

Holding Tight Letting Go Living With Metastatic Breast Cancer

Go ahead. Get passionate about the food you eat. You don't have to hide it. You can love food and lose weight at the same time! The secret, which you'll learn about in Love Food and Live Well, is to know when to have carrot cake and when it's time for just a carrot. For most dieters, food is the daunting factor that trips up our best intentions to lose weight and get fit. Let Chantal Hobbs teach you that food is not the enemy! It's our attitudes toward it that defeat us. Losing weight does not require being deprived of the foods you love and being forced to eat boring, tasteless meals, and left feeling hungry most of the time. Turn food into your ally by following Chantal's 80/20 rule: A full 20 percent of the time, splurge on the foods you love and incorporate them into celebrations and social occasions. The remaining 80 percent of the time, choose food on the basis of delivering maximum fuel for your body and ultimate health. Simply by having freedom in what you eat, you can train yourself in self discipline and achieve sustainable weight loss, being free from food anxiety. Using personal inventories, original recipes, food plans, and new, detailed exercises for strength training and aerobic fitness, Chantal will inspire you to live well in every area of life. What are you waiting for? Start the pursuit of a life lived well and healthy: body, mind, and spirit.

-What do you do if you have two bratty teenage kids who don't give you the time of day? -What do you do if your husband is more interested in his remote than you? -What do you do if you're forever being compared to your perfect sister—who just happened to marry your perfect boyfriend? -And what do you do if you're told you have stage 4 breast cancer? Well, if you're Raquel Rose, you tell your family your diagnosis, and then you watch them go from treating you like dirt to treating you like a queen. Then you go on to raise unprecedented amounts of money for breast cancer research. You fulfill your early artistic promise. And you find you love this new life of yours, no matter how fleeting it may be. So when the doctor calls to tell her that there was a mistake and she's actually perfectly healthy, instead of sharing her good news, Raquel can't relinquish the sudden attention and love from her family. Soon Raquel's lie by omission snowballs and the wise-cracking 40-something becomes a sought-after figure on her sister's popular talk show, elevating her "litness" to local rock star status. Her mistaken diagnosis becomes the fate opportunity to fix the glaring problems in her life—her stalled career as an artist, her lackluster marriage, her unappreciative children, and her highly dysfunctional family. And while she wants to tell the truth, she's afraid to give it all up—would her family go back to taking her for granted? Would the donors rescind their checks if they think she was a fraud? In the end, it's up to Raquel to find her real "cure": an ending that befits the second chance she's been granted.

The thoughts of breast cancer survivors accompanied by photographs of their posturgery bodies explore the recovery process, describe reconstructive options, and celebrate the resilience of the female spirit.

How do you find hope in hard times? Learn not only how to survive the difficult seasons, but to live a full life in the midst of them and beyond. Grounded in God's constancy and rooted in eternal hope, Nouwen guides you towards the kind of life that you can dance to—even through the darkest night. Deeply comforting and profoundly realistic, Turn My Mourning into Dancing discusses five movements we experience during hard times: From Our Little Selves to a Larger World From Holding Tight to Letting Go From Fatalism to Hope From Manipulation to Love From a Fearful Death to a Joyous Life Healing begins with taking our pain out of its toxic isolation and seeing our sufferings in communion with all humanity, and all creation. Nouwen teaches us how our lives participate in something much larger. Turn My Mourning into Dancing is a must read for: Those seeking growth and insight on the struggles of life Anyone going through the grief process and searching for real solutions Those who have experienced a loss, betrayal, or hard times Everyone grieves differently. It is a process, not a science experiment. Mourning shouldn't last forever. Do you want the kind of life that allows you to dance even in the middle of the darkest night? Get the answers and find hope within your hard times.

Gifts from the Child Within

Faith Makes Us Live

Live a Little

ACT Questions and Answers

The First Look

Jan Frazier Teachings on Awakening

The Summer Visitors

Renowned ACT expert Russ Harris presents easy-to-read Q&A sessions to uncover the most common ways clients and practitioners get stuck when using ACT, how to get unstuck, and how to transform that “stuckness” into powerful personal growth. Acceptance and commitment therapy (ACT) is a highly effective, evidence-based treatment for a number of mental health issues—from depression to addiction—that focuses on mindfulness, client values, and a commitment to change. It also provides innovative tools, techniques, and strategies for promoting psychological flexibility and profound behavioral change. However, there are several challenges and frustrations that can arise when delivering ACT in-session. In the tradition of the hugely popular professional guide ACT Made Simple, ACT Questions and Answers offers practical tools for overcoming common sticking points in-session. You'll find effective tips and strategies for moving past misconceptions about mindfulness and acceptance, how to deal with reluctant or unmotivated clients, and how to break down communication barriers that can stand in the way of progress. You'll also find links to free downloadable resources. If you are new to ACT—or just want to improve your delivery—this easy-to-read reference guide will help you troubleshoot common in-session challenges and help your clients achieve lasting change.

