

Read Online The Life Youve Always Wanted  
Spiritual Disciplines For Ordinary People John  
Ortberg

# **The Life Youve Always Wanted Spiritual Disciplines For Ordinary People John Ortberg**

Getting UnstuckDare to Live the Life You've Always  
WantedWhat You Always WantedThe Life You've  
Always WantedHome Made LovelyHandbook to a  
Happier LifeThe Giving MythsHow to Be the Parent  
You Always Wanted to BeThe Oil Painting Course  
You've Always WantedThe Father You've Always  
WantedLiving ForwardThe Matriarch RulesPersonal  
RevolutionThe Power of PurposeSubconscious  
PowerThe Art of UnpredictabilityDetox Your  
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Watercolor Course You've Always WantedStepping  
Into JoyDesign the Life You LoveThe Joy of  
RetirementThe Secret to AwesomenessSoul  
KeepingStart Next NowGrowthChange Your Heart,  
Change Your LifeA Complaint Free WorldGrace  
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## **Getting Unstuck**

Achieve success by becoming the change maker you were always meant to be. What is a matriarch? For one thing, you can tell she's in charge the second she walks into a room. She's bold, she's fierce, and she's got her own unique style. The matriarch isn't some

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crusty old lady dressed head-to-toe in black who sits at the head of the table barking demands at Sunday dinner. The modern matriarch is alive and vivacious. She's purposeful and deliberate about everything, from her career, to her home, to her family, to what she eats for lunch. She is not second guessing herself but moving herself and those she loves boldly into the future. The matriarch's vision for her career is as big as her love for her family, and she's paid her worth for work she's passionate about. The matriarch knows exactly what she wants the end game to be and she has the power to make it come to fruition. Simply put: she has her act together and you feel safer and more secure when you're in her presence. So, the question is, how does one become her? This book answers that question and more.

- Recast yourself
- Own your wins
- Define your legacy
- Leverage your success

Written by the CEO of a multimillion-dollar startup, *The Matriarch Rules* provides you with guidelines that empower you to find personal success and growth in being the compassionate, powerful, and forward-thinking woman you are.

## **Dare to Live the Life You've Always Wanted**

Dr. Steve McSwain makes a compelling case that your highest purpose in life is to give yourself away and generously share your abundance with the world. The life you've always wanted isn't found in career choice, personal achievements, or even the amount of money you may make in a lifetime. Instead, it's found in one of the simplest, yet most challenging principles ever

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given. If you miss this principle, you'll miss the life you've always wanted. In an age of unprecedented wealth and record charitable giving, this book is as timely as the morning news. Identifying the 7 most common myths about giving that keep people from being generous, Dr. McSwain shares through real-life stories and practical, step-by-step guidance how to find the meaning of life. If you're looking for happiness and significance in life, this book is a "must read." - Publisher.

### **What You Always Wanted**

What do you really want to do? Advance your career? Get a different job? Increase your earnings? Or maybe your goal has nothing to do with a job. Whatever it is, you have permission to do something incredible, and Start Next Now can give you the courage, the confidence, and the next steps to start your next now. Start Next Now is a fast-paced kick in the pants with an actual plan to start achieving your goal before you even finish the book. This is more than inspirational puffery from a life coach; it's blunt, funny, practical advice on how to get ahead, with specific action steps you can take today. Bob Pritchett quit his job at Microsoft to cofound a company that today employs over 400 people. In Start Next Now, he shares the principles that brought him success. You can do it, too. It might be hard, it might take time, and you might not even want to. But you can start finding out right now.

### **The Life You've Always Wanted**

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It's time to take charge of your life--and do that thing you've always wanted to do. Personal (R)evolution is your very own life coach in your pocket. Best-selling author and coach Allison Task will help you take control of your life and move from where you are now to where you want to be. Inside this refreshing how-to book filled with humor, inspiration, real-world client examples and tools, Task will help you: Create a clear vision for what you want out of life, so you know where you're going and why you're going there. Remove the frustrating blocks that are holding you back from achieving your goals and replace them with positivity, possibility, and momentum. Develop a detailed weekly action plan that will drive you to where you want to be. Build and nurture the network that will help you create your future. This book is your step-by- step guidebook to clarify the vision you have for yourself, believe that it's possible, and pursue it. If you're ready to go after a better life, you are ready for Personal (R)evolution.

