

Super Attractor Methods For Manifesting A Life Beyond Your Wildest Dreams

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Summary of "Super Attractor" by Gabrielle Bernstein - Free book by QuickRead.com
Light Is the New Black
ROSE and IVY JOURNAL
The Character Edge
Labor Like a Goddess
May Cause Miracles
Super Attractor
Add More -Ing to Your Life
The Examined Life: How We Lose and Find Ourselves
The Essential Law of Attraction Collection

How Quantum Physicists Build New Beliefs

A book of spiritual teachings from international best-selling author and beloved inspirational speaker Dr. Wayne W. Dyer. This book restructures content from audio lectures of Wayne's from the 1990s and 2000s, offering a fresh take on mindfulness and enlightenment. Beloved

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spiritual teacher Dr. Wayne W. Dyer often shared his thoughts on the path and practice of enlightenment 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 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 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 processes, 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 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 stages of enlightenment, and instruct you in mindfulness practices such as visualization and meditation, ultimately helping you reach a higher consciousness. Indeed, as a 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.

Rewire Your Mindset

Are you ready to take your spiritual practice to the next level and manifest love and joy like you've never experienced before? When we connect to the non-physical presence beyond our visible sight, true miracles happen. Super Attractor is a manifesto for making that connection and marrying your spiritual life with your day-to-day experience. In these pages, you'll learn to:

- shift from occasional practising to living a spiritual life every day
- create a life filled with

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purpose, happiness and freedom - release the past and live without fear of the future - tap into the infinite source of abundance, joy and wellbeing that is your birthright - bring more light to your own life and the world around you Super Attractor teaches us how to co-create the life we want, that attracting is fun and that we don't have to work as hard to get what we want. Most importantly, it shows us that when we connect to our intuitive powers, we become a force of love in the world.

Manifesting 123

When it comes to working with the Law of Attraction, or manifesting your desires, there are many, so called "secrets..". When movies are produced or books are published on either of these two subjects some of the most important information is, well let's just say "missing." You're only provided with half of the information that you need. Is it on purpose? Maybe, sometimes Is it on accident? Probably, most of the time Is it because they don't know the entire truth themselves? Most likely You will never, ever, be able to fully understand how to manifest things into your life without understanding the how the ENTIRE manifestation process works. And I want you to succeed! In this book you will learn: * How to "understand" Universal Laws. * Why Universal Laws are important to manifesting your desires. * What it "feels" like when working with Universal Laws and manifesting. * Manifesting Exercises. * Manifesting Meditation. * 6 Common blocks to manifesting your desires. I have taught thousands of people how to manifest their desires, and I have a huge success rate. And if you follow these things, I have no doubt in my mind that you too, will be successful! However, this book is not for

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everyone! Before you read this book: * You must have an open mind. * You must be willing to challenge your beliefs, and how you "think" the world currently works around you. * You must also be okay with being different and "thinking" different than those who you choose to surround yourself with. And not worry that they will "make fun of your new perspective" or "think you're crazy." If you're willing to learn what's in this book, then take this knowledge and integrate it into your everyday life, you will embark on the most rewarding journey of your life

Spirit Junkie

In this hip self-transformational book, Bernstein shows how to make happiness a way of life and shares the life-changing lessons that she has lived and learned in the hope that other young women will be guided to do the same. Spirit Junkie shows readers how to tap into their own spirit in their search for happiness. This is not a book on how to get happiness; rather it's a guide to releasing the blocks to the happiness that already lives inside. Marianne Williamson has passed the baton to Gabrielle by telling her own followers, "Check out the woman they call the young Marianne Williamson." Gabrielle Bernstein is the founder of the Women's Entrepreneurial Network and Herfuture.com, a modern-day life guru and the author of Add More ~ing to Your Life.

