

Bookmark File
PDF Intentional
Living Choosing A
Life That Matters

Intentional Living Choosing A Life That Matters

*Where we are in
life doesn't
matter nearly
as much as how
we respond to*

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Living Choosing A
Life That Matters
**where we are in
life. Actress,
musician, and
entrepreneur
Caitlin Crosby
calls us to
live well in
our current
season so that
who we are can
also inspire
others to be
their true**

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Living Choosing A
Lives. In
Every Word

*Matters,
Caitlin Crosby,
founder of The
Giving Keys,
offers key
words--such as
believe,
create, faith,
and hope--that
will help you
wholeheartedly*

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Life That Matters

***embrace your
present season,
no matter how
messy it is.
Each key word
in this
inspiring book
includes: Ideas
for how to
incorporate the
word into
everyday life
Exercises for***

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Life That Matters
***focusing on the
word Questions
to guide you in
prayer and
journaling
Quotes, lists,
sidebars, and
reflection
questions We
are called to
inspire and
serve others.
Every word***

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Life That Matters

***matters not
just to you but
to others in
your life, as
your own
dreams, goals,
and values pour
out into the
lives around
you. Often the
ability to help
others starts
with embracing***

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Life That Matters

***the season of
life we're in.
But it can be
challenging to
know how to
receive the
gifts of our
experiences,
especially when
life just isn't
going as we'd
planned. How
will your key***

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Life That Matters

***word help you
inspire others
to live out
their dreams?
Discover the
beauty of
intentional
living in Every
Word Matters.
Do you often
move through
life
unconsciously?***

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Life That Matters

Buying what is advertised to you? Reading what pops up on your newsfeed? Moving mindlessly from one day to the next? In this must-read book, you will learn how to put that behind you and

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Living Choosing A

Life That Matters

**take the first
steps to living
an intentional
life. Author
and**

businesswoman

Meredith

Whipple

Callahan

defines living

an intentional

life as

consciously

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Life That Matters
***aligning what
you do with
what you want.
In her intimate
personal
essays, she
illustrates
living
intentionally
in everything
from becoming a
parent to
navigating work***

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Living Choosing A
pressures.

***Through the
lens of her
life, Callahan
unpacks themes
of raising
awareness,
reflecting
deeply,
aligning
behaviors, and,
ultimately,
surrendering to***

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***the process.
She shares each
reflection with
vulnerability,
authenticity,
and humility.
The book also
provides
reflection
questions after
each essay,
prompting you
to come to your***

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**own insights
along the way.
Both
philosophical
and practical,
this book --
and this author
-- will call
you to the next
level of
conscious
living.**

Do you ever

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**wonder what
your future
holds? As
ministry leader
Jean Fleming
began pondering
how she could
serve God with
more purpose,
she created
Pursue the
Intentional
Life, a book**

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***that will help
you discover
how God's
promises and
instructions
contain just
what you need
for the unknown
days ahead.***

***Whether you are
facing the end
of something in
your life, or***

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***embarking on a
new beginning,
this book will
help you live
meaningfully
and
intentionally
in the present
while preparing
well for the
future.
A flourishing
life is***

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*possible—no
perfection*

*required! Women
often feel like
they have to
have it all
together in
order to live a
meaningful
life. Instead
they feel
inadequate,
overwhelmed,*

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Life That Matters

***and exhausted
as they to
figure out how
to do it all.
Author,
business owner,
and mom to
three Lara
Casey offers
this grace-
filled advice:
“We can’t do it
all, and do it***

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Life That Matters

***well. But, we
can choose to
cultivate what
matters.***

***Written as part
encouragement
anthem and part
practical
guide,***

***Cultivate
offers wisdom
from God's Word
alongside***

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Living Choosing A
Lessons Lara
has learned in

her garden.

*Special
features
include:*

*Actionable
Cultivate It
prompts
throughout the
book A ten-week
Cultivate
Together*

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Living Choosing A
Life That Matters
**discussion
guide with
questions for
small groups
“Grace from the
Garden”
vignettes
provide
encouragement
and inspiration
Discover how to
embrace the
season you’re**

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Life That Matters

***in, and find
the joy and the
freedom that
comes in
cultivating
what matters,
little by
little, with
God's
transforming
grace.***

***A Grace-Filled
Guide to***

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Life That Matters
***Growing an
Intentional
Life
7 Days to
Change Your
Life
An Intentional
Life
Creating Your
Life on Purpose
Tactical Tools
for Intentional
Living***

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Living Choosing A

Life That Matters

***The Little Book
of Intentional
Living***

***Designing Your
Life***

***Your Guide to
Intentional***

***Living & Doing
More of What***

You Enjoy

John C. Maxwell,
#1 New York Times
bestselling author,

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Living Choosing A

Life That Matters

helps readers take
the first steps to
living a life that
matters in

INTENTIONAL

LIVING. We all have

a longing to be

significant. We

want to make a

contribution, to be

a part of something

noble and

purposeful. But

many people

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wrongly believe
significance is
unattainable. They
worry that it's too
big for them to
achieve. That they
have to have an
amazing idea, be a
certain age, have a
lot of money, or be
powerful or famous
to make a real
difference. The
good news is that

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none of those things is necessary for you to achieve significance and create a lasting legacy. The only thing you need to achieve significance is to be intentional. And to do that, all you need to do is start. You can't make an impact sitting still

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and doing nothing.
Every major
accomplishment
that's ever been
achieved started
with a first step.
Sometimes it's
hard; other times
it's easy, but no
matter what, you
have to do it if you
want to get
anywhere in life. In
INTENTIONAL

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Life That Matters

LIVING, John
Maxwell will help
you take that first
step, and the ones
that follow, on your
personal path
through a life that
matters.

#1 New York Times
bestselling author
John C. Maxwell's
latest book will
enhance the lives
of leaders,

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professionals, and anyone who wants to achieve success and personal growth. We often treat the word capacity as if it were a natural law of limitation.

Unfortunately, most of us are much more comfortable defining what we

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perceive as off
limits rather than
what's really
possible. Could it
be that many of us
have failed to
expand our
potential because
we have allowed
what we perceive
as capacity to
define us? What if
our limits are not
really our limits? In

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his newest book, John Maxwell identifies 17 core capacities. Some of these are abilities we all already possess, such as energy, creativity and leadership. Others are aspects of our lives controlled by our choices, like our attitudes,

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character, and intentionality. Maxwell examines each of these capacities, and provides clear and actionable advice on how you can increase your potential in each. He will guide you on how to identify, grow, and apply your critical

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capacities. Once you've blown the "cap" off your capacities, you'll find yourself more successful--and fulfilled--in your daily life.

