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Limits Awakening  
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***Kids  
Beyond  
Limits  
Awakening  
Transformi  
ng***

*“Fascinating.  
Doidge’s book is  
a remarkable and  
hopeful portrait*

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*of the endless  
adaptability of  
the human  
brain.”—Oliver  
Sacks, MD,  
author of The  
Man Who Mistook  
His Wife for a  
Hat What is  
neuroplasticity?  
Is it possible  
to change your  
brain? Norman  
Doidge's*

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*inspiring guide  
to the new brain  
science explains  
all of this and  
more An*

*astonishing new  
science called  
neuroplasticity  
is overthrowing  
the centuries-  
old notion that  
the human brain  
is immutable,  
and proving that*

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*it is, in fact,  
possible to  
change your  
brain.*

*Psychoanalyst,  
Norman Doidge,  
M.D., traveled  
the country to  
meet both the  
brilliant  
scientists  
championing  
neuroplasticity,  
its healing*

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*powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself*

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*Transforming  
to work as a  
whole, blind  
people who learn  
to see, learning  
disorders cured,  
IQs raised,  
aging brains  
rejuvenated,  
stroke patients  
learning to  
speak, children  
with cerebral  
palsy learning  
to move with*

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*more grace,  
depression and  
anxiety  
disorders  
successfully  
treated, and  
lifelong  
character traits  
changed. Using  
these marvelous  
stories to probe  
mysteries of the  
body, emotion,  
love, sex,*

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*culture, and  
education, Dr.  
Doidge has  
written an  
immensely  
moving,  
inspiring book  
that will  
permanently  
alter the way we  
look at our  
brains, human  
nature, and  
human potential.*



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*A journey through a land where Milo learns the importance of words and numbers provides a cure for his boredom.*

*An essential guide for recognizing, preventing, and healing*

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*childhood  
trauma, from  
infancy through  
adolescence—what  
parents,  
educators, and  
health  
professionals  
can do. Trauma  
can result not  
only from  
catastrophic  
events such as  
abuse, violence,*

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*or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this*

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*book is the  
understanding of  
how trauma is  
imprinted on the  
body, brain, and  
spirit,  
resulting in  
anxiety,  
nightmares,  
depression,  
physical  
illnesses,  
addictions,  
hyperactivity,*

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*and aggression.  
Rich with case  
studies and  
hands-on  
activities,  
Trauma Through a  
Child's Eyes  
gives insight  
into children's  
innate ability  
to rebound with  
the appropriate  
support, and  
provides their*

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*caregivers with  
tools to  
overcome and  
prevent trauma.  
Remember a time  
when you were  
bursting with  
energy,  
curiosity, and  
creativity? When  
your body felt  
strong and  
flexible, free  
of any aches and*

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pains? With the  
Anat Baniel  
Method, you can  
feel that way  
again and  
experience  
renewed,  
intensified  
vitality-greater  
health,  
flexibility,  
strength,  
sensuality,  
clarity of mind,

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*and enthusiasm—now and throughout your life, no matter what your age or physical condition. Your level of vitality is directly connected to your brain. When your brain thrives, growing*



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*and making new connections, you are invigorated, infused with a new sense of aliveness and possibility, capable of infinitely new ways of moving, thinking, and feeling.*

*Combining cutting-edge*

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neuroscience,  
the work of Dr.

Moshe

Feldenkrais, and  
her own method  
based on more  
than thirty  
years of  
experience  
working with  
thousands of  
people around  
the world, Anat  
Baniel has

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*defined the Nine  
Essentials your  
brain needs to  
flourish. In  
this  
breakthrough  
book, she offers  
specific,  
practical advice  
for  
incorporating  
those Essentials  
into everything  
you do to*

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*achieve  
immediate and  
powerful  
benefits. In  
Move Into Life,  
you'll: • Learn  
the Nine  
Essentials your  
brain requires  
to thrive,  
including  
movement with  
attention,  
subtlety, and*

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*variation •*

*Experience*

*simple, safe*

*physical and*

*mental exercises*

*that satisfy*

*those needs and*

*thus awaken your*

*vitality •*

*Discover why and*

*how these*

*methods work •*

*Find easy ways*

*of incorporating*

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*the Essentials  
into your daily  
life so every  
activity—from  
washing the  
dishes to  
working at your  
desk, from  
interacting with  
your loved ones  
to your golf  
game—brings you  
renewed vitality*

*Endorsed by*

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*leading  
physicians,  
scientists, and  
transformational  
teachers, the  
Anat Baniel  
Method will help  
you enjoy  
renewed energy  
and stamina.  
You'll be  
lighter on your  
feet. Your  
memory will be*

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*better. Thinking  
and problem  
solving will  
become easier.  
If you are  
active in a  
sport, yoga, or  
work out at the  
gym, you will  
notice yourself  
performing  
better and with  
greater ease and  
fewer injuries.*



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*Most important,  
you will  
experience  
yourself moving  
more fully into  
your life.*

*LIVING INSPIRED  
WITH LUMARI:*

*Engage the  
Lights of  
Awakening,  
Revelation and  
Transformation  
Imagine what*

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*your everyday  
could look like  
if you were  
Living Inspired.  
Feel the divine  
flash, wisdom  
and purpose of  
inspiration  
actively guiding  
you every day,  
instead of  
waiting and  
hoping for it to  
happen. In this*

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*groundbreaking  
book, Lumari,  
internationally  
acclaimed  
visionary  
intuitive coach,  
uncovers the  
misconceptions  
robbing you of  
the real  
capacity and  
access to the  
true vibrations  
of inspiration.*

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*She reveals the actual essence and spirit of inspiration, so you can create your own illumination and positive purpose every moment. Lumari gives you a penetrating look at the ART of Inspiration and reveals the*

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*magical ways  
that inspiration  
connects,  
uplifts and  
guides you to  
your own truth  
and purpose.  
This is Divine  
communication  
and connection  
at its most  
beautiful and  
accessible. What  
are the results*

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*Living Inspired?*

*You will:*

*Dissolve the  
confusion that  
can distract you  
from your  
calling, purpose  
and destiny*

*Discover the  
unlimited source  
of your personal  
wisdom and  
brilliance Share  
your gifts from*

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*the love in your  
heart and the  
purpose of your  
soul Create the  
art, music,  
healing,  
business and  
innovations you  
are meant to  
create When you  
are Living  
Inspired, you no  
longer feel  
separated from*