Angel Numbers

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As a Hypnotherapist with over 20 years of experience, Victoria Gallagher has been acknowledged as an expert in personal growth and teaching the Law of Attraction. Seekers of The Secret frequently find themselves frustrated and discouraged in their attempts to "attract love" or "attract money" and other big-ticket items, because their only exposure to manifesting comes from simple formulas, which tend to fall short in providing real-world practical application. Practical Law of Attraction is a comprehensive user guide which goes beyond theory and helps you to create a success mindset to manifest your desires, using every day, easy to follow action steps. Readers are invited to explore their true, unlimited potential, using a variety of techniques including: Meditation Visualization Self-hypnosis Journaling Gratitude Affirmations and much more. "Finally! Victoria Gallagher shares her manifesting secrets in this comprehensive user guide that explains exactly how to attract success using the Law of Attraction. If you're still stuck and trying to figure it out, Practical Law of Attraction will give you the answers you've been looking for!" Dr. Joe Vitale - Star of The Secret, #1 Best Selling Author of "The Attractor Factor" "Practical" is right! I wish I'd had this book when I started my journey over 20 years ago. Victoria takes this very misunderstood subject and truly does make it accessible to even the most skeptical thinker. This book is an outstanding way to introduce new people to the Law of Attraction, and a great refresher for long-time students who could benefit from a refresher. "Bob Doyle - Featured Expert in "The Secret" Victoria Gallagher's book eases the burden of one ever having to wonder whether the genie has gotten the message or not. All the power to manifest is within you. Manifesting, which goes beyond simple positive thinking, is a collaboration between all three levels of mind; Conscious, Subconscious, and Superconscious. It's impersonal and happens; whether positive or

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negative, when these eight conditions are in alignment. Desire or Fear Thoughts Imagination Belief/Expectancy Feelings/Vibration Creative Attraction Inspired Action Manifestation Each condition plays an important role in manifesting. They do not always happen in a specific order. When the conditions are in alignment, manifestation occurs simultaneously. The book demystifies the concepts of manifesting and attracting. It helps you understand in no uncertain terms, the practical personal development work which is a requirement to attract success. Included are dozens of downloadable worksheets, meditative scripts, mental techniques and strategies to develop yourself into a person who has the kind of manifesting power that can help you create the life of your dreams. Victoria book eases the burden of having to wonder whether the genie has gotten the message or not. There is no genie, granting wishes. The power to manifest is within you and requires a level of belief, which can only come as a result of releasing deeply embedded negative subconscious programs and having the motivation to take action on your dreams and goals. This book is for anyone who has a dream or simply wishes to change their life for the better. Shift out of the old ways which haven't worked and implement new strategies to finally make it work for you.

The Calling

Have you had success manifesting small things using the law of attraction, but been frustrated with an inability to manifest your more important desires? Do you have important dreams and desires you've held for a long time, which always seem to remain just out of reach? Do you believe you have the power to influence your material reality, yet have been unable to truly

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create the life of your dreams? If you answered "yes" to any of those questions, you're a lot like millions of people who understand their immense personal power to influence their lives. Yet, just like the majority of those people, you've also noticed that manifesting your most important desires often seems too difficult or unattainable. The problem isn't you; the problem has been your reliance on old paradigms from old science. Quantum physics, however, has shown us a clear and simple roadmap to not only make you a much more powerful deliberate creator of your material reality, but even allow you to finally manifest those greatly desired outcomes which have eluded you for so long. *How Quantum Physicists Build New Beliefs* is your personal coach in book-form, leading you to an amazing awakening of your higher self while also manifesting your greatest desires. Your natural power to create abundance and achieve your dreams is a birthright you shouldn't spend another moment denying yourself. *How Quantum Physicists Build New Beliefs* will coach you to simply and easily focus and harness your inherent power to create your material reality. Using everyday language and "street-level" instructions, *How Quantum Physicists Build New Beliefs* will have you manifesting a vast array of personal dreams and goals much faster and more completely than you previously thought possible.

The Universe Has Your Back

For over 25 years, renowned brain coach Jim Kwik has worked closely with top actors, athletes, CEOs, and superachievers in all walks of life to unlock their true capabilities. In this groundbreaking book, he reveals the science-based practices and field-tested techniques that

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the world's top performers use to accelerate their learning and create world-class results.

