

Strength To Love

Look for Rob Morgan's new book *Worry Less, Live More* fall of 2017 Why are we feeling so depleted when God has promised us strength equal to our days? Pastor Robert Morgan leads a busy life as a pastor and is also a multitasking caregiver to his disabled wife. Most days he feels exhausted, yet over time God has shown him how to build himself up when he's worn himself out. He has learned to fully embrace Psalm 84, as he moves from strength to strength. The valleys and the weaknesses are inevitable. Our task is to embrace these as we wait for God to take us to our next time of strength. After reviewing the 232 occurrences of the word strength in Scripture, Pastor Robert discovered twelve clear passages that drop anchor in God's Sea of Strength. Among the kinds of strength available to every believer are: Lifelong Strength: your strength will equal your days (Deuteronomy 33:25) Lasting Strength: they go from strength to strength (Psalm 84:5-7) Imparted Strength: the eyes of The Lord range throughout the earth to strengthen those whose hearts are fully committed to Him (2 Chronicles 16:9) Joyful Strength: the joy of The Lord is your strength (Nehemiah 8:10) Timely Strength: God is our refuge and strength (Psalm 46:1) Tranquil Strength: in quietness and trust is your strength (Isaiah 30:15) Renewed Strength: those who hope in the Lord will renew their strength (Isaiah 40:31) Recurring Strength: the Lord will strengthen your frame. You will be like a well-watered garden (Isaiah 58:11) Durable Strength: the Sovereign Lord is my strength; He makes my feet like the feet of a deer, He enables me to tread on the heights (Habakkuk 3:19) Unwavering Strength: Abraham did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God (Romans 4:20) Innermost Strength: I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being (Ephesians 3:16) Riveting Strength: I can do all this through Him who gives me strength (Philippians 4:13)

The teachings of Jesus have the profound ability to be abundantly clear, and yet leave us with equally abundant questions. In Mark's account, we are told to love God with all our heart, soul, mind, and strength, and to love our neighbor as our self. Beautiful Interference uses storytelling to bring clarity to what God is calling us as his disciples to do as we live a life aiming to look like Jesus Christ.

Strength to Love Beacon Press

The opposite of love is not hate - it is fear. We must do all we can do act with and choose love, instead of giving into fear when it shows itself. This is the only way to live a life filled with blessings, and author Kenny Vaughan reminds us of this age-old lesson from God in his book *The Right Fight: How to Live a Loving Life*.

Prayers of Hope for Caregivers

Martin Luther King: Strength to Love

Authentic Happiness

Inspiration from the Great Sermons of Reverend Martin Luther King, Jr.

The Power of Transcendental Meditation

Seeking God's Strength When Someone You Love Needs You

I Love My Job But It's Killing Me is the step-by-step guide teachers need to get back to the career they love without compromising their health any longer. I Love My Job But It's Killing Me is a no-nonsense and practical guide to help get teachers started today on the path to improved health and more energy, so they can get back their career – and their life. Within I Love My Job But It's Killing Me, teachers learn techniques that will: Improve their ability to fall and stay asleep Reduce brain fog and exhaustion brought on by stress Eliminate or greatly minimize aches and pains that interfere with daily work Help them reclaim the energy needed to support their work and family life Gives concrete steps to take when it feels like it's all falling apart

At last — a spiritual book for Catholics who have to devote more time to making dinner and picking up the kids than to meditation and prayer! Essential (and easy) reading for busy Catholics, *Strength in Simplicity* shows you how to grow closer to God in the things you already do every day, without burdening you with numerous devotions or complicated methods. Author Emmanuel de Giberques explores the virtue of simplicity — that is, having the single intention of pleasing God in all that you do. You'll learn what a difference simplicity can make for you — as it did for our Lord and our Lady. You'll come to recognize the signs of true simplicity and find out how to practice simplicity toward God and in your life's activities. Even better, you'll find the secrets of practicing simplicity within yourself — a deceptively difficult spiritual discipline that de Giberques makes easy here. As this book helps you bring the calming and transforming virtue of simplicity into every part of your life, you'll become better able to direct all things to God and learn new ways to be attentive to His presence in your life. Don't rush through life without this saving message! "Readers will be richly rewarded with spiritual insight." Publishers Weekly *Strength in Simplicity* reveals to you: True simplicity: how it isn't willful ignorance or simple-mindedness Your intentions: are they pure? Why this could be the most important question you'll ever answer Two advantages of simplicity: what you'll gain by clearing your life of complications How simplicity can make you generous, courageous, and more loving Failure: your attitude toward it may be crippling your spiritual life. Find out how The most dreaded enemy of your soul's progress: is it keeping you from deepening your happiness and love for God? Two indispensable qualities for beginners in the spiritual life: do you have them? And much more to help you simplify your life and come closer to God!

