

# Download Ebook Writing Down Your Soul How To Activate And Listen The Extraordinary Voice Within Janet Conner Pdf For Free

## **Poor Your Soul**

Mar 11 2022 "At age twenty-eight, Mira Ptacin discovered she was pregnant. Though it was unplanned, she soon embraced the pregnancy and became engaged to Andrew, the father. Five months later, an ultrasound revealed birth defects that would give the child no chance of survival outside the womb. Mira was given three options: terminate her

pregnancy, induce early delivery, or wait and inevitably miscarry. Mira's story is woven together with the story of her mother, who emigrated from Poland, also at the age of twenty-eight, and adopted a son, Julian. Julian would die tragically, bringing her an unimaginable grief. A memoir about loss and self-preservation, grief and recovery, and mothers and

daughters, [this book] is [an] ... examination of free will, love, and the fierce bonds of family"--

## **Chicken Soup for the Soul: Just Us Girls**

Nov 14 2019 A woman's friends are the family she picks herself. This collection of 101 touching and amusing stories celebrates all that is special about the bonds that women share with their friends - the unique spirit of female

friendship. Whether it's about something funny or serious, our friends are the first ones we think to call. They are a constant source of support and encouragement. This book is filled with great friendship stories that you'll love reading and sharing with your friends.

### **Writing Down**

**Your Soul** Feb 22 2023 Writer, poet, and spiritual field guide Janet Connors's work *Writing Down Your Soul* helps fellow writers engage in a vibrant conversation with the wisdom that dwells just below their conscious awareness.

### Just My Soul

**Responding** Mar 31 2021 Brian Ward is

Lecturer in American History at the University of Newcastle upon Tyne .; This book is intended for american studies, American history postwar social and cultural history, political history, Black history, Race and Ethnic studies together with the general trade music.

### **Your Soul Focus**

Dec 08 2021 My mother-in-law proved to me that there is an afterlife AFTER she died. That knowledge turned out to be the tip of an iceberg. *Your Soul Focus* is a spiritual book written in a practical way. It unfolds my journey and what I've learned through my relatives on the

other side, chapter by chapter, containing personal stories and anecdotes applicable to daily life. After understanding that the afterlife is existent, I learned how intricate and extensive our souls and our journeys are. It's fascinating! The information that I've accumulated and conveyed has a clear and deep benefit to others during their times of need, grief or curiosity, and *Your Soul Focus* will pass that knowledge to you. - Annette Marinaccio  
**My Soul Pages** Jul 15 2022 First paperback edition! For anyone interested in exploring the full potential of deep

soul writing, this companion journal to the popular *Writing Down Your Soul* (now in its third printing) offers encouragement, insights, and special instructions into the writing process that gets you out of conscious mind and into the theta brain wave state, where you can easily connect with your spiritual intelligence. When you follow the seven simple steps the author provides in the opening pages, you write with passion, honesty, and the intention of speaking with and listening to the voice within, you engage in a vibrant conversation with the wisdom that

dwells just below your conscious awareness. This large format (7x9) journal incorporates material from the original book, as well as new that deep-soul writers love: mystical poetry and other soul-lifting quotations, and actual examples of the voice from both the author and other soul writers' pages. My Soul Pages also features Conner's seven steps of Spiritual Geography--her soul writing system to heal a broken heart. These seven critical spiritual tasks prepare you to live and love again in peace, harmony, and prosperity. This unique writing process connects

Spirituality to Creativity.  
**Loyalty to Your Soul** Jun 02 2021  
Loyalty to Your Soul establishes Spiritual Psychology as a paradigm-altering frontier. It initiates a radical shift at the core of contemporary psychological thought by unveiling a technology for using everyday life experiences as rungs on the ladder of spiritual evolution. This book is uniquely suited for anyone seeking to discover and cross the bridge that spans the waters between life referenced in material reality and life lived within the context of spiritual reality. Loyalty to Your Soul shows

you how to first gain access to, and then gradually learn to live from, that sacred place inherent within everyone referred to by the authors as the Authentic Self—a place where emotional suffering ceases and profound peace and love are present. While many people have written about such an inner state, Ron and Mary Hulnick show you how to travel there . . . and what to anticipate once you arrive. The radical technology they introduce empowers readers to transform challenging or negative human experiences into direct experiences of the Soul. [Sweet Tea for the Soul](#) Jan 09 2022