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*your purpose,  
your destiny and  
the world. You  
are the active  
expression of  
the gifts,  
purpose and  
destiny you  
carry. You are  
the magic. When  
you are Living  
Inspired, you  
can light a way  
that is vibrant,*



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*meaningful,  
creative and tra  
nsformational,  
not only for  
yourself, but  
also for the  
world. This is  
Divine  
communication  
and connection  
at its most  
beautiful and  
accessible.*

*You'll come away*

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Transforming

*from this book  
with a greater  
vision of  
yourself, a  
deeper  
understanding of  
how true  
inspiration  
transforms you  
and you will  
create your life  
from your  
joyful,  
meaningful*

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Transforming

*purpose that  
will influence  
and inspire our  
world.*

*Elevating Child  
Care: A Guide to  
Respectful  
Parenting  
The Phantom  
Tollbooth  
Living Inspired  
with Lumari  
Turn Pain into  
Power, Embrace*

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Your Truth, Live  
Free

*Parenting Magic  
The Brain That  
Changes Itself  
Uncommon Voyage  
The Inner Matrix  
Are You an Awakening  
Soul? Perhaps you're  
feeling lost,  
overwhelmed, and in  
need of support for  
balancing life as a*

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*divine being in a  
human body. Or  
maybe you have  
already experienced  
signs of spiritual  
awakening, but you're  
ready to level up! Let  
me guide you on the  
path to becoming your  
higher self. I'll help  
you navigate the  
challenges by sharing  
personal stories of my*

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*spiritual ascension  
journey. You'll feel  
uplifted and supported  
through channeled  
messages of higher  
wisdom from my spirit  
guide Will, a loving  
non-physical being.  
You are given the tools  
to first Know Your  
Self, Love Your Self,  
and Empower Your  
Self, so that finally you*

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*find clarity,*  
*fulfillment, and*

*purpose as you*

*Embody Your Higher  
Self here on Earth.*

*Together we'll explore:  
Why are you here? The  
soul's evolution through  
reincarnation Knowing  
your Self more deeply  
through meditation,  
chakra work, and  
channeling your*

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*Higher Self and Spirit  
Guides Learning to  
truly love yourself  
using Forgiveness,  
Parts Integration,  
Shadow Work, and  
Inner Child Healing  
Becoming empowered  
by mastering your  
mind, listening to your  
heart, developing  
boundaries, and  
practicing energy*



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*hygiene. Finding your  
soul tribe Uncovering  
your soul's purpose The  
spiritual journey  
doesn't have to make  
you anxious and  
confused. Learn how  
to accelerate your  
transformation and  
grow with ease and  
joy.*

*The 10th anniversary  
edition of A New Earth*

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*with a new preface by Eckhart Tolle. With his bestselling spiritual guide The Power of Now, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived “in the now.” In A New Earth, Tolle expands on these powerful ideas to show how transcending our*

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*ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and*

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*shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. Illuminating, enlightening, and uplifting, A New Earth is a profoundly spiritual manifesto for a better way of life—and for building a better world.*

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*Discover the revolutionary way to harness the brain's capacity to heal itself Supported by the latest brain research, The Anat Baniel Method uses simple, gentle movements and focus to help any child, who has been diagnosed with autism, Asperger's Syndrome, ADHD,*

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*Cerebral Palsy or other developmental disorders. In this supportive and hands-on book, Anat Baniel guides parents through the nine essentials of the method, each one designed to harness the brain's capacity to heal itself -- with remarkable and sometimes immediate*

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*results. By shifting the focus to connecting rather than "fixing," this powerful yet simple method helps both children and parents to de- stress, focus, and grow. Most of all, the it helps all children maximize their potential, no matter what their diagnosis.*

*Janet Lansbury's*  
Page 47/254

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*advice on respectful parenting is quoted and shared by millions of readers worldwide.*

*Inspired by the pioneering parenting philosophy of her friend and mentor, Magda Gerber, Janet's influential voice encourages parents and child care professionals to*



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*perceive babies as unique, capable human beings with natural abilities to learn without being taught; to develop motor and cognitive skills; communicate; face age appropriate struggles; initiate and direct independent play for extended periods; and much more. Once we*

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*are able to view our  
children in this light,  
even the most common  
daily parenting  
experiences become  
stimulating  
opportunities to learn,  
discover, and to  
connect with our child.  
“Elevating Child Care”  
is a collection of 30  
popular and widely  
read articles from*

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*Janet's website that focus on some of the most common infant/toddler issues: eating, sleeping, diaper changes, communication, separation, focus and attention span, creativity, boundaries, and more. Eschewing the quick-fix 'tips and tricks' of popular*

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*parenting culture,  
Janet's insightful  
philosophy lays the  
foundation for a  
closer, more fulfilling  
parent/child  
relationship, and  
children who grow up  
to be authentic,  
confident, successful  
adults.*

*In 1984, when he was  
ten months old, Laura's*

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*son Seth was diagnosed with cerebral palsy.*

*Suddenly the direction of Laura's life changed. She embarked on a journey to improve the quality of Seth's life, plunging into a world that lacked today's information-rich internet to get everything she could*

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*for Seth—at first within the mainstream and later in a wider world that came to include osteopathy, Feldenkrais, Iyengar yoga, and more. In 1992 Laura wrote an article for Family Circle magazine, “A Second Chance for Seth,” detailing the maverick work she was*

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*doing with her son.*

*This led to an appearance on The Oprah Winfrey Show. Subsequently, Laura wrote the first edition of Uncommon Voyage: Parenting Children with Special Needs, about her experiences as Seth's mother.*

*A Radical Awakening  
The Book Whisperer*

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*Awakening to Your  
Life's Purpose*

*Awakening*

*Transformation*

*A Beginner's Guide to  
Becoming Your Higher  
Self*

*The Awakening of  
Intelligence*

*The Awakening*

*The Awakened Family*

From a Pulitzer Prize-  
winning reporter, the



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powerful story of how a prominent white supremacist changed his heart and mind. This is a book to help us understand the American moment and to help us better understand one another. Derek Black grew up at the epicenter of white nationalism. His father founded Stormfront,

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the largest racist community on the Internet. His godfather, David Duke, was a KKK Grand Wizard. By the time Derek turned nineteen, he had become an elected politician with his own daily radio show—already regarded as the "the leading light" of the