As You Give Care, God is Caring for You Caring for someone with health needs can be emotionally, physically, and spiritually draining. Sarah Forgrave has spent considerable time, both as someone struggling with serious medical issues and as the family member of a chronically ill patient, and she understands the many challenges you face in your caregiving role. Sarah wants to share what she discovered with you—peace through prayer, solace in Scripture, and unending hope from a Heavenly Father who never stops loving you. Each heartfelt prayer and devotion is intended to help you navigate

the complex set of emotions that come with caregiving. Read it front to back or go directly to the devotion addressing how you feel at any given moment...when you need it most. Take comfort in the truth that God knows your every need as a caregiver and is always there for you amid your toughest trials.

"You are not broken, you're becoming."--Back cover.

A Gift of Love

A Study from the Center for International Studies, Massachusetts Institute of Technology

The Teacher's Guide to Conquering Chronic Stress and Sickness

The Love Dare

How I Found My Strength Through Love and Loss

Strength to Love

Cameron Diaz shares her formula for becoming happier, healthier, and stronger in this positive, essential guide grounded in science and inspired by personal experience, a #1 New York Times bestseller. Throughout her career, Cameron Diaz has been a role model for millions of women. By her own candid admission, though, this fit, glamorous, but down-to-earth star was not always health-conscious. Learning about the inseparable link between nutrition and the body was just one of the life-changing lessons that has fed Cameron's hunger to educate herself about the best ways to feed, move, and care for her body. In *The Body Book*, she shares what she has learned and continues to discover about nutrition, exercise, and the mind/body connection. Grounded in science and informed by real life, *The Body Book* offers a comprehensive overview of the human body and mind, from the cellular level up. From demystifying and debunking the hype around food groups to explaining the value of vitamins and minerals, readers will discover why it's so important to embrace the instinct of hunger and to satisfy it with whole, nutrient-dense foods. Cameron also explains the essential role of movement, the importance of muscle and bone strength and why we need to sweat a little every day. *The Body Book* does not set goals to reach in seven days or thirty days or a year. It offers a holistic, long-term approach to making consistent choices and reaching the ultimate goal: a long, strong, happy, healthy life.

Advocating love as strength and non-violence as the most powerful weapon there is, these sermons and writings from the heart of the civil rights movement show Martin Luther King's rhetorical power at its most fiery and uplifting. Throughout history, some books have changed the world. They have transformed the way we see ourselves and each other. They have inspired debate, dissent, war and revolution. They have enlightened, outraged, provoked and comforted. They have enriched lives and destroyed them. Now Penguin brings you the works of the great thinkers, pioneers, radicals and visionaries whose ideas shook civilization and helped make us who we are.

Teaches how to condition and move one's body to increase sexual enjoyment for both partners, using practical training, popular sexual positions, and a heightened spiritual awareness.