Charming devotions give us a fresh look at life offering calming reminders of God's grace, and a southern wink at our busy lives, reminding us why we are blessed. *Writing Down Your Soul* Jan 21 2023 Invites readers to forge a greater connection to God and a better understanding of one's faith through writing exercises, sharing the story of the author's recovery from an abusive relationship and the divine connection and clarity she experienced while writing. **What Does Your Soul Love?** Oct 26 2020 In this practical, personal book Gem and Alan Fadling outline eight key questions

that offer deep insight into how we experience soul change and spiritual transformation. These questions help us unpack where we are stuck and also reveal the path to joy and to the heart of God. Spiritual inventories and exercises will guide you, along with stories from Gem and Alan's lives and ministry. **Soul Reset** Apr 19 2020 Everything was going fine ... until it wasn't. For Reverend Junius B. Dotson it took an actual breakdown during a funeral for him to realize he needed a reset. As he recalls his own journey through grief, depression, burnout, and emotional

breakdown, Dotson is passionate about calling for a Soul Reset for pastors, church leaders, and all disciples of Jesus Christ. This is a 6-week churchwide study for everyone who moves at breakneck speed through their daily lives, often relying only on their own strength to bring God's kingdom on earth. Jesus shows us a different way, an easier, unforced rhythm of what kingdom work looks like. It's a balance of work, rest, play, worship, exercise, and eating well—spiritual practices that keep our souls hydrated and healthy as we do the work of the church in the world. Soul Reset: Breakdown, Breakthrough, and

the Journey to Wholeness includes a book; a DVD; downloadable video segments; age-level discussion guides for children, youth, and adults; sermon starters; and more. Soul Reset is a call for the church and all of Jesus' disciples to reset and reorder their lives around spiritual practices, to learn to walk through our difficult seasons with our souls connected to the source of Living Water so that we don't burn out or break down. And if we do burn out or break down, we learn to lift one another up and point one another back to Jesus. Introduction Chapter 1: Watch How I Do It - Jesus

Chapter 2: Knocking on God's Door - David Chapter 3: It's Not All on Me - Mary and Martha Chapter 4: Eat Something - Elijah Chapter 5: Life in Crisis - Job Chapter 6: Living in the Light - Judas and Peter **Save Your Soul** Mar 19 2020 Brecken Kane had been damn good at his job in the military. The experience served him well when he moved into the private sector. Brecken's new security business is booming, and he's settling into civilian life. Little does he know his newest client's request to save his daughter will change everything. Hadley Gresham knows she

isn't likely to make it out of the jungle alive. She'd distanced herself from her parents after she learned her dad made his money selling illegal arms. Kidnapped by his competitors, she knows there's little chance he'll be able to save her. Luckily for Hadley, her father hires Brecken. He'd never leave an innocent woman behind, let alone the one he quickly comes to consider his. Brecken might be Hadley's rescuer, but she's the one who saves his soul. Warning: This book has an alpha hero who races to the rescue of the virgin heroine. If you like insta-love and hot sex in the steamy

jungle, then this story is for you! Please note: This is the second novella in the Body & Soul series, but it can be read as a standalone. Each book in the series features a different couple. [Unclutter Your Soul](#)  
Sep 05 2021 A unique biblical and practical approach to uncluttering our internal thoughts and feelings. We all want our lives to change for the better-to become the healthiest versions of ourselves in spirit, soul, and body. Yet we still struggle. Author Trina McNeilly, looking for order in her own life, embarked on an inward journey to the home of her heart and soul to find healing and

health from the inside out. [Unclutter Your Soul](#) is for all of us who are cluttered and overwhelmed with loss, fear, chronic stress, unhealthy coping mechanisms, crippling depression, or anxiety. With the Holy Spirit as our guide, Trina says we can learn to observe: acknowledge the clutter, own: make space for a healthy internal environment, and overcome: take action with tools for living clutter-free from the inside out. Each chapter in these three sections is written as an essay and concludes with practical and soulful tips as well as prompts to put

them into action. With discussion questions and a prayer guide, *Unclutter Your Soul* is the ultimate resource for finding freedom in our everyday lives by releasing limited mindsets and creating more space for peace and joy.

