

# My Everything: The Uplifting

## UPLIFTING

In the vast expanse of human experience, there is one constant that binds us all: change. Change and loss are intrinsic parts of our lives, weaving through the very fabric of our existence, both personal and professional. It shapes our destiny, molds our character, and determines the course of our journey. Yet, despite its inevitability, embracing change remains one of the most daunting challenges we face. Uplifting gives readers tools and offers examples of how to rise above loss of all kinds validating the impact of losses both big and small. Author Dr. Katie Eastman doesn't simply focus on the psychological aspects of change but also takes a comprehensive view, addressing the physical, emotional, spiritual, and intellectual dimensions. Her compassionate perspective provides invaluable guidance for individuals no matter where they find themselves on the ever-evolving path of life. Uplifting is not just a book; it is a beacon of light in the sometimes dark and uncertain world of loss and change. Dr. Eastman guides with grace and wisdom, reminding us that the intertwined elements of change and loss are not adversaries but companions on our journey. Her words will inspire, guide, and empower you to rise above your seemingly lowest points and thrive.

## My Everything

On the day Hannah is finally going to tell her husband she's leaving him, he has a stroke . . . and life changes in an instant. Tom's only 32. Now he can't walk or cut up his own food, let alone take her in his arms. And Hannah's trapped. She knows she has to care for her husband, the very same man she was ready to walk away from. But with the time and fresh perspective he's been given, Tom re-evaluates his life, and becomes determined to save his marriage. Can he become the man his wife fell in love with again, or has he left it too late?

## This Beautiful Life: the emotional and uplifting novel from the #1 bestseller

'An emotional rollercoaster of a read... profoundly touching and moving'- Daily Express. Perfect for fans of Jojo Moyes and Jodi Picoult. Abi has been given the second chance she never expected: she's in remission. Now she's trying to get her life - and her family - back on track after facing the worst. But it's hard to trust in happiness again, and reconnecting with her husband John proves more challenging than she thought. Can you really go back to 'normal' after thinking you're going to lose one another? With Abi's son Seb struggling with a secret of his own, the three of them are in danger of falling apart just when they need each other most. But how do you pick up the pieces of a family still suffering emotional shockwaves? And can Abi bring the people she loves most in the world back together again... before it's too late? \*\*\* \*\*What readers are saying about This Beautiful Life\*\* 'Stunning, filled with emotion...one of my favourite books of 2017!' - Off the Shelf Books 'A breathtaking read that will break your heart' 'A beautiful, soaring story...highly, HIGHLY recommended!' 'I loved every word... a wonderful, wonderful book' 'Heartbreaking, real and unforgettable - the characters feel like friends or close family' 'Honest and powerful' 'Will stay in my mind for a long time to come. This author has really touched my heart' 'I devoured every page; an utter delight'

## The Best is Yet to Come

When you feel invisible, friendship can offer a ray of hope 'Emotional and heartwarming' Mike Gayle, All the Lonely People 'This life-affirming tale is exactly what we all need to be reading in these trying times' Heat

## **The Last Lecture**

After being diagnosed with terminal cancer, a professor shares the lessons he's learned—about living in the present, building a legacy, and taking full advantage of the time you have—in this life-changing classic. "We cannot change the cards we are dealt, just how we play the hand." —Randy Pausch A lot of professors give talks titled "The Last Lecture." Professors are asked to consider their demise and to ruminate on what matters most to them. And while they speak, audiences can't help but mull over the same question: What wisdom would we impart to the world if we knew it was our last chance? If we had to vanish tomorrow, what would we want as our legacy? When Randy Pausch, a computer science professor at Carnegie Mellon, was asked to give such a lecture, he didn't have to imagine it as his last, since he had recently been diagnosed with terminal cancer. But the lecture he gave—"Really Achieving Your Childhood Dreams"—wasn't about dying. It was about the importance of overcoming obstacles, of enabling the dreams of others, of seizing every moment (because "time is all you have . . . and you may find one day that you have less than you think"). It was a summation of everything Randy had come to believe. It was about living. In this book, Randy Pausch has combined the humor, inspiration and intelligence that made his lecture such a phenomenon and given it an indelible form. It is a book that will be shared for generations to come.

