

Waking The Warrior Goddess: Dr Christine Horner's Program To Protect Against And Fight Breast Cancer

“A fascinating herstory of the Divine Feminine, rich in heart, depth and wisdom . . . an empowering message of hope and inspiration.” Katherine Woodward Thomas, New York Times bestselling author
At the dawn of religion, God was a Woman. The Divine Feminine is known by innumerable names and symbol-rich manifestations across the world's cultures. Throughout the ages the Goddess has been honored and worshiped as the Virgin Mary, Isis, Inanna, Asherah, Diana, Kuan Yin, Kali, Oshun, Athena, Pele, Sarasvati, Demeter, and White Buffalo Calf Woman, to mention just a few. Goddess Power takes you on a fascinating and, at times, surprising journey into the enduring essence of the Divine Feminine. Inside this book you will learn: • How the Goddess path offers an empowering message and inspiration • The importance of re-establishing a healthy balance and integration of both the “masculine” and the “feminine” archetypes • That the notion of God as archetypal “Sky-Father” is fairly recent in Western culture • Why the wisdom of the Goddess/Sacred Feminine has been ignored, distorted, and oppressed for centuries • How archetypes, mythic narratives, and qualities of Goddesses are alive within you and how they reveal intimate truths about yourself and others • How Goddesses can serve as empowering guides in your personal and professional life • Why especially black Goddesses/dark-skinned Mothers (e.g., Kali or Black Madonna) are a powerful symbol and catalyst for change in our times, both individually and collectively • And much, much more! “An empowering message and inspiration that can be drawn from the Goddess so humanity might evolve toward higher awareness.” Karen Tate, author of Walking an Ancient Path and Goddess 2.0

Matthew Sanford's inspirational story about the car accident that left him paralyzed from the chest down is a superbly written memoir of healing and journey—from near death to triumphant life. Matt Sanford's life and body were irrevocably changed at age 13 on a snowy Iowa road. On that day, his family's car skidded off an overpass, killing Matt's father and sister and left him paralyzed from the chest down, confining him to a wheelchair. His mother and brother escaped from the accident unharmed but were left to pick up the pieces of their decimated family. This pivotal event set Matt on a lifelong journey, from his intensive care experiences at the Mayo Clinic to becoming a paralyzed yoga teacher and founder of a nonprofit organization. Forced to explore what it truly means to live in a body, he emerges with an entirely new view of being a “whole” person. By turns agonizingly personal, philosophical, and heartbreakingly honest, this groundbreaking memoir takes you inside the body, heart, and mind of a boy whose world has been shattered. Follow Sanford's journey as he rebuilds from the ground up, searching for “healing stories” to help him reconnect his mind and his body. To do so, he must reject much of what traditional medicine tells him and instead turn to yoga as a centerpiece of his daily practice. He finds not only a better life but also meaning and purpose in the mysterious distance that we all experience between mind and body. In Waking, Sanford delivers a powerful message about the endurance of the human spirit and of the body that houses it.

The definitive guide for preparing for—and recovering from—cancer treatment. A twelve-year cancer survivor and oncology rehabilitation specialist, Dr. Julie K. Silver wrote After Cancer Treatment to help others recover from the exhaustion and physical devastation that often follow treatment. This new edition of the book, retitled Before and After Cancer Treatment, describes improved therapies, better delivery of care, holistic care options, and energetics. In covering the benefits of prehabilitation strategies, which improve physical and emotional strength before beginning therapy, the book adds another dimension to the experience of cancer treatment. Dr. Silver fills this survivor-oriented book with exercise and diet recommendations as well as step-by-step instructions for fighting fatigue, monitoring mood, and overcoming setbacks. Readers are encouraged to set balanced goals, take time to heal, and consult both conventional and alternative medicine. Most people will live for many years after their initial cancer diagnosis—often cured or in remission. Some will live with cancer as a chronic condition. The goal is always to live life to the fullest, which means feeling as strong as possible—physically and emotionally. Dr. Silver recommends daring to dream again and preparing for the future. Wherever they are in their own journey with cancer, readers will find here a personal, practical, and powerful guide to recovery.

Waking the Warrior Goddess” sums up with Dr. Horner's program for reclaiming health and defeating breast cancer. Each step is presented as a new strategy to implement into one's daily life. The program focuses on those nutrients and activities that bring health, vitality, and longevity to women. An extensive resources section lists contacts for obtaining various nutrients and toxin-free products to keep your Warrior Goddess strong and healthy.