### **Refresh Your Soul**

Nov 26 2020 It's okay to take a moment. To stop. Disconnect. Close your eyes. Pray. When time and options are running low, when anxiety, fear, or worry are crowding in and stealing your breath, God is just a prayer away. These sixty short devotions help you connect to Jesus and bring a peace of mind and a refreshment of soul

that only He can provide. Five minutes is all it takes to feel restored and ready for what the day may bring.

### How's Your Soul?

Nov 19 2022 Judah Smith, New York Times bestselling author of *Jesus Is \_\_\_*, helps readers understand what steals their peace of mind and outlines the path to peace and fulfillment: understanding and implementing the healthy soul environment God originally designed. Modern everyday life is stressful and confusing, full of overly packed schedules and circumstances outside one's control. This can be especially troubling for Christians who are wrestling with

reality while trying to put their trust in God. But the truth is, anxiety does not have to be the constant from day to day. In fact, all the things people most desire in life--peace of mind, hope for tomorrow--are rooted in one simple thing: how they care for the health of their souls. In *How's Your Soul?*, Judah Smith explores the various facets and needs of the inner person, demonstrating that the path to cultivating healthy souls starts with discovering God's original design. He helps readers find real peace and security by bringing their feelings into alignment with God's truth, discover a healthy

sense of identity from God and feel empowered to face the future with a new security and confidence, and learn the four elements necessary for a healthy soul environment. Sharing his own often humorous mistakes and foibles, Judah offers a helping hand as readers find their way through the emotional rollercoasters of life to discover the soul-healing essentials rooted in what he calls the soul's only true home--God himself.

*Taking Your Soul to Work* Jul 23 2020 R. Paul Stevens and Alvin Ung tap into the wisdom of the Bible and the Christian spiritual tradition to redefine the workplace as an

arena for personal spiritual growth. Together they discuss real-life dilemmas and give practical guidance on turning professional work into the catalyst for a richer, more balanced spiritual life. --from publisher description.

*Did You Sell Your Soul?* Aug 04 2021 No matter your circumstances in life, you can build a better and brighter future. Are you truly happy with your life? Facing the answer to this question can be scary, but it is a necessary step to take control of it, change it, and finally make it become the life you deserve and always wanted to have. In *Did You Sell Your*

*Soul? It's Never Too Late to Change Your Story*, author and successful entrepreneur Vick Tipnes shows readers how to overcome obstacles, remain focused, and achieve your life goals. Told in a genuinely honest and upfront manner, the author shares the many setbacks, failures, and heartaches he has had to go through to fulfill his lifelong dreams and become successful in life & business. His humble beginnings gave him the drive to never settle for less than what he knew he could be, and this relentless push guided him to the top and at the helm of an Inc. 5000 company. By analyzing his



failures, the author teaches readers how to avoid making the same mistakes and what they need to focus on to reach the success they always envisioned for themselves. By emphasizing the pursuit of happiness as a key component to real success, each chapter highlights important steps entrepreneurs have to take to bring their company from zero to Inc. 5000, paying attention not only to business-related matters, but also to personal life issues, family struggles, and the importance of surrounding yourself with people who believe in you and your vision. Regardless of if you are a stay

at home parent or college student, if you want to improve your life, achieve happiness, and become a successful entrepreneur by learning all the secrets of the trade, this book is for you. *Your Soul Is a River* Feb 16 2020 This is a book about the journey of healing from trauma and becoming whole again. Directions: apply to your soul gently, whilst sitting under the stars.