BASED ON A TRUE STORY Only a land occupied by her young powers and not by confusion and sorrow, a mother seeks to weave her family and her past into a fabric that will not tear. *Their Lives Were Woven by Wars and Wilderness Places, and Tied by the Peace of Family and Faith.* As the 1840s bring conflict to the Pacific Northwest's rugged Columbia County, new challenges face Marie Dorlan *vaner Toupin: the wife, mother, and loyal Indian woman who crossed the Rocky Mountains with the Astor Expedition, the first big fur trapping expedition after Lewis and Clark's. On French Prairie in the very forming Oregon Territory, Marie strives to meet the needs of her conflict-ridden neighbors: British settlers and Americans, missionaries and disease-stricken natives, fur trappers and French Canadian farming families, and the surviving natives of the region. At the same time, as a mother, Marie must weave together the threads of an unraveling family. One daughter compares and judges as she seeks to find her place; another reaches for elusive evidence of her mother's love. Marie's memories are threatened with the emergence of a figure from the past. In the midst of this turmoil, Marie discovers an empowering spiritual truth: Unconditional love can shed light on even the darkest places in the heart.*

This book will tell you who you are and why you do what you do. It will throw light on why you feel the way you feel and will give practical approaches to lead a happy, soul fulfilling life. If you've ever wondered about what is going on in people's minds, then this book is a one stop solution. Psychology, Psychiatry, Spirituality, Philosophy, Body-Mind-Spirit, are all interconnected and you will know why, when you read this book. This book also contains a free "21 days Inner Exploration Program" which will lead you on to a path of self-discovery.

Coming to create and heal is a journey, and it is a field of health and interpersonal communication, public health, medicine, and related health disciplines. This scholarly edited volume advances the theoretical bases of health communication in two key areas: 1) communication, identity, and relationships; and 2) health care provider/patient interaction. Chapters aim to underscore the theory that communication processes are a link between personal, social, cultural, and institutional factors and various facets of health and illness. Contributors to the work are respected scholars from the fields of communication, public health, medicine nursing, psychology, and other areas, and focus on ways in which patient identity is communicated in health-related interactions. This book serves as an excellent reference tool and is a substantial addition to health communication literature.