What it's like to explore Mars from Earth: How the Mars rovers provide scientists with a virtual experience of being on Mars. Geologists in the field climb hills and hang onto craggy outcrops; they put their fingers in sand and scratch, smell, and even taste rocks. Beginning in 2004, however, a team of geologists and other planetary scientists did field science in a dark room in Pasadena, exploring Mars from NASA's Jet Propulsion Laboratory (JPL) by means of the remotely operated Mars Exploration Rovers (MER). Clustered around monitors, living on Mars time, painstakingly plotting each movement of the rovers and their tools, sensors, and cameras, these scientists reported that they felt as if they were on Mars themselves, doing field science. The MER created a virtual experience of being on Mars. In this book, William Clancey examines how the MER has changed the nature of planetary field science. Drawing on his extensive observations of scientists in the field and at the JPL, Clancey investigates how the design of the rover mission enables field science on Mars, explaining how the scientists and rover engineers manipulate the vehicle and why the programmable tools and analytic instruments work so well for them. He shows how the scientists felt not as if they were issuing commands to a machine but rather as if they were working on the red planet, riding together in the rover on a voyage of discovery. Learn more about the book here:

http://www.youtube.com/watch?v=oZQSWSZnTYs&feature=youtube_gdata

Sermons from Strength to Love and Other Preachings

The Body Book

For the Strength of Youth

A Woman of Strength and Purpose

Finding Success, Happiness, and Deep Purpose in the Second Half of Life

From the Dust Jacket: In November and December 1967, Dr. Martin Luther King, Jr., delivered five lectures for the renowned Massey Lecture Series of the Canadian Broadcasting Corporation. The collection was immediately released as a book under the title *Conscience for Change*, but after King's assassination in 1968, it was republished as *The Trumpet of Conscience*. The collection sums up his lasting creed and is his final testament on racism, poverty, and war. Each oration in this volume encompasses a distinct theme and speaks prophetically to today's perils, addressing issues of equality, conscience and war, the mobilization of young people, and nonviolence. Collectively, they reveal some of King's most introspective reflections and final impressions of the movement while illustrating how he never lost sight of our shared goals for justice. The book concludes with "A Christmas Sermon on Peace"--A powerful lecture that was broadcast live from Ebenezer Baptist Church on Christmas Eve in 1967. In it King articulates his long-term vision of nonviolence as a path to world peace.

Warner Books, in conjunction with Intellectual Properties Management, Inc., presents an extraordinary collection of sermons by Dr. Martin Luther King, Jr.-many never before

published-along with introductions an documentary of the world's leading ministers & theologians.

From Dr. Martin Luther King, Jr.'s daughter, Dr. Bernice A. King: “ My father ’ s dream continues to live on from generation to generation, and this beautiful and powerful illustrated edition of his world-changing "I Have a Dream" speech brings his inspiring message of freedom, equality, and peace to the youngest among us—those who will one day carry his dream forward for everyone. ” On August 28, 1963, on the steps of the Lincoln Memorial during the March on Washington, Martin Luther King gave one of the most powerful and memorable speeches in our nation's history. His words, paired with Caldecott Honor winner Kadir Nelson's magnificent paintings, make for a picture book certain to be treasured by children and adults alike. The themes of equality and freedom for all are not only relevant today, 50 years later, but also provide young readers with an important introduction to our nation's past.

A repackaged edition of the revered author's classic work that examines the four types of human love: affection, friendship, erotic love, and the love of God—part of the C. S. Lewis Signature Classics series. C.S. Lewis—the great British writer, scholar, lay theologian, broadcaster, Christian apologist, and bestselling author of *Mere Christianity*, *The Screwtape Letters*, *The Great Divorce*, *The Chronicles of Narnia*, and many other beloved classics—contemplates the essence of love and how it works in our daily lives in one of his most famous works of nonfiction. Lewis examines four varieties of human love: affection, the most basic form; friendship, the rarest and perhaps most insightful; Eros, passionate love; charity, the greatest and least selfish. Throughout this compassionate and reasoned study, he encourages readers to open themselves to all forms of love—the key to understanding that brings us closer to God.

