

What Does Peace Feel Like

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The Path to Peace - Ann Swindell 2022-05-17

"The Path to Peace will be a balm to your soul, a beacon of hope, and a declaration of God's loving-kindness that never fails for his people." --GRETCHEN SAFFLES, bestselling author of *The Well-Watered Woman*
Overwhelmed. Stressed out. Burnt out. Fried. However we name it, all of us know what it feels like to deal with circumstances and worries that drag us down and wear us out. Many of us experience persistent anxiety. Peace can be hard to find. But it is in the middle of our stress and fear that God extends his unshakable peace to us. In this beautiful book that is part devotional and part Bible study, Ann Swindell shares how the biblical stories of eight women and men helped her realize that what she needed most in her own journey wasn't a stable job or healthy kids or good friends--it was God's peace. Through forty faith-stirring readings, Ann will help you: · Experience God's peace in your daily life · Respond to challenges with faith rather than fear · Find hope in God's goodness and faithfulness toward you The good news is that even if our situations don't change, we can still experience Christ's peace in our daily lives. The Path to Peace is for everyone who longs to experience a soul at rest.

Think Like a Monk - Jay Shetty 2020-09-08

Jay Shetty, social media superstar and host of the #1 podcast *On Purpose*, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the *Forbes* magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, *On Purpose*, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, *Think Like a Monk* reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

What Does Peace Feel Like? - Vladimir Radunsky 2004-11-01

Peace. What does that word really mean? Ask children from around the world, and this is what they say....

Can You Say Peace? - Karen Katz 2006-07-25

Every September 21 on the International Day of Peace, children around the world wish in many different languages for peace.

Wildmind - Bodhipaksa 2012-02-29

Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind. From how to build your own stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or strengthen your meditation practice.

Stillness Is the Key - Ryan Holiday 2019-10-01

Instant #1 New York Times Bestseller & Wall Street Journal Bestseller In *The Obstacle Is the Way* and *Ego Is the Enemy*, bestselling author Ryan Holiday made ancient wisdom wildly popular with a new generation of leaders in sports, politics, and technology. In his new book, *Stillness Is the Key*, Holiday draws on timeless Stoic and Buddhist philosophy to show why slowing down is the secret weapon for those charging ahead. All great leaders, thinkers, artists, athletes, and visionaries share one indelible quality. It enables them to conquer their tempers. To avoid distraction and discover great insights. To achieve happiness and do the right thing. Ryan Holiday calls it stillness--to be steady while the world spins around you. In this book, he outlines a path for achieving this ancient, but urgently necessary way of living. Drawing on a wide range of history's greatest thinkers, from Confucius to Seneca, Marcus Aurelius to Thich Nhat Hanh, John Stuart Mill to Nietzsche, he argues that stillness is not mere inactivity, but the doorway to self-mastery, discipline, and focus. Holiday also examines figures who exemplified the power of stillness: baseball player Sadaharu Oh, whose study of Zen made him the greatest home run hitter of all time; Winston Churchill, who in balancing his busy public life with time spent laying bricks and painting at his Chartwell estate managed to save the world from annihilation in the process; Fred Rogers, who taught generations of children to see what was invisible to the eye; Anne Frank, whose journaling and love of nature guided her through unimaginable adversity. More than ever, people are overwhelmed. They face obstacles and egos and competition. *Stillness Is the Key* offers a simple but inspiring antidote to the stress of 24/7 news and social media. The stillness that we all seek is the path to meaning, contentment, and excellence in a world that needs more of it than ever.