### **Home Made Lovely**

Provides a curriculum to guide teens in growing spiritually and understand how to live life as God desires.

### **Handbook to a Happier Life**

Are you disappointed that your life didn't turn out the way you planned, expected or hoped? Do you constantly feel overwhelmed and stuck in a life that doesn't feel like yours? "Getting Unstuck: How To

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Create "The Life You've Always Wanted To Live" is a step by step guide that offers practical tips and advice on reframing negative thoughts, eliminating limiting beliefs and turning life's biggest obstacles into opportunities. In these pages you'll discover: Creating The Vision Finding Your Purpose The Power of Your Words The Beauty of Failures The Secret To Making Better Decisions and More Life's too short to be unhappy, unsure, or unfulfilled. So, what are you waiting for? "Getting Unstuck: How To Create The Life You've Always Wanted To Live" will inspire you to unlock your highest potential and resurrect those dreams you thought were dead!

### **The Giving Myths**

A comprehensive and practical guide to watercolor painting from sought-after instructor and acclaimed artist Leslie Frontz that answers the two most common questions students at all levels want to know: What am I doing wrong? and How do I decide what to do instead? In the tradition of the eminently practical, top-selling guides such as How to Make a Watercolor Paint Itself, The Oil Painting Course You've Always Wanted, and Problem Solving for Oil Painters, this straightforward handbook offers a fresh approach to watercolor mastery that bridges the gap between theory and practice. Through thoughtful discussion, expert instruction, and in-depth step-by-step demonstrations, Leslie Frontz shows readers how to eliminate common barriers to achieve beautiful, captivating watercolor paintings. Beginning with teaching readers how to see with an artist's eye,

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Frontz then establishes how watercolor painters build on this skill by making timely decisions throughout the creation process.

### **How to Be the Parent You Always Wanted to Be**

In the six-session small group Bible study, *The Life You've Always Wanted*, John Ortberg guides you and your group through the spiritual disciplines and teaches you how they can transform your spiritual life. What does true spiritual life really look like? And what keeps you from living it? What can you do to pursue it? If you're tired of the status quo—if you suspect there's more to Christianity than what you've experienced—John Ortberg invites you to join him on a road to transformation and spiritual vigor that anyone can take. Cultivate new intimacy and confidence in prayer. Discover the freedom of secrecy. Taste the benefits of slowing life's frenetic pace. Learn how to be guided by the Holy Spirit ... and much more. As in a marathon, the secret lies not in trying hard, but in training consistently. Proven by followers of Jesus over the centuries, the spiritual disciplines are exercises that strengthen your endurance race on the road to growth. Sessions include: It's Morphing Time Slowing Down and Celebrating Praying and Confessing Meditating on Scripture and Seeking Guidance Practicing Servanthood, Finding Freedom Going the Distance with a Well-Ordered Heart Designed for use with *The Life You've Always Wanted: A DVD Study* 9780310810506 (sold separately).

## **The Oil Painting Course You've Always Wanted**

The former child star—best known as Willis Jackson on *Diff'rent Strokes*—shares the shocking but inspirational details of his struggles with addiction, brushes with the law, and fierce fight to carve a path through the darkness and find his true identity. For Todd Bridges early stardom was no protection from painful childhood events that paved the road to his own personal hell. One of the first African-American child actors on shows like *Little House on the Prairie*, *The Waltons*, and *Roots*, Bridges burst to the national forefront on the hit sitcom *Diff'rent Strokes* as the subject of the popular catchphrase, "What'chu Talkin About Willis?" When the show ended, Bridges was overwhelmed by the off-camera traumas he had faced. Turning to drugs as an escape, he soon lost control. Now, for the first time, Bridges opens up about his life before and after *Diff'rent Strokes*: the incredible reversals of fortune brought on by fame and the precipitous—and very public—descent that followed; the persecution from police; the drug addiction that nearly consumed him; the criminal charges that almost earned him a life sentence; and his successful legal defense led by Johnnie Cochran. Through it all, Bridges never relented in his quest to fight his way back from the abyss, establish his own identity—separate from Willis Jackson—and offer his ordeal as a positive example for those struggling to overcome similar challenges. His triumphant story of recovery and redemption is recounted here as well. Todd Bridges has lived a life of remarkable twists and

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turns—from the greatest heights to the lowest lows imaginable. In this shocking but ultimately hopeful memoir, he proves that what he was really talking about was survival.