Whatever the desires of your heart, Change Your World will guide you through the entire process to

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take action and start making an impact today right where you are. You can bring about positive, lasting change in the world and you don't have to be rich and famous or lead a big organization to do it. Global leadership icons

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Living Choosing A
and bestselling
Life That Matters
authors John C.

Maxwell and Rob
Hoskins provide
the inspiring and
practical roadmap
to get started
being the change
you want to see -
in your community
and beyond. Learn
from the firsthand
experiences shared
by the authors

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from their work helping to transform communities, businesses, and millions of lives around the world. In *Change Your World*, Maxwell and Hoskins will show you how to:

- Identify your cause
- Live out the values that make a

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difference Become
a catalyst for
change Join the
right team or
recruit one of your
own Work together
with others to
make a difference
Measure your
impact and keep
improving For
many of us, the
world we live in
feels broken yet

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change is easier
than we think.

You'll not only be
encouraged to
make a difference
based on the needs
you see around
you, but you'll be
equipped to
implement change
immediately.

This is a book
about discovering
what we really

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need. There are a lot of second-best options, but we weren't made to live a second-best life. Finding what we actually need is different than what we are often offered. There are many books full of opinions, steps and programs. This isn't one of them.

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This is about craving the things that matter. Things that don't just work, but last. In a life that may seem to be all fun and games with an endless supply of balloons, author Maria Goff shows how this life is also lived with intentionality,

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Life That Matters

passionate purpose, and a little planning—all of which make a life rich in legacy. But she had to figure out the help she needed first in order to live the beautiful life God wanted for her and wants for us. Love Lives Here is a collection of stories

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that include the ways Maria and her husband, Bob, navigated family their way, without clear instructions or a road map. It's about what they learned to make their lives meaningful and whimsical and how they created a space for their

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family to grow together while they reached outward.

"What a gift to read Love Lives Here and find within it a friend who is as authentic and inviting as Maria Goff. Through her earnest telling of the stories of her life, she provides greater meaning to

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all our lives. We
were thrilled to
read this book."

Donald Miller
(bestselling author
of Blue Like Jazz
and Scary Close)
with Betsy Miller

"Grace is a
contagious force
we all crave and
Maria contains so
much grace it
floods you from

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Life That Matters

just a short time
with her. May these
pages overwhelm
you with God's
love, and hope that
Maria knows so
well." Jennie Allen,
Founder of IF:
Gathering and
Author of Nothing
to Prove
Designing Your Life
Plan
The Midnight

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Library
Slow That Matters

"Teach us to
number our days,
that we may gain a
heart of wisdom."

(Psalm 90:12)

Choosing to Live an
Intentional Life

Increase Your
Personal

Productivity

Intentional

Creating a Life

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Living Choosing A
Together
#1 NEW YORK

**TIMES BEST
SELLER • At last, a
book that shows
you how to
build—design—a
life you can thrive
in, at any age or
stage Designers
create worlds and
solve problems
using design
thinking. Look**

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Living, Choosing A
Life That Matters

**around your office
or home—at the
tablet or
smartphone you
may be holding or
the chair you are
sitting in.**

**Everything in our
lives was designed
by someone. And
every design starts
with a problem
that a designer or
team of designers**

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Life That Matters

**seeks to solve. In
this book, Bill
Burnett and Dave
Evans show us how
design thinking
can help us create
a life that is both
meaningful and
fulfilling,
regardless of who
or where we are,
what we do or have
done for a living,
or how young or**

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**old we are. The
same design
thinking
responsible for
amazing
technology,
products, and
spaces can be used
to design and build
your career and
your life, a life of
fulfillment and joy,
constantly creative
and productive,**

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Living Choosing A
Life That Matters

**one that always
holds the
possibility of
surprise.**

**Intentional Days
will inspire and
empower you to
live on purpose.
Create a life that
you love and
savour each
moment. Explore
what it means to be
intentional and**

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Life That Matters

**how it can change
your life in
profound ways.
Learn simple ways
to integrate this
meaningful
practice into your
everyday. Enjoy
raw and beautiful
intentions and
affirmations that
connect you to
your deepest truth
and your greatest**

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**dreams. Integrate
these intentions
daily and awaken
to everything the
world has to offer
you.**

**How do you define
“growing up”?**

**Does it mean you
achieve certain
cultural**

**benchmarks—a
steady income,
paying taxes,**

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marriage, and
children? Or does

it mean leaving
behind the
expectations of
others and growing
into the person you
were meant to be?
If you find yourself
in a career, place,
relationship, or
crisis you never
foresaw and that
seems at odds with

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Life That Matters

**your beliefs about
who you are, it
means your soul is
calling on you to
reexamine your
path. With Living
an Examined Life,
James Hollis offers
an essential
guidebook for
anyone at a
crossroads in life
Here this
acclaimed author**

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Life That Matters

**guides you through
21 areas for self-
inquiry and
growth—such as
how to exorcise the
ghosts of your
past, when to
choose meaning
over happiness,
how to construct a
mature spirituality,
and how to seize
permission to be
who you really are**

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With his trademark eloquence and insight, Dr. Hollis offers a potent resource you'll return to time and again to energize and inspire you on your journey to create a life of personal authority, integrity, and fulfillment.

In this inspiring

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**guide to successful
leadership, New
York Times
bestselling author
John C. Maxwell
shares his tried
and true principles
for maximum
personal growth.
Are there tried and
true principles that
are always certain
to help a person
grow? John**

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Maxwell says the answer is yes. He has been passionate about personal development for over fifty years, and for the first time, he teaches everything he has gleaned about what it takes to reach our potential. In the way that only

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**he can
communicate, John
teaches . . . The
Law of the Mirror:
You Must See
Value in Yourself
to Add Value to
Yourself The Law
of Awareness: You
Must Know
Yourself to Grow
Yourself The Law
of Modeling: It's
Hard to Improve**

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Life That Matters

**When You Have No
One But Yourself
to Follow The Law
of the Rubber
Band: Growth
Stops When You
Lose the Tension
Between Where
You are and Where
You Could Be The
Law of
Contribution:
Developing
Yourself Enables**

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**You to Develop
Others This third
book in John
Maxwell's Laws
series (following
the 2-million seller
The 21 Irrefutable
Laws of Leadership
and The 17
Indisputable Laws
of Teamwork) will
help you become a
lifelong learner
whose potential**

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**keeps increasing
and never gets
"used up."**

**Love Lives Here
Living A Rich And
Intentional Life
No Limits
Intentional Living
The Secret of Your
Success Is
Determined by
Your Daily Agenda
Find Focus
Through**

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Life That Matters

Intentional Living
The Purpose
Driven Life
A Survey of
Competing
Worldviews

*We all have a
longing to be
significant. We want
to make a
contribution, to be
a part of something
noble and*

