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The Warrior Goddess Way HeatherAsh Amara, 2016-10-24 Learn the Way of the Warrior Goddess Since its publication a short time ago HeatherAsh Amara's Warrior Goddess Training has become much more than just a book its ten lessons have inspired thousands of women around the world to reclaim their power their passion and their freedom In this much anticipated follow up The Warrior Goddess Way Amara goes deeper revealing three additional pillars of Warrior Goddess living that readers can apply to travel further down this sacred path Wisdom Authenticity and Yes Wisdom arises naturally when we learn to listen Not to the voices in our head but the voices in our cells our natural discernment and our creative knowing Authenticity is embracing your vulnerability your silliness and owning all your superpowers It's accepting and loving what is not what should be Yes is about celebrating everything All the time Even your greatest defeats In exploring these three pillars Amara delves into topics such as forgiveness relationships and finding your inner stillness You will learn the art of maintaining emotional balance cultivating self respect practicing heartfelt communication and the power of consciously embracing life's beginnings and endings Like Warrior Goddess Training this book is packed full of exercises and explorations designed to help you integrate the Warrior Goddess Way into your everyday life You CAN learn to enjoy everything you do Your potential for dancing through life is waiting to be awakened Live the Warrior Goddess Way and claim the woman you are destined to be

Pinch Me Barbara Boyle, 2025-02-11 For fans of Stanley Tucci and Frances Mayes Barbara Boyle's story of leaving her California home to restore an old stone farmhouse in Italy's Piedmont only to fall in love with the food and people of her enchanting new town will delight and inspire An updated twist on the classic Under the Tuscan Sun this is the deeply personal story of how fiftysomething Barbara Boyle leaves her busy and familiar life behind in San Francisco and begins taking apart a 300 year old stone barn to build a new home a new life in the largely undiscovered region of Piedmont Italy Filled with discoveries and pleasures of the stunning places and food she encounters Pinch Me also details Barbara's frustrations in adjusting to a new culture as well as the startling heartbreak

of being faced with a breast cancer diagnosis But even in the midst of this crisis she and her husband create a home out of the stone ruin they had found forming deep friendships in their little town and unlocking a new level of joy in life She shares intimate moments joyous and bittersweet as a new wife stepmom and a member of a community and of course she shares a few recipes reflecting the gastronomical excellence of the region A touching memoir filled with food friendships and scenes of Italy Pinch Me is ultimately a celebration of love of learning to see the world as well as oneself through a different window and of the powerful joy that comes from building a dream

F the Shoulds. Do the Wants Tricia Huffman,2022-05-10

A simple sticky yet powerful mindset hack from Tricia Huffman founder and CEO of Your Joyologist to set yourself free from the shoulds and reclaim your life for YOU in every moment throughout your day Forget what you have been told about what you should do or be and ask yourself what do you want You have no idea how much the shoulds are running your life holding you back and making you question your worth on a daily basis Tricia Huffman didn't until she committed to eliminating all shoulds from her life In **F THE SHOULDs DO THE WANTS** Tricia takes you on her journey of uncovering the deep rooted implications of the word should and helps you gain the self awareness that this simple yet effective one word swap gave her She shows how the word should consciously and unconsciously weighs on us in our daily language thoughts and beliefs and teaches how by shifting shoulds into wants you will Recognize the shoulds that are at the root of your doubts fears resentment and shame Call out the BS stories you create and believe about yourself Stop beating yourself up over the should haves and what already happened Build a direct line to your intuition and integrity Cut out your excuses and procrastination Embrace heal and own who you are fully each day Stop shoulding all over yourself and learn how to listen to what it is that you truly want and feel By focusing on this one word you will give yourself a direct line to what truly matters to you and live your most present aligned and alive life Tricia Huffman's message is simple but effective replace the word should with the word want in your vocabulary and unlock a true connection to yourself on a daily basis

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The Top Books of the Year Steps An Itty Bitty The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. Steps An Itty Bitty : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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