Why Quantum Physicists Do Not Fail

ROSE & IVY Journal introduces the ultimate gift guide to inspire your holiday season with gifts for the bon vivant for The Polished Woman, The Entertainer to The Groomed Gentleman.

Workbook: Super Attractor

Offering a plan for releasing fear and embracing gratitude, reveals how simple, consistent shifts in our thinking and actions can lead to miraculous changes in daily life.

Practical Law of Attraction

Manifest Now provides a step-by-step guide with tools, techniques, and proven strategies to raise your frequency and create the reality you want. This book is designed to guide you through the mental, physical, and spiritual aspects of manifesting and creating all that your heart desires. You'll learn how to start removing mental and emotional blocks so you can rediscover that manifesting is your natural birthright. You'll feel more confident, reconnected, and powerful as you turn every page. Everything in your life will begin to shift as you begin to realize that you are a conscious creator. What's Inside? Release It: 10 powerful techniques you

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can use on a daily basis to release any mental, physical, or emotional blocks that hinder your manifesting powers. Think It: 35 powerful thoughts to keep you energized, focused, and excited to manifest. Affirm It: 100 affirmations that will help you start speaking, feeling, and commanding greatness, abundance, happiness, and financial freedom into your life right now. Magnetic Money Mindset: Tools that help you discover your purpose, tap into your creative genius, do what you love, and attract financial freedom along the way. Begin your journey and watch magical things unfold in your life.

The Money Is Coming

The author describes his work as a psychoanalyst over a twenty-five year period, describing his efforts to guide his patients to personal insights into their behaviors and resolutions which can change their lives for the better.

Rethink

Have you ever had the sense that your thoughts might actually be doing something? Imagine you are a genie and everything you wish begins to form up right in front of you. First is the thought and thought creates form. The author's experiences and the stories in this book describe exactly how your thoughts take form. You have been doing this all your life, but it has never been fully explained for you until now. At last, the true Secret is revealed about how

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thoughts create reality. This is the game changer, the real knowledge behind the workings of manifesting and the law of attraction. This is that rare book with fundamentally new evidence that will change your view of the world. It clearly and simply explains creation itself. For 20 years, author Ken Elliott has experienced sending objects in thought and having them appear in real-time. This is a core Truth, and now the knowledge is yours to apply in your life. Manifesting 1,2,3 is a results-oriented book and not a series of exercises or complicated techniques. There are amazing stories in this book, some even spectacular. Over and over, people talk about their successes using the method described in this book. They say, "This is so simple" and "It just works!" Do you long for more? What would you wish for your life if you had the chance? You will soon learn how to create the desires of a lifetime while overcoming the worries and blocks that impede your happiness. You will fully understand how to use thought as a powerful tool. No more wishing and hoping for results. This important book contains a Key to the Kingdom and now it is simply and amazingly yours. Get your copy and start pointing yourself toward happiness! "All truths are easy to understand once they are discovered." Galileo Galilei www.Manifesting123.com

My So-Called Freelance Life

A game-changing book offering a six-step approach on how to find and follow your true calling and redefine success from entrepreneur and soul coach Rha Goddess. Are you willing to believe in you? Every single one of us has a calling. For most it's the thing you have to force yourself not to do. When you try to ignore it, you can't stop thinking about it. It is the thing that

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both terrifies you and brings you the most joy. Already living yours? Great! How do you make the most of it? The Calling will provide readers with a road map, via 3 fundamental shifts, on how to stay true, get paid and do good. The steps that will help lead you there include: RECOGNIZING—it always begins with awareness. If you can't see it then you can't do anything about it. ACCEPTING—means embracing, and taking responsibility for yourself, your life, and the things that want or need to be changed. FORGIVING—yourself and others. AND MORE! The Calling will be the resource that people have been asking Rha to write for years, and there has never been a better time for her to share her proven method.