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purposeful. But many people wrongly believe significance is unattainable. They worry that it's too big for them to achieve. That they have to have an amazing idea, be a certain age, have a lot of money, or be powerful or famous

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to make a real difference. The good news is that none of those things is necessary for you to achieve significance and create a lasting legacy. The only thing you need to achieve significance is to be intentional. And to do that, all

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Life That Matters

*you need to do is
start. You can't
make an impact
sitting still and
doing nothing.
Every major
accomplishment
that's ever been
achieved started
with a first step.
Sometimes it's
hard; other times
it's easy, but no*

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Life That Matters

*matter what, you
have to do it if you
want to get
anywhere in life. In
INTENTIONAL
LIVING, John
Maxwell will help
you take that first
step, and the ones
that follow, on your
personal path
through a life that
matters.*

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As a business executive and "student of energy" for more than 35 years, author Stan Gibson can tell you unequivocally that most business owners and executives, while managing millions of dollars in assets, ignore the most

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*expensive asset in
their portfolio -*

*THEMSELVES! They
typically spend
their days checking
emails, running off
to work, sitting
through mind-
numbing meetings,
eating on the fly,
commuting home,
living out of hotels,
feeling exhausted,*

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Living Choosing A

Life That Matters

*and wondering why
life has no*

*purpose. Living a
Rich and Intentional*

*Life dives directly
into reclaiming*

*ENERGY and
PURPOSE with*

*intention. This
collection of*

*research centers
around*

physiological and

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*bio-hacks aimed at
sleep, nutrition,
exercise,
relationships,
mindfulness,
personal branding,
and life enriching
routines. Many first-
world diseases are
related to stress
which attacks our
immune system,
heart, gut, and*

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brain. Living a Rich and Intentional Life is aimed at helping you find your

"sweet spot" in life without neglecting family, friends, and most importantly -

YOUR OWN WELL-BEING! Welcome to

Living a Rich and Intentional Life! Get ready to be a little

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*selfish so you can
be extremely
selfless by
exploring your
unique designs and
pathways to a
healthy and
intentional life!*

*Drawing from the
text of the Business
Week bestseller
Today Matters, this
condensed, revised*

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Living Choosing A

Life That Matters

*edition boils down
John C. Maxwell's
12 daily practices
to their very
essence, giving
maximum impact in
minimal time.*

*Presented in a
quick-read format,
this version is
designed to be read
cover to cover in
one sitting or taken*

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Living Choosing A
Life That Matters

*in as brief lessons
in a few spare
minutes each day.*

*It covers such
topics as: --*

*Priorities -- Health --
Family -- Finances --
Values -- Growth*

*Readers will learn
how to make
decisions on
important matters
and apply those*

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*decisions daily to
put them on a path
to more successful,
productive, and
fulfilling lives.*

*Do you want to
simplify the
demands on your
time, energy, and
resources? Do you
have complicated
responsibilities,
overwhelming to-do*

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lists, and endless clutter leaving you feeling

overwhelmed?

What if you could clear the clutter once and for all?

Bestselling author and entrepreneur Emily Ley can help you make space for what matters most.

In A Simplified Life,
Page 80/269

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you'll find: Emily's realistic strategies, achievable systems, and methods for permanently clearing the clutter, organizing your priorities, and living intentionally 10 key focus areas--from your home and meal planning, to

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*style and finances,
parenting, faith life,
and more Tactical*

tools to help you

with your family,

increased work

demands, and daily

household routines

Gorgeous

photography and

meaningful quote

callouts A Simplified

Life is for: Mothers

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Life That Matters

wanting to create a
more intentional
lifestyle by reducing
clutter Anyone
struggling with
organizing
schedules and
keeping up with
multiple to-do lists
Mother's Day,
National Best Friend
Day, birthdays, and
holiday gifts

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Life That Matters
*Living an Examined
Life*

*A Comparative
Ethnographic Study
Intentional Days
Decluttering and
Design for
Sustainable,
Intentional Living
Pursue the
Intentional Life
A Field Guide to
Leading an*

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Life That Matters

*Intentional Life
What on Earth Am I
Here For?*

*The Key to an
Intentional Life*

Using
ethnographic
research
methods, this
book examines
the religious
vitality of two
Christian

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intentional
communities. The
book argues that
explanations of
religious
vitality are
irreducible to
one another,
concluding that
explanations of
religious
vitality exist
in a nexus,
rather than

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Life That Matters

previously
conceived cause
and effect
relationships.

When you step
back and look at
your life, do
you see an ever-
widening gulf
between where
you are and
where you want
to be? Do you
feel stuck? Do

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Life That Matters

you feel like
your dreams are
slowly slipping
away? No matter
where you are on
your path,
Designing Your
Life Plan will
jolt you out of
the routines and
ruts of your day
to day, spurring
you on to set a
clear plan for

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Living, Choosing A
Life That Matters

your future-one
that will take
you places you
never thought
you could go.
Luz Canino-
Baker, your
encouraging but
firm guide on
this journey,
shows you how to
build and carry
out a Life Plan,
offering pieces

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of her own
history and the
stories of
others along the
way. Each
chapter ends
with a practical
workbook-style
exercise
designed to take
you tangible
steps closer to
your goals.
Forged during

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Life That Matters

Canino-Baker's
years as an
executive and
life coach, the
lessons and
exercises in
this book will
energize you,
excite you, and
set you on the
path to the
bright future
you may have
feared could

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never be
realized.

From the real-
life experiences
of two
successful
engineers comes
a unique,
practical
approach to
achieving
success and
balance in the
key areas of

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your life
(economic,

physical,
emotional, and
social)! The
Philosophy of
Intentional
Living is a new
approach that
harnesses the
power of extreme
intentions to
transform your
life! This is a

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detailed and
practical
framework, with
concrete
examples, that
answers the
tough questions
like: * What is
my purpose? *
What is Holistic
Success? * How
do I improve my
relationships? *
How I do I

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achieve balance?

* How do I

envision a

better future?