The Clue of the Red Thread

When I Fall in Love

Hold Tight the Thread

Living Faithfully in the Age of Terror

Living, Dying, Living Forever

Lose Weight, Get Fit, and Taste Life at Its Very Best

A Novel of Haiti

This collection bundles all 6 volumes of Susan May Warren’s charming Christiansen Family novels together in one e-book, for a great value! Take a Chance on Me (2014 Christy Award winner): Darek Christiansen would be a dream bachelor, except for the wounded heart he’s been nursing since the tragic death of his wife, Felicity. New assistant county attorney Ivy Madison simply doesn’t know any better when she bids on Darek at the Deep Haven charity auction. Nor does she know that a plea bargain he crafted three years ago kept the man responsible for Felicity’s death out of jail. Caught between new love and old grudges, Darek must decide if he can set aside the past for a future with Ivy. I Had to Be You: Eden Christiansen never imagined cheering on her younger brother Owen—a reckless NH rookie—would keep her on the sidelines of her own life, with little time to focus on her own career. Owen could use a mentor. . . but she knows better than to expect help from team veteran Jake Jacobsen. Now at a crossroads about his future in hockey, Jake’s bad-boy reputation has him trapped. And the guilt-trip he’s getting from Eden Christiansen isn’t making things any easier. But when Owen’s carelessness leads to a career-threatening injury, Eden and Jake begin to wonder if they belong on the same team after all. When I Fall in Love (2015 Christy Award finalist): Hawaii was the last place Grace Christiansen ever imagined she’d vacation, much less fall in love. But when her family surprises her with a cooking retreat in paradise, she is thrown headfirst into an adventure. Max Sharpe may make his living on the ice as a pro hockey player, but he feels most at home in the kitchen. Which is why he takes a three-week culinary vacation each year in Hawaii. Upon being paired with Grace for a cooking competition, Max finds himself drawn to her passion, confidence, and perseverance. But as his secrets unfold, Grace is torn between the safe path in front of her and what her heart truly desires. Always on My Mind: After a failed dig, aspiring archaeologist Casper Christiansen heads home to Minnesota to face his feelings for Raina Beaumont. But when he arrives unannounced on her doorstep, he receives quite a shock: Raina is pregnant. Heartbroken, especially when he discovers the identity of the baby’s father, Casper tables his dreams and determines to help his older brother prepare the family resort for its grand reopening. But one of Casper’s new jobs constantly brings him into contact with Raina, whom he can’t seem to forget. The Wonder of You: Mortified after her year abroad is cut short, Amelia Christiansen returns to Deep Haven, certain she isn’t brave enough for the adventures she’s dreamed of. The last thing she expects is for the man who broke her heart to cross the Atlantic and beg forgiveness. Her to a European hotel dynasty, Roark St. John has trekked from one exotic locale to another. He travels and trades in art, and he’s looking for a place to settle with Amelia. But Roark’s continuing presence only highlights the questions pursuing her. Could finding her new place mean leaving home behind? You’re the One That I Want: An injury ended Owen Christiansen’s NHL career, but a job on an Alaskan crabbing boat offers a fresh start, maybe even a shot at romance with Elise “Scotty” McFlynn, the captain’s daughter. Scotty, however, doesn’t believe in happily ever after—especially with someone like Owen. Her instinct is confirmed when Casper Christiansen arrives to drag his prodigal brother home, only to be detained in connection to a crime back in Minnesota. As part of her new job on the Anchorage police force, Scotty must escort both brothers to Deep Haven, where she is thrust into an unfamiliar world of family, faith, and fresh starts.

I thought I'd live in silence forever . . . and then I met him. I'll never be able to hear, but music has always been a source of comfort for me. Rather than listen to the rhythm, I can actually feel the beat pulsing through me. It's pure bliss. So the moment I saw Thorin playing his guitar, I was mesmerized. I'd never seen anything more beautiful. . . or intimate. I couldn't tell where his body ended and the song began. He's everything I need in my life. . . I'm falling fast, hard, and deep. I want him more than anything. But while I live in silence, Thor lives in secrets. He's holding something back-something that's keeping this intensity, this longing from being real. And the silence may be too long to bear. . .

Coming soon as a Major Motion Picture Heartfelt, deeply moving, and incredibly real, this narrative shares the five-year journey of philosopher Ken Wilber and his wife, Treya Kilam Wilber, through Treya’s illness, treatment, and death. Ken’s wide-ranging commentary—which questions conventional and New Age approaches to illness and reaches beyond the experience to find wisdom in pain—is combined with Treya’s journals to create a portrait of health and healing, shared in harmony, and suffering and surrender. This edition includes a new preface by the author.

Breathe Big Live Big is a self-help book for people who are ready to start, or restart, rocking the Awesome Life of their dreams right now! In this how-to guide, inspiration expert and wellness industry leader Tracey Warfield offers 22 advice-filled chapters with her funny, at times poignant, inspiring real-life stories, tips, exercises, and takeaways on how to show up big and bold to each moment.

Living with Metastatic Breast Cancer

A Young Women's Guide to Living with Metastatic Breast Cancer

A Love Story

WOOD YOU BELIEVE

Preaching Effectively, Revitalizing Your Church

Hold Tight, Don't Let Go

Buy Happiness from a Bookshelf

Francine Huss spent years working with the best and brightest creative professionals to become an expert on the creative process. After she started creating her own miracles, she realized she could help others harness their natural creativity to create the life they deserve. In Think Better. Live Better., Francine shows how the power of creative thinking can produce new results in your life or your business. This book features the Five Step Treatment, a self-talk technique to ? Shift from wanting to having, lack to plenty, discouraged to confident ? Connect with creativity and new possibilities ? Create a thriving mindset that thinks, believes and expects better Your thoughts can produce stress, suffering, loneliness or misfortune. Better thoughts can create confidence, happiness and prosperity. Harness the creativity of your thoughts and shift into a whole new level of personal and professional power. Think Better. Live Better. simplifies timeless proven concepts, making it easy understand how you can work with Life so Life works for you. Live better, dream bigger, and create possibilities you never imagined, even miracles. In the process, you may realize how much your best life matters to a better world.