### **The Father You've Always Wanted**

An interactive journal that serves as a joyful, inspirational guide to building the life you've always dreamed of, using the principles and creative process of an award-winning product designer. Life, just like a design problem, is full of constraints -- time, money, age, location, and circumstances. You can't have everything, so you have to be creative to make what you want and what you need co-exist. Design the Life You Love is a joyful, inspirational guide to building the life you've always wanted, using the principles and creative process of an award-winning product designer. Through four steps that reveal hidden skills and wisdom, anyone can design a life they love!

### **Living Forward**

From the #1 New York Times bestselling authors of How To Talk So Kids Will Listen & Listen So Kids Will Talk and Siblings Without Rivalry, a new edition of the timeless paperback and audio guide that provides parents with need-to-know basics about how to communicate effectively with their children—now with additional material and workbook exercises. Adele Faber and Elaine Mazlish's down-to-earth, respectful approach to parenting has improved the lives of countless families throughout the world. Now, the

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authors' wisdom and advice are collected in this concise new edition of *How to Be the Parent You Always Wanted to Be*—an essential workbook and audio guide to their widely embraced and empowering methods of parenting—uniquely designed for busy parents on the go. Faber and Mazlish address the struggles parents face every day. By listening to this recording and doing the workbook exercises, you'll learn how to:

- Deal with your children's strong emotions
- Set firm limits and still maintain goodwill
- Express your angry feelings without being hurtful
- Engage your children's cooperation
- Resolve family conflicts peacefully

Loaded with real-life stories, delightful cartoons, and answers to commonly asked questions, this new multimedia edition demonstrates simple, proven skills that can make relationships with children of all ages less stressful and more rewarding.

### **The Matriarch Rules**

A Roadmap to Living an Extraordinary Life from the Bestselling Author of *Begin with Yes Be Amazing* is a motivational and inspiring call to action for people who want more out of life, guiding them and helping them discover how to be amazing in their everyday work and personal lives. Using the signature gentle, conversational style that made Paul Boynton's *Begin with Yes* so popular, Paul captivates readers with stories of extraordinary people in everyday circumstances, and then zeroes in on the qualities and habits that make them so amazing. By distilling the universal qualities that yield such amazing

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results, Paul helps readers understand the simple commitments and actions that they can employ in their own lives that will help them be amazing, too—at home, at work, and the pursuit of their passions. *Be Amazing* shows readers how they can accelerate into lives that are rich and fulfilling, thanks to simple principles that are both universal and easy to understand and apply day-to-day. Learn how generosity and kindness will propel you toward success. Discover the power of setting intentions. Be inspired to serve your community and reap the surprising rewards of doing so. And perhaps most importantly, be empowered to be you. Simple, direct, and full of hope and practical wisdom, *Be Amazing* will help lead you to the life you've always wanted, while helping others along the way.

### **Personal Revolution**

We all have choices to make every day, even the youngest children. The choices we make play a large part in forming who we grow to be as adults. For kids, those choices can include whether to be obedient or disobedient, to share or be selfish, to have a good attitude or not, and more. John Ortberg addresses the ability to choose in a whimsical way by inviting children to use their "magnificent chooser" that God gave them to make right choices daily. Parents will love reading this book to their kids, and kids will enjoy the content while learning lessons that will stay with them throughout their lives.

### **The Power of Purpose**

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Enjoy *What You Always Wanted* and the other standalone titles in Bloomsbury's contemporary If Only romance line centered around an impossible problem: you always want what you can't have! Maddie Brooks has always had high standards for guys. But she has yet to find one who can live up to the grace and romance of classic Hollywood heartthrobs, especially the dreamy song-and-dance man, Gene Kelly. When Maddie begins to carpool with Jesse Morales, her new neighbor and star pitcher of the high school baseball team, she's immediately struck by his wit, good looks, and love for his family—but a guy so into sports is definitely not her style. Then Maddie discovers that Jesse was raised a dancer and still practices in the community theater dance studio to keep in shape. Perhaps her perfect dream guy exists after all. But when it becomes clear that baseball—not dance—is Jesse's passion, can Maddie find a way to let her dream guy go and appreciate the charms of the amazing guy in front of her?