Ask and It Is Given

Tired of clocking in and losing out? Want to pursue creative, fulfilling work on your own time and also make a living in the process? My So-Called Freelance Life is a how-to guidebook for women who want to avoid the daily grind and turn their freelance dreams into reality. Michelle Goodman, author of The Anti 9-to-5 Guide and self-proclaimed former “wage slave,” offers tips, advice, how-to's, and everything else a woman needs to pursue a freelance career. Confused as to whether you should tell your clients that the odd gurgling sound during a conference call is emanating from the infant sleeping on your shoulder? Goodman answers all of the unusual questions that may arise for women exploring the freelance world. Far more than your normal business guidebook, My So-Called Freelance Life blends candid, humorous anecdotes from a wide variety of freelancers with Goodman's own personal experiences as a creative worker for hire. Whether you're a freelance first-timer or a seasoned creative

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professional, copyediting queen or web guru, My So-Called Freelance Life is an invaluable resource for anyone interested in freelancing.

Manifest Now

THE SUNDAY TIMES BESTSELLER What if you could attract more money just by changing how you think? In *The Money Is Coming*, Sarah Akwisombe, founder of No Bull Business School, gives you an easy-to-follow, ten step system to manifest more money into your life. By using a unique blend of Sarah's no bullsh*t style and an honest, inquisitive look at the universe and the law of attraction, you will learn to re-programme your brain to work for you, breaking down negative money blocks to replace them with new thought patterns for a positive money mindset. This book will have you seeing new money opportunities, feeling excited about your financial future and on the road to living your best life.

Co-creating at Its Best

"Includes the all-time international bestsellers: *The law of attraction*; *Money*, and the law of attraction; *The vortex*."

The Power of Awakening

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In her latest book, *The Universe Has Your Back*, New York Times best-selling author Gabrielle Bernstein teaches readers how to transform their fear into faith in order to live a divinely guided life. Each story and lesson in the book guides readers to release the blocks to what they most long for: happiness, security and clear direction. The lessons help readers relinquish the need to control so they can relax into a sense of certainty and freedom. Readers will learn to stop chasing life and truly live. Making the shift from fear to faith will give readers a sense of power in a world that all too often makes them feel utterly powerless. When the tragedies of the world seem overwhelming, this book will help guide them back to their true power. Gabrielle says, "My commitment with this book is to wake up as many people as possible to their connection to faith and joy. In that connection, we can be guided to our true purpose: to be love and spread love. These words can no longer be cute buzz phrases that we merely post on social media. Rather, these words must be our mission. The happiness, safety, and security we long for lies in our commitment to love." When readers follow this path, they 'll begin to feel a swell of energy move through them. They will find strength when they are down, synchronicity and support when they 're lost, safety in the face of uncertainty, and joy when they are otherwise in pain. Follow the secrets revealed in this book to unleash the presence of your power and know always that *The Universe Has Your Back*.

The Map of Consciousness Explained

Author Greg Kuhn is a professional educator and a futurist, specializing in framing new paradigms for 21st century living. Since 1993, he has written with his father, Clifford Kuhn,

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M.D., about health, wellness, and productivity. In *Why Quantum Physicists Do Not Fail*, Greg has unveiled all of his most cutting-edge research into the attainment of your goals and dreams through revolutionary new paradigms from the amazing science of quantum physics. Always entertaining, Greg reveals simple, easy-to-use techniques which you'll not only master quickly, but also have fun using. Greg is also the author of the acclaimed book, *Why Quantum Physicists Don't Get Fat*, which teaches you to finally lose your unwanted weight also using new paradigms from quantum physics.

Judgement Detox

Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn the methods for manifesting a life beyond your wildest dreams. What's a Super Attractor? Being a Super Attractor means that what you believe is what you will receive. You can co-create the world you want to see by aligning good-feeling emotions and directing them toward your desires. If you're feeling down about life, depressed, or simply want to make a positive change in your life, Gabrielle Bernstein's guide to becoming a Super Attractor will give you the tools to turn your life around and manifest your dreams into reality. Spiritual leader and life coach, Bernstein, believes in a nonphysical presence beyond our visible sight, and when we acknowledge this higher power and stay spiritually aligned, we can tap into its powers and achieve our goals. Bernstein has helped thousands around the world unleash the power of the Universe, and now you can too.