Over 5 years in the making, this book answers the tough questions with detailed models, diagrams and empirical evidence of how these techniques have worked for

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them. This is not dry, stuffy material - instead, it is jam-packed with diagrams, historical references, quotes, anecdotes, and real-life examples! IF YOU TRY THIS BOOK or even read the

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Life That Matters

free summary on
our website (intentionallylivingcommunity.com) -
you will not be
disappointed! By
reading this
book you will
learn: * How
Stability in
your life -
stability in
your character,
in your

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economics, in
your health, and

in your

relationships

provides a

platform for you

to launch your

dreams and

design the life

of your

choosing! * How

crafting a

Vision for your

life involves

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goal setting,
design and
finding your
purpose! * How
balancing the
Yang energy or
"kinetic energy"
with the Yin
energy (or
potential
energy) enables
you to achieve
your dreams
while "enjoying

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the journey!"
Following this
pattern -
STABILITY,
VISION, and
BALANCE - or
what we call,
The Intentional
Living Cycle,
enables you to
reach new
heights that you
never thought
possible! We

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encourage you to heed this call to action and take charge of your life today! The authors readily admit that they have a bias for action (an effect of their military service) with an aggressive approach to

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problem-solving
of "Ready, Fire,
Aim, Fire!" This
book tackles
subjects that
every person,
every family,
every sibling
and every parent
has struggled
with without
flinching -
integrity,
discipline,

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bonding,
reciprocity,
communication,
goal setting,
purpose,
leadership and
many more! We
firmly believe
that if you read
this book, you
will find
yourself wanting
to buy a copy
for a person in

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your life whom
you know needs
it more than you
do. We
understand that
the truths we
discuss are
universal truths
- we don't own
them - but we
have succeeded
in explaining
them well! Many
people have told

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us that we have explained these difficult concepts in the best way they have EVER HEARD! Don't take our word for it -- go to the website, look inside the book, and it will be readily apparent! IF YOU

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GIVE THIS BOOK
AN EARNEST TRY,
YOU WILL BE
SUCCESSFUL!

An intentional
community is a
group of people
who have chosen
to live or work
together in
pursuit of a
common ideal or
vision. An
ecovillage is a

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village-scale
intentional
community that
intends to
create,
ecological,
social,
economic, and
spiritual
sustainability
over several
generations. The
90s saw a
revitalized

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surge of
interest in
intentional
communities and
ecovillages in
North America:
the number of
intentional
communities
listed in the
Communities
Directory
increased 60
percent between

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1990 and 1995.
But only 10
percent of the
actual number of
forming-
community groups
actually
succeeded.

Ninety percent
failed, often in
conflict and
heartbreak.

After visiting
and interviewing

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founders of
dozens of
successful and
failed
communities,
along with her
own forming-
community
experiences, the
author concluded
that "the
successful 10
percent" had all
done the same

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five or six things right, and "the unsuccessful 90 percent" had made the same handful of mistakes.

Recognizing that a wealth of wisdom were contained in these experiences, she

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set out to
distill and
capture them in
one place.

Creating a Life
Together is the
only resource
available that
provides step-by-
step, practical
"how-to"

information on
how to launch
and sustain a

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successful
ecovillage or
intentional
community.
Through
anecdotes,
stories, and
cautionary tales
about real
communities, and
by profiling
seven successful
communities in
depth, the book

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examines "the
successful 10
percent" and why
90 percent fail;
the role of
community
founders;
getting a group
off to a good
start; vision
and vision
documents;
decision-making
and governance;

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agreements;
legal options;
finding,
financing, and
developing land;
structuring a
community
economy;
selecting new
members; and
communication,
process, and
dealing well
with conflict.

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Sample vision documents, community agreements, and visioning exercises are included, along with abundant resources for learning more. The Philosophy Of Intentional Living Simple Living

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World That Matters

The Intentional
Life
Choosing to Live
for God's
Purposes
Choosing a Life
that Matters
Choosing a Life
That Matters
Living
Intentionally
How Anyone,

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Living Choosing A
Anywhere Can
Make A

Difference

A joy-filled life is possible...And you can have it right where you are. Those desires that tug on your heart and keep you up at night—the big dreams, grand adventures, new experiences—require purpose and

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planning, time and effort. Is it possible to follow your passions while still finding joy and meaning where God has you right now? With the voice of a close friend, Karen Stott offers insight and inspiration from her story of juggling motherhood and multiple businesses

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while leading Pursuit,
a global
entrepreneurial
community. You will
be empowered to...
prepare space in your
day for the
endeavors that
matter most to you
and yours discover
clear ways to keep
your home, family,
and work in healthy
balance enjoy fresh

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moments of grace
and gratitude as you
make sure you are in
your life If you are
aching for more than
a cycle of never-
ending demands and
not-enough peace, be
inspired by how God
can help you discover
your purpose and
cultivate An
Intentional Life.
Increase Your

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Personal Productivity
NOW! If you want to
learn the skill and
willpower needed to
easily “get more
done” in your
personal and
professional life, this
is the book for you! In
Personal Productivity,
author John Martin
shines the spotlight
on six useful
initiatives— including

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a three-step process to creating a personalized sustainable and repeatable goal system—guaranteed to unlock interesting possibilities about increasing your level of productivity. What would you do if you had more time to do it? Combining practical advice with

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less mainstream tips,
Martin reveals how
“not having time”
becomes a
distraction you can
quickly bypass with a
simple yet
remarkable formula.
Additionally, Personal
Productivity offers
the valuable truth
about how to: Create
a productive state of
mind Produce around

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your strengths Stop
second-guessing
yourself Use patience
to become more
productive Overcome
perfectionism Finish
what you start ...and
much more Read this
book and start
becoming the most
productive version of
yourself today!
Another Landmark
Book by Rick Warren.

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You are not an accident. Even before the universe was created, God had you in mind, and he planned you for his purposes. These purposes will extend far beyond the few years you will spend on earth. You were made to last forever! Self-help books often suggest that you try

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to discover the meaning and purpose of your life by looking within yourself, but Rick Warren says that is the wrong place to start. You must begin with God, your Creator, and his reasons for creating you. You were made by God and for God, and until you understand that, life

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will never make sense. This book will help you understand why you are alive and God's amazing plan for you---both here and now, and for eternity. Rick Warren will guide you through a personal 40-day spiritual journey that will transform your answer to life's most

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important question:

What on earth am I

here for? Knowing

God's purpose for

creating you will

reduce your stress,

focus your energy,

simplify your

decisions, give

meaning to your life,

and, most

importantly, prepare

you for eternity. The

Purpose Driven Life is

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a blueprint for
Christian living in the
21st century---a
lifestyle based on
God's eternal
purposes, not cultural
values. Using over
1,200 scriptural
quotes and
references, it
challenges the
conventional
definitions of
worship, fellowship,

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discipleship, ministry,
and evangelism. In

the tradition of
Oswald Chambers,
Rick Warren offers
distilled wisdom on
the essence of what
life is all about. This
is a book of hope and
challenge that you
will read and re-read,
and it will be a classic
treasured by
generations to come.