Making Peace with the Things in Your Life - Cindy Glovinsky 2002-05-03

Do you spend much of your time struggling against the growing ranks of papers, books, clothes, housewares, mementos, and other possessions that seem to multiply when you're not looking? Do these inanimate objects, the hallmarks of busy modern life, conspire to fill up every inch of your space, no matter how hard you try to get rid of some of them and organize the rest? Do you feel frustrated, thwarted, and powerless in the face of this ever-renewing mountain of stuff? Help is on the way. Cindy Glovinsky, practicing psychotherapist and personal organizer, is uniquely qualified to explain this nagging, even debilitating problem -- and to provide solutions that really work. Writing in a supportive, nonjudgmental tone, Glovinsky uses humorous examples, questionnaires, and exercises to shed light on the real reasons why we feel so overwhelmed by papers and possessions and offers individualized suggestions tailored to specific organizing problems. Whether you're drowning in clutter or just looking for a new way to deal with the perennial challenge of organizing and managing material things, this fresh and reassuring approach is

sure to help. Making Peace with the Things in Your Life will help you cut down on your clutter and cut down on your stress!

At Peace - Kristen Ashley 2015-01-16

Violet Winters once had it all but lost it when her husband was murdered by a criminal madman. During a cold winter night Violet has to leave her warm bed to tell her neighbor to turn the music down. And that's when she meets sinister, scarred, scarily attractive security specialist, Joe Callahan. She wants to deny it, but Violet can't beat back the hunger she feels for Joe so she gives in again and again. Feeling it himself, Joe feeds Vi's hunger, breaking his own rules to keep her in his bed. Even though Violet had only one man in her life, she's sure Joe is giving her the signals and Vi decides she's ready to take a second chance at life and, maybe, love. But Violet doesn't know the dark secrets in Joe's past, secrets so soul-wrenching, they've drained him dry. With nothing left to give, Joe's determined to live his life alone and he breaks Violet's heart. Crushed by Joe's betrayal, Violet comes to terms with the fact that, no matter what signals he gave, Joe was not theirs to win. But Violet's husband's murderer is obsessed with her and heartbreak again haunts the door of the Winters home. When it does Joe is forced to face the knowledge that he can't fight Violet's pull, she's under his skin and filled him full to bursting. Joe needs to win her back and put his life on the line to keep Violet safe. But, having had it all once, can Violet endure losing Joe?

The Spanish Love Deception - Elena Armas 2022-02-08

A wedding. A trip to Spain. The most infuriating man. And three days of pretending. Or in other words, a plan that will never work. Catalina Martín, finally, not single. Her family is happy to announce that she will bring her American boyfriend to her sister's wedding. Everyone is invited to come and witness the most magical event of the year. That would certainly be tomorrow's headline in the local newspaper of the small Spanish town I came from. Or the epitaph on my tombstone, seeing the turn my life had taken in the span of a phone call. Four weeks wasn't a lot of time to find someone willing to cross the Atlantic-from NYC and all the way to Spain-for a wedding. Let alone, someone eager to play along with my charade. But that didn't mean I was desperate enough to bring the 6'4 blue eyed pain in my ass standing before me, Aaron Blackford. The man whose main occupation was making my blood boil had just offered himself to be my date. Right after inserting his nose in my business, calling me delusional, and calling himself my best option. See? Outrageous. Aggravating. Blood boiling. And much to my total despair, also right. Which left me with a surly and extra large dilemma in my hands. Was it worth the suffering to bring my colleague and bane of my existence as my fake boyfriend to my sister's wedding? Or was I better off coming clean and facing the consequences of my panic induced lie? Like my abuela would say, que dios nos pille confesados. The Spanish Love Deception is an enemies-to-lovers, fake-dating.

Why Do I Feel Like This? - Peace Amadi 2021-05-25

It's easy to get overwhelmed by all sorts of conflicting, difficult emotions. But psychology professor and personal development coach Dr. Peace Amadi can help you navigate the complexity of your emotions and live through them in healthy ways. With insights from both psychology and Scripture, this book offers you a clear plan to get your peace back and find your joy again.

Way of the Peaceful Warrior - Dan Millman 2000

Presents the author's personal account of his spiritual quest to unite the diverse realms of body, mind, and spirit by combining Eastern philosophy with Western fitness routines to become an example of the peaceful warrior.