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Super Attractor

Sunlight is beginning to spill across the Malibu coastline as I begin this Preface. And the deep indigo tint of the Pacific Ocean at this time of the morning seems to match the depth of pleasure I'm feeling as I'm imagining the value you're about to receive from the revelations within this book. Ask and It Is Given is certainly a book about our "asking" being answered by All-That-Is. But it's primarily about how whatever we're asking for is being given to us - and it's also the first book to ever, in such clear terminology, give us the simple practical formula for how to ask for, and then how to receive, whatever we want to be, do, or have. Decades ago, while searching for plausible answers to my never-ending quest to know what "It" is all about, I discovered the word ineffable (meaning "incapable of being expressed in words"). Ineffable coincided with a conclusion I'd formed relative to It. I had decided that the closer we get to knowing the "Non-Physical," the fewer words we have for clearly expressing It. And so, any state of complete knowing would also, therefore, be a state of ineffability. In other words, at this point in our time-space reality the Non-Physical cannot be clearly expressed with physical words. Throughout physical history, we've evolved to, through, and into billions of philosophies, religions, opinions, and beliefs. Yet, with the billions upon billions of thinkers thinking, concluding, and passing their beliefs on to the next generations, we have not - at least not in any words we can agree on - found physical words to express the Non-Physical. This book offers you a hands-on course in spiritual practicality. It's a how-to book in the broadest sense of the term - that is, how to be, do, or have anything that pleases you. This book also teaches you how not to be, do, or have anything that displeases you.----Jerry

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Pick Your Yoga Practice

An exploration of what lies behind our problematic behavioural patterns in the workplace and how we can overcome them.

Manifest Your Desires

Beyond the Glass Ceiling ?More and more, women today are challenging long-held beliefs about what they can and can't do. They're speaking up, stepping out, breaking through, and redefining what society has always told them was true about their capabilities. In *Rethink: Smashing the Myths of Women in Business*, Andi Simon tells the stories of 11 women from different industries who opened up the possibilities for their professional careers and personal lives by being authentic, taking risks, and pushing past the obstacles others placed before them. These are stories that tell of innovation, show how women rise, and ignite change. Andi, a corporate anthropologist, an award-winning author, and a successful entrepreneur, debunks myth after myth as she profiles the women in the book and offers key wisdom, insights, and observations through her unique lens. Whether about entrepreneurs, innovators, scientists, academics, attorneys, or leaders in other fields, the stories demonstrate how all the women have broken down walls and paved the way to more. But this book isn't only about the 11 women who are pushing boundaries and transforming business, culture, and society; it's about inspiring all women to achieve and showing them a way to launch forward. *Rethink*

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provides the tools and framework for questioning society's norms, challenging our own current thinking, and smashing the preconceived notions about women that can so often hold us back from realizing our goals and dreams. In this book, you'll learn how to take a hands-on approach to examining and rethinking your own personal and professional life in order to recognize your fuller potential.

Stillness Speaks

This information-packed little book, which presents the teachings of the nonphysical entity Abraham, will help you learn how to manifest your desires so that you're living the joyous and fulfilling life you deserve. Each day, you'll come to understand how your relationships, health issues, finances, career concerns, and more are influenced by the Universal laws that govern your time-space reality—and you'll discover powerful processes that will help you go with the positive flow of life. So start making your dreams a reality . . . right now!