The Measure of a Man

The Art of Mindful Connection

Fire with Fire

The Strength in Our Scars

A Tough Mind and a Tender Heart

Working on Mars

On December 1, 1955, Rosa Parks refused to move to the back of a city bus in Montgomery, Alabama. She was not trying to start a movement. She was simply tired of the social injustice. Yet, her simple act of courage started a chain of events that forever shaped the landscape of American race relations. Now, decades after her quiet defiance inspired the modern civil rights movement, Mrs. Parks’s own words tell of her courageous life, her passion for freedom and equality, and her strong faith. Reflections by Rosa Parks celebrates the principles and convictions that guided her through a remarkable life. It is a printed record of her legacy—her lasting message to a world still struggling to live in harmony. Including historic and beautiful pictures, this collection of Rosa Parks’s reflections includes topics like dealing with fear, facing injustice, developing character and determination, faith in God, and her hope for the future. “I want to be remembered as a person who stood up to injustice,” writes Rosa Parks, “who wanted a better world for young people.” With Mrs. Parks’s words of wisdom, humility, and compassion, this book will inspire people of all races to carry on her great legacy.

The classic collection of sixteen sermons preached and compiled by Dr. King As Dr. King prepared for the Birmingham campaign in early 1963, he drafted the final sermons for *Strength to Love*, a volume of his best-known homilies. King had begun working on the sermons during a fortnight in jail in July 1962. Having been arrested for holding a prayer vigil outside Albany City Hall, King and Ralph Abernathy shared a jail cell for fifteen days that was, according to King, “‘dirty, filthy, and ill-equipped’” and “the worse I have ever seen.” While behind bars, he spent uninterrupted time preparing the drafts for classic sermons such as “Loving Your Enemies,” “Love in Action,” and “Shattered Dreams,” and continued to work on the volume after his release. *A Gift of Love* includes these classic sermons, along with two new preachings. Collectively they present King’s fusion of Christian teachings and social consciousness, and promote his prescient vision of love as a social and political force for change.

The roadmap for finding purpose, meaning, and success as we age, from bestselling author, Harvard professor, and the Atlantic's happiness columnist Arthur Brooks. Many of us assume that the more successful we are, the less susceptible we become to the sense of professional and social irrelevance that often accompanies aging. But the truth is, the greater our achievements and our attachment to them, the more we notice our decline, and the more painful it is when it occurs. What can we do, starting now, to make our older years a time of happiness, purpose, and yes, success? At the height of his career at the age of 50, Arthur Brooks embarked on a seven-year journey to discover how to transform his future from one of disappointment over waning abilities into an

opportunity for progress. From Strength to Strength is the result, a practical roadmap for the rest of your life. Drawing on social science, philosophy, biography, theology, and eastern wisdom, as well as dozens of interviews with everyday men and women, Brooks shows us that true life success is well within our reach. By refocusing on certain priorities and habits that anyone can learn, such as deep wisdom, detachment from empty rewards, connection and service to others, and spiritual progress, we can set ourselves up for increased happiness. Read this book and you, too, can go from strength to strength.

Against an international landscape of power, affluence, control and fear, a young woman defines what it means to find strength, passion and love for life. Her choice to trust herself, and dare to take the first steps away from what she could not allow, led to acts of boldness. With the unexpected help of strangers, and guidance from her alter-ego, her journey led to an unprecedented escape to freedom.

A Knock at Midnight

The Law of Hunger, the Science of Strength, and Other Ways to Love Your Amazing Body

The Trumpet of Conscience

Strength in Stillness

A Novel

The Right Fight

You are a person worthy of love. You don't have to do anything to deserve all the love in the world. Real Love is a creative tool kit of mindfulness exercises and meditation techniques that help you to truly engage with your present experience and create deeper love relationships with yourself, your partner, friends and family, and with life itself. Sharon Salzberg, a leading expert in Lovingkindness meditation, encourages us to strip away layers of negative habits and obstacles, helping us to experience authentic love based on direct experience, rather than preconceptions. Across three sections, Sharon explains how to dispel cultural and emotional habits, and direct focused care and attention to recapture the essence of what it is to love and be loved. With positive reflections and practices, Sharon teaches us how to shift the responsibilities of the love that we give and receive to rekindle the powerful healing force of true connection. By challenging myths perpetuated by popular culture, we can undo the limited definitions that reduce love to simply romance or passion, and give the heart a much needed tune-up to connect ourselves to the truest experience of love in our daily lives.