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burgeoning white nationalist movement. "We can infiltrate," Derek once told a crowd of white nationalists. "We can take the country back." Then he went to college. At New College of Florida, he continued to broadcast his radio show in secret each morning, living a

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double life until a  
classmate uncovered  
his identity and sent  
an email to the entire  
school. "Derek Black  
... white supremacist,  
radio host ... New  
College student???"  
The ensuing uproar  
overtook one of the  
most liberal colleges  
in the country. Some  
students protested  
Derek's presence on

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campus, forcing him to reconcile for the first time with the ugliness of his beliefs. Other students found the courage to reach out to him, including an Orthodox Jew who invited Derek to attend weekly Shabbat dinners. It was because of those dinners—and the wide-ranging

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relationships formed at that table—that Derek started to question the science, history, and prejudices behind his worldview. As white nationalism infiltrated the political mainstream, Derek decided to confront the damage he had done. *Rising Out of Hatred* tells the story

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of how white-supremacist ideas migrated from the far-right fringe to the White House through the intensely personal saga of one man who eventually disavowed everything he was taught to believe, at tremendous personal cost. With great empathy and narrative verve, Eli

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Saslow asks what Derek Black's story can tell us about America's increasingly divided nature.

This book provides parents with help for children with cerebral palsy or other developmental delay master gross motor skills beginning in infancy. Organised in the sequence children



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acquire gross motor skills, this guide explains how motor development unfolds, and how cerebral palsy can affect it. This comprehensive record of Krishnamurti's teachings is an excellent, wide-ranging introduction to the great philosopher's thought.

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With among others,  
Jacob Needleman,  
Alain Naude, and  
Swami  
Venkatasananda,  
Krishnamurti  
examines such issues  
as the role of the  
teacher and tradition;  
the need for  
awareness of 'cosmic  
consciousness; the  
problem of good and  
evil; and traditional

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Vedanta methods of help for different levels of seekers. Still the Best Guide for Getting Published If you want to get published, read this book! Comprehensive index lists dozens of subjects and categories to help you find the perfect publisher or agent.

Jeff Herman ' s Guide

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unmasks 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

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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

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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

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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!

#1 best seller in multiple spirituality, meditation, self-help categories, this fresh,

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highly acclaimed spiritual guide tells of one man's struggle to free his soul while guiding the reader to their own inner freedom. "I can't remember a more transformative book." The Unbound Soul is a memoir that tells the true story of a young boy, who in the midst of a vision, dedicates



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his life to spiritual awakening. As he matures, this promise leads him across the globe, gathering ancient knowledge and mastering martial, healing, and meditation arts. Along the way, subsequent visions reveal the rapidly approaching collapse that will shake our societies,

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our economic system, and the earth's ecology to the very core. Tormented by visions of coming worldwide calamity, Haight presses ever onward in his search and eventually realizes the elusive truth hinted at in his childhood vision. But The Unbound Soul is so much more than a

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memoir. It is a powerful guide that reveals the profoundly simple yet elusive truth that illuminates your life and provides a set of powerful awareness tools to assist you on your personal path. The Unbound Soul is really about you and your path toward practical realization in

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everyday life. Through this work, among other things, you will:

¿ Receive new tools of awakening that blend seamlessly into your daily life. - "This book is worth getting just for this, but it's a whole lot more." ¿

Learn how the senses, thought, emotion, and memory have imprisoned you,

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and discover the key  
to unlocking that  
prison. - "...one of the  
most profound books  
I've read in the search  
for answers to Love,  
Life, and Living!" ¿  
Discover the nature of  
the mind,  
consciousness, the  
spirit and the soul,  
and how they  
interweave to limit or  
unleash the

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possibilities of your  
daily experience. -

"You will look at the  
world a little bit  
differently after  
reading it." ¿ Turn

your daily life into a  
vibrant journey of  
awakening. - "No  
gimmicks. No special  
pictures or runes.

JUST YOU."Read  
The Unbound Soul to  
begin unbinding your

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inner-being today.

Mindfulness Practices  
and Spiritual Tools to  
Transform Your Life

How engaging with  
your baby's  
movement

development helps  
build a loving  
relationship

A Book of Blessings  
The Awakening of a  
Former White  
Nationalist

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Understanding Babies  
Engage the Lights of  
Awakening,  
Revelation and  
Transformation  
Who They Are, What  
They Want, How to  
Win Them Over  
Awakening the  
Ordinary Miracle of  
Healing  
#1 Wall Street  
Journal



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bestseller! This new book of spiritual teachings from international best-selling author and beloved inspirational speaker Dr. Wayne W. Dyer is based on his audio lectures

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from the 1990s  
and 2000s,  
offering a fresh  
take on  
mindfulness and  
enlightenment.  
Beloved spiritual  
teacher Dr.  
Wayne W. Dyer  
often shared his  
thoughts on the  
path and practice

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of personal empowerment during his writings and presentations. He'd say, "This is not about self-help. It's about self-realization, which is way beyond self-help." In this

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book, which  
collects some of  
his timeless  
words of wisdom  
in a new format,  
the  
internationally  
renowned  
speaker and  
author offers  
spiritual tools to  
transcend your

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current  
circumstances  
and old patterns  
in order to reach  
true fulfillment.  
He will show you  
how to become  
genuinely awake,  
aware of the  
power you have  
within to shift  
your thought

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processes,  
Transforming  
release

attachments, and  
tame your ego-to  
name just a few  
topics covered in  
these pages.

Wayne will help  
you understand  
what an illusion  
much of life is, so  
you can see the

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big picture and spark deep transformation (that is, "the ability to go beyond your form"), resulting in peace and harmony in all areas of your life. He will also take you through the

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stages of enlightenment and instruct you in mindfulness practices such as visualization and meditation, ultimately helping you reach a higher consciousness. Indeed, as a



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result of reading  
this book, you'll  
feel as if you are  
absolutely living  
in the light, in  
tune with the  
magnificence of  
the universe . . .  
and yourself.

The  
Transformative  
Power of The

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Goddesses of  
Yoga How do you  
live a life of  
spiritual  
awakening as  
well as outer  
abundance, inner  
freedom as well  
as deep  
intimacy? How  
do you serve the  
world selflessly,

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yet passionately  
celebrate your  
life? The sages of  
Tantra have  
known for  
centuries that  
when you follow  
the path of Shakti  
— the sacred  
feminine  
principle  
personified by

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the goddesses of  
yoga — these gifts

can manifest

spontaneously.