### **Subconscious Power**

Learn how to find your life's work, to focus, take action to pursue your greatness and become a powerful presence in every area of your life.

### **The Art of Unpredictability**

Many feel bombarded by images and experiences of broken families. This is not how God intended families to be! So often we examine the traits of unhealthy families, but Gary Chapman paints a biblical portrait

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of what a loving, stable family looks like. This book is not just to be read, but experienced. Chapman details five timeless characteristics that create a healthy family environment: A heart for service Husbands and wives who relate intimately Parents who guide their children Children who obey and honor parents Husbands who love and lead In Dr. Chapman's own words, "What happens to your family does make a difference not only to you and your children, but to the thousands of young observers who are in search of a functional family."

### **Detox Your Thoughts**

It is a tragic reality that many people never experience the solid, positive presence of a loving father. This lack of fatherly influence and care has deep ramifications for life, including how we interact with others, raise our own children, and understand God as Father. But God promised that he would not leave us orphans, that everyone who believes becomes an adopted son or daughter of a loving Father in heaven. Ed McGlasson shares his personal experience of having lost his own father before he was born. With deep conviction and strong encouragement, he invites hurting people to take heart and have hope in their heavenly Father who loves them, blesses them, and will never leave them. Readers will take away a new sense of purpose, identity, and value that they have been searching for their whole lives.

### **Your Magnificent Chooser**

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From America's favorite marriage expert and author of the New York Times #1 bestseller, *The 5 Love Languages*® Respected marriage counselor Gary Chapman looks at the key issues that will help you build the marriage you've always wanted, answering such real-life questions as . . . Why won't they change? Why do we always fight about tasks and responsibilities? Why should we have to work at sex? In the warm, practical style that has endeared him to audiences worldwide, Dr. Chapman delivers advice on all the "big issues," like: Money Communication Decision making In-laws and much more Each chapter includes a "Your Turn" opportunity for reflection and interaction between spouses. Discover the "joy potential" in your marriage and your "ministry potential" for God!

### **The Me Project**

The Life I Always Wanted is the true story of a teenager who at the age of 19, thought he had it all figured out. Embarking on life as a professional freestyle skier, Anaiah Kirk was experiencing world defined success and the thrills of what the world had to offer, everything he thought life was supposed to be - and then it all came crashing down. Through a series of life altering events, Anaiah found himself at rock bottom, clinging to life and questioning his very existence. This is a story of faith, healing, humility and finding purpose in life - perfect for the modern day teenager who is searching for their purpose in life.

## **From Good to Amazing**

Everyone wants a home that is beautiful and clutter free. But most of us are unsure how to get there without breaking the bank. Popular interior designer Shannon Acheson takes the guesswork out of creating a lovely home. Home Made Lovely is a mind-set: decorating should be about those who live there, rather than making your home into a magazine-worthy spread. Shannon walks you through how to · decorate in a way that suits your family's real life · declutter in seven simple steps · perform a house blessing to dedicate your home to God · be thankful for your current home and what you already have · brush up on hospitality with more than 20 actionable ideas that will make anyone feel welcome and loved in your home In Home Made Lovely, Shannon meets you right where you are on your home-decorating journey, helping you share the peace of Christ with family members and guests.

## **The Me I Want to Be**

Full of practical ideas and inspiring stories from people who have already transformed their lives through the Complaint Free program, you'll learn not only how to stop complaining but also how to become more positive and live the life you've always dreamed about. More than ten million people in 106 countries have used the simple principles found in this book to eradicate the toxicity of complaining from their lives. And, as a result, they have experienced better health, happier relationships, greater career success and a