Your Strong Will Is God's Will! As a strong-willed woman, you meet the world head-on, undeterred by those who say something can't be done. When applied in the right ways, your God-given passion produces clear-eyed purpose, deep compassion, and a bold spirit that can change the world. But sometimes your determination leads to misunderstandings and fractured relationships. Cynthia Tobias knows firsthand the positive potential of a strong will channeled appropriately. In A Woman of Strength and Purpose, she offers practical strategies for applying your confidence and drive to enrich your friendships, career, ministry, marriage, and parenting. You'll also hear from hundreds of other women who share your strong will and the desire to use it for God. You don't need to silence your strengths. Instead, let God use them to impact your world for good.

OUR DEAR YOUNG MEN AND YOUNG WOMEN, we have great confidence in you. You are beloved sons and daughters of God and He is mindful of you. You have come to earth at a time of great opportunities and also of great challenges. The standards in this booklet will help you with the important choices you are making now and will yet make in the future. We promise that as you keep the covenants you have made and these standards, you will be blessed with the companionship of the Holy Ghost, your faith and testimony will grow stronger, and you will enjoy increasing happiness.

Solène Marchand begins an impassioned affair with a member of her daughter's favorite boy band.

I Have a Dream

How to Live a Loving Life

Unstoppable

The Twelve Great Strength Passages of the Bible

The Four Loves

I Love My Job But It's Killing Me

The classic collection of Dr. King's sermons that fuse his Christian teachings with his radical ideas of love and nonviolence as a means to combat hate and oppression. As Martin Luther King, Jr., prepared for the Birmingham campaign in early 1963, he drafted the final sermons for Strength to Love, a volume of his most well known homilies. King had begun working on the sermons during a fortnight in jail in July 1962. While behind bars, he spent uninterrupted time preparing the drafts for works such as "Loving Your Enemies" and "Shattered Dreams," and he continued to edit the volume after his release. Strength to Love includes these classic sermons selected by Dr. King. Collectively they present King's fusion of Christian teachings and social consciousness and promote his prescient vision of love as a social and political force for change.

In her bestselling book The Beauty Myth, Naomi Wolf sought to change the way in which women see themselves in relation to their bodies. Now she focuses on how they see themselves in relation to power. She argues that the feminist movement has to change if it is to speak to a new generation of women, and that, even as women are gaining more ground than ever before, a wariness of feminist orthodoxies keeps them away from the only movement capable of putting political clout behind their personal success. The book represents a call to women to throw off centuries of conditioning about the relationship between power and femininity.

NATIONAL BESTSELLER Latin Grammy Award-winning singer-songwriter and author of the New York Times bestseller Forgiveness returns with a new memoir that shares the triumphs, hardships, and lessons of life after her mother's, Jenni Rivera, death. Bringing her signature warmth, humor, and positivity to the page, Chiquis Rivera picks up where

her memoir *Forgiveness* left off. Reeling from her mother's tragic death, Chiquis finds herself at a major crossroads. As a new parent to her younger brother and sister, she struggles to balance her family's needs with her dreams of becoming a successful singer and entrepreneur. Stepping out of the shadow of her mother's legendary career and finding her own identity as a singer is challenging...but navigating unhealthy relationships proves to be even harder. When she meets and marries the person she believes is the man of her dreams, it seems like life is finally falling into place. But a dark secret unravels their relationship, and Chiquis emerges stronger as a single woman. In the end, nothing can keep Chiquis down. Her life philosophy says it all: "Either I thrive or I learn." Filled with life-affirming revelations, Chiquis ultimately shares her greatest gift with her fans—the accessible lessons that have made her unstoppable.