Yet most of us,

women as well as

men, have yet to

experience the

full potential of

our inner

feminine

energies. In

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Awakening  
Shakti, you will  
learn how to  
recognize and  
invite: • Kali,  
bringer of  
strength, fierce  
love, and  
untamed freedom  
• Lakshmi, who  
confers  
prosperity and

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beauty •

Saraswati, for  
clarity of

communication  
and intuition •

Radha, who  
carries the divine  
energy of  
spiritual longing

• Bhuvaneshvari,  
who creates the  
space for sacred

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Limits, Awakening  
Transformation •  
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Parvati, to  
awaken creativity  
and the capacity  
to love With a  
wealth of  
meditations,  
visualizations,  
mantras,  
teachings, and  
beautifully told  
stories,

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Awakening  
Shakti provides a practical guide for activating the currents of the divine feminine in every aspect of your life. Sally Kempton has been studying and teaching the wisdom of yoga



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for 45 years. A highly regarded teacher of meditation and spiritual philosophy, she writes the popular Yoga Journal column "Wisdom." Sally teaches retreats, teleclasses and

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workshops  
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internationally.

She resides in  
Carmel Valley,  
California.

Illustrator  
Ekabhumi

Charles Elik is a  
poet, artist,  
husband,  
student, and  
teacher of

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Classical Tantric  
Hatha Yoga. A  
student of  
Nepalese master  
painter Dinesh  
Charan, he also  
studied painting  
in the lineage of  
Harish Johari.  
From the author  
of the bestselling  
Anam Cara

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Limits Awakening

comes a beautiful  
Transforming  
collection of

blessings to help  
readers through  
both the

everyday and the  
extraordinary  
events of their

lives. John

O'Donohue, Irish  
teacher and poet,  
has been widely

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praised for his gift of drawing on Celtic spiritual traditions to create words of inspiration and wisdom for today. In *To Bless the Space Between Us*, his compelling blend of elegant, poetic

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language and spiritual insight offers readers comfort and encouragement on their journeys through life.

O'Donohue looks at life's thresholds—getting married, having children, starting

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a new job—and offers invaluable guidelines for making the transition from a known, familiar world into a new, unmapped territory. Most profoundly, however, O'Donohue

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explains

“blessing” as a way of life, as a lens through which the whole world is transformed.

O’Donohue awakens readers to timeless truths and shows the power they have



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to answer  
contemporary  
dilemmas and  
ease us through  
periods of  
change.

A totalitarian  
regime has  
ordered all books  
to be destroyed,  
but one of the  
book burners

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suddenly realizes  
their merit.

Elevate your  
consciousness  
and heal your life.  
In Awakening to  
the Fifth  
Dimension,  
author Kimberly  
Meredith offers  
readers  
something truly

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revolutionary—a  
new dimension of  
healing.

Discovering her  
healing gifts after  
two near death  
experiences in  
2013, she is now  
one of the most  
in-demand  
medical intuitive  
healers in the

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nation, traveling  
the country to  
speak at events,  
appearing at  
major  
consciousness  
and global virtual  
events, and  
offering healing  
to those who so  
desperately in  
need. Here in

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these pages, Kimberly shares her gift for the first time with a wider audience, giving readers the tools to implement this healing in their own lives.

Whether you are wrestling with

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chronic illness,  
seemingly  
untreatable  
symptoms, or  
other mental,  
emotional, or  
physical  
ailments,  
Kimberly's  
gentle wisdom  
offers a way  
forward towards

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happiness and  
freedom. Filled  
with instruction,  
case studies,  
testimonials,  
nutritional  
advice, and  
practical  
methods to raise  
your  
consciousness  
Awakening to the

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Fifth Dimension  
will empower  
readers to  
confront their  
own health  
struggles and  
find true, lasting  
healing.

The Nine  
Essentials for  
Lifelong Vitality  
Awakening to the



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Fifth Dimension  
To Bless the  
Space Between  
Us

The Awakening  
Artist

The Boy Who  
Could Run But  
Not Walk

Trauma Through  
a Child's Eyes  
Teaching Motor

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Skills to Children  
with Cerebral

Palsy and Similar  
Movement

Disorders

Stories of

Personal Triumph  
from the

Frontiers of Brain  
Science

There are pivotal  
moments in the lives

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of all seekers when we realize that we've been traveling on our path of growth toward happiness and fulfillment, but, simply put, we want to go faster. How we have been living, working, and loving just isn't enough or even acceptable

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anymore. We know we're being called to something more significant and expanded—we can feel it. At these times what's needed is not simply more change or an adjustment in our outer life, but profound

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transformation. We don't just want to rearrange the pieces of ourselves so that they look better temporarily. We want nothing less than rebirth. We are ready for Soul Shifts. Soul Shifts is the groundbreaking new book from New

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York Times best-selling author and renowned transformational teacher Barbara De Angelis, Ph.D. Now, in her most powerful offering yet—and the culmination of her life's work—Dr. De Angelis offers a practical handbook

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Transforming  
for awakening, and a  
brilliant revisioning

of the journey of  
personal and spiritual  
transformation that  
will inspire and  
enlighten longtime  
seekers as well as  
new arrivals to the  
path of growth. Soul  
Shifts are radical,  
vibrational internal

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shifts that spontaneously and inevitably transform the way you relate to yourself, to others, and to the world. For transformation to be real and lasting, it must originate from the inside out, so that instead of trying to constantly



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micromanage

Transforming  
everything, you

operate from true

mastery at the

deepest level of who

you are—the soul

level. When you

learn how to make

these Soul Shifts on

the inside,

everything on the

outside of your life

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shifts. Places where you've felt stuck or confused become illuminated with new clarity and understanding.

Obstacles turn into possibilities, dead ends transform into doorways, and challenges convert into astonishing

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maps leading you to  
exciting new

territories . . . all

because you have

made a Soul Shift. A

masterful and

moving teacher, Dr.