Experience the true meaning of life, death, and love through a whole new perspective. A collection of poems that surpasses age, gender, and race, Life, Living, and Death: A Poet’s Perspective will stimulate your interest. Amidst the diverse adversity, Rice’s collection will bridge understanding to the readers regarding each individual’s life experience. As you read through each poem, you will realize that each person may go through different struggles. But as each difficulty is experienced, it is necessary to keep your hopes high, have the right amount of stamina, perseverance, and courage to be able to overcome life’s most difficult situations. Life, Living, and Death: A Poet’s Perspective will definitely keep you hooked and engaged with its unique, inspiring, and fun poems that are truly meant for everyone. This collection will let you create vivid pictures in your imagination, engage, and mesmerize you as you relate to your life’s story.

In Greek mythology, Ariadne held authority over the mazes and labyrinths located beneath the palace of Knossos on Crete, including the labyrinth that housed the deadly Minotaur. When Theseus came to attempt to free the people from the Minotaur, Ariadne gave Theseus a ball of red thread to mark his passage in and out of the labyrinth. The thread was the key to successfully navigating the labyrinth’s many twists and turns, and Theseus ultimately confronted the Minotaur. In her teaching, Julie Tallard Johnson notes that metaphorically, we all spend our lives in a labyrinth, regularly having to face forked paths, contradictory twists and turns, and dead ends. Red thread is a rich analogy for the wisdom passed on to us from generations of spiritual teachers, and this wisdom guides us through our labyrinths. In

The Clue of the Red Thread, Johnson, longtime student of author, teacher, and activist Parker J. Palmer, offers numerous practices and strategies for navigating what she calls the greatest adventure of our lifetime: going inward to discover who we truly are, then returning

outward to blossom into a fearless and compassionate citizen, living with integrity while both keeping hold of the red thread in our own lives and moving forward to pass it on to others.

Illness and mortality, the most universal, unavoidable, and frightening of human experiences, are the focus of this pioneering study which has been hailed as a telling and provocative commentary on our times. As modern medicine has become more scientific and dispassionate, a new literary genre has emerged: pathography, the personal narrative concerning illness, treatment, and sometimes death. Hawkins’s sensitive reading of numerous pathographies highlights the assumptions, attitudes, and myths that people bring to the medical encounter. One factor emerges again and again in these case studies: the tendency in contemporary medical practice to focus primarily not on the needs of the individual who is sick but on the condition that we call disease. Pathography allows the individual person a voice – one that asserts the importance of the experiential side of illness, and thus restores the feeling, thinking, experiencing human being to the center of the medical enterprise. Recommended for medical practitioners, the clergy, caregivers, students of popular culture, and the general reader, Reconstructing Illness demonstrates that only when we hear both the doctor’s and the patient’s voice will we have a medicine that is truly human.

Finding Hope in Hard Times

A Workbook for Self-Discovery and Self-Recovery Through Re-creation Therapy(tm)

Love Food and Live Well

Never Let Go

100 Devotions for Letting Go of Fear and Following God

The Christiansen Family Collection: Take a Chance on Me / It Had to Be You / When I Fall in Love / Always on My Mind / The Wonder of You / You're the One That I Want

The focus on parenting in national UK policy has never been more apparent. This text explores some of the tensions that have emerged over the years in seeking to establish timely support and challenge for parents as we experience profound changes and variation in how families function. This is a book for anyone with an interest in being a parent, producing policy in relation to parents or supporting mothers, fathers and primary caregivers in the role they undertake. What People Are Saying -Dear Dr. Z. I am thankful for my new found Happiness. My blood pressure is down and my doctor was amazed and asked me what I was doing? My spirit is better. I no longer try to control people or situations. I live a better life, enjoying the present, while planning my future. Anyone who wants to better their life and be happy should read your book and participate in the sessions. - Zaimah -I'm a Brand New Me (Aretha Franklin)..Thanks to the Happiness Campaign I no longer feel that if I feel good or happy about something then something bad is going to happen. I am eternally GRATEFUL and glad to be on this wellness journey. - Rasheedah -Extremely powerful concepts made simple and easy to apply the knowledge. We are given a practical way to change our behaviors using spiritual concepts. - Albert

"The Shell Collector is a beautiful story full of love, loss, and second chances. "—#1 New York Times bestselling author Debbie Macomber From USA Today bestselling author Nancy Naigle, The Shell Collector is a touching novel of a friendship that crosses generations, and learning how even the smallest gifts can change a life for good. Two years after her husband 's death, Amanda journals to create a portrait of health and healing, shared in harmony, and suffering and surrender. This edition includes a new preface by the author. "I convinced he "s not suited for romance and is determined to find meaning—alone, through his work and role in the community. Widowed Maeve Lindsay was born and raised on Whelk ' s Island. Spirited, kind, and a little mischievous, she pours her life into the town. But she carries a secret that shapes her every move. Together, these three souls find encouragement in the most mysterious places and discover a love that ' s bigger than their pain, healing their wounded hearts in ways none of them could have hoped for or expected.