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significant increase in happiness. A Complaint Free World will explain what constitutes a complaint, why we complain, what benefits we think we receive from complaining, how complaining is destructive to our lives, and how we can get others around us to stop complaining. Find out how forming the simple habit of not complaining can transform your health, relationships, career and life. Consciously striving to reformat your mental hard drive is not easy, but you can start now by using the steps Bowen presents here. If you stay with it, you'll find that not only will you stop complaining, but others around you will cease to do so as well and in a short period of time, you'll have a more positive life. "A Complaint Free World is an engaging, enjoyable, easy-to-read reminder that the only permanent, constructive changes you can make in the world are the changes that you make in yourself." -Gary Zukav, author of The Seat of the Soul and Soul to Soul

## **The Watercolor Course You've Always Wanted**

Out of your heart flow your words and actions. Change your heart, and you'll change your life. According to best-selling author Dr. Gary Smalley, nobody has to live by the destructive subtle lies or believe the distortions of truth this world holds out to us. There are steps, strategies, and beliefs people can bring to their lives to either totally transform them or quietly improve them-and it all starts with hiding God's Word in their hearts. Hiding God's Word in his heart radically changed the life of Smalley himself,

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and he is seeing it revolutionize the lives of people around him as well--from lust, materialism, selfishness, anger, stress, overeating, anxiety, and guilt, just to name a few. No matter a person's age, experiences, or previous patterns, this book will guide readers to the whys and hows of orchestrating their beliefs to forever change their lives and relationships.

### **Stepping Into Joy**

### **Design the Life You Love**

Ignite a deeper, more vibrant relationship with God that impacts not just your spiritual life but every aspect of your daily life. John Ortberg calls readers back to the dynamic heartbeat of Christianity--God's power to bring change and growth--and reveals how and why transformation takes place. *The Life You've Always Wanted* offers modern perspectives on the ancient path of the spiritual disciplines. But it is more than just a book about things to do to be a good Christian. It's a road map toward true transformation that starts not with the individual but with the person at the journey's end--Jesus Christ. As with a marathon runner, the secret to finishing a race lies not in trying harder, but in training consistently--training with the spiritual disciplines. The disciplines are neither taskmasters nor ends in themselves. Rather they are exercises that build strength and endurance for the road of growth. The fruit of the Spirit--joy, peace, kindness, etc.--are the signposts along the way. Paved with humor and sparkling anecdotes, *The Life You've*

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*Always Wanted* is an encouraging and challenging approach to a Christian life that's worth living--a life on the edge that fills an ordinary world with new meaning, hope, change, and joy.

### **The Joy of Retirement**

Everything you always wanted to know about oil painting but were afraid to ask. Or maybe you weren't afraid—maybe you just didn't know what to ask or where to start. In *The Oil Painting Course You've Always Wanted*, author Kathleen Staiger presents crystal clear, step-by-step lessons that build to reinforce learning. Brush control, creating the illusion of three dimensions, foolproof color mixing, still-life painting, landscapes, and portraits—every topic is covered in clear text, diagrams, illustrations, exercises, and demonstrations. Staiger has taught oil painting for more than thirty-five years; many of her students are now exhibiting and selling their paintings. Everyone from beginning hobby painters, to art students, to BFA graduates has questions about oil painting. Here at last are the answers!

### **The Secret to Awesomeness**

Life after work no longer conjures up images of couples wandering the malls, playing golf, and taking endless Caribbean cruises. As baby boomers reach their 50s and 60s, they are redefining what it means to retire. Many of them are still choosing to work or create a whole new life entirely. What they crave is vitality, joy, and meaning in their lives. Author David

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Borchard has been helping adults rejuvenate their careers and lives for 30 years. In *The Joy of Retirement*, he shows readers how to reinvent themselves and achieve the kind of fulfillment and meaning in their lives they have always dreamed of. Now, readers can start crafting their future and discovering their passions with advice on topics such as:

- finding new interests that make the most of their unique talents
- planning their lifestyle at 50+
- assessing what transitions they are ready and willing to make
- defining priorities and goals
- establishing their criteria for success
- mastering the seven steps to maintaining vitality

Revealing and hopeful, this book will reshape how people look at the next phase of their lives.