WBCN and the American Revolution

Doctor Sleep

Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer: Easyread Super Large 24pt Edition

Sophie's World

Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer: Easyread Super Large 20pt Edition

Warriors, Witches, Women

How a Radio Station Defined Politics, Counterculture, and Rock and Roll

The Handbook of Home Remedies is a quick, A to Z reference tool that covers simple recommendations for common ailments which can be safely managed at home. This guide to health contains hidden truths and ancient wisdom handed down from generation to generation. It draws from a variety of healing traditions and cuts through the marketing hype and hidden corporate agendas with straightforward descriptions and concise instructions. It also contains up-to-date evidence-based strategies for emerging modern challenges such as herpes and autism. Written by an occupational therapy assistant with a passion for medicine, and board-certified emergency physician with over 20 years of experience, the information provided is information you can trust. Topics cover the range from conventional pharmaceutical drug information to Traditional Chinese Medicine and quantum medicine. This guide is second to none and is a great resource to have in your home!

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

A Lighter Side to Cancer shares Sandra Miniere's uplifting story and offers life-saving information about how to treat and prevent cancer using an integrative approach-body, mind, spirit and environment. Twenty-seven authors and doctors share valuable information about the approaches she used to heal her body, mend her ways and change her life. The book includes stories by 12 cancer patients who participated in their own healing and

accomplished successful results. **A Lighter Side to Cancer** is an enjoyable read and a call to action--a time to think and do outside the box. It is a book of possibilities and hope. In sharing her journey, Sandra inspires people to embrace their healing as they explore integrative treatment options, make informed decisions and remain open to divine intervention.

A good mind knows the right answers...but a great mind knows the right questions. And never are the Best Questions more important than after a diagnosis of breast cancer. Drawing on cutting-edge research and original interviews -- including with former surgeon general C. Everett Koop, bestselling author Dr. Susan Love, well-known breast cancer survivors like Betty Rollin, and experts at the top cancer-care centers in the world -- **The 10 Best Questions™ for Surviving Breast Cancer** is a guide you'll take with you into your doctor's office and keep close to you through every step of your treatment and recovery. In addition to the medical questions, you'll also learn what you need to ask your friends, colleagues, and loved ones so that the rest of your life doesn't take a backseat to your diagnosis: "How many days I can afford to be out?" (p. 211) "What questions are my children likely to ask?" (p. 261) "When will I be comfortable being intimate again with my partner?" (p. 234) With a wealth of resources and up-to-the-minute information, **The 10 Best Questions™ for Surviving Breast Cancer** shows you how to move past a scary diagnosis and use the power of questions to become your own best advocate for your emotional, mental, physical, and financial health.

Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer: Easyread Large Bold Edition

Waking

The 10 Best Questions for Surviving Breast Cancer

Man and His Symbols

A Journey of Self-Discovery

Jeff Herman's Guide to Book Publishers, Editors & Literary Agents, 28th edition

The Book of Life

Meet mythology's fifty fiercest females in this modern retelling of the world's greatest legends. From feminist fairies to bloodsucking temptresses, half-human harpies and protective Vodou goddesses, these are women who go beyond long-haired, smiling stereotypes. Their stories are so powerful, so entrancing, that they have survived for millennia. Lovingly retold and updated, Kate Hodges places each heroine, rebel and provocateur firmly at the centre of their own narrative. Players include: Bewitching, banished Circe, an introvert famed and feared for her transfigurative powers. The righteous Furies, defiantly unrepentant about their dedication to justice. Fun-loving Ame-no-Uzume who makes quarrelling friends laugh and terrifies monsters by flashing at them. The fateful Morai sisters who spin a complex web of birth, life and death. Find your tribe, fire your imagination and be empowered by this essential anthology of notorious, demonised and overlooked women.

Includes, beginning Sept. 15, 1954 (and on the 15th of each month, Sept.-May) a special section: School library journal, ISSN 0000-0035, (called Junior libraries, 1954-May 1961). Also issued separately.