YSC ' s newly updated Metastatic Navigator: A Young Woman ' s Guide to Living with Metastatic Breast Cancerpresents the most up-to-date information on metastatic breast cancer including: treatment options; quality of life issues; communicating with healthcare providers, family and friends about your disease; lists of questions to ask or consider; and resources available for additional assistance. Other topic areas include hospice, palliative care, the decision to end treatment, legal decisions and other information for end-of-life planning, legacy projects, speaking to children about metastatic breast cancer, complementary and alternative medicine; and adoption and fertility. Chouboi and Other Stories Brief Devotionals Based on the Judeo-Christian Tradition Spiritual Reflections on the Journey of Life Supporting Parents: Improving Outcomes For Children, Families And Communities Surviving and Thriving in the Haitian Diaspora Reconstructing Illness Live Out Loud

This new series opens with a terrorist bombing and a rogue underground experiment that rips a city loose from the world. Those inside the vanished community find themselves surrounded by a majestic wilderness that is both primitive and primal—and find themselves locked in battles for survival against enemies theyve always known and forces theyve never imagined. Too often we minimise the reality of terminal cancer, concentrating instead on survival records and talking only in positive pink ribbon terms. But what of those who live daily with the shadow of the disease? This is a book about how that feels. It is about how to die as much as about to how live; yet it is also life-affirming, funny and shot through with hope.' Life is full of small details that we tuck away somewhere to revisit when we need them most: the calming sound of the sea, that chillidgee joy when you feel the sun hit your face on an early February morning. These small details knit together, make up our perfect, ordinary lives. Few understood the importance of these more than Sarah Hughes, who lived with terminal metastatic cancer for over three years and who died in April 2011. This book is a celebration of everything that can make up a life, and how to hold it all close: how to cherish the perspective-changing, exhale-bringing perspective of a trashy novel; how to find the upside of chemo (finally being able to fit into floppy jeans and dresses); how to explore the intimate topography of a body that's yours and yours alone. For fans of Matt Haig and Maggie O'Farrell, this is a tender word-of-mouth bestseller: the sort of book you'll press into the hands of your friends, family and a strange new bookshelf.

Sinor brings a refreshing approach to understanding the initial or underlying basis to one's emotional suffering based to past childhood trauma. This recovery book is filled with offerings from psychological, physiological, and spiritual perspectives.

Jan Frazier experienced a radical transformation of consciousness at age fifty, in 2003. Her first book, "When Fear Falls Away: The Story of a Sudden Awakening" (Weiser Books, 2007), is an account of her awakening, as it unfolded over the first eighteen months. "The Freedom of Being: At Ease with the Mind" (Weiser Books, 2012) offers guidance toward the reduction of suffering and the prospect of radical freedom. Both books are written in paperback and eBook. "Opening the Door: Jan Frazier's Teachings on Awakening" is an eBook collection of essays on the nature of spiritual awakening. The book opens the reader's awareness to the possibility of a richly human life, beyond what appears possible to the ego and the world. The teachings point to unresisting present-moment attention, where the truth of existence is known. Jan Frazier's teachings are drawn from direct experience, relying on no particular tradition or set of beliefs.

Breathe Big Live Big: A Starter Guide for Your Awesome Life

A Love Story

5 Steps to Create the Life You Deserve

Grace and Grit

Turn My Mourning into Dancing

Opening the Door

The Publishers Weekly

2015 Christy Award Finalist! Hawaii was the last place Grace Christiansen ever imagined she'd vacation, much less fall in love. But when her family surprises her with a cooking retreat in paradise, she is pulled—or maybe yanked—away from her predictable, safe life and thrown headfirst into the adventure of a lifetime. Max Sharpe may make his living on the ice as a pro hockey player, but he feels most at home in the kitchen. Which is why he lives for the three-week culinary vacation he takes each year in Hawaii. Upon being paired with Grace for a cooking competition, Max finds himself drawn to her passion, confidence, and perseverance. But just when Grace dares to dream of a future beyond her hometown, Max pulls away. Wrestling with personal demons, Max fights against opening his heart to a love he knows he should never hope for. And as his secrets unfold, Grace is torn between the safe path in front of her and what her heart truly desires. If love means sacrificing her ideal happily ever after, Grace's faith will face its toughest test yet.