**Your Soul Purpose** May 21 2020 Discover your soul purpose by harnessing your own energy and accessing the world beyond in this expert guide from the world-famous psychic medium and author of The

Happy Medium. Everyone on earth has a purpose for being here, but it can be difficult to discover. Luckily, each of us has a guru residing inside—a spiritual guide to lead us on the path to fulfillment. As “The Happy Medium,” Kim has reached beyond the realms of the known. Her gift allows her to see what many of us cannot: that the world is filled with distractions and barriers that can derail us from living our lives with meaning and purpose. By explaining spiritual laws—including divine oneness, balance, vibration, and resistance—and providing practical, illuminating exercises, Kim

unlocks our spiritual toolbox to help us reframe our world. Wise and compassionate, Kim teaches us how to embrace love, reject fear, and rid ourselves of negativity bias, through a series of helpful quizzes and assignments that make it easy to discover who we are. Your Soul Purpose will empower readers to recognize love, leave their fear and egos at the door, and use the spiritual tools they already possess to fulfill their destiny. [The Book of Soul](#) Apr 12 2022 "It's easy in these times to allow ourselves to slip into resignation, isolation, or despair. The Book of Soul is an

antidote." —Arianna Huffington, Founder & CEO, Thrive Global and Founder, Huffington Post "I recommend The Book of Soul for all of us wanting to stay connected to a deeper purpose." —Melinda Gates, New York Times Bestselling Author of The Moment of Lift "There is much to explore and savor in this [new] book [by] this incredibly talented writer, storyteller, poet, and teacher. The spiritual practitioner will rejoice in Nepo's uncanny ability to consistently stretch our minds and souls with fresh musings." —Frederic and Mary Ann Brussat, Spirituality & Practice "I love all

Mark's books because of his deep insights and his amazing way with words, but there's something truly special about this one. It feels like a compilation of the best and most profound ideas from his work. I want to savor each and every chapter." —Katy Koontz, Editor, Unity Magazine A powerful new book of spiritual awakening from #1 New York Times bestselling author Mark Nepo In The Book of Soul, Mark Nepo, the bestselling author of The Book of Awakening, offers a powerful guide to inhabiting an authentic and wholehearted life. After we are physically born, we

must be spiritually born a second time, a process that takes place through the labor of a lifetime as we develop into more fully realized beings. The Book of Soul delves into the spiritual alchemy of that transformation in all its mystery, difficulty, and inevitability. The book is divided into four sections that mark the passages we all face: enduring our Walk in the World, until we discover Our True Inheritance, which allows us to live in the open by Widening Our Circle, as we Help Each Other Stay Awake. The Book of Soul is a piercing guide, replete with beautiful truths and startling insight, that leads us deeply into the process of

transformation. *Bird of the Soul* May 13 2022 In our busy, stressful modern lives, we sometimes become weighted down with frustration, loneliness, sadness, and resentment. Life's problems, hurtful experiences, and our negative thoughts and emotions can close our hearts to the loving voice of the soul within. It is time to heal these wounds. Bird of the Soul helps us embrace our true nature and fill the void in our lives with the tenderness and beauty of our inner child. This beautifully illustrated short story of a young man named Jay and his relationship with his soul, symbolized by a

sweetly singing bird, will inspire and uplift you. Bird of the Soul is a precious gift to help you recapture your joy and learn to listen again to the voice of your soul. Includes a 21-day meditation journal. **Find Your Soul's Purpose** Oct 18 2022 Discover your divine purpose and live the life you were meant to live with this inspirational and deeply spiritual guide. Who am I? Why am I here? What is my purpose? These are questions we have all asked ourselves at some point in our lives. Though we know ourselves best, it can be difficult to separate who we are from who we want to be or how others see

us. We present so many different versions of ourselves to the world that our true identity can get lost in the process. Maybe you've been on a steady path for a while, and you're only now beginning to question if you've been heading in the right direction. Maybe you've wandered all your life with no direction at all. Either way, writer and spiritual guide Janet Conner offers the tools to reconnect with ourselves and the divine purpose affixed to our souls. Read *Find Your Soul's Purpose and discover: An inspirational and spiritual book with a soul-community creator as your guide* *Renewal of*

meaning in your day-to-day life *A journey to finding yourself and your divine purpose* **Soul Vows** Feb 10 2022 *A guide to living your life based on the principles found within you—not ones imposed on you by others—from the author of* *Writing Down Your Soul*. If you long to know your soul's purpose, *Soul Vows* is an ideal place to begin. Your soul vows describe how you choose to walk this earth, in every moment of every day. They are how you receive and spread grace. As you live your soul vows, you become a fertile container in which your purpose can take root and prosper. With her characteristic blend