Cancer can be beaten with natural medicine, and this insider's guide will show you how. Dr Lam is a western-trained medical doctor whose clinical practice in natural medicine has helped many overcome and prevent cancer. In this easy to read book, you will learn first hand the science, the research, and specific protocols on how you can start using natural medicine today together with or in place of conventional medicine to beat cancer. Whether your cancer is active or in remission, this is a must read if you want to win the battle against cancer.

'Waking the Warrior Goddess'' sums up with Dr. Horner's program for reclaiming health and defeating breast cancer. Each step is presented as a new strategy to implement into one's daily life. The program focuses on those nutrients and activities that bring health, vitality, and longevity to women. An extensive resources section lists contacts for obtaining various nutrients and toxin-free products to keep your Warrior Goddess strong and healthy.

A Novel

A Saga of Race, Civil Rights, and Murder in the Jazz Age

From Wake-Up Call to Radiant Wellness

Beating Cancer with Natural Medicine

Eat Wheat

Before and After Cancer Treatment

Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer

Can a mouse virus cause breast cancer in women? Answering that question has become Dr. Kathleen Ruddy's life's work. The End of Breast Cancer is the landmark book that gives an extraordinary glimpse into the history of breast cancer research, and the findings that support the theory that the virus that causes breast cancer in mice, and has also been found in rats, cats, dogs, and monkeys plays a significant role in 40-94% of human breast cancer. Researchers contend that we are one step away from having final proof of this. Once we know the cause, then we can move forward to develop a preventative vaccine. The first and only breast cancer specialist to compile this encyclopedic research in one volume, Dr. Ruddy writes: "If there's a virus that causes breast cancer, and a safe and effective vaccine that can prevent this disease, we need to know about it now, not in another 100 years." The End of Cancer represents the culmination of Ruddy's research findings and the breakthroughs that are happening every day to unravel the mystery. We may well witness in our lifetimes the eradication of breast cancer.

THE BOOK OF LIFE is not another book that should find its way to the self-help shelf; rather it's a coach for life adding a Midas touch. It is that missing jigsaw piece that will help you solve the puzzle of life. It does not promise to make you a millionaire or a billionaire; rather it is a manual of self-development. It is an approach to a positive way of life; it is your best friend and guide. It discloses secrets about Karma and its circle, silver lines, mistakes that help learn, anger management, communication, dreams, and aspirations. It coaches you and helps build a positive attitude. It motivates you and boosts your self-esteem. Also, it brushes your interpersonal skills and translates positive thinking into SUCCESS all this in a simple yet practical and effective way. This book will definitely give you a winning edge.

This 2,500 page cancer compendium will offer you and your family most of the information you will need to make informed choices about cancer care. This compendium will teach you about natural oncology. It is a medical book, in understandable language, about a new form of medicine called Natural Allopathic Medicine.

How Boston radio station WBCN became the hub of the rock-and-roll, antiwar, psychedelic solar system. While San Francisco was celebrating a psychedelic Summer of Love in 1967, Boston stayed buttoned up and battened down. But that changed the following year, when a Harvard Law School graduate student named Ray Riepen founded a radio station that played music that young people, including the hundreds of thousands at Boston-area colleges, actually wanted to hear. WBCN-FM featured album cuts by such artists as the Mothers of Invention, Aretha Franklin, and Cream, played by announcers who felt free to express their opinions on subjects that ranged from recreational drugs to the war in Vietnam. In this engaging and generously illustrated chronicle, Peabody Award-winning journalist and one-time WBCN announcer Bill Lichtenstein tells the story of how a radio station became part of a revolution in youth culture. At WBCN, creativity and countercultural politics ruled: there were no set playlists; news segments anticipated the satire of The Daily Show; on-air interviewees ranged from John and Yoko to Noam Chomsky; a telephone "Listener Line" fielded questions on any subject, day and night. From 1968 to Watergate, Boston's WBCN was the hub of the rock-and-roll, antiwar, psychedelic solar system. A cornucopia of images in color and black and white includes concert posters, news clippings, photographs of performers in action, and scenes of joyousness on Boston Common. Interwoven through the narrative are excerpts from interviews with WBCN pioneers, including Charles Laquidara, the "news dissector" Danny Schechter, Marsha Steinberg, and Mitchell Kertzman. Lichtenstein's documentary WBCN and the American Revolution is available as a DVD sold separately.