Whether it's starting a new job, graduating from school, welcoming a new baby, experiencing an empty nest, or simply facing the daily battles of life and faith, it's comforting when someone comes along and says, "I've been here before." It's even more comforting when they share their lessons learned! This beautiful gift book offers just that—fresh perspective from those who have braved all sorts of seasons, gathering some lessons and laughs along the way. With more than twenty-five years of experience in work, marriage, parenting, faith, and music, the GRAMMY-nominated and Dove Award winning ladies of Point of Grace—beloved and longtime CCM artists—share the lessons God has taught them in these areas and many more: Faith Marriage Parenting Graduation New Jobs In-Laws Preparing for an Empty Nest Priorities and Routines Gratitude Worry Boundaries BONUS: A journaling section is offered in the back of this book so you can record your own lessons learned! Use this writing space to remind yourself of God's great grace in your life, or use it as a perfectly giftable way to pass on your insights and advice to a loved one who might need your wisdom in a season of transition or celebration.

A Spirituality of Healing and Integration, offers much needed wisdom for the spiritual landscape we find ourselves in at this time. The inspiring symbolism, intertwined with scripture, story and insights from psychology makes it a compelling read. It outlines succinctly and clearly where we have come from and where we find ourselves as church in today's world. But it doesn't stop there; it navigates us towards a spirituality of the future and offers a direction in which we can be orientating ourselves in religious practice. ?Life is like a voyage on the sea of history, often dark and stormy, a voyage in which we watch for the stars that indicate the route. ? (Spc: Salvi 49) In Vol 6 of Wood You Believe, through scripture and sculpture, story and self-acceptance, Jim Cogley encourages his readers to face the turbulence of today's faith voyage and drop anchor in the Spirit of God within. Shadow and light, wholeness and imperfection are embraced on the self-abandon voyage leading towards the ?living water welling up within to eternal life?. (John 4:14) Phrases such as, ?The Samaritan woman went away with the well?, ?When we listen something new is born?, ?Transformation?, ?Under new management?, ?Let go, let God?, are like pop-ups that sparkle anew throughout A Spirituality of Healing and Integration leading the reader to ?Jesus, the true light, the sun that has risen above the shadow of history?. ? (Spc: Salvi 49) Bishop Emann Walsh

Living in a culture that is fascinated with the topic of death and dying, there are many who desire to explore the issues from a Christian perspective. Living, Dying, Living Forever is designed as a workbook to help you explore the issues of living and dying as they relate to your relationship with God and with others. This material can be used by those who are near the end of life and by those who want to consider how they can live more fully in the present moment. At the end of each chapter there are practical exercises you can follow to help you explore the issues on a personal level. As you live out each day of the journey, these pages are designed to give you courage, hope and a perspective that embraces eternity.

Live on Purpose

The Seven-Step Ladder Toward Successful Homilies

25 Days to Living Your Happiness

Library Journal

My Life, Death and All the Madness In Between

A Practitioner's Guide to 150 Common Sticking Points in Acceptance and Commitment Therapy

Vanished

Preaching Effectively, Revitalizing Your Church offers a practical and theological guide to effective preaching. Guerric DeBona, an experienced and respected teacher of homiletics, uses the metaphor of a ladder to describe the ascent up seven rungs that constitute the strategies of preaching. Beginning with advice on discovering a personal theology of preaching, the author proceeds to unlock the power of the Bible and the liturgy. He then guides preachers in creating a unified homily and in discovering a homiletic method that best suits their own intellect and temperament. Chapters on communicating in contemporary culture and on globalizing the homily for the New Evangelization are vital for coming to grips with the technological age and the often bewildering diversity of today's world. Finally, DeBona challenges readers to recognize and confront their own obstacles to effective preaching. Each chapter ends with questions to assist preachers in appropriating the material. With bad homilies consistently cited as a factor in declining church attendance,

Preaching Effectively, Revitalizing Your Church answers a very pressing need, especially in view of the papacy's urgent call to rescue traditionally Christian countries from the brink of total secularization. Book jacket.

