Hoskin 2017-12-14 The prognosis for individuals with Duchenne Muscular Dystrophy (DMD) is improving, with some men with DMD living into their 30s and 40s. More vital than ever, this book helps teachers and parents to support children and young people with DMD with their education and transition into adulthood. Leading experts on DMD explain Duchenne and its impact in easy-to-understand terms. Going beyond

physical management, particular focus is put on learning and behavioural issues, including speech delay and difficulty learning to read, as well as common comorbid conditions, such as ADHD, autism and OCD. Raising aspirations, the book gives guidance on effective support in the classroom and advice on the transition to adulthood, employment and independent living.

Web Content-Janet Mizrahi 2013-08-28 The explosion of electronic sources, whether in the form of news, commentary, sales and marketing, or information, has created boundless opportunities for producing content. Whether you're an entrepreneur with a start-up business who needs a website, an executive who uses social media to connect with various stakeholders, or a content provider blogging about topical issues, you'll need to know how to write for the web and address the unique environment of the digital world. This book will help you produce web content that generates results. Writing for the screen differs from writing for a printed page, and those who use the web to communicate in any genre—ads, articles, blogs, email blasts, newsletters, social media, or websites—must be aware of rhetorical considerations unique to writing for the web. This concise, easy-to-follow guide takes you through the underlying principles including web reader habits and the challenges of producing content across multi-platform formats. It also addresses web writing style and topics such as conciseness, tone, level of formality, and other writing techniques. Design as it pertains to the writer is also discussed. Finally, the book focuses on how to compose specific types of web content and provides useful "how to" guides covering the most commonly used genres.

The Four Agreements-Miguel Ruiz 1997 Identifies four self-limiting beliefs that impede one's experience of freedom, true happiness, and love.

Of Fish and Folk-Janet Swan 2013-04-05 It is New Year's Eve, or Hogmanay as the Scots traditionally call it; the flames of the coal fire leap up in the hearth, creating a bit of old-fashioned magic, the perfect setting for stories of long ago. Twins, Jane and James Fraser clamour to hear the tales of their family's past from maternal grandfather John Slater, who gladly responds with an appeal to the veracity and power of his ancestors... "as the auld folkies eesed to say..." John tells his grandchildren of their brave ancestor who lost his life trying to save his crewmates; of a wild cousin, who runs off to have her illegitimate child with the Travelling community; and of his clever uncle, Charles, who left the village to become a highly respected teacher and headmaster in the city, and many others. As the twins' lives progress, so they learn more about their ancestors from their "Didey's" stories, as well as from those of their grandmother, Maggie, and their mother's brother Sandy, who reveals how Didey John lost his finger at Scapa Flow, the night the HMS Royal Oak was torpedoed by a German submarine. Life, love, disaster and death loom large in the reminiscences of the older generation, while the youngsters begin to create histories of their own. So join us by the fire and fill your imagination with tales of fish and folk, you're never too old to enjoy a good story.

Where Two Worlds Meet-Janet Nohavec 2011-01 Janet Nohavec has built her reputation as a medium and as a teacher of mediumship on the respect and integrity she gives to her work. In Where Two Worlds Meet, Janet shows you how to hone your own mediumistic gifts by sharing her proven, systematic techniques for practicing evidential mediumship—the most credible way to build a bridge between this world and the next. For Janet, mediumship is sacred work that carries tremendous responsibility. In these pages she gives specific instruction in how to change people's lives and bring comfort to those who are grieving with evidential messages from the other side. Here you'll learn how to paint those who have crossed over back to life, and after reading Where Two Worlds Meet, you won't settle for anything less than a masterpiece in your mediumship.

The Dastardly Book for Dogs-Joe Garden 2009 From the same kennel as 'The Dangerous Book For Boys', this hilarious doggy equivalent barks one simple question: What's happened to us?

The Artist's Guide to Perspective-Janet Shearer 2009 Master the art of perspective with Janet Shearer, well-known worldwide for her skillful trompe l'oeil murals. She demystifies the subject and teaches every aspect of the technique. Grasp the basic principles through a series of simple and fun exercises. Move on to advanced procedures, such as picture planes, vanishing points, aerial perspective, and foreshortening. Finally, use your newly learned knowledge to construct plans for a large work. This is a great resource for anyone wishing to paint with structure and consistency.

Montana Trivia-Janet Spencer 2005-06 When physicist Alan Sokal revealed that his 1996 article, "Transgressing the Boundaries: Toward a Transformative Hermeneutics of Quantum Gravity," published in Social Text, was a hoax, the ensuing scandal made the front page of the New York Times and caused an uproar among the post-modernists he had so hilariously—and convincingly—parodied. Now, in Beyond the Hoax, Sokal revisits this remarkable chapter in our intellectual history to illuminate issues that are with us even more pressingly today than they were a decade ago. Sokal's main argument, then and now, is for the centrality of evidence in all matters of public debate. The original article, (included in the book, with new explanatory footnotes), exposed the faulty thinking and outright nonsense of the postmodernist critique of science, which asserts that facts, truth, evidence, even reality itself are all merely social constructs. Today, right wing politicians and industry executives are happily manipulating these basic tenets of postmodernism to obscure the scientific consensus on global warming, biological evolution, second-hand smoke, and a host of other issues. Indeed, Sokal shows that academic leftists have unwittingly abetted right wing ideologies by wrapping themselves in a relativistic fog where any belief is as valid as any other because all claims to truth must be regarded as equally suspect. Sokal's goal, throughout the book, is to expose the dangers in such thinking and to defend a scientific worldview based on respect for evidence, logic, and reasoned argument over wishful thinking, superstition, and demagoguery of any kind. Written with rare lucidity, a lively wit, and a keen appreciation of the real-world consequences of sloppy thinking, Beyond the Hoax is essential reading for anyone concerned with the state of American culture today.