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The #1 New York
Times bestselling
WORLDWIDE
phenomenon Winner
of the Goodreads
Choice Award for
Fiction | A Good
Morning America
Book Club Pick |
Independent
(London) Ten Best
Books of the Year "A
feel-good book
guaranteed to lift

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your spirits."—The
Washington Post The

dazzling reader-
favorite about the
choices that go into a
life well lived, from
the acclaimed author
of How To Stop Time
and The Comfort
Book. Somewhere out
beyond the edge of
the universe there is
a library that
contains an infinite

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number of books,
each one the story of
another reality. One
tells the story of your
life as it is, along with
another book for the
other life you could
have lived if you had
made a different
choice at any point in
your life. While we all
wonder how our lives
might have been,
what if you had the

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chance to go to the library and see for yourself? Would any of these other lives truly be better? In *The Midnight Library*, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for

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a new one, following
a different career,
undoing old
breakups, realizing
her dreams of
becoming a
glaciologist; she must
search within herself
as she travels
through the Midnight
Library to decide
what is truly fulfilling
in life, and what
makes it worth living

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in the first place.
Breaking Your
Limiting Routines to
Step Into Intentional
Living
A Life-Giving
Invitation to Uncover
Your Passions and
Unlock Your Purpose
An Intentional Life: A
Guide To A Slower
And More Peaceful
Existence
Create the life you

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want through the
power of intention
Mentor for Life
Reflections from
Conscious Living
A Proven Approach to
Holistic Success
Practical Tools to
Grow Ecovillages and
Intentional
Communities
When did being "too
busy" and "going

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through the motions" become a way of life? It ' s no surprise that the rush between meetings and e-mails, sports practices and church functions is tiring, even exhausting. It ' s time to stop running and start following.

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Jesus' s call to
"Follow Me" was not
just an invitation to
faith; it was a
prescription for
living well. Walking
through the seven
"Follow Me"
statements in the
Gospel of Matthew,
author Josh Moody
explores Jesus' s
teachings of hope,

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life, truth, freedom,
humility, greatness,
and glory in 7 Days
to Change Your Life.

In each statement
and with each
teaching, Jesus gets
closer to Calvary
and closer to the
cross, and you get
closer to finding a
focus for your
life—no matter how

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hectic it may be. Although following Jesus is not a new concept to believers, following Jesus completely becomes difficult when life moves faster and faster. Organized to be read a chapter a day, Josh meets you in your busy, hectic

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schedule and reveals a biblical plan to revitalize your life in as little as seven days.

Endorsements:

“ Wonderfully accessible and culturally relatable, the book is destined to draw believers young and old to a fuller and ever-

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flourishing
relationship with
the King of Kings. A
must read! ” ~

Harold B. Smith,
President and CEO,
Christianity Today

“ I am confident
that readers will
find real guidance
and genuine
enablement in the
pages of this

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thoughtful and readable volume. It is joy for me to commend this new work. ” ~ David S. Dockery, President, Trinity Evangelical Divinity School “ At the risk of sounding simplistic he tells us that the way to start again or to experience a

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revitalization is to change your mind about what you ' ve been doing and rethink where you ' re wanting to go. But here ' s the point - this change of mind is linked to Jesus and the revitalized life is called ' Following Jesus. ' ” ~ Stuart

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Briscoe, Speaker,
Author, Broadcaster
on “ Telling the
Truth ” “ The
biggest need in the
church today is for
more disciples. Not
hipper preachers, or
dazzling worship, or
even stunning
sanctuaries. The
biggest need is for
more believers to

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follow after Jesus
and become
authentic disciples.
Josh Moody has
provided a great
service to the
church in that
pursuit with 7 Days
to Change Your Life.
Absorb its contents,
meditate on its
message and learn
more exactly how to

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leave your past
behind and
experience a future
walk that is life-
changing. ” ~ J. Paul
Nyquist, President,
Moody Bible
Institute, Chicago, IL
“ Pastor Josh
Moody ’ s new
book, 7 Days to
Change Your Life,
could do just that.

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Its relentless focus on what it means to follow Jesus is the right prescription for all such readers. In fact, seven days with this book will be life-changing for any and all who are willing to embrace its godly counsel. ”

~ Duane Litfin,
President Emeritus

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of Wheaton College
“Life That Matters

“ In 7 Days to
Change Your Life,
Josh Moody makes
a bold promise of
life change... and
delivers it. Josh
invites us to follow
Jesus as the
disciples he has
called us to be. In
this accessible
volume, you ' ll be

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able to jump in
quickly but still
come out
changed. ” ~ Ed
Stetzer, Billy
Graham Distinguish
Chair, Wheaton
College “ This rich
seven day
curriculum brings
to sharp focus and
creative application
that

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transformational
discipleship so
necessary for both
the individual
believer and the
corporate church
body. ” ~ David
Bruce, Executive
Assistant to Billy
Graham, Billy
Graham Evangelistic
Association “ Are
you weary in your

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walk with the Lord?
Has it become
routine, mundane,
joyless? In this
book, you will find a
challenge to start
again – a 7 day
plan that is
guaranteed to
renew, refresh and
redirect your
relationship with
the Savior. If you

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are ready to
respond when Jesus
says, ‘ Follow
Me, ’ then open the
pages of this book
and get ready for
the journey of a
lifetime! ” ~ Janet
Parshall, Nationally
Syndicated Talk
Show Host “ Josh
Moody creatively
and compellingly

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makes the case that following Christ is the heart of discipleship. From biblical texts and themes, and from his own experience he guides us to new depths of understanding and faithful motivation as followers of Jesus in every-day

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life.” ~ Dennis P.
Hollinger, Ph.D.,
President & Colman
M. Mockler
Distinguished
Professor of
Christian Ethics,
Gordon Conwell
Theological
Seminary “ As
Christians, we too
often separate our
activities – such as

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sharing the gospel,
doing justice and
caring for others
from our inner
spiritual journey. By
focusing on virtues
such as hope,
humility and truth,
Josh Moody bridges
this gap. He
encourages us to be
contemplative
activists, having

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both deep roots and
wide branches.” ~

Alec Hill, President

Emeritus

InterVarsity

Christian Fellowship

“ Josh Moody is a
Biblical scholar and
a pastor who loves
the people he
serves. In his book,
he uses the
structure of a 7-day

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week to provide an insightful and thoughtful understanding of our role as disciples of Christ. In so doing, he reminds us of the importance of knowing the Jesus we serve, understanding the depth of His love

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for us, and experiencing the reality of having a relationship with Him for now and eternity. When the week is over, the reader will have a new and refreshed understanding of their Lord and Savior. ” ~ C.