A Memoir of Trauma and Transcendence

Waking the Warrior Goddess

Get the Sugar Out, Revised and Updated 2nd Edition

Library Journal

Awakening the Wisdom of the Divine Feminine in Your Life

Effective Natural Health Tips for Autism, Blood Pressure, Cancer, Depression, Pain, and More

Path to the Soul provides an important evolutionary leap in the rapidly evolving understanding of our psychological and spiritual essence.

Drawing from Hindu and Christian spiritual wisdom, biological medicine, psychiatric technique, and over twenty-five years of clinical experience, Dr. Bedi has created a highly effective and integrated treatment approach to problems associated with both medical and psychiatric illness. He explains the Hindu concepts of maya, karma, and dharma, and builds a bridge between psychological dis-ease and our intrinsic hunger for spiritual union. Each symptom is seen as a crucial whisper from our soul, and if we understand its message, it can lead us to psychological balance. Dr. Bedi guides us through the process of Kundalini diagnosis, showing how the use of life events, medical or psychiatric symptoms, relationship strengths and problems, and life goals and aspirations can help us determine our dominant and auxiliary chakras. Since our chakras are focal points where physical, emotional, developmental, and spiritual forces intersect, they provide a paradigm that usefully links physical, psychological, developmental, and spiritual dimensions. He explains how he has successfully helped many patients correct imbalances by learning to access and strengthen this energy. Throughout this book there are numerous examples of how Dr. Bedi's patients have discovered what each individual eventually has to recognize; that our fulfillment, satisfaction, wholeness, and harmony can be reawakened when we touch the spark of divine light glowing within.

Creative Prescriptions for Women with Cancer is a creative first-aid kit that specifically addresses many of the challenges faced by cancer patients. This guide will help you to tap into your inherent ability to be creative and its potential to heal physically, emotionally, psychologically, and spiritually. Creativity is your "prescription" to reduce stress, raise spirits, and facilitate the healing process.

"Annette does an incredible job of providing women who are healing from cancer a portable art studio, and journal so they can tap into the healing that happens when we are creating joyfully. This book is the framework for escaping the fear and stress of cancer through the

prescription of creating authentically. How wonderful that women do not need to be good at art or have any art experience in order to add this form of play and expression to their treatment plan. This book is a great resource to promote mind-body-spirit healing and a sense of wholeness and control over the healing process. I highly recommend adding this wonderful method of self-reflection and self-discovery to anyone's healing game plan!" - Debra Nicholson, Director of Community Outreach Center For Advancement in Cancer Education "I love it! This book is a refreshing take on the healing process. New research shows the most influential factor on our health and healing-even more than diet, smoking, or genetics- is our emotional wellbeing. Many of us grew up without the tools to support emotional healing, or feel such progress can only be achieved through long difficult therapy sessions. I love how Annette has created an easy and fun way for people to experience emotional healing. It is a must-have in every woman's cancer-fighting arsenal!" - Christine Horner M.D, Waking the Warrior Goddess: Dr. Horner's Program to Protect Against & Fight Breast Cancer "In this lovely book, Annette Tello provides a "safe space to express and honor your thoughts and feelings". In our busy, stress- filled world, this oasis of creative time may be just the healing you need." - Ellen Speert, ATR-BC, REAT The California Center for Creative Renewal Annette Tello M.S. is a counselor and coach. If you would like more information or if you would like to work with her, she can be reached at annettetello.com.

When Dea Cappelli found herself lost in a diagnosis of breast cancer, she determined to take control over the situation. She embarked on a mission to shrink her tumor with the intention that, if successful, she would share her healing tactics. Honey! I Shrunk the Tumor: Turning Wait Times into Healing Times is the result of extensive research and heartfelt caring for others facing a similar diagnosis. This easy-to-read, inspiring reference encourages readers to be pro-active, take charge of their bodies and to try, alongside traditional treatments, scientifically-studied holistic options. Not meant to be a scholarly treatise, it is rather a Digest of the research that is currently being done – a menu of options to choose from. Honey! I Shrunk the Tumor is a gentle push, not only for those with breast cancer, but for everyone, to consider simple lifestyle changes and attitudes that will have long-lasting, positive effects for everyday life and ensure the best chance for preventing cancer recurrence.