'Grown up, intelligent fiction- she just gets better and better' Cathy Kelly 'One of the smartest writers of popular fiction around' Irish Independent When handsome American Daniel O'Connell arrives in Ballynanna to research an old cable station for a documentary he is making, he's hoping that a stay in a sleepy Irish seaside town will help him and his traumatised son move on from a terrible accident. But Daniel soon finds that summer in Ballynanna is anything but quiet... Meanwhile Annie Sullivan, daughter of the local hotel owner, has moved back home to mend her broken heart, telling everyone that she's there to figure out her next career move. But as a secret threatens Annie's dysfunctional family, Daniel's past is about to catch up with him. Will the two be able to grasp the new future that lies ahead before summer ends?

The eloquent voices in Holiday Tight, Letting Go speak of different reality; that women with metastatic breast cancer generally go on to live with their disease, often for many years, and that the time they have can be full and meaningful. All aspects of dealing with the disease are covered here: coping with the shock of recurrence, seeking information, making treatment decisions, and communicating effectively with medical personnel. Getting emotional support from other patients and family issues are often as important as managing the side-effects of treatment and the pain and symptoms of disease progression. Open discussions about approaching the end of life often lead to a profound inquiry into ways of keeping hope alive and finding meaning in the midst of adversity. Frank and moving descriptions from forty women and men who have been there make their stories relevant to anyone facing a life-threatening illness.

Rupa Mehta, called a "pint-sized guru" by Vogue and the "Rachael Ray of Fitness" by the New York Post, has helped thousands of people on their journey to physical and emotional wellness from her New York fitness studio. Now, with The Nalini Method, Rupa brings her revolutionary techniques for shedding emotional weight and achieving balance of body and mind to the wider world with a gorgeous and fun full-color book. The Nalini Method is an innovative mood-based fitness plan that fuses yoga, Pilates, strengthening exercises, and barre work to help participants lose emotional weight and find emotional fitness—transforming both mind and body in the process. Rupa's dynamic techniques synthesize Western and Eastern approaches to create an accessible program that's as challenging as it is fun. The workouts of The Nalini Method help participants find balance within seven different moods: Anger Energy Stress Chill Happiness Doubt Anxiety In addition, Rupa includes recipes for six unique and delicious "mood foods" to help maintain energy and balance along the way. With tips and resources to help any woman achieve her fitness goals every day, The Nalini Method blazes a new and exciting trail to physical and emotional well-being.

Holding Tight, Letting Go

A heart-warming story about love, second chances and moving on

The Shell Collector

7 Workouts for 7 Moods

Communicating to Manage Health and Illness

Think Better. Live Better.

Life, Living, and Death

'Margarita Mooney's path-breaking book, Faith Makes Us Live, is the first-ever comparative study of how religious faith and practice affect immigrant adaptation and assimilation. Her imaginative analysis of Haitian immigrants in Miami, Montreal, and Paris shows how religious faith serves to mediate culturally between immigrants and their host societies, but also reveals that by itself faith is not societies must also be receptive to the religious institutions that serve immigrants if integration is to be achieved. Her book is essential reading for students of both religion and immigration.'—Douglas S. Massey, Princeton University 'Margarita Mooney's research on Haitian Catholic immigrants in three settings is elegant in design, assiduous in execution, and compelling in presentation. Mooney's ocean, but the different contexts of reception they encounter in Miami, Montreal, and Paris significantly influence their differential adaptation to their new homes in the U.S., Canada, and France. Faith Makes Us Live is an essential contribution to the growing body of literature on religion and immigration.'—R. Stephen Warner, University of Illinois at Chicago 'Faith Makes Us Live is one of the valuable contribution on at least three fronts: it extends the literature on religion and immigration by showing how religious organizations serve as mediating structures between immigrants and their host communities, it demonstrates to scholars interested in faith-based service organizations that the larger relationships between church and state must be considered carefully through a comparative lens with a compelling up-close-and-personal account of how faith matters in the daily lives of Haitian immigrants.'—Robert Wuthnow, Princeton University 'What excites me most about Faith Makes Us Live is that it analyzes the role played by the Catholic Church in immigrant incorporation while taking into consideration the distinctive challenges met by Haitians in three societies that treat the poor differently. The comparison between Miami, Paris, and Montreal is particularly felicitous given differences in the position and influence of the Church, the characteristics of the Haitian populations, and the public resources available to immigrants across these three contexts. By showing how religion sustains resilience and empowerment for a particularly vulnerable group of individuals, Mooney does matters for immigrant incorporation.'—Michele Lamont, Harvard University. 'This book teaches us an important lesson: When immigrants are religious—and so many are—pragmatic cooperation between church and state can hasten their acculturation and improve their well-being. Faith Makes Us Live is essential reading for those who want to better understand the role of religion and religious in Duke University.'—Theory-driven ethnographic research. Professor Mooney provides an ambitious, comparative study at once rich in detail and grand in scope. By systematically comparing three countries on two continents, this book uncovers crucial patterns of relationships among church, state, and civil society and how they affect immigrants on the ground. This is what ethnography everyday life and yet motivated by the need to understand human social processes in general.'—Andy Perrin, University of North Carolina 'Thoroughly sociological in design and analysis, this study opens new vistas for the field of religion and immigration. Leaving behind celebratory or critical accounts of the role of religious beliefs in the adaptation of immigrant minorities, Mooney makes clear the interaction between religious institutions and the broader socio-political context. An original contribution, made even more valuable by its focus on one of the most undertrdden groups in the migrant world.'—Alejandro Portes, Princeton University