Miracles Now

Light Is The New Black is a guidebook for a new breed of women who are here to be bright lights in the world. These women are modern-day lightworkers, who agreed at soul level to be here at this time in history, to bring us into the Age of Light (lead by spirit and the divine feminine). At the Peace Conference in Canada in 2009, when the Dalai Lama said 'The world

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will be saved by the western woman', it was a call to action for women throughout the West. Light Is The New Black is a response to that call. It guides these women to come back home to who they really are, at soul level, and embrace their uniqueness so they can light up the world in a way that only they can. Gone are the days of following someone else's well-trodden path. In order to succeed in this new age, everything must be an authentic expression of who we truly are. A down-to-earth, relatable mix of one girl's journey, channeled messages from The Universe, practical tools, and metaphysical marketing for this new social age, this book will reconnect you to the core of your being, so that you can use it to change the world--

Living in the Light

Do you want to live or manifest a life beyond your wildest dreams? This companion workbook to Super Attractor will provide you with a good summary of each part as well as application exercises, questions, lessons learnt and also the opportunity to make notes. It provides a good self-assessment guide for you as you answer the questions in the different sections and score yourself. This book is designed to help you provoke your thought and opens up deeper insight into the original text. Please note, that this book is only for those who have read the original text so that you can relate completely well with this workbook. If you are willing to take this workbook seriously, you will reap powerful rewards in your life. This book would help you to; Reclaim your Super Attractor power. Do less and attract more Relax and trust that what you desire is on the way Align yourself with the most important element of manifesting with the universe, which is love. Allow yourself attract naturally, rather than trying to make things

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happen by pushing and trying to control your goals. Disconnect from fear in order to connect to the loving presence of the universe. Avoid judging, comparing and attacking others in order to reconnect to the universe. Know that spiritual guidance is available to you at all times Feel a sense of awe each day as you witness miracles unfold Remind you that you are a Super Attractor. Recognize and claim this Super Attractor power to use it to attract what you want. The following are some added benefits: An acceleration of personal development, Increased emotional strength Greater self-discipline Alteration to the way we think and live Improved feeling of effectiveness Better anchor for your live Increased quality of your relationships on every level improvement in your life would be noticed after using this book. Buy Now and experience an empowering and enjoyable moment.

Limitless

"Why do I always see the numbers 444 (or 111, 333, etc.) everywhere I go?" is one of the most frequently asked questions that Doreen Virtue receives at her worldwide workshops. In her best-selling book *Healing with the Angels*, Doreen included a chapter that briefly explained the meanings behind these number sequences, and many people have commented that they carry the book with them everywhere to help them interpret the numbers they see daily. By popular request from Doreen's audience members, *Angel Numbers* has been created to serve as a pocket guide containing the angelic meanings of numbers from 0 to 999. Designed to fit into a purse or pocket for easy transport, *Angel Numbers* provides an interpretation of more complex number sequences than was previously available in *Healing with the Angels*. This new book

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focuses on numbers such as 123, 337, 885, and so on. Whether you're seeing these numbers on license plates, telephone numbers, the clock, or other locations, they're very real messages from the angels. Angel Numbers will help you instantly understand the meaning of these signs!

What Happened That Night

Rewire Your Mindset shows you how to take control of your mental, emotional and physical world. If you have ever set a goal for yourself and then self-sabotaged the moment you hit it, let fear dictate what you do, been emotionally broken by a failure, lacked confidence or let negative people influence you, then you need to read this book.

The Power of Now

New York Times bestselling author Eckhart Tolle — Learn the transformative power of living in the now Attaining Eckhart Tolle's state of presence: In Stillness Speaks, Eckhart Tolle illuminates the fundamental elements of his teaching, addressing the needs of the modern seeker by drawing from all spiritual traditions. At the core of the book is what the author calls "the state of presence," a living in the 'now' that is both intensely inspirational and practical. The power of now: When the pressures of future and past thinking disappear, fear and frustration also vanish, conquered by the moment. Stillness Speaks takes the form of 200

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individual entries, organized into 10 topic clusters that range from “Beyond the Thinking Mind” to “Suffering and the End of Suffering.” Each entry is concise and complete in itself, but, read together, take on a transformative power. If you have read *The Untethered Soul* by Michael Singer, *Buddha’s Brain* by Rick Hanson, or other Eckhart Tolle books such as *The Power of Now*, you will want to own and read *Stillness Speaks*.