Set Boundaries, Find Peace - Nedra Glover Tawwab 2021-03-16

The instant New York Times bestseller End the struggle, speak up for what you need, and experience the freedom of being truly yourself. Healthy boundaries. We all know we should have them--in order to achieve work/life balance, cope with toxic people, and enjoy rewarding relationships with partners, friends, and family. But what do "healthy boundaries" really mean--and how can we successfully express our needs, say "no," and be assertive without offending others? Licensed counselor, sought-after relationship expert, and one of the most influential therapists on Instagram Nedra Glover Tawwab demystifies this complex topic for today's world. In a relatable and inclusive tone, Set Boundaries, Find Peace presents simple-yet-powerful ways to establish healthy boundaries in all aspects of life. Rooted in the latest research and best practices used in cognitive behavioral therapy (CBT), these techniques help us identify and express our needs clearly

and without apology--and unravel a root problem behind codependency, power struggles, anxiety, depression, burnout, and more.

The Short and Tragic Life of Robert Peace - Jeff Hobbs 2015-07-28

Traces a young man's effort to escape the dangers of the streets and his own nature after graduating from Yale, describing his youth in violent 1980s Newark, efforts to navigate two fiercely insular worlds and life-ending drug deals. 75,000 first printing.

Find Your Glow, Feed Your Soul - Emily Silva 2019-09-10

This a-z of self-care takes you through the alphabet of cultivating purpose, inner peace, and joy in your life. Find Your Glow, Feed Your Soul is the perfect gift for a loved one who needs a boost (yourself included). From the letter a for acceptance to the letter h for harnessing your bravery to the letter z for zeroing in on what you want, you'll learn how to incorporate happiness and gratitude into your daily routine while also spending some time discovering a more spiritual you. Each chapter is a beacon to help you discover your inner glow, with self-exploration exercises at the end to help you cultivate the quality it highlights. We could all use a little more inner glow. So many of us let fear and self-doubt dictate our lives in big and small ways—keeping us from making a new friend or preventing us from going back to school or feeling happy or simply being our best selves. With Find Your Glow, Feed Your Soul, you can easily learn to practice mindfulness and incorporate positivity into your everyday life. You'll find words of encouragement whenever you need them in this beautiful little nightstand book. Find ways to create a more spiritual, soulful, and happier you with this gorgeous devotional begging to be gifted. Words of encouragement and inspiration from women around the world come together in the Everyday Inspiration series from Rock Point. Follow the journeys of hundreds of strong female leaders from past to present through thoughtful biographies and empowering quotes, and receive advice for how to live a more thoughtful and fulfilling life overall through performing acts of kindness for other or various methods of self-care. The perfect gift for family and friends, these gorgeous hardcovers featuring foiled covers and full-color interiors bring these amazing words of wisdom to life. Other books in the series include: Grit & Grace; Beautifully Said; FollowYour Bliss, Find Your Calm; and Hello Gorgeous!

The Unbearable Lightness of Being - Milan Kundera 2004-05-04

When The Unbearable Lightness of Being was first published in English, it was hailed as "a work of the boldest mastery, originality, and richness" by critic Elizabeth Hardwick and named one of the best books of 1984 by the New York Times Book Review. It went on to win the Los Angeles Times Book Prize for Fiction and quickly became an international bestseller. Twenty years later, the novel has established itself as a modern classic. To commemorate the anniversary of its first English-language publication, HarperCollins is proud to offer a special hardcover edition. A young woman in love with a man torn between his love for her and his incorrigible womanizing; one of his mistresses and her humbly faithful lover -- these are the two couples whose story is told in this masterful novel. Controlled by day, Tereza's jealousy awakens by night, transformed into ineffably sad death-dreams, while Tomas, a successful surgeon, alternates loving devotion to the dependent Tereza with the ardent pursuit of other women. Sabina, an independent, free-spirited artist, lives her life as a series of betrayals -- of parents, husband, country, love itself -- whereas her lover, the intellectual Franz, loses all because of his earnest goodness and fidelity. In a world in which lives are shaped by irrevocable choices and by fortuitous events, a world in which everything occurs but once, existence seems to lose its substance, its weight. Hence we feel, says the novelist, "the unbearable lightness of being" -- not only as the consequence of our private acts but also in the public sphere, and the two inevitably intertwine. This magnificent novel encompasses the extremes of comedy and tragedy, and embraces, it seems, all aspects of human existence. It juxtaposes geographically distant places (Prague, Geneva, Paris, Thailand, the United States, a forlorn Bohemian village); brilliant and playful reflections (on "eternal return," on kitsch, on man and animals -- Tomas and Tereza have a beloved doe named Karenin); and a variety of styles (from the farcical to the elegiac) to take its place as perhaps the major achievement of one of the world's truly great writers.