Kindle book page description *God's Guiding Light of Peace: Strength to Stand Through Life's Storms*, is like an inspirational shield blocking negativity. These inspired words of faith help bring your focus back to positivity and assist you in releasing stress. C. Melita Webb's loving words of joy bring peace to your mind, calm to your heart, comfort to your soul, and serenity to your space. Whether you are looking for wonderful words of inspiration, morning meditation, daily encouragement, peaceful evening reflections, a vacation read, or the next pick for your group's book club, you will find insight, encouragement, support, and assistance on the pages of *God's Guiding Light of Peace*. Having a copy *God's Guiding Light of Peace* will help you find more reasons to be joyful, encourage you to fully embrace the blessings and see the goodness in each day. We all face tough issues at some point in our life, our minds can become overwhelmed, frazzled and our spirit may feel blocked. These loving words of faith will encourage and assist you in standing firm in your journey, help you maintain a positive attitude, and ease the symptoms of stress in your day. This is a book you will enjoy reading again and again. The five engaging chapters act like emotional lifelines. Each chapter is structured to calm your mind, relax your cares, and fill your heart with peace. filled with beautiful poetry, loving prayers, positive affirmations, and enlightening essays of faith and encouragement will comfort and guide your mind toward more peaceful thoughts. Chapter 1 Embracing God's Strength Chapter 2 Embracing Our Daily Blessings Chapter 3 Embracing the Full Beauty of Life Chapter 4 Life Will Be Okay Chapter 5 The Joy of the Lord is Our Strength

Real Love

Truth Gives Strength to Wings

Voyages of Scientific Discovery with the Mars Exploration Rovers

Learning to Love God with All Your Heart, Soul, Mind, and Strength

Lessons on Fear, Intimacy, and Connection

Fit for Love

"The life story of Coretta Scott King--wife of Martin Luther King Jr., founder of the King Center for Nonviolent Social Change, and singular twentieth-century American civil rights activist--as told fully for the first time, toward the end of her life, to one of her closest friends Born in 1927 to daringly enterprising black parents in the Deep South, Coretta Scott had always felt called to a special purpose. One of the first black scholarship students recruited to Antioch College, a committed pacifist, and a civil rights activist, she was an avowed feminist--a graduate student determined to pursue her own career--when she met Martin Luther King Jr., a Baptist minister insistent that his wife stay home with the children. But in love and devoted to shared Christian beliefs and racial justice goals, she married King, and events promptly thrust her into a maelstrom of history throughout which she was a strategic partner, a standard bearer, a marcher, a negotiator, and a crucial fundraiser in support of world-changing achievements. As a widow and single mother of four, while butting heads with the all-male African American leadership of the times, she championed gay rights and AIDS awareness, founded the King Center for Nonviolent Social Change, lobbied for fifteen years to help pass a bill establishing the US national holiday in honor of her slain husband, and was a powerful international presence, serving as a UN ambassador and playing a key role in Nelson Mandela's election. Coretta's is a love story, a family saga, and the memoir of an independent-minded black woman in twentieth-century America, a brave leader who stood committed, proud, forgiving, nonviolent, and hopeful in the face of terrorism and violent hatred every single day of her life."--Provided by publisher.

First published in 1959, this pair of meditations by the revered civil-rights leader Martin Luther King, Jr. contains the theological roots of his political and social philosophy of nonviolent activism. Eloquent and passionate, reasoned and sensitive. "AT THE first National Conference on Christian Education of the United Church of Christ, held at Purdue University in the summer of 1958, Martin Luther King presented two notable devotional addresses. Moved by the dear and persuasive quality of his words, many of the 3000 delegates to the conference urged that the meditations be made available in book form. They wanted the book for their own libraries and they were eager to share Dr. King's vital messages with fellow Christians of other denominations. "In the resolute struggle of American Negroes to achieve complete acceptance as citizens and neighbors the author is recognized as a leader of extraordinary resourcefulness, valor, and skill. His concern for justice and brotherhood and the nonviolent methods that he advocated and uses, are based on a serious commitment to the Christian faith. "As his meditations in this book suggest, Dr. King regards meditation and action as indivisible functions of the religious life. When we think seriously in the presence of the Most High, when in sincerity we "go up to the mountain of the Lord," the sure event is that "he will teach us of his ways, and we will walk in his paths" (Isaiah 2: 3)."