William Pollard,

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Chairman, Fairwyn
Investment

Company “ Taking
his point of
departure from
Jesus ’ seven

“ Follow me! ”

statements in
Matthew ’ s Gospel,
Josh Moody

beckons you to
follow him on a
7-day journey to

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revitalize your life
– a time to reflect,
refocus, and be
refreshed
spiritually. Highly
recommended! ” ~

Andreas
Kostenberger,
Author of
Excellence, Founder
of Biblical
Foundations™ ([www](http://www.biblicalfoundation)
[w.biblicalfoundation](http://www.biblicalfoundation)

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s.org), and Ministry
Council Member of
The God-Centered
Life “ Pastor Josh
Moody creatively
weaves together
themes from several
key NT texts to
exhort and
encourage
Christians to pursue
a God-honoring,
Christ-exalting

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lifestyle. ” ~
Life That Matters

Douglas J. Moo,
Wessner Chair of
Biblical Studies,
Wheaton College;
Chair, Committee on
Bible Translation

“ We forget so
easily who we are
as Christians and
what we are called
to do. Moody
reminds us afresh

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what it means to be
a follower of Jesus.

In a profound and
yet simple way we
are addressed anew
by Jesus Christ
himself as Moody
unpacks the call to
discipleship. ” ~

Thomas R.

Schreiner, James
Buchanan Harrison
Professor of New

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Testament
Interpretation,
Associate Dean, The
Southern Baptist
Theological
Seminary “ I love
the idea of a seven-
day personal revival
and recommitment
of what it means to
truly follow Jesus!
Josh Moody is
going against the

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tide of endless
technology and
communication by
challenging us to
turn off our phones
and TVs at home
and to ponder God's
Word, grow in grace
and truth, and walk
in the footsteps of
our Savior. ” ~

Trevin Wax, Bible
and Reference

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Publisher for
LifeWay Christian
Resources, author of
This Is Our Time,
Gospel-Centered
Teaching, and
Counterfeit Gospels

“ Josh Moody
offers the church a
great gift in this
engaging and timely
call to radical
Christian

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discipleship. Filled with biblical insight and pastoral wisdom, 7 Days to Change Your Life provides a clear and Christ-centered roadmap to the abundant life. If we desire to follow Jesus in the midst of our current cultural pressures, we

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Life That Matters.
cannot afford to
ignore his appeal.”

~ David Setran, Price-
Lebar Chair of
Christian Formation
and Ministry,
Wheaton College

“ Josh Moody
provides a unique
look at what it
means to follow
Jesus, using
thoughtful

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illustrations from a wide historical and cultural spectrum. In *Seven Days to Change Your Life*, new believers will acquire a deeper understanding of true discipleship, and seasoned saints will find fresh zeal to persevere. ” ~

Lydia Brownback,
Page 172/269

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author, Finding God
in My Loneliness
and A Woman ' s
Wisdom “ A mine
of biblical wisdom
interwoven with
pastoral experience
and theological
insightfulness to
refocus our journey
on a God-centered
life. ” ~ Leonardo
De Chirico, Pastor

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and theologian,
Rome (Italy),
director of the
Reformanda
Initiative “ This
wonderful Bible-
centred book is a
fabulous example of
how to follow Jesus
as God's Word
shows us, showing
how its clear
teaching transforms

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our lives in a
profoundly practical
and entirely life-
changing way. ” ~

Christopher
Catherwood,
Historian, Writer,
and Author of
Martyn Lloyd-Jones:
His Life and
Relevance for the
21st Century “ 7
Days to Change

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Your Life by Josh Moody is a rich devotional book written by a theologian pastor who is gospel-centered, culturally-savvy and discipleship-driven. This devotional book is not a surface light-read for the casual fan of

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Jesus, but a thorough exposition of the call to follow Jesus. Read this book and be informed, enriched and transformed. ”

~ Jim Tomberlin,
Author, Founder of
MultiSite Solutions
"Dr. Josh Moody
provides a much-
needed devotional

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guide in this day
and age for a world
which desperately
craves and needs
spiritual guidance
but may not know
it. Beautifully
written like a
parable, this helpful
book, structured
around the number
7 (the 7 days of
Creation, Jesus's 7

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signs, his 7 'follow me' and 'I Am' statements, the 7 Churches of Revelation)...refocuses the attention on what is most important. ” ~ Allen Yeh, Associate Professor of Intercultural Studies & Missiology, Biola

“ There is a lot of confusion in the

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evangelical church about what it truly means to follow Jesus. Many Christians talk about the call to discipleship, but in the midst of our busy lives many of us fail to consider what the Bible says about this call. So turn away from

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Living Choosing A
Life That Matters

distractions and let
Josh Moody help
you see anew what
John ' s Gospel and
Revelation teach us
about this simple
call and lifelong
challenge. You will
benefit
tremendously from
this renewed vision
of what it means to
be a disciple of

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Life That Matters

Jesus.” ~ Chris
Bruno, author, The
Whole Message of
the Bible in 16
Words; The Whole
Story of the Bible in
16 Verses “ Josh
Moody is a pastor, a
scholar, and, above
all, one who wants
to love and follow
Jesus Christ. With
this book, he guides

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us on a journey that stirs, refreshes, and challenges. I believe you will find this book to be thoughtful, encouraging, insightful, and penetrating. No matter where you are on the path of knowing Jesus Christ, this will be a

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beneficial tool. ” ~
Life That Matters

Curtis Cook, Pastor
of Hope Fellowship
Church, Cambridge,
MA

A totalitarian
regime has ordered
all books to be
destroyed, but one
of the book burners
suddenly realizes
their merit.

We've all been there

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at some point. The day goes by in a blur, one blink and you miss it. You sit wondering how you got to this point, did you make all of the decisions that got you here knowingly? Have you ever driven or walked to a destination without

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even thinking twice about which route to take? You get in the car, close the door, turn the key and the next thing you know, you've arrived. At some point your brain switched into a phenomenon I like to call 'autopilot mode'. This book is

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about how to switch off autopilot and start to live a more intentional and wholesome life. The kind of life that you're proud of, the kind of life that fills you up, one you can look back on and think fondly about every intentional decision you made

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as the creator of
your own story. Life
isn't about going
through the motions
to just exist and
function on a daily
basis, it's about
really and truly
living in each
moment and having
a clear vision of
who you are. We
live in a world filled

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with hustle and bustle, pulled from pillar to post, living life in the fast lane. It's easy to feel lost and get swept up in the whirlwind that we call life. This book is a pause. It's a gentle reminder to bring more intention into your days so you can

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enjoy life so much more. It's a reminder of the simple things in life and how easy they are to overlook. You can either read from start to finish or dip into chapters that resonate to get more of what you love back into your life, and in turn

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enable you to live a
slower, more
intentional and
much more fulfilled
life.

Today ' s Christian
women do not
simply want nice
fellowships and
cookie-cutter
answers about how
to deal with life.