### **Soul Keeping**

What could a book titled *The Art of Unpredictability* be about? This is probably why you're skimming through the description to decide if this is worth the time, or if it will end up as another Amazon purchase you'll leave on a bookshelf to collect dust. Honestly, this book is more about balance than anything. You see, we all need an equal balance of routine and surprise in our lives. Predictability and unpredictability. Each person's balance is different. Some people value more chaos, and others value more structure. Where that line is drawn is up to you. This book highlights the unpredictable side. Because I think most people tend to steer toward structure and aim to control their life when they really should let go and just say "yes" more often. That guy who has excuses all the time? I

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hate that guy. I've collected the best moments and challenges of Las Vegas adventures, Coldplay concerts, and major car crashes to reveal how you can develop my strongest personality trait-being completely unpredictable. I hope that as you venture through each chapter's stories, you'll be more inspired to take on each day as if it were a videogame. You get to create your own rules, the boundaries are limited only by your creativity, and the best part is that anything is possible I know, you've heard that before. But how many people do you know who actively prove it?

### **Start Next Now**

Each of us has but one life to live on this earth. What we do with it is our choice. Are we drifting through it as spectators, reacting to our circumstances when necessary and wondering just how we got to this point anyway? Or are we directing it, maximizing the joy and potential of every day, living with a purpose or mission in mind? Too many of us are doing the former--and our lives are slipping away one day at a time. But what if we treated life like the gift that it is? What if we lived each day as though it were part of a bigger picture, a plan? That's what New York Times bestselling author Michael Hyatt and executive coach Daniel Harkavy show us how to do: to design a life with the end in mind, determining in advance the outcomes we desire and path to get there. In this step-by-step guide, they share proven principles that help readers create a simple but effective life plan so that they can get from where they are now to where they

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really want to be--in every area of life.

## **Growth**

Can you actually create the life you've always wanted? Heck yeah! From the bestselling author of *So You Thought You Knew* comes a refreshingly entertaining and inspiring journey that dips the reader's feet into the waters of science, philosophy and faith, reconciling these seemingly different worlds into something personal yet universal all at once. Filled with hilarious stories and life-changing insights, *The Secret to Awesomeness* is your guide to bending reality. LEARN HOW TO: - Love yourself

## **Change Your Heart, Change Your Life**

“Shannan’s story feels at once familiar and spectacular, ordinary and exceptional. You will discover that at the same time her words make you squirm, you will wish you lived next door to her. You will want her wisdom and you will want her pickles.”  
—Jen Hatmaker (from the foreword) Shannan Martin had the perfect life: a cute farmhouse on six rambling acres, a loving husband, three adorable kids, money, friends, a close-knit church—a safe, happy existence. But when the bottom dropped out through a series of shocking changes and ordinary inconveniences, the Martins followed God’s call to something radically different: a small house on the other side of the urban tracks, a shoestring income, a challenged public school, and the harshness of a county jail (where her husband is now chaplain). And yet the family’s plunge

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from “safety” was the best thing that could have happened to them. Falling Free charts their pilgrimage from the self-focused wisdom of the world to the topsy-turvy life of God’s more being found in less. Martin’s practical, sweetly subversive book invites us to rethink assumptions about faith and the good life, push past insecurity and fear, and look beyond comfortable, middle-class Christianity toward a deeper, richer, and ultimately more fulfilling life.

### **A Complaint Free World**

Activate the raw power of your subconscious to create the life you’ve always wanted, using six essential lessons from one of the world’s most renowned hypnotherapists in this “nourishing and healing book” (Michael Bernard Beckwith, author of *Spiritual Liberation*). Unsatisfying careers. Volatile, unhealthy relationships. Unfulfilled dreams. Too many of us are living lives that fall short of what we truly desire. But as celebrity hypnotist Kimberly Friedmutter explains in this life-changing book, not only is it possible to design the life of your dreams, but the power to do so already lies within you, in your subconscious mind. The subconscious is the root of your true power and desire; it’s your inner child, your authentic self. It is the honest compass that will lead you to a life of happiness, so long as you are able to follow its direction. We all have the power to access it but as we grow up we’re taught to stop daydreaming and to follow society’s rules, which makes us disconnect from our subconscious, often with tragic results. In *Subconscious Power*, Kimberly guides you through six

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principles that bring your conscious mind in line with your subconscious desires. She shares practical, three-minute exercises that will help you transform your relationships, find true love, lose weight after years of struggling with the scale, overcome addictions, and achieve new career successes and heights. Featuring inspiring success stories and the practical tools you need to make meaningful change, *Subconscious Power* gives “you a pathway to achieve your goals and dreams in an effective and easily understandable manner. This book will improve your life in ways you never thought of” (David Zelon, producer of *Soul Surfer*).