De Angelis will offer

you illuminating

guidance and

invaluable

techniques for living

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a life of practical  
spirituality and  
making your own  
personal Soul Shifts.  
Written with Barbara  
De Angelis's  
trademark  
eloquence, keen  
insight, and  
compassionate  
wisdom, Soul Shifts  
takes you on nothing

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less than a sacred  
inner journey to  
emotional and  
spiritual rebirth and  
lasting attainment.  
Reading it will leave  
you truly and  
authentically uplifted  
and transformed.  
Through the author's  
detailed and caring  
guidance, you'll

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discover how to achieve vitality and a sense of new aliveness that you may have not experienced since your childhood. Anat reveals not only how to overcome present aches, pains, and limitations but how to attain greater

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flexibility, energy,  
strength, mental  
clarity, and creativity-  
no matter what your  
age or present  
physical condition!  
In the words of  
bestselling author  
Larry Dossey, M.D.,  
"This book puts  
living back into life.  
It is the distilled

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wisdom of a great guide." Scientific Foundation of This Work In recent years brain research has challenged conventional wisdom that said our brains cease to develop and grow beyond our early twenties.

Instead, cutting edge



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science has proved  
that our brains are  
capable of  
continuing to  
develop, grow, and  
make new  
connections  
throughout our lives.  
This capacity for  
regeneration is  
known as  
"neuroplasticity."

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Why is this new  
discovery so  
important in Anat  
Baniel's work? It is  
because your level of  
vitality is directly  
connected to your  
brain. When your  
brain thrives,  
growing and making  
new connections,  
you become capable

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of infinitely new  
ways of moving,  
thinking, and feeling.

We move with  
greater comfort and  
ease. We think more  
clearly, broadly, and  
creatively. We carry  
out new solutions,  
small or large, more  
smoothly and  
effectively. And just

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as in childhood,  
when our lives spill  
over with new  
discoveries, we  
become infused with  
a sense of aliveness.  
The Anat Baniel  
Method provides us  
with the tools for  
taking full advantage  
of neuroplasticity-  
our brain's ability for

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changing itself to  
heal body and mind.

Here are exercises  
drawn from the  
author's more than  
30 years of  
remarkable  
outcomes with adults  
as well as children.

Through the self-  
help instructions for  
the Anat Baniel

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Method and  
NeuroMovement,  
presented in this  
book, you'll reap the  
benefits of  
neuroplasticity and  
integrate them into  
everything you do. \*  
Read about the  
scientific discoveries  
that provide the  
cornerstones of the

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Anat Baniel Method  
and the powers for  
renewed vitality that  
these principles  
bring to your life \*  
Discover the Nine  
Essentials that your  
brain requires to  
thrive, including  
Movement with  
Attention, Subtlety,  
and Variation \*

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Experience simple,  
safe, physical and  
mental exercises that  
satisfy the Nine  
Essentials and thus  
awaken your vitality

\* Read real life  
stories of healing and  
change that illustrate  
how these methods  
work \* Learn about  
easy, highly intuitive



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ways of  
Transforming  
incorporating

NeuroMovement  
into your daily life so  
that every activity-  
from washing the  
dishes to working at  
your desk, from  
interacting with your  
loved ones to  
improving your golf  
game-brings you

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renewed vitality,  
pleasure, and

personal satisfaction.

Endorsed by leading  
physicians, scientists,  
clients, and

transformational

teachers, the Anat

Baniel Method really

works. Editorial

Reviews "Baniel's

compassionate and

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empowering  
Transforming

approach will leave  
readers, particularly  
those with problems  
defying traditional  
treatment...eager to  
forge positive  
communication  
pathways between  
the body and the  
mind. ~Publishers  
Weekly "(Anat)

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understands that for any meaningful change to happen in the way we think, move, and use our body, the change has to happen in the brain." ~Jill Bolte Taylor, bestselling author of My Stroke of Insight "Anat Baniel shows why

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our mainstream approach is often wrong and at times damaging. The approach here, far wiser, far more subtle, truly holistic, far more ingenious, far more in accord with how our brain development occurs, shows ways to access

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brain plasticity that  
yields far greater

results." ~Norman  
Doidge, MD,

bestselling author of  
The Brain's Way of  
Healing

Turn any student into  
a bookworm with a  
few easy and  
practical strategies

Donalyn Miller says

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she has yet to meet a child she can't turn into a reader. No matter how far behind Miller's students might be when they reach her 6th grade classroom, they end up reading an average of 40 to 50 books a year.

Miller's

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unconventional  
approach dispenses  
with drills and  
worksheets that  
make reading a  
chore. Instead, she  
helps students  
navigate the world of  
literature and gives  
them time to read  
books they pick out  
themselves. Her love



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of books and  
Transforming  
teaching is both  
infectious and  
inspiring. In the  
book, you'll find:  
Hands-on strategies  
for managing and  
improving your own  
school library  
Tactics for helping  
students walk on  
their own two feet

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and continue the reading habit after they've finished with your class Data from student surveys and end-of-year feedback that proves how well the Miller Method works The Book Whisperer includes a dynamite list of recommended

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"kid lit" that helps parents and teachers find the books that students really like to read.

Conscious parenting is about becoming mindful of your behaviour and engaging with your child as an individual. Dr

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Tsabary inspires parents to get back in touch with their emotions and shed the layers of baggage they have inherited during their own life and are unconsciously heaping on their children. As they become 'conscious'

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in their parenting, so  
parents can

transform their  
relationship with  
their offspring and  
raise happy, well-  
adjusted children.

The Conscious  
Parent is already  
transforming the way  
people are parenting  
through its sales in

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the US where it's  
spent 15 weeks on  
the New York Times  
bestseller list. Oprah  
described the book  
as 'The most  
profound book on  
parenting I've ever  
read' and Eckhart  
Tolle has said  
'becoming a  
conscious parent is

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the greatest gift you  
can give your child.'

The book features a  
foreword by His  
Holiness The Dalai  
Lama.

How can we connect  
the spiritual  
realizations of  
Buddhism with the  
psychological  
insights of the West?

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In Toward a  
Transforming  
Psychology of  
Awakening John  
Welwood addresses  
this question with  
comprehensiveness  
and depth. Along the  
way he shows how  
meditative awareness  
can help us develop  
more dynamic and  
vital relationships



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and how  
psychotherapy can  
help us embody  
spiritual realization  
more fully in  
everyday life.

Welwood's  
psychology of  
awakening brings  
together the three  
major dimensions of  
human experience:

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personal,

interpersonal, and  
suprapersonal, in one  
overall framework of  
understanding and  
practice.