Talk Peace - Sam Williams 2005

Simple rhyming text and illustrations of a wide variety of children and animals encourage the reader to talk--and practice--peace.

Private Peaceful - Michael Morpurgo 2012-02-02

A stunning edition of this modern classic of World War One, featuring an introduction by the author and insightful testimonies from soldiers.

Risen Motherhood (Deluxe Edition) - Emily Jensen 2022-10-25

THIS HIGHLY GIFTABLE DELUXE EDITION OF THE BESTSELLER INCLUDES THREE ALL-NEW CHAPTERS Motherhood is hard. In a world of five-step lists and silver-bullet solutions to become perfect parents, mothers are burdened with mixed messages about who they are and what choices they should make. If you feel pulled between high-fives and hard words, with culture's solutions only raising more questions, you're not alone. But there is hope. You might think that Scripture doesn't have much to say about the food you make for breakfast, how you view your postpartum body, or what school choice you make for your children, but a deeper look reveals that the Bible provides the framework for finding answers to your specific questions about modern motherhood. Emily Jensen and Laura Wifler help you understand and apply the gospel to common issues moms face so you can connect your Sunday morning faith to the Monday morning tantrum. Discover how closely the gospel connects with today's motherhood. Join Emily and Laura as they walk through the redemptive story and reveal how the gospel applies to your everyday life, bringing hope, freedom, and joy in every area of motherhood.

Peace, Locomotion - Jacqueline Woodson 2010-07-08

The stunning companion to the National Book Award finalist--from a four-time Newbery Honor winning author Twelve-year-old Lonnie is finally feeling at home with his foster family. But because he's living apart from his little sister, Lili, he decides it's his job to be the "rememberer"—and write down everything that happens while they're growing up. Lonnie's musings are bittersweet; he's happy that he and Lili have new families, but though his new family brings him joy, it also brings new worries. With a foster brother in the army, concepts like Peace have new meaning for Lonnie. Told through letters from Lonnie to Lili, this thought-provoking companion to Jacqueline Woodson's National Book Award finalist *Locomotion* tackles important issues in captivating, lyrical language. Lonnie's reflections on family, loss, love and peace will strike a note with readers of all ages.

Leadership and Self-Deception - Arbinger Institute 2008-10

This edition tackles the issue of self-deception and provides methodologies to help people overcome it.

Perfect Peace - Daniel Black 2010-03-16

The heartbreaking portrait of a large, rural southern family's attempt to grapple with their mother's desperate decision to make her newborn son into the daughter she will never have When the seventh child of the Peace family, named Perfect, turns eight, her mother Emma Jean tells her bewildered daughter, "You was born a boy. I made you a girl. But that ain't what you was supposed to be. So, from now on, you gon' be a boy. It'll be a little strange at first, but you'll get used to it, and this'll be over after while." From this point forward, his life becomes a bizarre kaleidoscope of events. Meanwhile, the Peace family is forced to question everything they thought they knew about gender, sexuality, unconditional love, and fulfillment.