of personal story, love of paradox, expansive inquiry into the heart of diverse spiritual wisdom and traditions, and confidence in the power of deep soul writing to elicit personal divine love and guidance, Janet Conner, author of *Writing Down Your Soul*, leads us through a groundbreaking application of the ancient chakra system to discover our own unique soul vows. Your soul vows are your personal path to living as your full, spiritual self with authenticity, integrity, wholeness, and the vibrant presence of the Divine spirit. Your soul vows are custom-designed to help you to know

yourself and live yourself; no two paths look the same. Soul vows are a living construct of a whole and holy divine in you. In this book, Janet will take you on a journey to: Honor your longing to be One Gather yourself into wholeness Declare and celebrate your soul vows and so much more If you were enlightened by spiritual books like Change Me Prayers, Everything Is Here to Help You, or What's in the Way Is the Way, you'll find your true self with Soul Vows. Feed Your Soul Sep 17 2022 DISCOVER LONG-TERM SATISFACTION AND VITALITY Countless diets, cleanses, and thirty-

day challenges are geared to help people lose weight, heal their digestion, and have more energy. Yet these temporary protocols fall short when it comes to true transformation. Nutritionist Carly Pollack lived a vicious cycle of weight ups and downs until trial and error, and over a decade of formal study in health and healing, led her to the insights she has since shared with thousands. In Feed Your Soul, she presents her unique understanding of body science, brain wiring, and spiritual principles to facilitate real, lasting change. Carly helps you reframe your thinking to, for

example, see comfort foods as the numbing toxins they truly are and focus on long-term goals rather than immediate gratification. This no-nonsense guide will show you how feeding your soul can change your life, your health, and your body. Your Soul at Work Oct 14 2019 This book helps balance the spirit-crushing split between personal and professional lives by providing practical tools, resources, and a workbook to show how a job can be a source of both professional advancement and spiritual growth. Caffeinate Your Soul Jan 29 2021 Mondays can be the worst. Some weeks

it seems like the only way to get through the day is a gallon of coffee and a prayer. Instead of drowning that start-of-the-work-week-bitterness in endless cups of caffeine, pour yourself a cup of encouragement with Caffeinate Your Soul, an insightful guide to making Mondays more manageable and meaningful. This collection of short, but impactful, "Monday Mantras" will guide you through a year of Mondays, meeting you where you are and then walking you step-by-step to where you want to be. Erica Gwynn provides a year's worth of lessons, in sip-sized segments that will teach you

how to: f,,[f,,€f,,[ Step out in courage and carry on after hardship f,,[f,,€f,,[ Grow through what you go through f,,[f,,€f,,[ Give yourself grace and give up the personal guilt trips f,,[f,,€f,,[ Get comfortable being UNcomfortable f,,[f,,€f,,[ Act on your dreams and do hard things f,,[f,,€f,,[ Clear out the clutter in your life, say no more often, and fail forward Rooted in faith, and packed with practical takeaways, Caffeinate Your So **The Soul of America** Jan 17 2020 #1 NEW YORK TIMES BESTSELLER • Pulitzer Prize-winning author Jon Meacham helps us

understand the present moment in American politics and life by looking back at critical times in our history when hope overcame division and fear. ONE OF OPRAH'S "BOOKS THAT HELP ME THROUGH" • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR • The Christian Science Monitor • Southern Living Our current climate of partisan fury is not new, and in The Soul of America Meacham shows us how what Abraham Lincoln called the "better angels of our nature" have repeatedly won the day. Painting surprising portraits of Lincoln and other presidents, including Ulysses S.

Grant, Theodore Roosevelt, Woodrow Wilson, Franklin D. Roosevelt, Harry S. Truman, Dwight Eisenhower, and Lyndon B. Johnson, and illuminating the courage of such influential citizen activists as Martin Luther King, Jr., early suffragettes Alice Paul and Carrie Chapman Catt, civil rights pioneers Rosa Parks and John Lewis, First Lady Eleanor Roosevelt, and Army-McCarthy hearings lawyer Joseph N. Welch, Meacham brings vividly to life turning points in American history. He writes about the Civil War, Reconstruction, and the birth of the Lost Cause; the backlash against immigrants