### **Grace Walk**

In *Detox Your Thoughts*, popular psychologist Andrea Bonior, PhD, identifies the 10 most prevalent mental traps that make people feel anxious, insecure, and generally just bad. Clinical psychologist Andrea Bonior has spent over twenty years studying, teaching, and practicing the science of thoughts, emotions, and behavior. In *Detox Your Thoughts*, she uses the latest research into mindfulness, Acceptance and Commitment Therapy (ACT), and Cognitive-Behavioral Therapy (CBT) to teach you to understand your thoughts—and your body—in a completely different way. To challenge negative self-talk, you must change the way you relate to your thoughts altogether. Bonior shows us how to create new mental pathways that truly stick. For each of the ten mental traps, Bonior offers a new habit to practice, including:

- leaning in to your feelings
- recognizing and

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counteracting your blind spots to gain insight • valuing the present moment, and immersing yourself in it. Bonior deciphers the latest research in psychology and neuroscience to help disempower and conquer self-sabotaging thoughts with specific and actionable steps. You're not erasing negative thoughts, but rather growing bigger than they are—and improving your mental and emotional life along the way. • Dr. Andrea Bonior is a popular psychologist and contributor to BuzzFeed and the Washington Post. • Detox Your Thoughts was inspired by her popular BuzzFeed challenge of the same name. • Dr. Bonior's mental health advice column, "Baggage Check," has appeared for 14 years in the Washington Post and several other newspapers nationwide. With bite-sized psychology takes on the thought patterns that plague most people and a practical approach to quitting negative self-talk for good, Detox Your Thoughts is a transformational read. • Perfect for readers of the Washington Post's "Baggage Check" column, Goodful's Detox Your Thoughts, Psychology Today, and The Cut's "Science of Us." • Also a good fit for those who love pop psychology, self-help books, and any books related to motivation or happiness. • Fans of Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado, 13 Things Mentally Strong People Don't Do by Amy Morin, and Dare: The New Way to End Anxiety and Stop Panic Attacks by Barry McDonagh will want this. Audio edition read by the author.

### **Falling Free**

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he Key To A New Beginning Unveiled Within In Stepping Into Joy, Dr. Randall Green bears his own soul in order to make clear the path he and countless others have taken to achieve authentic joy. In these pages you will discover a refreshing approach to our endless quest for spiritual fulfillment. Using the Twelve Steps of Recovery as the core solution to mankind's "quiet desperation," Dr. Green adds the spices of real-life stories, pithy slogans, humorous anecdotes, and a few "old Kentucky sayings" just for the fun of it. Building on the premise that addiction is a physical disease with a spiritual solution, the Twelve Steps are offered as "guides to progress" in the journey to spiritual wholeness. Although Randy Green is unashamedly committed to his Christian faith, the spiritual principles he extrapolates are non-partisan in application. This is not a book on religion. It is not a book for or against religion. This is a book about true spirituality and how to experience it amid the real stressors and challenges of today's post-modern culture. Regardless of the addictions, compulsive behaviors, or attachments that may plague our lives, we will be led closer and closer to the joy we all seek as we commit ourselves to living out these twelve spiritual principles one day at a time.

### **The Family You've Always Wanted**

When Jim Donovan's successful career in video and broadcast television led to a personal meltdown, he went through rehab, pulled himself up from the bottom, and started his life over. He then began giving seminars on "how to change your life" based

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on the simple, yet effective, ideas that had worked for him in recovery. From these seminars evolved the stories and advice in this book. Don't make big changes, Donovan suggests; just start slowly and move bit-by-bit toward your goal. In addition to goal setting and goal keeping, Donovan discusses writing personal affirmations that work, cultivating gratitude, disciplining the mind, and helping others to achieve their dreams.