Though churches

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are filled with good ministry programming—activities, outreach events, and an endless selection of options—many churches neglect their fundamental mission to make disciples. Christian women want to mentor and to be

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mentored, though they may not fully understand what that means, the significance of this desire, or how to get there. The church must rise to answer these questions, meet life ' s challenges, and develop creative ways of

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equipping modern women to mentor well. In *Mentor for Life*, Natasha Sistrunk Robinson lays a solid foundation for mentoring that is based on God's kingdom vision, challenges women to consider the cost of discipleship, and

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the high calling they
have received in

Christ. It shows how

to develop

mentoring

relationships that

function

communally in

existing small

groups that are

diverse and

inclusive. It also

presents a

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mentoring
framework of
knowing and loving
God, understanding
our identity in
Christ, and loving
our neighbor, which
encourages
theological
reflection and
cultivates a basic
Christian worldview.
Filled with examples

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from Robinson 's
experience in the
military and
business world, this
resource gives
readers the wisdom
they need to
disciple others and
as a foundation for
kingdom service.

How to Live, Love,
Work and Play
Meaningfully

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Blow the CAP Off
Your Capacity

The 15 Invaluable
Laws of Growth
Adventures in

Opting Out

Every Word Matters

How to Build a Well-
Lived, Joyful Life

Change Your World

Finding What You

Need in a World

Telling You What

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You Want
Life That Matters

How long has it
been since you
made an
intentional
decision that
shaped your
life? Did that
decision draw
you closer to
God or lead you
away from Him?
This thought-

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provoking book
unveils God's
intentional
decision to
place us here,
not so we could
wander
aimlessly, but
to include us
in what He is
doing. As a
result of this
truth, where we

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live, how we
live, and why
we live become
matters of
great
importance.
Jesus lived
intentionally.
He was sent
into the world
and has already
walked where we
are to walk. He

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came to point
the way to God,
to save, and to
serve. As a
true Christ
follower, we
should have the
same mission.

Intentional
Living will
inspire you to
begin applying
this lifestyle

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philosophy by
loving God with
your whole
being.

Intentionally
commit to think
with God's
mind, see
through God's
eyes, embrace
God's
personality,
feel with God's

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heart, tell
God's story,
influence with
God's light,
and serve with
God's strength.

The
relationship
experiences we
have as young
children
greatly impact
how we see

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ourselves and
how we treat
others. And yet
we are, for the
most part,
unaware of
them. Our
brains,
however, store
every detail.
In "Intentional
Living," author
and

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psychologist
Barbara Stroud
presents
neuroscience in
a manner that
is accessible
to everyone.
Teaching you
how to harness
the power of
your brain, she
focuses on four
foundational

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elements that
support self-
understanding:
relationship
history,
emotional
understanding,
stress response
styles, and
personal
culture. Many
of us go
through life

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repeating the
same
relationship
mistakes again
and again,
unable to
change because
we don't know
what's driving
us. But as you
begin to
understand how
the emotional

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and thinking
Life That Matters
aspects of your
brain work and
start to
recognize the
potential
damage that can
result when you
allow your
stress response
to control your
actions, you
become able to

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**make new
choices from a
place of
freedom.**

**Offering real-
life examples
and practical
exercises,
"Intentional
Living" teaches
you how to let
go of painful
past emotional**

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messages and
helps you build
skills so you
can more
proactively
respond to the
stressors in
your daily
life.

Your view of
God determines
your view of
the world. You

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hold in your
hands a
landmark guide
to
understanding
the ideas and
forces shaping
our times.

Understanding
the Times
offers a
fascinating,
comprehensive

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look at the how
the tenets of
the Christian
worldview
compares with
the five major
competing
worldviews of
our day: Islam,
Secular
Humanism,
Marxism, New
Age, and

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Postmodernism.
Understanding
the Times is a
systematic way
to understand
the ideas that
rule our world.

While the
material is
expansive, the
engaging, easy-
to-understand
writing style

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invites you to
discover the
truths of God -
and our world.
This classic
should be on
the shelf of
every Christian
home, on the
desk of every
pastor, and in
the hands of
every Christian

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Living Choosing A
student headed
Life That Matters
off to college.

The whole
premise for
this book came
from a choice I
made in my life
to live more
intentionally.
I was tired of
walking through
this life
without a plan

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and treating
those around me
indifferently.

Living a life
with

intentionality
necessarily

means that I
had to do a lot
of the

following: 1.

Thinking 2.

Meditating 3.

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Planning 4.

Experimenting

My heart's
desire is to
live a life
whereby I am
growing,
spiritually,
mentally,
physically and
emotionally. My
desire is to
have deeper and

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more meaningful
relationships
with those near
and dear to my
heart. To pour
into others and
be a mentor and
encourager to
my friends,
family and co-
workers.

Consider how
you can be more

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intentional in
the following
areas of your
life: Time - we
all have the
same amount of
time each day
(24 hours) . How
are you going
to spend that
time? Talents -
what are the
skills and

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abilities that
you have? Are
you using them
appropriately?
How can you be
more
intentional
about using
your talents in
a positive and
meaningful way?
Treasure - this
is a tough one

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for many
people. Being
intentional
about how you
spend, save,
give and invest
your money will
take time and
thoughtful
effort on your
part. You must
know how each
dollar is spent

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and how you are going to use your money. If you can consistently be intentional about these three areas of your life, I believe you will find your life much more fulfilling.

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Make Today
Count Life That Matters

How Successful
People Think
New Minimalism
Live Them and
Reach Your
Potential
Finding Purpose
through
Intentional
Discipleship
Understanding

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the Times
A Novel

Fahrenheit 451

The
decluttering
craze meets a
passion for
sustainable
living and
interior
design in this
gorgeous new

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book for
readers of The
Life-Changing
Magic of
Tidying Up
This book
promises an
opportunity
for self-
reflection and
lasting
change, by

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getting to the
bottom of why
we've
accumulated
too much stuff
in the first
place,
therefore
allowing us to
transform our
lives.

Professional

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decluttering
and design
team Cary and
Kyle of New
Minimalism
will take you
through every
step, from
assessing your
emotional
relationship
to your stuff

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to
decluttering
your home to
then turning
it into a
beautifully
designed space
that feels
clean and tidy
without
feeling sparse
or

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prescriptive.
And all of
this without
filling up a
andfill—you'll
find resources
and strategies
to donate and
reuse your
stuff so you
don't have to
feel guilty

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Living Choosing A
about getting
Life That Matters
rid of it!

Live your life
the way you
want to.

Manage stress
better. Be
more resilient
and enjoy
meaningful
relationships
and better

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Living Choosing A
health. We all
Life That Matters
want that.