In this new edition of the bestselling Get the Sugar Out, nationally renowned nutritionist and well-known author Ann Louise Gittleman explains that sugar not only contributes to weight gain but also to mood swings, weakened immunity, diabetes, some cancers, and cardiovascular disease. Here she offers 501 simple, resourceful, and practical tips for cutting sugar from your diet, giving you the knowledge and inspiration you need to live a healthier life. A few of Gittleman's basic ways to cut sugar include: • Eat more meals at home, so you can oversee the ingredients and avoid hidden sugars • If you have a sweet tooth, try tricking it by chewing on a cinnamon stick • Be a food detective; don't trust "sugar free" or "fat free" labels • Cut down on salt not only to be healthier but because it helps cut out sugar cravings • Don't exchange sugar for artificial sweeteners; as you'll find out here, many are harmful With type II diabetes at an all-time high, cutting sugar from your diet is imperative. Get the Sugar Out is your solution for treatment and prevention: a unique, practical guide to a healthy and happy low-sugar lifestyle.

Arc of Justice

The Handbook of Home Remedies

Honey! I Shrunk the Tumor

A Virus and the Hope for a Vaccine

Turning Wait Times Into Healing Times

A Lighter Side to Cancer

Mythology's Fiercest Females

The landmark text about the inner workings of the unconscious mind—from the symbolism that unlocks the meaning of our dreams to their effect on our waking lives and artistic impulses—featuring more than a hundred images that break down Carl Jung's revolutionary ideas —What emerges with great clarity from the book is that Jung has done immense service both to psychology as a science and to our general understanding of man in society. "The Guardian —Our psyche is part of nature, and its enigma is limitless." Since our inception, humanity has looked to dreams for guidance. But what are they? How can we understand them? And how can we use them to shape our lives? There is perhaps no one more equipped to answer these questions than the legendary psychologist Carl G. Jung. It is in his life's work that the unconscious mind comes to be understood as an expansive, rich world just as vital and true a part of the mind as the conscious, and it is in our dreams—those personal, integral expressions of our deepest selves—that it communicates itself to us. A seminal text written explicitly for the general reader, Man and His Symbols is a guide to understanding the symbols in our dreams and using that knowledge to build fuller, more receptive lives. Full of fascinating case studies and examples pulled from philosophy, history, myth, fairy tales, and more, this groundbreaking work—profusely illustrated with hundreds of visual examples—offers invaluable insight into the symbols we dream that demand understanding, why we seek meaning at all, and how these very symbols affect our lives. By illuminating the means to examine our prejudices, interpret psychological meanings, break free of our influences, and recenter our individuality, Man and His Symbols proves to be—decades after its conception—a revelatory, absorbing, and relevant experience.

Waking the Warrior Goddess Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer: Easyread Edition ReadHowYouWant.com

Written by acclaimed integrative oncologist Ben Johnson, MD, DO, NMD, No Ma'am-ogram! Radical Rethink on Mammograms refutes the medical myths and fallacies at the root of today's conventional breast health care

protocols, offering readers safer solutions to breast cancer prevention, diagnosis, and treatment. Dr. Ben discusses the new research behind practical and effective alternatives to harmful mammograms, biopsies, radiation and chemo therapies. His holistic approach includes recommendations on diet, exercise, nutritional supplements, and lifestyle changes to counteract the effects of dangerous toxins and medical practices that create the harmful conditions in which breast cancer can arise. Through a wealth of facts, exposés, and preventive tips, this definitive guide shows every woman how to move toward better health maintenance for the breasts and body. This book explains, in easy-to-understand terms, the numerous (and sometimes complicated) factors that influence sleep and wakefulness. Although sleep deprivation is so commonplace in our stress-filled society that it is taken for granted, "sleep debt" is actually very costly. This title will help readers regain the ability to sleep well and improve overall health. This book also provides a handy guide to selecting and purchasing natural sleep remedies and lists additional resources for finding sleep-related information and products.

Overcoming Sleep Disorders Naturally

A Scientific and Clinically-Proven Approach to Safely Bringing Wheat and Dairy Back Into Your Diet

Creative Prescriptions for Women with Cancer

7 Essential Ingredients for Finding Balance and Serenity

Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer: Easyread Edition

Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer: Easyread Super Large 18pt Edition

The End of Breast Cancer

Is it possible to be happy all the time? For most of us, happiness comes and goes. Life may bring pleasure one day and pain the next. But what if you could love your life no matter what the circumstances? It's possible--and Life Lessons for Loving the Way You Live shows you how.