Living in a Nutshell-Janet Lee 2012-06-26 A fireplace on wheels? A chandelier lit by Xerox? A shrink-wrapped designer closet? These are just a few of the more than 100 stylish and innovative projects in Janet Lee's Living in a Nutshell: a one-of-a-kind DIY decorating guide with fresh ideas to fool the eye into seeing—and believing—that even the most cramped little lair can hold more space and glamor than just the sum its of four walls. The design maven behind livinginanutshell.com and Oprah Winfrey's interior style producer for a decade, Janet Lee has personally handpicked a battery of clever projects for enhancing every area of a tiny living space—all are simple to do, require no craft skills, are emphatically affordable, readily portable, and big on style, so you can make these design dreams become your reality.

The Overnight Palace-Janet Marie Sola 2014-11-06 Set in India, "The Overnight Palace is a gorgeous and sensual novel, one that readers of all kinds are sure to find enchanting," says San Francisco Book Review. In exotic Rajasthan, India, bookish Elena seeks the romance and transcendence that have been missing from her life in San Francisco. Her quest leads her through the maze of another culture, populated by beckoning goddesses, the outrageous and sometimes tragic people she meets along the way, and a daring lover. It's a captivating addition to the growing genre of books such as Eat, Pray, Love that explore midlife travel, romance, and transformation.

Show Up for Yourself-Janet Philbin 2020-04-04

A Race is a Nice Thing to Have-Janet E. Helms 2008 This classic book on race and racism, published by Microtraining Associates, is designed to help white people assume responsibility for ending racism, understand how racism impacts whites as well as others, analyze racism, and discover positive alternatives for living in a multicultural society. Many self-analysis exercises and instruments enrich the text.

Building by the Book-Robert P. Guter 1992 Demonstrates how architectural ideas from books and popular periodicals helped shape New Jersey's landscape from the colonial era to World War II

Life's Too F***ing Short-Janet Street-Porter 2009-01-01 Brazen Brit Janet Street-Porter proffers pithy pronouncements

Love Your Body-Janet Farnsworth 2020-09-08 Are you ashamed of your body? Do you wish your body were different? Taller? Thinner? Stronger? Has your body somehow become a painful place to be when you want it to be a place of joy and pleasure? You are not alone. A vast majority of women are dissatisfied with their bodies and would change something about them if they could. Janet Farnsworth is a nationally recognized yoga teacher, somatic therapist, and body-empowerment coach who has spent years coaching women how to love their bodies again. She is the founder of The Practice of Now: Let Love Move You, a movement-therapy practice designed to heal and nurture your relationship with your body. In Love Your Body: The Guide to Stop Making Your Body a Battleground, Janet will teach you: an easy-to-follow, life-changing practice to help you feel delight in your body; how to look in the mirror and be comfortable with what you see; how to know and honor what your body wants and needs; how to remove the blocks that keep you feeling disconnected and dissatisfied; how to move in a way that makes you feel strong and beautiful; and practical techniques to soothe your nervous system and feel peaceful in your body.

Alone and Alive-Janet Boyanton 2011-05-01 Offers advice for how to tackle some of the physical, psychological, and emotional issues that arise after a husband's death such as finances, relocation, retirement, offers of help from friends and family, and the grieving process of children.

Heroika 1-Janet Morris 2015-05-15 The art of dragon killing: Dragons have been eating humans for centuries. Now heroes throughout history stalk their legendary foe. Learn how to hunt, kill, and eat the wild dragon. Never before has revenge tasted so good. A literary feast for the bloody-minded. In Janet Morris' anthology on the art of dragon killing, seventeen writers bring you so close to dragons you can smell their fetid breath. Tales for the bold among you.

HEROIKA 1 -- DRAGON EATERS, an anthology of heroic fiction edited by Janet Morris, features original stories by Janet Morris and Chris Morris, S.E. Lindberg, Jack William Finley, Travis Ludvigson, Tom Barczak, JP Wilder, Joe Bonadonna, Milton Davis, A.L. Butcher, William Hiles, M Harold Page, Walter Rhein, Cas Peace, Beth W. Patterson, Bruce Durham, Mark Finn.

Buddhism for Non-Buddhists-Janet Taylor 2012-12-26 Buddhism is a buzzword that has many people wondering, "What is all the fuss about?" Meditation and Mindfulness are also getting plenty of press, and scientific validation, for their ability to lower stress levels and create a sense of peace and well-being without changing your religious beliefs. There are hundreds if not thousands of Buddhist books that have been written! Why pick this one? Because this one cuts through all the dogma and doctrine, goes beyond any cultural overlays, and gets to the heart of what really works and can be practically implemented in your daily life. Buddhism for Non-Buddhists enables you to learn meditation, mindfulness and visualization, the three key components of the Buddhist practice without wading through the history or histrionics of the various Buddhist traditions. Here's a book that is straightforward and easy to understand, without all the foreign words and frustrating interpretations. Buddhism for Non-Buddhists gives you a step-by-step approach to radically change the way you experience yourself and the world around you. These practices enable you to experience a sense of happiness and well-being regardless of your external circumstances. These practices have proven effective in helping with pain management, addiction recovery and stress relief. These practices have proven effective in making you a more loving, compassionate, joyful and wise person! Who wouldn't want some of that?

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