Such life
leads to
better
choices,
better jobs,
loving
romantic
partners, more
rewarding
careers and

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decisions that
are fully
aligned with
our aims. What
stops us from
getting all
that is the
complexity of
our brain and
the
complicated
way in which

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the external world comes together. The misalignment between the internal states we experience and the external circumstances we encounter often leads to

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confusion, a
lack of
clarity in our
thinking and
actions that
are not
consistent
with our
professed
values.

Intentional is
a gameplan. It

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helps us
connect the
pieces of our
mind to the
pieces of our
life. It shows
us how to map
what we feel
to what has
caused those
feelings. It
helps us

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understand
what affects
us and what
effects it has
on us. It
makes it
possible for
us to
determine what
we want, why
we want it and
what we need

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to do to get
it. When we
know what to
do, we know
how to behave.
When we know
how to behave
we know how to
act. When we
know how to
act, we know
how to live.

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Our actions,
each day,
become our
lives. Drawn
from the
latest
research from
the fields of
neuroscience,
behavioral and
social
psychology and

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Living, Choosing A
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evolutionary
anthropology,
Intentional
shows how to
add meaning to
our actions
and lead a
meaningful,
happier, more
fulfilling
life on our
terms.

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Opt out of
expectations
and live a
more
intentional
life with this
refreshing
guide from the
national
bestselling
author of The
Year of Less.

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We all follow
our own path
in life. At
least, that's
what we're
told. In
reality, many
of us either
do what is
expected of
us, or follow
the invisible

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but well-worn
paths that
lead to what
is culturally
acceptable.
For some,
those paths
are fine --
even great.
But they leave
some of us
feeling

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disconnected
from ourselves
and what we
really want.

When that
discomfort
finally
outweighs the
fear of trying
something new,
we're ready to
opt out. After

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going through
this process
many times,
Cait Flanders
found there is
an incredible
parallel
between taking
a different
path in life
and the
psychological

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work it takes
to summit a
mountain --
especially
when you
decide to go
solo. In
Adventures in
Opting Out,
she offers a
trail map to
help you with

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both. As
you'll see,
reaching the
first
viewpoint can
be easy -- and
it offers a
glimpse of
what you're
walking
toward.

Climbing to

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the summit for
the full view
is worth it.

But in the
space between
those two
peaks you will
enter a world
completely
unknown to
you, and that
is the most

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difficult part
of the path to
navigate. With
Flanders's
guidance and
advice, drawn
from her own
journey and
stories of
others, you'll
have all the
encouragement

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and insight
you'll need to
take the path
less traveled
and create the
life you want.
Just step up
to the
trailhead and
expect it to
be an
adventure.

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Gather
successful
people from
all walks of
life-what
would they
have in
common? The
way they
think! Now you
can think as
they do and

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revolutionize
Life That Matters
your work and
life! A Wall
Street Journal
bestseller,
HOW SUCCESSFUL
PEOPLE THINK
is the
perfect,
compact read
for today's
fast-paced

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world.
Life That Matters

America's
leadership
expert John C.
Maxwell will
teach you how
to be more
creative and
when to
question
popular
thinking.

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You'll learn
how to capture
the big
picture while
focusing your
thinking.

You'll find
out how to tap
into your
creative
potential,
develop shared

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ideas, and
derive lessons
from the past
to better
understand the
future. With
these eleven
keys to more
effective
thinking,
you'll clearly
see the path

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to personal
Life That Matters
success.

A Simplified
Life
Finding the
Inner Peace to
Create
Successful
Relationships
Intentional
Living
Choosing a

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Life That
Matters

Change Your
Thinking,
Change Your
Life

Cultivate
Wisdom for the
Second Half of
the Journey
Religious
Vitality in

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Christian
Life That Matters
Intentional
Communities

Free yourself from the frantic and embrace the joy of slow... "After reading this book, you'll have an amazing list of ingredients that can help you create a meaningful life, too!" —The Minimalists Joshua Fields Millburn and

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Ryan Nicodemus

"Finally, a slow living
guide for the imperfect
folks . . . Brooke

McAlary's exuberant,
honest words are a
refreshing contribution
to the slow living
community. If you're
seeking a simpler path,
start here." —Erin
Loechner, Blogger at
DesignforMankind.com
and author of Chasing

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Slow Are you constantly striving to keep up with life's busy expectations? It's easy to feel consumed with the desire to "succeed" and "acquire", and miss the simple opportunities waiting for you to slow down: a walk in the forest, sharing laughter with family, a personal moment of gratitude...

Once upon a time, it

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became clear to Brooke McAlary that the key to happiness was discovering a simpler, more fulfilling existence. She put the brakes on her stressful path, and reorganized her life to live outside the status-quo, emphasizing depth, connection and meaningful experiences.

Alongside Brooke's

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affirming personal stories of breaking down and rising up, *Slow* provides practical advice and fascinating insights into the benefits and challenges of the slow life, such as:

- Decluttering to de-
- owning —Messiness to
- mindfulness —Asking
- why, to asking where to
- now? *Slow* is an
- inspirational guide on

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creating a life filled with the things that really matter, and is meant for anyone seeking peace, meaning, and joy in their otherwise rapid lives. Slowly—of course. By living with intention we are actively shaping our lives, establishing how we wish to invest our energy and time on this Earth. Through the processes of self-

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enquiry, assessing our values, visioning and mindfulness we can ensure that our beliefs and actions are in alignment, discard those aspects of our lives that no longer serve us and manifest the existence we want. By using easy-to-follow tools, strategies and exercises, leading life coach and speaker, Carolyn Boyes,

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shows us how, in this fast-paced, demanding world, which is so full of distractions, we can move from living a busy life - one that we endure - to an intentional life - one that we have chosen.

John C. Maxwell, #1
New York Times
bestselling author, helps
readers take the first
steps to living a life that

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matters in Intentional
Living. We all have a
longing to be
significant. We want to
make a contribution, to
be a part of something
noble and purposeful.
But many people
wrongly believe
significance is
unattainable. They
worry that it's too big
for them to achieve.
That they have to have

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an amazing idea, be a certain age, have a lot of money, or be powerful or famous to make a real difference. The good news is that none of those things is necessary for you to achieve significance and create a lasting legacy. The only thing you need to achieve significance is to be intentional. And to do that, all you need to

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do is start. You can't
make an impact sitting
still and doing nothing.
Every major
accomplishment that's
ever been achieved
started with a first step.
Sometimes it's hard;
other times it's easy, but
no matter what, you
have to do it if you want
to get anywhere in life.
In Intentional Living,
John Maxwell will help

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you take that first step,
and the ones that follow,
on your personal path
through a life that
matters.