If You Want to Get Published, Read This Book! Jeff Herman's Guide is the writer's best friend. The 28th edition, updated for 2019, includes strategies to finding your way through today's field of publishers, editors, and agents. Get the most up-to-date information on the who's who in publishing: The best way to ensure that your book stands out from the crowd is to find the right person to read it. In this guidebook, Jeff Herman reveals names, contact information, and personal interests for hundreds of literary agents and editors, so you can find the publishing professional who's been waiting for you. In addition, the comprehensive index makes it easy to search by genre and subject. Learn to write a winning pitch: This highly-respected resource has helped countless authors achieve their highest goals. It starts with the perfect pitch. You'll learn the language that publishers use, and ways to present yourself and your book in the best light. Trust the expert that insiders trust: Bestselling authors and publishing insiders recognize Jeff Herman's Guide as honest, informative, and accurate. New and veteran writers of both fiction and nonfiction have relied on this no-nonsense guidebook for decades. Everything you need to know to publish your book is compiled in this one go-to resource. In Jeff Herman's Guide to Book Publishers, Editors & Literary Agents you'll find: Invaluable information about 245 publishers and imprints Independent book editors who can help make your book publisher-friendly Methods for spotting a scam before it's too late Methods to becoming a confident partner in the business of publishing your book. This guide is an excellent addition to your collection if you have read Guide to Literary Agents 2019, Writer's Market 2019, or The Essential Guide to Getting Your Book Published.

Using the metaphor of the Warrior Goddess, this book explains what Ayurveda, an ancient system of healing, describes as our "inner healing intelligence". It also explores the various foods and supplements that enable women to prevent and successfully fight breast cancer.

If you want to get published, read this book! Jeff Herman's Guide unmask's nonsense, clears confusion, and unlocks secret doorways to success for new and veteran writers! This highly respected resource is used by publishing insiders everywhere and has been read by millions all over the world. Jeff Herman's Guide is the writer's best friend. It reveals the names, interests, and contact information of thousands of agents and editors. It presents invaluable information about more than 350 publishers and imprints (including Canadian and university presses), lists independent book editors who can help you make your work more publisher-friendly, and helps you spot scams. Jeff Herman's Guide unseals the truth about how to outsmart the gatekeepers, break through the barriers, and decipher the hidden codes to getting your book published. Countless writers have achieved their highest aspirations by following Herman's outside-the-box strategies. If you want to reach the top of your game and transform rejections into contracts, you need this book! Jeff Herman's Guide will educate you, inspire you, and become your virtual entourage at every step along the exhilarating journey to publication. Ask anyone in the book business, and they will refer you to Jeff Herman's Guide. NEW for 2015: Comprehensive index listing dozens of subjects and categories to help you find the perfect publisher or agent.

Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer: Easyread Comfort Edition

The Fountain

Path to the Soul

501 Simple Ways to Cut the Sugar Out of Any Diet

Who They Are, What They Want, How to Win Them Over

The Script You Need to Take Control of Your Health

Dr. Christine Horner's Program to Protect Against and Fight Breast Cancer

The international bestseller by the author of The 3-Season Diet: "A compelling, evidence-based approach for safely eating wheat and dairy . . . a must-read" (Dr. Rav Ivker, author of Sinus Survival). Have you gone gluten-free or dairy-free? If so, you might not have to deny yourself the foods you love any longer. Eat Wheat is your guide to safely bringing wheat and dairy back into your diet, using a scientific and clinically proven approach to addressing food intolerances. Dr. John Douillard, a former NBA nutrition expert and creator of LifeSpa.com, addresses the underlying cause of the recent gluten intolerance epidemic. Eat Wheat explains how a breakdown in digestion has damaged the intestinal wall, causing "grain brain" symptoms and food allergies. Although eliminating wheat and dairy from your diet may help your symptoms, it is only a temporary solution. Eat Wheat addresses the root cause: the inability to digest well and break down harmful toxins that can lead to more serious health concerns. Backed by more than 600 scientific studies, Eat Wheat is a revolutionary guidebook to regaining your digestive strength. Eat Wheat will: Reveal hidden science on the benefits of wheat and

dairy Help you navigate around food toxins in modern wheat and dairy Retrain your body to digest wheat and dairy again Flush congested lymphatics linked to food intolerance symptoms Teach you to follow natural digestive circadian cycles Help bring your blood sugar back into balance Teach you proven exercise and detox techniques to reboot strong digestion and achieve optimal health and vitality