Universal Laws

True leadership is about character – this is the key to winning ‘the right way’. In a world where we’re bombarded by messages of ‘winning at any cost’, dishonest politicians, CEOs committing fraud, disgraced military commanders and cheating athletes, integrity matters more than ever. *The Character Edge* explains the powerful role character plays in trust, culture and leadership, and offers readers tools to exercise and strengthen their own. Reaching from the battlefield to the classroom and beyond, former superintendent of West Point Robert Caslen and professor of psychology Dr. Michael Matthews, explore the vital link between strong character and strong leadership, and explain why the latter cannot exist without the former. ‘Caslen and Matthews show how and why this fundamental inner architecture of leadership can – and must – be built.’ Jim Collins, bestselling author of *Good to Great*.

The Emotionally Intelligent Office

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To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

Summary of "Super Attractor" by Gabrielle Bernstein - Free book by QuickRead.com

Let's be real for a sec. Most of us don't have time for an hour of yoga or 30 minutes of meditation every day. We're overwhelmed as it is. Our spiritual practice shouldn't add to that. That's why I've handpicked 108 simple techniques to combat our most common problems—stress, burnout, frustration, jealousy, resentment. The stuff we have to deal with on a daily basis. This book is designed so that you can achieve peace and experience miracles now. Inspired by some of the greatest spiritual teachings, these practical, moment-to-moment tools will help you eliminate blocks and live with more ease. They're powerful, life-changing meditations and principles, modernized and broken down into easy-to-digest techniques to fit

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your lifestyle. Throughout the book, I share principles from both A Course in Miracles and Kundalini yoga and meditation. These tools can help you find your connection to your inner strength. When you practice these techniques, fear will melt away, inspiration will spring up, and a sense of peace will set in.

Light Is the New Black

She doesn't remember that night. But she will never be the same. One moment, Dahlia is a successful Harvard student; the next, she wakes up from a party, the victim of a brutal assault. Her life veers into a tailspin, and what's worse -- her memory of the attack has been ripped away, leaving a cold rage in its wake. Now, years later, Dahlia is a tattooed paralegal suffering from PTSD and still haunted by that night. Until one day, a video surfaces online, and Dahlia sees her attack for the first time. Now she knows what happened to her. And she knows who is to blame. Her rage is no longer cold, but burning, red hot. And she is about to make everyone pay.

ROSE and IVY JOURNAL

Written by two birth doulas and intuitive healers, this book tells the metaphorical story of a fictional goddess who must walk through 7 Gates of Transformation in order to become a Mother. At the final gate, she must surrender to the ultimate sacrifice—spiritual death—so she

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can be reborn into motherhood. Each gate perfectly illustrates the 7 emotional, psychological, and often subconscious sacrifices that every laboring woman experiences, whether willingly or not. This book is a guide to help pregnant women understand birth as a divine journey and master how to walk through each gate with empowered sacrifice, purpose, and zeal through tools, rituals, and integrative practices.

The Character Edge

Labor Like a Goddess

On the surface it may appear that yoga is yoga is yoga, but take a closer look and you'll discover myriad different yoga systems and lineages. There are dozens of yoga styles to choose from, and while yoga is for everyone, not every style is the perfect fit for every person. But how do you choose between mysterious-sounding names such as Ashtanga, Kundalini, Bikram, and Kripalu? As Meagan McCrary discovered when she began exploring different classes, finding the right style is essential for establishing a steady yoga practice. *Pick Your Yoga Practice* is the first book to describe the most prominent yoga styles in depth, including teaching methodology, elements of practice, philosophical and spiritual underpinnings, class structure, physical exertion, and personal attention. Those new to yoga will discover they have options and can confidently attend a class of their choosing, while experienced practitioners

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will expand their understanding of the vast world of modern yoga, and perhaps find themselves venturing into new territory. Ashtanga * Iyengar * Kundalini * Integral * Kripalu Bikram * Jivamukti * Sivananda * Ananda Viniyoga * Svaroopaa * Power * Forrest * ISHTA Anusara * Moksha * AcroYoga