in the First World War and the resurgence of the Ku Klux Klan in the 1920s; the fight for women's rights; the demagoguery of Huey Long and Father Coughlin and the isolationist work of America First in the years before World War II; the anti-Communist witch-hunts led by Senator Joseph McCarthy; and Lyndon Johnson's crusade against Jim Crow. Each of these dramatic hours in our national life have been shaped by the contest to lead the country to look forward rather than back, to assert hope over fear—a struggle that continues even now. While the American story has not always—or even

often—been heroic, we have been sustained by a belief in progress even in the gloomiest of times. In this inspiring book, Meacham reassures us, “The good news is that we have come through such darkness before”—as, time and again, Lincoln's better angels have found a way to prevail. Praise for *The Soul of America* “Brilliant, fascinating, timely . . . With compelling narratives of past eras of strife and disenchantment, Meacham offers wisdom for our own time.”—Walter Isaacson “Gripping and inspiring, *The Soul of America* is Jon Meacham's declaration of his faith in

America.”—Newsday “Meacham gives readers a long-term perspective on American history and a reason to believe the soul of America is ultimately one of kindness and caring, not rancor and paranoia.”—USA Today

[Bringing Your Soul to Light](#) Aug 16 2022 Your life has a divine purpose. With the assistance of spirit guides and wise elders, you designed a plan for this incarnation before you were born, choosing the family, culture, era, and life circumstances that would best serve your spiritual advancement. The health and wellness book [Bringing Your Soul to Light](#) offers

a compelling and personal glimpse into this extraordinary process and the universal connections we share across lifetimes and beyond. Noted regression therapist Dr. Linda Backman presents a wealth of original first-hand accounts from actual past-life and between-lives regression sessions. Empowering and transformative, this spirituality book includes a foreword by holistic healing pioneer and author C. Norman Shealy, MD, PhD.

**Watering the Soul** Jun 21 2020 Poetry and prose to encourage us to grow. [Watering the Soul](#) is a timeless reminder that everyone needs

time, love, and forgiveness. In the deepest, most enchanting part of the forest, a creature hands you a seed. Within the seed is your soul, ready to be grown again. From internationally bestselling author Courtney Peppernell comes her new book of poetry and prose, [Watering the Soul](#). In true Peppernell style, the book is divided into sections, this time following a step-by-step recipe, to heal your soul. Filled with themes that focus on forgiveness, gratitude, togetherness, and equality, Peppernell takes you on a journey to find a precious yet profound



understanding; that a seed is not grown with haste and nor is becoming whole, that in each and every step, we find the meaning of watering the soul. This is the story of your soul and how it can be grown again.

**Here for It** Dec 28 2020 "R. Eric Thomas didn't know he was different until the world told him so. Everywhere he went--whether it was his rich, mostly white, suburban high school, his conservative black church, or his Ivy League college in a big city--he found himself on the outside looking in. In essays by turns hysterical and heartfelt, Eric redefines what it means to be an 'other' through the

lens of his own life experience"-- Publisher marketing.

**Beat Down to Your Soul** Dec 20 2022 In this companion anthology to "The Portable Beat Reader", Charters brings together more than 75 essays, reviews, poems, and sketches that evoke the credos and controversies of the Beat generation writers of the 1950s.

**We Sold Our Souls** Feb 27 2021 From the New York Times best-selling author of The Southern Book Club's Guide to Slaying Vampires comes a hard-rocking, spine-tingling horror novel about a washed-up guitarist

of a '90s heavy metal band who embarks on an epic road-trip across America and deep into the web of a sinister conspiracy. Every morning, Kris Pulaski wakes up in hell. In the 1990s she was lead guitarist of Dürt Würk, a heavy-metal band on the brink of breakout success until lead singer Terry Hunt embarked on a solo career and rocketed to stardom, leaving his bandmates to rot in obscurity. Now Kris works as night manager of a Best Western; she's tired, broke, and unhappy. Then one day everything changes—a shocking act of violence turns her life upside down, and she begins to suspect that Terry

sabotaged more than just the band. Kris hits the road, hoping to reunite Dürt Würk and confront the man who ruined her life. Her journey will take her from the Pennsylvania rust belt to a celebrity rehab center to a satanic music festival. A furious power ballad about never giving up, *We Sold Our Souls* is an epic journey into the heart of a conspiracy-crazed, pill-popping, paranoid country that seems to have lost its very soul.