The Peace Book - Todd Parr 2010-11-01

Peace is making new friends. Peace is helping your neighbor. Peace is a growing a garden. Peace is being who you are. The Peace Book delivers positive and hopeful messages of peace in an accessible, child-friendly format featuring Todd Parr's trademark bold, bright colors and silly scenes. Perfect for the youngest readers, this book delivers a timely and timeless message about the importance of friendship, caring, and acceptance.

The Anatomy of Peace - Arbinger Institute 2008-11-13

Peace - Becky Thompson 2020-09-08

The bestselling author of *Love Unending* and *Midnight Mom* Devotional reassures anxious women that even if you can't shake off fear, your faith is not broken. For years, Christian women have been told, "If you just prayed more, had more faith, and trusted Jesus, you'd have more peace." But what does it mean when a Christian momma continues to worry? How does she reconcile her feelings of fear with her faith in God? And how does she raise her children in a home full of peace when she feels anything but peaceful? Becky Thompson, a best-selling author with a degree in biblical studies, knows firsthand what it is like to suffer

from the crippling effects of anxiety--a condition she has struggled to overcome for most of her life. For her and many others, the fear she faces is not a faith issue. It's a physical one that affects over 40 million adults in the US. As Becky examines the relationship between the promise of peace in Scripture and the reality of life, motherhood, and anxiety, she brings both a practical and spiritual approach to the discussion of anxiety and how it impacts your mind, body, and spirit. Peace meets moms in the forest of fear where they have felt isolated and alone and walks them toward hope, reminding them that there are millions of other women who walk the same dark, uncertain trails they do and there isn't something wrong with their faith because they can't shake the fear. Peace is a lifeline for the Christian mom desperate for solid advice based on sound doctrine and presented in a way that makes her feel understood and far less alone on her journey toward healing.

This is Our House - Michael Rosen 2009-06-01

A Separate Peace - John Knowles 2014

An American coming-of-age tale during a period when the entire country was losing its innocence to the second world war Set at a boys' boarding school in New England during the early years of World War II, *A Separate Peace* is a harrowing and luminous parable of the dark side of adolescence. Gene is a lonely, introverted intellectual. Phineas is a handsome, taunting, daredevil athlete. What happens between the two friends one summer, like the war itself, banishes the innocence of these boys and their world.

Peaceful Parent, Happy Kids - Laura Markham 2012-11-27

A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you're tired of power struggles, tantrums, and searching for the right "consequence," look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

I Am Peace - Susan Verde 2017-09-26

When the world feels chaotic, find peace within through an accessible mindfulness practice from the bestselling picture-book dream team that brought us *I Am Yoga*. Express emotions through direct speech. Find empathy through imagination. Connect with the earth. Wonder at the beauty of the natural world. Breathe, taste, smell, touch, and be present. Perfect for the classroom or for bedtime, Susan Verde's gentle, concrete narration and Peter H. Reynolds's expressive watercolor illustrations bring the tenets of mindfulness to a kid-friendly level. Featuring an author's note about the importance of mindfulness and a guided meditation for children, *I Am Peace* will help readers of all ages feel grounded and restored.

What is Peace? - Wallace Edwards 2016

A stunning, thought-provoking look at finding peace in children's lives. Peace is a familiar word, its meaning both simple and complex. Here, Wallace Edwards explores peace and invites young readers to think about what that means to them. Through a series of linked questions combined with Edwards's singular art, the concept of peace is picked up, shaken, turned all around, and carefully examined from every angle. Children experience stress, even violence, at home and at school and bear witness to news stories and family histories. There are many books on war for children; far fewer that examine peace. *What Is Peace?* engages readers to think about peace in their day-to-day lives, and around the world.