As the characters go through their daily journeys, each one finds themselves often pondering the question: Where do we go from here? Some will realize the answer to that question, while others will be left to figure out which way to turn next. Interwoven in this novel are issues and lessons related to friendship, love, death, family secrets, betrayal, heartbreak and pure bliss. Set in the suburbs of Maryland and the Washington Metropolitan area,

you'll take a ride through the characters' lives that will touch your heart and leave you wanting more.

Unconditional love is eagerly promised at weddings, but rarely practiced in real life. As a result, romantic hopes are often replaced with disappointment in the home. But it doesn't have to stay that way. The Love Dare, the New York Times No. 1 best seller that has sold five million copies and was major plot device in the popular movie Fireproof, is a 40-day challenge for husbands and wives to understand and practice unconditional love. Whether your marriage is hanging by a thread or healthy and strong, The Love Dare is a journey you need to take. It's time to learn the keys to finding true intimacy and developing a dynamic marriage. This second edition also features a special link to a free online marriage evaluation, a new preface by Stephen and Alex Kendrick, minor text updates, and select testimonials from The Love Dare readers. Take the dare!

It's All in the Journal

My Life, My Love, My Legacy

The Busy Catholic's Guide to Growing Closer to God

New Female Power and How It Will Change the Twenty-First Century

Be Not Afraid of Love

God's Guiding Light of Peace

Instant New York Times Bestseller A simple, straightforward exploration of Transcendental Meditation and its benefits from world authority Bob Roth. Oprah Winfrey, Ray Dalio and Ellen DeGeneres. Gwyneth Paltrow and Howard Stern. Tom Hanks and Gisele Bündchen. What do they have in common? The answer is a Transcendental Meditation teacher named Bob Roth, who has spent the past forty-five years helping many thousands of people access their innate creativity and power through this simple, nonreligious practice. Students range from titans of business and the arts to federal prisoners, from war-scarred veterans to overworked moms and dads. Medical experts agree that stress is damaging our physical and emotional health at younger and younger ages. While there is no one single cure, the Transcendental Meditation technique is a simple practice that changes how we respond to stress and life's challenges. With scientifically proven benefits—reduced stress and anxiety, and improved focus, sleep, resilience, creativity, and a few—this five-thousand-year-old technique has a clear and direct impact on our very modern problems. Once a skeptic, Roth trained under Maharishi Mahesh Yogi, the foremost scientist of consciousness and meditation, and has since become one of the most experienced and sought-after meditation teachers in the world. In Strength in Stillness, Roth breaks down the science behind Transcendental Meditation in a new, accessible way. He highlights the three distinct types of meditation—Focused Attention, Open Monitoring, and Transcending—and showcases the evidence that the third, Self-Transcending, or Transcendental Meditation, is a uniquely accessible, effective, and efficient way to reduce stress, gain power, and build resilience. Free of gimmicks, mystical verbiage, and obscure theory, Strength in Stillness offers a clear explanation for how Transcendental Meditation works on the body, and spirit.

In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that we can learn to inject real joy into their lives. In Authentic Happiness, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five strengths we can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. Authentic Happiness provides a variety of tests and exercises to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world and achieve lasting levels of authentic contentment and joy.

"Radical and revolutionary." —Jonny Sun, New York Times bestselling author of Goodbye, Again A collection of powerful interconnected essays and affirmations that fuel your journey toward embodying and re-learning love after a violent romantic relationship, a stunning and provocative book that will guide and inspire readers to lean into their early twenties, Mimi Zhu was a survivor of intimate-partner abuse. This left them broken, in search of healing and ways to re-learn love. This work is a testament to the adaptability all humans possess, a tribute to love. Be Not Afraid of Love explores the intersections of love and fear in self-esteem, friendship, family dynamics, and romance, and extends out to its effects on society and the greater political realm. In sharing their own intimate encounters with oppression, healing, joy, and community, Mimi invites readers to dive deeply on their own experiences as well, with the intention of acting as a guide to undoing the hurt or uncertainty within them. In this heartrending and revolutionary book, learn to be not afraid of love.

The Idea of You

Strength in Simplicity

The Quiet Strength and Faith of a Woman Who Changed a Nation

Where Do We Go from Here?

From Strength to Strength

Strength to Stand Through Life's Storms