**The Soul of the Helper** Nov 07 2021 There are many kinds of helpers in our world, the caregivers among us. They are the social workers who serve the

vulnerable, the nurses and doctors who treat the ill, the teachers who instruct the young, the first responders who rescue the imperiled, the faith leaders who comfort the congregation, the volunteers who support the community. And whether or not it is our professional calling, each of us is likely to serve as a caregiver at some point in our lives, as a parent raising a child, for instance, or as a loved one caring for an aging relative. These and many other efforts to serve are among the most noble pursuits we can imagine, but they come with a danger worth recognizing. In their devotion to the well-being of

others, caregivers routinely put their own well-being last and can unintentionally burn themselves out physically, emotionally, and spiritually. Their self-neglect, paired alongside a deep desire to help others, has the potential to stir up feelings of anger and resentment, leading to a sense of guilt and shame. They often believe that if they were to grant themselves any rest or grace, they would be at risk of failing in their duty. In *The Soul of the Helper*, Dr. Holly Oxhandler shows caregivers and fellow helpers a more self-compassionate way to cope with their overwhelming responsibilities and

to attend to their own needs, particularly when it comes to their mental health and spiritual journey. She invites them to pause and realize that if they let their personal resources run dry, they cannot possibly care for others as fully as they wish. In fact, their efforts are likely to cause more harm than good. With a background in spiritually-integrated mental health, Dr. Oxhandler teaches helpers a seven-step process to slow down and reconnect with the stillness within themselves. It is in this space of stillness that Oxhandler guides helpers to reconnect with the

“sacred spark” within their soul. By allowing themselves to enter that stillness, caregivers will recognize that they, too, are worthy of care. And with that realization, they will see anew the sacred spark that dwells inside everyone else, especially within those they’re helping. As a social worker, researcher, and person of faith, Dr. Oxhandler writes in a warm and welcoming style, shares many relatable stories, and widens her scope to include believers of all faiths and spiritual traditions. Her book is for caregivers everywhere who sense the sacred spark within them saying, in effect:

“Come to me, all you who are weary and burdened, and I will give you rest.” *Gambling With Your Soul* Jun 14 2022 If you’ve ever wondered “What will happen to me when I die?” this book is for you. I first considered the question at eight years of age staring down the barrel of a thirty-eight-caliber revolver under a white-knuckled death grip in my father’s hand—the same gun used on him by my older brother years earlier. Drawing on religion, science, philosophy, mathematics, near-death experiences (NDE), out-of-body experiences (OBE), spirit encounters, hundreds of interviews across

the globe, and good old-fashioned common sense, *Gambling With Your Soul* tackles the controversial topic of life after death by standing on two fundamental truths. First, everyone is going to die. Second, no one knows what will happen to them after they die. In the face of these truths, what is your best bet? Analyzing the afterlife beliefs of the world's top twenty-two religions/nonreligions, this book proves it is Christianity. This is not to say that Christianity is "right," and all other religions are "wrong." It is simply your best bet. The book provides an original, objective, and comprehensive

answer to the question that's sewn into the DNA of every human being. *Soul Revolution* Jul 03 2021 You've heard it all before. The promises for a better life get tiresome after awhile, because you know they don't deliver. However, they do touch on a profound and inescapable truth. You were created to live your life out of a rewarding, richly textured relationship with God and others--and deep down, you long to experience that kind of life. But how? Are you willing to devote sixty days to finding out? *Soul Revolution* may be one of the most important books you'll ever read. In

it, author and pastor John Burke guides you on a journey of experiential discovery. Called the "60-60 Experiment," it has already made a profound impact on thousands who have discovered what it means to actually "do life" with God. [Music of the Soul](#) May 01 2021 Mandy Harris, the rock world's bad girl, has lost her sense of self. Turning her back on the music she once loved, she returns to her hometown. After a chance meeting with Anabella, a deaf girl with a unique appreciation for music and life, she finds herself irresistibly drawn to her. Finding love,

pain, and a new sense of self. Their passion gives them the strength to heal both of their pasts, and start again.