Forgiving What You Can't Forget - Lysa TerKeurst 2020-11-17

#1 New York Times Bestseller You deserve to stop suffering because of what other people have done to you. Have you ever felt stuck in a cycle of unresolved pain, playing offenses over and over in your mind? You know you can't go on like this, but you don't know what to do next. Lysa TerKeurst has wrestled through this journey. But in surprising ways, she's discovered how to let go of bound-up resentment and overcome the resistance to forgiving people who aren't willing to make things right. With deep empathy,

therapeutic insight, and rich Bible teaching coming out of more than 1,000 hours of theological study, Lysa will help you: Learn how to move on when the other person refuses to change and never says they're sorry. Walk through a step-by-step process to free yourself from the hurt of your past and feel less offended today. Discover what the Bible really says about forgiveness and the peace that comes from living it out right now. Identify what's stealing trust and vulnerability from your relationships so you can believe there is still good ahead. Disempower the triggers hijacking your emotions by embracing the two necessary parts of forgiveness.

What Does Peace Feel Like? - Vladimir Radunsky 2004

Peace. What does that word really mean? Ask children from around the world, and this is what they say....

Peace is an Offering - Annette LeBox 2015-03-10

A warm, comforting poem about finding peace in a community of neighbors Peace is an offering. A muffin or a peach. A birthday invitation. A trip to the beach. Join this group of neighborhood children as they find love in everyday things—in sunlight shining through the leaves and cookies shared with friends—and learn that peace is all around, if you just look for it. With rhyming verse and soft illustrations, this book will help families and teachers look for the light moments when tragedy strikes and remind readers of the calm and happiness they find in their own community every day.

Not Yet Married - Marshall Segal 2017-06-20

Life Is Never Mainly About Love and Marriage. So Learn to Live and Date for More. Many of you grew up assuming that marriage would meet all of your needs and unlock God's purposes for you. But God has far more planned for you than your future marriage. Not Yet Married is not about waiting quietly in the corner of the world for God to bring you "the one," but about inspiring you to live and date for more now. If you follow Jesus, the search for a spouse is no longer a pursuit of the perfect person, but a pursuit of more of God. He will likely write a love story for you different than the one you would write for yourself, but that's because he loves you and knows how to write a better story. This book was written to help you find real hope, happiness, and purpose in your not-yet-married life.

Hear Yourself - Prem Rawat 2021-09-14

New York Times Bestseller "Rawat's deep wisdom is a breath of fresh air; Hear Yourself gives the gift of peace and gratitude in a time we sorely need it."—Ian Morgan Cron, author of *The Story of You* and co-author of *The Road Back to You* "Hear Yourself invites us to take a journey from the outside world we live in everyday to the world of peace within us. I highly recommend this inspiring book to anyone ready to take that journey."—Bill McCarthy, Founder and President of The Unity Foundation The renowned teacher and author of the internationally bestselling *Peace Is Possible* shows us how to quiet the noise of our busy lives to hear our own unique authentic voice—the source of peace. The cacophony of modern life can be deafening, leaving us feeling frazzled and uneasy. In this warm, wise book, Prem Rawat teaches us how to turn down the noise to "hear ourselves"—to listen to the subtle song of peace that sings inside each of us. Once we learn to truly "hear ourselves" and the voice of peace within, then we can hold on to that as we face all the noise of the world. The culmination of a lifetime of study, *Hear Yourself* lays out the crucial steps we can use to focus on the voice within. Take a walk in nature and listen for the sounds of harmony, Prem Rawat suggests, or set aside a few minutes each day to feel gratitude, which comes from the core of our being. He challenges us to embrace our thirst for peace and let go of expectations for how it should feel. With one straightforward yet deeply profound question, he helps us to focus—to be present: Am I conscious of where I am today and what I want to experience in this world?" If we allow ourselves to listen, what we hear is the extraordinary miracle of existence—an experience that transforms our relationship to life and everything in it. Packed with powerful insights and compelling stories, *Hear Yourself* introduces readers to an ancient line of practical wisdom that enlightens us to a simple way to listen. By doing so, Prem Rawat reveals, we can "profoundly change our understanding of ourselves, those around us, and our lives."