Awakening Artemis  
A Revolution in  
Parenting

Awakening the Inner  
Reader in Every  
Child

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Toward a  
Transforming  
Psychology of

Awakening

NeuroMovement for  
Lifelong Vitality

Awakening Shakti

How the Polyvagal  
Theory and Brain

Plasticity Help Us

Make Sense of

Autism

Move Into Life

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The New York  
Times

bestselling  
author and  
renowned  
clinical  
psychologist  
teaches women  
how to  
transcend their  
fears and  
illusions, break

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free from  
societal  
expectations,  
and rediscover  
the person they  
were always  
meant to be:  
fully present,  
conscious, and  
fulfilled. A  
Radical  
Awakening lays

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out a path for women to discover their inner truth and powers to help heal others and the planet. Dr. Shefali helps women uncover the purpose that already exists within them and

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harness the  
power of  
authenticity in  
every area of  
their lives. The  
result is an  
eloquent and  
inspiring,  
practical and  
accessible book,  
backed with real-  
life examples

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and personal stories, that unlocks the extraordinary power necessary to awaken the conscious self. Kids Beyond Limits The Anat Baniel Method for Awakening the Brain and



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Transforming  
the Life of Your  
Child With  
Special  
Needs Penguin  
Outlining a new,  
optimistic way  
to understand  
autism, this  
concise and  
accessible book  
offers practical

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Ideas to help children on the spectrum grow. The Polyvagal Theory suggests autism is a learnt response by the body - a result of the child being in a prolonged state of 'fight or flight'

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while their nervous system is still developing. This book explains the theory in simple terms and incorporates recent developments in brain plasticity research (the

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capacity of the  
brain to change  
throughout life)  
to give parents  
and  
professionals  
the tools to  
strengthen the  
child's brain-  
body connection  
and lessen the  
social and

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emotional  
impact of  
autism.

The Inner Matrix  
illuminates a  
proven  
approach to  
living a truly rich  
and meaningful  
life - one more  
deeply  
connected to

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spirit. Marrying  
the ancient  
wisdom  
traditions of  
East and West  
with the latest  
science in  
genetics,  
psychology, and  
brain function,  
Klein provides a  
cutting-edge

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system to transform your life by shifting deep mental, emotional, and physical patterns that create stress and limit your success. Those engaging Klein's Conscious

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Transformation  
practices  
routinely  
experience:  
reduced stress  
increased focus  
higher emotional  
intelligence  
improved health  
and well-being  
enhanced  
connection to



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spirit Included is  
a nine-week  
strategy guide  
to assimilate the  
practices of  
Conscious  
Transformation  
into your daily  
life. "Joey Klein  
has artfully  
bridged ancient  
traditions with

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burgeoning  
Western  
scientific and  
biomedical  
research. He  
shares powerful  
testimony and  
vivid examples  
of the benefits  
achieved  
through this  
intentional

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training."  
Transforming  
-Michael L.

Weaver, MD,  
Emergency  
Medicine  
Physician

"Applying the  
book's principles  
to my mind,  
emotions, and  
physical body, I  
have uncovered

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the profound  
spiritual  
connection I had  
secretly yearned  
for but been  
unable to reach.  
My entire  
experience of  
life has radically  
changed."

-Diane

Breneman, JD,

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Nationally  
Transforming

Recognized Trial  
Attorney

The Killilea  
family returns in  
the

heartwarming  
sequel to

national

bestseller Karen.

With Love from

Karen picks up

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five years after the conclusion of Karen, the miraculous and true story of a girl with cerebral palsy who triumphed against all odds. It follows the Killileas through Karen's teen

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years and into  
adulthood.

Karen and her family continue to face seemingly insurmountable obstacles: They must fight for Karen's right to attend public school, support

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Karen in her dream to raise and exhibit champion show dogs, and encourage her in her decision to use a wheelchair or walk on her own. Once again, the Killilea family



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proves that the  
power of faith,  
love, and  
courage in the  
face of adversity  
can make  
miracles  
happen.

A Guide for  
Parents and  
Professionals  
The Conscious

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Parent Transforming

Fahrenheit 451

The Power of

Awakening

Awakening the

New Human

Story

Move into Life

The New

Science of

Spirituality and

Our Quest for an

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Inspired Life  
Transforming

The Science of Self-

Empowerment

*In this*

*groundbreaking*

*book, Dr. Karen*

*Pape tells the*

*story of how some*

*children with early*

*brain damage*

*astounded*

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*everyone around them. The brain injury they suffered at or near birth had led to motor problems such as the awkward gait we associate with cerebral palsy. Yet they were able to run, kick a soccer*

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*ball, tap dance,  
and play tennis.*

*This was not  
supposed to  
happen. It ran  
counter to the  
prevailing belief  
that the brain is  
hardwired and  
fixed. When Dr.  
Pape first shared  
her remarkable*

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*findings, she ran into fierce opposition from mainstream medicine. Yet this courageous neonatologist didn't back down. In her clinical practice, Pape helped many young brain-*

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*damaged children to significantly improve their movement. It led her to ask why some of them could run but not walk with the same ease. Her answer was astounding: By the time they*

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*learned to run,  
their brains had  
healed. The  
awkward walking  
gait was actually a  
bad habit acquired  
while the brain  
was still damaged.  
This is the power  
and the beauty of  
neuroplasticity,  
the brain s*



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*amazing ability to  
change and heal.*

*It has*

*revolutionized the  
treatment of*

*adults who suffer  
stroke. Now, for*

*the first time, this  
remarkable book*

*shows that*

*children with a*

*brain injury at or*

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*near birth can get better, too. These stories of children's recovery and improvements are a revelation surprising, inspiring, and illuminating. They offer real hope for some of the world's most vulnerable*

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*children and a  
better*

*understanding of  
how the baby  
brain grows and  
recovers."*

*A groundbreaking  
exploration of the  
neuroscience of  
spirituality and a  
bold new  
paradigm for*

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*health, healing,  
and*

*resilience—from a  
New York Times  
bestselling author  
and award-  
winning  
researcher “A new  
revolution of  
health and well-  
being and a  
testament to, and*

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*celebration of, the  
power*

*within.”—Deepak  
Chopra, MD*

*Whether it's  
meditation or a  
walk in nature,  
reading a sacred  
text or saying a  
prayer, there are  
many ways to tap  
into a heightened*

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*awareness of the world around you and your place in it. In The Awakened Brain, psychologist Dr. Lisa Miller shows you how. Weaving her own deeply personal journey of awakening with her*

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*groundbreaking  
research, Dr.  
Miller's book  
reveals that  
humans are  
universally  
equipped with a  
capacity for  
spirituality, and  
that our brains  
become more  
resilient and*