Best-selling author HeatherAsh Amara invites you to find your inner spark and fan it into a flame that burns with passion through every aspect of your life. This bright inner fire is, in reality, the joy of living. However, it can become cloudy and obscured if it is not nourished. This book is an antidote to the apathy, unhappiness, and depression that sets in when you forget to pay attention to and tend your inner fire. Filled with exercises, meditations, and anecdotes that demonstrate how easy it is to fall into negative patterns of thought and behavior, Amara provides a game plan for working on your 4 energy bodies (mental, emotional, physical, and spiritual) and for: Freeing yourself from old agreements Healing old traumas Dispensing with false beliefs Facing the future with courage and hope Setting goals Acting from your internal stillness Making smart choices Moving beyond stress The brightness of your inner fire can be measured by your joy of living, and HeatherAsh Amara invites you to fan the flames of your inner fire so that joy manifests itself in every single aspect of your life.

In The Fountain: 25 Experts Reveal Their Secrets of Health and Longevity from the Fountain of Youth, pioneers and leaders in the fields of healing, wellness, nutrition, vitamin and mineral therapy, exercise physiology, and beauty share the wisdom they've gained and their personal strategies to guide all of us to the fountain of youth.

Now a major motion picture starring Ewan McGregor! From master storyteller Stephen King, his unforgettable and terrifying sequel to The Shining—an instant #1 New York Times bestseller that is “[a] vivid frightscape” (The New York Times). Years ago, the haunting of the Overlook Hotel nearly broke young Dan Torrance’s sanity, as his paranormal gift known as “the shining” opened a door straight into hell. And even though Dan is all grown up, the ghosts of the Overlook—and his father’s legacy of alcoholism and violence—kept him drifting aimlessly for most of his life. Now, Dan has finally found some order in the chaos by working in a local hospice, earning the nickname “Doctor Sleep” by secretly using his special abilities to comfort the dying and prepare them for the afterlife. But when he unexpectedly meets twelve-year-old Abra Stone—who possesses an even more powerful manifestation of the shining—the two find their lives in sudden jeopardy at the hands of the ageless and murderous nomadic tribe known as the True Knot, reigniting Dan’s own demons and summoning him to battle for this young girl’s soul and survival...

Odyssey

25 Experts Reveal Their Secrets of Health and Longevity from the Fountain of Youth: Easyread Super Large 24pt Edition

Jeff Herman's Guide to Book Publishers, Editors & Literary Agents

A Novel About the History of Philosophy

Ignite Your Passion, Find Your Purpose, and Create the Life That You Love

No Ma'amograms

Life Lessons for Loving the Way You Live

An electrifying story of the sensational murder trial that divided a city and ignited the civil rights struggle In 1925, Detroit was a smoky swirl of jazz and speakeasies, assembly lines and fistfights. The advent of automobiles had brought workers from around the globe to compete for manufacturing jobs, and tensions often flared with the KKK in ascendance and violence rising. Ossian Sweet, a proud Negro doctor-grandson of a slave-had made the long climb from the ghetto to a home of his own in a previously all-white neighborhood. Yet just after his arrival, a mob gathered outside his house; suddenly, shots rang out: Sweet, or one of his defenders, had accidentally killed one of the whites threatening their lives and homes. And so it began—a chain of events that brought America's greatest attorney, Clarence Darrow, into the fray and transformed Sweet into a controversial symbol of equality. Historian Kevin Boyle weaves the police investigation and courtroom drama of Sweet's murder trial into an unforgettable tapestry of narrative history that documents the volatile America of the 1920s and movingly re-creates the Sweet family's journey from slavery through the Great Migration to the middle class. Ossian Sweet's story, so richly and poignantly captured here, is an epic tale of one man trapped by the battles of his era's changing times. Arc of Justice is the winner of the 2004 National Book Award for Nonfiction.

Compendium Surviving Cancer - Natural Allopathic Medicine

Goddess Power

Heal Faster, Better, Stronger

Tools for Tapping Into Your Stress-Free, Creative, Happy Healing Space

Awaken Your Inner Fire