### **The Marriage You've Always Wanted**

What would your life be like if Jesus lived it? Imagine the change you would experience in your thoughts, actions, and relationships. Think of the joy and freedom that could transform every area of your life. That's exactly what God has in mind for you! You'll find out how in Growth. Through personal study and small group interaction, this study sets you on a path to live out the character of Jesus in this world as only you can. It happens not by trying hard, but by training. By cultivating spiritual disciplines--Scripture meditation, prayer, solitude, endurance, loving others--you'll discover the joy of being transformed by Christ and the freedom of living each day sustained by his power. Leader's guide included!Growth group sessions are:Training to Live Like JesusThe Practice of Scripture MeditationThe Practice of SolitudeSimple PrayerThree Transforming PrayersThe Roundabout WayAnd the Greatest of These Is Love

### **The Life I Always Wanted**

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Most women in the midst of careers, marriage, raising children, and caring for parents set their personal goals aside. The Me Project provides women with fun and creative ways to bring back the sense of purpose and vitality that comes with living out the plans and dreams God has planted in their hearts. Kathi Lipp's warm tone and laugh-out-loud humor will motivate women to take daily steps toward bringing purpose back into their lives and give them the confidence they can do it in spite of busy schedules. A woman who reads and applies The Me Project will discover the unique plan God has for her life and her role as a wife, mother, worker, or volunteer gather a community of like-minded women who want to make their goals a priority change her attitudes toward her roles in life, as well as how she approaches her personal goals This handy guide coaches women to do one simple thing toward achieving their goals each day for three weeks, bringing a sense of vitality and exhilaration back into their lives.

### **Be Amazing**

The Magical Life Beautifully Unfolds The Secrets Of Life That You Need To Know For Making It Magical And An Interesting Element, To Which You Cant Wait To Wake Up. The Book Is All About Different Understandings Towards Life, And All Those Practical-Spiritual Formulas Which Are So Much Needed For The Life We All Want To Live. The Book Promises A Transformed Outlook Towards The Life And Along With That It Gives A Positive Attitude To The Readers For The Upcoming Life, And The Power To Deal With

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All The Challenges. And Last But Not The Least, As The Title Reads "The Magical Life", Its All About Waving Magic To Your Normal Life, And Making It Extraordinary And Dreamy, Just Like The Way You Want It To Be, The Book Is Here To Help You.

### **The Magical Life**

The soul is NOT "a theological and abstract subject." The soul is the coolest, eeriest, most mysterious, evocative, crucial, sacred, eternal, life-directing, fragile, indestructible, controversial, expensive dimension of your existence. Jesus said it's worth more than the world. You'd be an idiot not to prize it above all else. Shouldn't you get pretty clear on exactly what it is? Shouldn't you know what it runs on? Wouldn't it be worth knowing how to care for it? Two things are for sure. One is: you have a soul. The other is: if you don't look after this one you won't be issued a replacement. Bestselling author John Ortberg writes another classic that will help readers discover their soul and take their relationship with God to the next level.

### **The Life You've Always Wanted Participant's Guide**

Now with a fresh cover! The nearly 200,000-selling Grace Walk has helped thousands of believers leave behind the "manic-depressive" Christian walk: either running around trying to perform to be acceptable to God—or thinking they've failed Him again and wondering if they'll ever measure up. Living the grace

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walk gets Christians off this religious roller coaster. Using his own journey from legalism into grace, Steve McVey illustrates the foundational, biblical truths of who believers are in Jesus Christ and how they can let Him live His life through them each day. As they experience their identity in Jesus Christ, Christians will come to know "Amazing Grace" as not just a song but as their true way of life.

### **Killing Willis**

This well-designed and elegant notebook features an inspirational quote on its cover. It has 110 Pages measuring 6" x 9" in size. It can be used as a notebook, journal, composition book, it's also great for taking notes, doodling, brainstorming, prayer and gratitude. Makes a beautiful motivational gift for men and women, for any occasion. This high-quality notebook fits perfectly into your bag. Perfect for gel pen, ink or pencils. Enjoy these pages to let all your creative juices flow! Cover Finish: Matte Dimensions: 6" x 9" (15.24 x 22.86 cm) Interior: White Paper, Lined Pages Pages: 110 Remember: If you're not satisfied with this notebook, check out our other brand-new products!

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Orthberg

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