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Limits, Awakening

*robust as a result  
of it. For leaders in  
business and*

*government, truth-  
seekers, parents,  
healers,*

*educators, and  
any person*

*confronting life's  
biggest questions,*

*The Awakened  
Brain combines*



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*cutting-edge  
science (from MRI  
studies to genetic  
research,  
epidemiology, and  
more) with on-the-  
ground application  
for people of all  
ages and from all  
walks of life,  
illuminating the  
surprising science*

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*of spirituality and  
how to engage it  
in our lives: • The  
awakened  
decision is the  
better decision.*

*With an awakened  
perception, we are  
more creative,  
collaborative,  
ethical, and  
innovative. • The*

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*awakened brain is  
the healthier*

*brain. An engaged  
spiritual life*

*enhances grit,*

*optimism, and*

*resilience while*

*providing*

*insulation against*

*addiction, trauma,*

*and depression. •*

*The awakened life*

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*is the inspired life.  
Loss, uncertainty,  
and even trauma  
are the gateways  
by which we are  
invited to move  
beyond merely  
coping with  
hardship to  
transcend into a  
life of renewal,  
healing, joy, and*

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*fulfillment.  
Absorbing,  
uplifting, and  
ultimately  
enlightening, The  
Awakened Brain is  
a conversation-  
starting saga of  
scientific  
discovery packed  
with  
counterintuitive*

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*findings and  
practical advice  
on concrete ways  
to access your  
innate spirituality  
and build a life of  
meaning and  
contribution.*

*The Awakening  
Artist: Madness  
and Spiritual  
Awakening in Art*

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*is an art theory book that explores the collision of human madness and spiritual awakening in art. It examines a condition of insanity that can be seen in most art movements throughout art*

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*history and  
contrasts that  
insanity with  
revelations of  
beauty, wonder  
and truth that can  
also be found in  
many works of art.  
The Awakening  
Artist references  
concepts of  
creativity put*



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*forward by Joseph  
Campbell, Carl  
Sagan, Albert  
Einstein, Carl Jung  
and others.*

*Furthermore, The  
Awakening Artist  
discusses many of  
the world s most  
important artists  
who explored the  
theme of*

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*awakening in art  
including*

*Michaelangelo,  
Paul Cezanne,  
Claude Monet,  
Marcel Duchamp,  
Morris Graves and  
many others.*

*Additionally, using  
concepts of  
Eastern  
philosophy, the*

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*book presents the case that human creativity originates from the same creative source that animates all of life, and that the artist naturally aligns with that creative source when he or she is*

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*in the act of  
creating.*

*FINALIST FOR THE  
BOOKS FOR A  
BETTER LIFE  
AWARD • NEW  
YORK TIMES  
BESTSELLER*

*"Parents . . . you  
will be wowed and  
awed by [Dr.  
Shefali]." —Oprah*

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*Winfrey As seen  
on Oprah's  
SuperSoul  
Sunday, a  
radically  
transformative  
plan that shows  
parents how to  
raise children to  
be their best,  
truest selves, from  
the New York*

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*Times bestselling  
author of The  
Conscious Parent.  
What if...? What if  
I told you that you  
can put an end to  
all of your  
parenting  
struggles? That  
you can learn to  
parent without  
fear or anxiety?*

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Limits Awakening  
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*That you can end  
conflict with your  
children? That you  
can create close  
and connected  
relationships  
within your  
family? ...Would  
you accept this  
invitation to a  
revolution in  
parenting? We all*

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*have the capacity  
to raise children  
who are highly  
resilient and  
emotionally  
connected.*

*However, many of  
us are unable to  
because we are  
blinded by modern  
misconceptions of  
parenting and our*



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Transforming

*own inner  
limitations. In The  
Awakened Family,  
I show you how  
you can cultivate  
a relationship with  
your children so  
they can thrive;  
moreover, you can  
be transformed to  
a state of greater  
calm, compassion*

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*and wisdom as well. This book will take you on a journey to transcending your fears and illusions around parenting and help you become the parent you always wanted to be: fully present and*

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*conscious. It will  
arm you with  
practical, hands-  
on strategies and  
real-life examples  
from my  
experience as a  
parent and clinical  
psychologist that  
show the  
extraordinary  
power of being a*

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*conscious parent.  
Everyone in your  
family is ready to  
be awakened. Will  
you take this  
journey with me?*

*—Shefali*

*In this book, you  
will:\*Awaken to  
where you are  
being run by  
unconscious*

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*cultural/social  
programming\*Find  
ways to free  
yourself from the  
limiting beliefs  
underlying  
unconscious  
behavior\*Learn a  
method of healing  
using the FACE  
formula of  
forgiveness,*

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*appreciation,  
compassion and  
embodiment, in  
order to "face" life  
in an awakened  
state.\*Learn to "re-  
author" unhealthy  
myths, messages  
and beliefs that  
are running your  
life\*Learn to take  
care of your own*

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*unmet needsA  
combination of  
personal memoir,  
shared stories,  
psychological  
study, scientific  
learning and  
spiritual  
discourse, You  
Can't Sleep  
Through Your  
Awakening is an*

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*exploration into  
what it actually  
means to wake  
up, and includes  
tools that  
contribute to the  
awakening  
process.*

*Madness and  
Spiritual  
Awakening in Art*



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*Transformative  
Wisdom for  
Creating a Life of  
Authentic  
Awakening,  
Emotional  
Freedom &  
Practical  
Spirituality  
A Visionary Guide  
to Spiritual  
Transformation*

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*and*  
Transforming  
Enlightenment  
Parenting Children  
with Special  
Needs; A  
Guidebook  
Jeff Herman's  
Guide to Book  
Publishers, Editors  
and Literary  
Agents 2017  
Kids Beyond

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*Limits*

*Discovering the  
Soul's Path to  
Healing*

""New from the New  
York Times  
bestselling author of  
The Conscious  
Parent comes a  
radically  
transformative plan  
that shows parents

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how to raise  
children to be their  
best, truest selves,"-  
-Amazon.com."