Peace Like a River - Leif Enger 2007-12-01

Hailed as one of the year's top five novels by Time, and selected as one of the best books of the year by nearly all major newspapers, national bestseller *Peace Like a River* captured the hearts of a nation in need of comfort. "A rich mixture of adventure, tragedy, and healing," *Peace Like a River* is "a collage of legends

from sources sacred and profane -- from the Old Testament to the Old West, from the Gospels to police dramas" (Ron Charles, *The Christian Science Monitor*). In "lyrical, openhearted prose" (Michael Glitz, *The New York Post*), Enger tells the story of eleven-year-old Reuben Land, an asthmatic boy who has reason to believe in miracles. Along with his sister and father, Reuben finds himself on a cross-country search for his outlaw older brother who has been controversially charged with murder. Their journey is touched by serendipity and the kindness of strangers, and its remarkable conclusion shows how family, love, and faith can stand up to the most terrifying of enemies, the most tragic of fates. Leif Enger's "miraculous" (Valerie Ryan, *The Seattle Times*) novel is a "perfect book for an anxious time ... of great literary merit that nonetheless restores readers' faith in the kindness of stories" (Marta Salij, *Detroit Free Press*).

BREACH OF PEACE - Daniel B. Greene 2021-03-30

When an imperial family is found butchered, Officers of God are called to investigate. Evidence points to a rebel group trying to stab fear into the very heart of the empire. Inspector Khlid begins a harrowing hunt for those responsible, but when a larger conspiracy comes to light, she struggles to trust even the officers around her.

Peace Pilgrim - Peace Pilgrim 1994

In nearly three decades, she walked more than 25,000 miles, carrying her possessions in her blue tunic and spreading her belief about peace: overcome evil with good, and falsehood with truth, and hatred with love.

I Want to Die but I Want to Eat Tteokbokki - Baek Sehee 2022-06-23

THE PHENOMENAL KOREAN BESTSELLER TRANSLATED BY INTERNATIONAL BOOKER SHORTLISTEE ANTON HUR 'Will strike a chord with anyone who feels that their public life is at odds with how they really feel inside.' - Red **PSYCHIATRIST: So how can I help you? ME: I don't know, I'm - what's the word - depressed? Do I have to go into detail?** Baek Sehee is a successful young social media director at a publishing house when she begins seeing a psychiatrist about her - what to call it? - depression? She feels persistently low, anxious, endlessly self-doubting, but also highly judgemental of others. She hides her feelings well at work and with friends; adept at performing the calmness, even ease, her lifestyle demands. The effort is exhausting, overwhelming, and keeps her from forming deep relationships. This can't be normal. But if she's so hopeless, why can she always summon a desire for her favourite street food, the hot, spicy rice cake, tteokbokki? Is this just what life is like? Recording her dialogues with her psychiatrist over a 12-week period, Baek begins to disentangle the feedback loops, knee-jerk reactions and harmful behaviours that keep her locked in a cycle of self-abuse. Part memoir, part self-help book, *I Want to Die but I Want to Eat Tteokbokki* is a book to keep close and to reach for in times of darkness.

The Wim Hof Method - Wim Hof 2020-10-20

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including: • **Breath**—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind • **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength • **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living • **Science**—How users of this method have redefined what is medically possible in study after study • **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness • **Performance**—Increase your endurance, improve recovery time, up your mental game, and more • **Wim's Story**—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph • **Spiritual**

Awakening—How breath, cold, and mindset can reveal the beauty of your soul Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

Peace at Last - Jill Murphy 2023-04-27

Jill Murphy's bestselling classic *Peace at Last* has delighted young children for almost forty years, and is equally beloved by tired parents who are all too familiar with the plight of poor Mr Bear. With a snoring Mrs Bear, an excitable Baby Bear and a house full of tapping and dripping and ticking, peace is hard to come by - will Mr Bear ever get a decent night's sleep? The familiar noises, repetition and beautiful illustrations make Jill Murphy's delightful *Peace at Last* an all-time favourite bedtime story with children and adults everywhere.