May Cause Miracles

What happens when you bring together one of the most inspirational spiritual teachers of all time and the Master Sages of the Universe? A magical, insightful, invigorating encounter you will never forget! In this awe-inspiring book based on a live event in Anaheim, California, Dr. Wayne W. Dyer sits down with Esther Hicks and the wise Collective Consciousness known as Abraham. Wayne asks all the questions he has accumulated from his more than 40 years of teaching others about self-reliance and self-discovery, and Abraham delivers the answers we all need to hear. Topics include: • Parenting, parents, and the continuum of life • Can we reach the state of "love that has no opposite"? • Dharma, destiny, and being on your path • Dealing with bad news • Are there ascended masters and guides? • Monsanto and GMOs • and many more! While Wayne and Esther have been friends for years, this is the first time that he engages with Abraham in an extended dialogue about life's many lessons and perplexing questions. Read this book and experience this extraordinary meeting of the minds for yourself!

Super Attractor

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Are you searching for deeper meaning and purpose in your life? Do you sense that you have an inner wisdom that can be a guiding force for you, yet wonder how to connect with that intuitive self? How do you know which inner voices to listen to? For over thirty years, Shakti Gawain has helped readers address these questions. *Living in the Light* has given literally millions of people clear and gentle guidance to create a new way of life — one in which we listen to our intuition and rely on it as a guiding force. The key lies in bringing the light of our awareness to every aspect of ourselves, including our disowned energies — our shadow side. With great insight and clarity, Shakti shows us the transformative power of bringing awareness to every part of ourselves. Simple yet powerful exercises on subjects including creativity, relationships, parenting, health, money, and transforming the world help us put these teachings to practical use in our daily lives. *Living in the Light* is a comprehensive map to growth, fulfillment, and consciousness. As we grapple with personal, national, and global challenges on many fronts, this classic work is timelier than ever.

Add More -ing to Your Life

Lots of people are selling happiness these days as if it were a marketable commodity. But in her hip self-transformation book, *Add More -ing to Your Life*, motivational speaker and life coach Gabrielle Bernstein truly shows you how to make happiness a way of life. Ms Bernstein is bringing happy back. Designed to bulldoze negative thought patterns and create personal change through positive affirmations, physical activity and visualisation meditations, Gabrielle guides the reader to happiness in 30 days through her dynamic -ing, a proven method of

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sharpening one's intuitive senses and activating untapped inspirations. Gabrielle will prepare you to change your life by accessing a state of flow, helping you connect with your ~ing, your inner guide, and readying you to release your limiting beliefs and to choose happiness.

The Examined Life: How We Lose and Find Ourselves

Judgement - both being judged and judging others - is at the core of much of our discomfort many of our life blocks. Judgement is a reliable crutch when we feel hurt, insecure or vulnerable, but when we judge, our energy weakens and our thoughts darken. In the Judgement Detox, New York Times bestselling author Gabrielle Bernstein offers an interactive six-step process for dealing with and removing judgement from our lives. Calling on spiritual principles from the text A Course in Miracles, Kundalini yoga, meditation, EFT and metaphysical teachings the six steps include: witnessing your judgement without judgement, honouring the wound, putting love on the altar, seeing for the first time, cutting the cords, and bringing your shadows to light. For those who struggle with judgement, this is the book that will finally give you permission and freedom to start living a more harmonious, forgiving and loving life.

The Essential Law of Attraction Collection

"The Map of Consciousness Explained is an essential primer on the late Dr. David R.

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Hawkins's teachings on human consciousness and their associated energy fields. Using muscle testing, Dr. Hawkins conducted more than 250,000 calibrations during 20 years of research to define a range of values, attitudes, and emotions that correspond to levels of consciousness. This range of values-along with a logarithmic scale of 1 to 1,000-became the Map of Consciousness, which Dr. Hawkins first wrote about in his New York Times bestseller, *Power vs. Force*. In this book, readers will gain an introduction and deeper understanding of the Map, with visual charts and practical applications to help them heal, recover, and evolve to higher levels of consciousness and energy"--

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