New in paperback  
(originally published  
as Human by  
Design): At the  
cutting edge of  
science and  
spirituality, New  
York Times best-  
selling author Gregg

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Braden explains that evolution is not the whole story of humanity--and offers a new understanding of our origins that can help us tap the extraordinary abilities we already have. What would it mean to discover we're designed to

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live extraordinary  
lives of self-healing,  
longevity, and deep  
intuition? Is it  
possible that the  
advanced  
awareness achieved  
by monks, nuns,  
and  
mystics--considered  
rare in the past--is  
actually meant to be  
a normal part of our

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daily lives? In this revelatory book, now available for the first time in paperback, five-time New York Times best-selling author and 2018 Templeton Award nominee Gregg Braden explains that we no longer need to ask these

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questions as "What if?" Recent discoveries ranging from human evolution and genetics to the new science of neuro-cardiology (the bridge between the brain and the heart) have overturned 150 years of thinking when it



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comes to the way we think of ourselves, our origin, and our capabilities. In this reader-friendly journey of discovery, Braden begins with the fact that we exist as we do, even more empowered, and more connected

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with ourselves and the world than scientists have believed in the past. It's this undisputable fact that leads to even deeper mysteries. "How do we awaken the extraordinary abilities that come from such an awesome

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connection?" "What role does our ancient and mysterious heritage play in our lives today?" Join Gregg as he crosses the traditional boundaries of science and spirituality to answer precisely these questions. In doing

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so he reveals a) specific tools, techniques, and practices to awaken our deep intuition on-demand, for self healing and longevity; and 2) concrete solutions to the social issues that are destroying our families and dividing us as

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people, including the bullying of young people, hate crimes, the growing epidemic of suicide, religious extremism, and more. When new discoveries prove that the existing human story is no longer based in fact, it's time to change the

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story. This simple truth is at the heart of the book you're about to read.

The first three months of your baby's life, sometimes called the 'fourth trimester', is a transitional phase, in which each of you is processing the birth

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experience you shared and acclimatising to a new way of being. It can be hard to interpret your new baby's behaviour: is she arching her back because she has tummy ache, or does she simply enjoy a stretch? Does sucking his

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hands indicate  
hunger or  
something else? As  
you navigate these  
early days your  
emotions might be  
all over the place  
and it can be hard to  
find and trust your  
instinctive need to  
connect with your  
baby. In

Understanding



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Babies, experienced movement specialist Ania Witkowska looks at what your baby needs to thrive, and how they show you they need it, revealing how you can tune in to your baby so that both of you can relax and enjoy your new life together. By

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explaining how your  
baby's development  
is supported through

movement and

interaction, and

guiding you through

simple exercises

and activities, she

helps demystify the

early days of

parenting so that

you can feel more

joy and less anxiety

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as you and your  
baby flourish.

The instruction book  
that didn't come  
with your child. A  
comprehensive  
guide to being the  
best parent you can  
be, connecting and  
communicating in a  
conscious and  
confident way with  
your children, so

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that you can both  
enjoy a great  
relationship and you  
can help them shine  
their unique  
brilliance in the  
world. This is a new  
paradigm, exploring  
the importance of  
energetic  
communication and  
kinetic parenting  
with concepts,

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philosophies,  
strategies and ideas  
drawn from NLP,  
hypnotherapy,  
spiritual practices  
and the latest brain  
and heart research  
which reveals that  
we are  
communicating far  
more to our children  
than we think we  
are.

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A healing resource  
that blends practical  
plant-based  
knowledge with  
spiritual  
reconnection to  
show how respect  
for and communion  
with our natural  
world guides us  
toward healing.

Combining

Vanessa's story of

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her own healing  
journey with  
practical plant-  
based knowledge,  
Awakening Artemis  
is rooted in the  
belief that healing  
happens through  
reclaiming an  
intuitive connection  
to ourselves, to the  
natural world, and to  
our own "inner wild."

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Having experienced a series of physical traumas growing up--including chronic asthma, a car accident that fractured her back and neck, and sexual trauma--Vanessa pursued various approaches to therapeutic



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movement from martial arts to yogic practices and explored traditions honoring the mind-body connection while forging a path to recovery. Twenty years now into her journey to reconcile her daily routines with her yearning for greater purpose and

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connection,  
Vanessa shares the eclectic mix of elements that have brought her deeper self-awareness, a richer understanding of her place in the world, and the confidence and clear boundaries to truly connect with her loved ones.

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Organized into five sections that move from the present moment to the forest edge, and into the healing darkness, each chapter focuses on a single plant: on their power to connect us to our bodies and our environment. Using

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storytelling from her own life, Vanessa connects the plants' power and characteristics to issues we all grapple to heal from and even to understand--from the alienating consequences of cultural appropriation to the

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intersection  
between a forest's  
mycelial network  
and the neural  
pathways of our  
brains. For those  
seeking to  
recognize the power  
and omnipresence  
of the natural  
world--from the  
mugwort sprouting  
in the city sidewalk

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Transforming  
to the majesty of a t  
hree-thousand-year-

old yew in rural

Scotland--and

harness that to push

into new realms of

self-discovery,

Awakening Artemis

is an intimate,

unforgettable

resource capturing

one woman's

journey to heal her

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traumas that opens  
up a world of  
potential growth and  
healing for us all.

How to Raise  
Empowered,  
Resilient, and  
Conscious Children  
Buddhism,  
Psychotherapy, and  
the Path of Personal  
and Spiritual  
Transformation

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The Awakened  
Brain

Reframe Your  
Thinking Around  
Autism

You Can't Sleep  
Through Your  
Awakening

Deepening Intimacy  
with the Living Earth  
and Reclaiming Our  
Wild Nature

A new approach to



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behaviour and  
communication

Understanding  
Neuroplasticity in  
the Childs Brain  
*The Awakening  
by Kate Chopin  
from Coterie  
Classics All  
Coterie Classics  
have been  
formatted for*

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*ereaders and  
devices and  
include a bonus  
link to the free  
audio book.*

*“She was  
becoming  
herself and daily  
casting aside  
that fictitious  
self which we  
assume like a*

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*garment with  
which to appear  
before the  
world.” — Kate  
Chopin, The  
Awakening The  
Awakening by  
Kate Chopin is a  
masterpiece of  
early feminist  
fiction telling the  
story of a*

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*woman who  
finally decides  
to decide her  
own fate.*

*Rising Out of  
Hatred*

*The Anat Baniel  
Method for  
Awakening the  
Brain and  
Transforming  
the Life of Your*

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*Child With  
Special Needs  
With Love from  
Karen*

*A New Earth  
Soul Shifts  
The Unbound  
Soul*

*A Novel  
A Guide to  
Transforming  
Your Life and*

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*Awakening Your  
Spirit*  
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