Rock My Soul Aug 24 2020 World-renowned scholar and visionary bell hooks takes an in-depth look at one of the most critical issues facing African Americans: a collective wounded self-esteem that has prevailed from slavery to the present day. Why do so many African-Americans—whether privileged or poor, urban or suburban, young or old—live in a state of chronic anxiety, fear, and shame? Rock My Soul: Black People and Self-Esteem breaks through collective denial and dares to tell

this truth—that crippling low self-esteem has reached epidemic proportions in our lives and in our diverse communities. With visionary insight, hooks exposes the underlying reality that it has been difficult—if not impossible—for our nation to create a culture that promotes and sustains healthy self-esteem. Without self-esteem people begin to lose their sense of agency. They feel powerless. They feel they can only be victims. The need for self-esteem never goes away. But it is never too late for any of us to acquire the healthy self-esteem that is needed for a

fulfilling life. hooks gets to the heart and soul of the African-American identity crisis, offering critical insight and hard-won wisdom about what it takes to heal the scars of the past, promote and maintain self-esteem, and lay down the roots for a grounded community with a prosperous future. She examines the way historical movements for racial uplift fail to sustain our quest for self-esteem. Moving beyond a discussion of race, she identifies diverse barriers keeping us from well-being: the trauma of abandonment, constant shaming, and the loss of personal integrity.

In highlighting the role of desegregation, education, the absence of progressive parenting, spiritual crisis, or fundamental breakdowns in communication between black women and men, bell hooks identifies mental health as the new revolutionary frontier—and provides guidance for healing within the black community.

**Thinking With Your Soul** Sep 24 2020 During the creation of the Psychomatrix Spirituality Inventory (PSI) at Harvard, Dr. Wolman found seven factors that comprise the spectrum of

spiritual experience. By completing the PSI included in the book, readers will learn about their spirituality in each of these areas and how to improve their spiritual lives. *Boundaries for Your Soul* Dec 16 2019 Let *Boundaries for Your Soul* show you how to turn your shame to joy, your anger to advocacy, and your inner critic into your biggest champion. Do your emotions control you or do you control your emotions? *Boundaries for Your Soul*, written by bestselling authors and licensed counselors Alison Cook and Kimberly Miller, shows you how to calm the chaos within. This groundbreaking

approach will give you the tools you need to: Know what to do when you feel overwhelmed Understand your guilt, anxiety, sadness, and fear Move from doubt and conflict to confidence and peace Find balance and emotional stability Gathering the wisdom from the authors' twenty-five years of combined advanced education, biblical studies, and clinical practice, this book will set you on a journey to become the loving, authentic, joyful person you were created to be. Praise for *Boundaries for Your Soul*: "Personal growth requires that we create healthy boundaries for our internal

world, just as we are to do in our interpersonal relationships. When the various parts of our soul are connected and integrated, the result is that we heal, relate, and function at the highest levels. Alison Cook and Kimberly Miller have written a very helpful, engaging, and practical book on how to accomplish this process." --Dr. John Townsend, New York Times bestselling author of Boundaries and founder of the Townsend Institute "Boundaries for Your Soul spoke to me in echoes of already-known, yet-not-fully-applied truths, as well as with sweet new understandings.

For both those familiar with Jesus' inner healing and those new to the process, there is real help here." -- Elisa Morgan, author of The Beauty of Broken and The Prayer Coin, cohost of Discover the Word, and president emerita of MOPS International **The Untethered Soul** Oct 06 2021 #1 New York Times bestseller What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? The Untethered Soul offers simple yet profound answers to these questions. Whether this is your first

exploration of inner space, or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness. By tapping into traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization. Copublished with

the Institute of Noetic Sciences (IONS) The Untethered Soul begins by walking you through your relationship with your thoughts and emotions, helping you uncover the source and fluctuations of your inner energy. It then delves into what you can do to free yourself from

the habitual thoughts, emotions, and energy patterns that limit your consciousness. Finally, with perfect clarity, this book opens the door to a life lived in the freedom of your innermost being. The Untethered Soul has already touched the lives of more than a million

readers, and is available in a special hardcover gift edition with ribbon bookmark—the perfect gift for yourself, a loved one, or anyone who wants a keepsake edition of this remarkable book. Visit [www.untetheredsoul.com](http://www.untetheredsoul.com) for more information.