In this collection of essays and articles, including sermons and columns written for the Cen-La Focus, Henry C. Blount, Jr. D. Min walks us through his faith and unique way of seeing the world. Wise, worldly, and always quick with a quote or a witicism, these are meditations on life in a time of uncertainty that will bring comfort to anyone seeking it. Living Faithfully in the Age of Terror is the culmination of a man who has counseled families for decades. It offers Blount's spin on subjects from displaying Grace to thumping watermelons, truly demonstrating his commitment to a "dynamic" Christianity that seeks truth wherever it may turn up – sometimes in the most unlikely places.

Learn how to celebrate every moment in life while living enthusiastically and following your God-given passion. New York Times bestselling author Sadie Robertson invites you to reach new depths of faith and new heights of life as you discover how to live life to the fullest through 100 relevant devotions. Live on Purpose takes the life-changing messages from Sadie's bestselling books Live Fear and Live Fully through Scripture, prayer, and her passionate message to live well. Through each of Sadie's authentic and relatable entries, you'll take away practical tools for overcoming fear and living with confidence while living without limitations by setting aside fear, anxiety, and comparison authentically celebrating every moment in life replacing temporary highs with the promises of God dreaming big and living it!

USA Today and ECPA bestseller lists, is a valuable message for anyone eager to make a difference in the world and is a perfect gift for the holidays, graduation, birthdays, or a faith anniversary. You'll discover that when you follow your God-given passions, nothing can stop you from living your most enthusiastic, purposeful life. It's time to let go of fear and follow God. Sadie is a wholesome and endearing, reaching millions of teens, young adults, and parents through her books, social platforms, and hit podcast, WHOA That's God. Read Sadie's additional inspirational bestselling books, Live Fearless and Live.

'Laura Wagner has managed to get a huge amount of Haiti into the pages of this book: the sun, the rain, the bottomless whirl of catastrophe, rage, despair and indomitable hope.'—Madison Smartt Bell, author of All Souls' Rising A Novel of Haiti 'In Haiti they say 'Kreyol pale. Kreyol konprann.' Speak plainly and honestly and be understood. Laura Wagner does just that in this brave, beautiful book and a glimpse of a people's soul. —Jonathan M. Katz, author of The Big Truck That Went By: How the World Came to Save Haiti and Left Behind a Disaster 'Haiti, already one of the poorest countries in the world, was devastated by the earthquake in 2010. This is a story of everything that comes after: from a candid depiction of the international response to a young girl's account of what a life of poverty, Magdalle's journey shows the importance of connections, of family and friends, during difficult times and the anguish that comes when those bonds are broken. In her debut novel, Laura Rose Wagner has managed to capture the devastation of loss while providing determined hope for the individual and the nation. An important read for anyone who wishes to better understand the reality of Haiti.

Dahl, executive director of Partners in Health Hold Tight, Don't Let Go follows the vivid story of two teenage cousins, raised as sisters, who survive the devastating 2010 earthquake in Haiti. After losing the woman who raised them in the tragedy, Magdalle and Nadine must fend for themselves in the aftermath of the quake. The girls are inseparable, making the best of their new circumstances in camaraderie, until Nadine, whose father lives in Miami, sends for her but not Magdalle. As she leaves, Nadine makes a promise she cannot keep: to bring Magdalle to Miami, too. Resourceful Magdalle focuses her efforts on a reunion with Nadine until she realizes her life is in Haiti, and that she must embrace its possibilities for love, friendship, and a future.

Discovering Fearlessness and Compassion in Uncertain Times

How to Live

Studies in Pathography

The Nalini Method

Lessons Learned from Point of Grace

Young Survival Coalition Metastatic Navigator