## **Positive Affirmations for Black Women: 10000+ Empowering Affirmations for BIPOC Women to Increase Self-Esteem, Confidence, and Success. Uplifting Words to Become a Strong Fearless Woman & Badass Mother!**

Empower Your Life with Positive Affirmations for Black Women – Boost Self-Esteem, Confidence, and Success! Are you ready to become a strong, fearless woman and embrace your inner power? Positive Affirmations for Black Women offers over 10,000 empowering affirmations designed specifically for BIPOC women to increase self-esteem, build confidence, and achieve unparalleled success. This book is your essential guide to unlocking the strength within you, enabling you to overcome any challenge and thrive in every aspect of your life. With Positive Affirmations for Black Women, you will: - Transform Your Mindset for Success: Discover how to rewire your thoughts to bring about positive changes in your life and build unshakable confidence. - Increase Self-Worth and Love Yourself: Learn how to cultivate self-worth and love yourself deeply, regardless of others' opinions or judgments. - Boost Confidence and Overcome Challenges: Use powerful affirmations to boost your confidence, face your fears, and recover from failures, moving closer to your goals every day. - Navigate Pregnancy and Motherhood with Strength: Overcome the emotional challenges of pregnancy and motherhood with affirmations that uplift and empower you through every stage. This book is more than just words—it's a powerful tool to help you become the badass mother and fearless woman you've always known you could be. With Positive Affirmations for Black Women, you'll gain the mindset needed to navigate life with confidence, joy, and success. If you enjoyed *Becoming* by Michelle Obama, *Year of Yes* by Shonda Rhimes, or *The Self-Love Workbook for Women* by Megan Logan, you'll love *Positive Affirmations for Black Women*. Start your journey to empowerment today. Scroll up, grab your copy, and begin transforming your life with Positive Affirmations for Black Women!

## **Everything Is Going to Be OK**

Add some happiness to your life with this collection of inspirational contemporary art, craft, design, and photography. A little inspiration goes a long way. This volume is filled with artwork bearing mottos of encouragement and affirmation. Featuring work from a diverse roster of indie artists, designers, and crafters—including beloved figures such as Mike Perry, Marian Bantjes, Marc Johns, Enormous Champion, and Yee-Haw Industries, as well as a host of emerging new talents—this hip take on the classic cheer-you-up book is the perfect visual treat for anyone whose spirits need a little lift from time to time.

## **Positive Thoughts (894 +) to Heal Your Allergic Condition Permanently and Naturally**

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Heal Your Allergic Condition Permanently and Naturally. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Heal Your Allergic Condition Permanently and Naturally. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

## **Tune Your Inner Frequency from Comfort to Ultimate Success: 988 Positive Statements**

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## **Positive Whispers (1617 +) to Eat in a World of Fads and Fiction**

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## **Capturing His Heart**

The author of The Two-Week Promise presents a funny, romantic tale of friendships, flirtations, and being true to who you are . . . Back in high school, Millicent mercilessly teased her brother and his friends, especially Luke, for their nerdy devotion to Dungeons & Dragons. When she and Luke are reunited as adults, working together at his photography studio, she wants to make it up to him. After all, as a bisexual woman, she knows how it feels to struggle with being accepted. When a client requests boudoir photos, Luke is so flustered that Millicent offers to pose for a practice session so he can calm his nerves. She books an appointment with the best hair and makeup stylist in town—who happens to be a girl Millicent kissed in high school, but was ultimately rejected by. Meanwhile, Luke has his own troubles with a resentful ex. As old feelings are stirred up—and new feelings take Millicent by surprise—it becomes clear that fitting in with the crowd is much less important than finding someone you really belong with . . .

## **Emotion control guide plus daily positive affirmations for young women**

Practical strategies and step-by-step guidance for rediscovering your inner strength and transforming your life... What kind of stories do you tell yourself about your life? Are you delighted with how things are unfolding? Or is there a part of you that is dreaming of more? It can be easy to fall into old patterns and habits that keep you in one place, even when you're motivated to change. For many people, making or breaking habits, especially mental ones, is a major struggle because they're making a simple mistake – they're not utilizing their subconscious mind. Your subconscious determines how you handle failure, your belief in yourself, and much more. It shapes your future. The subconscious mind plays a huge role in decision-making, personal agency, and core values and beliefs. Your past experiences have shaped the way you view life, sometimes to your detriment. The good news is, the subconscious mind can be rewired. If you're trapped by a mentality that is keeping you from achieving your goals, know that it doesn't have to be that way forever. Through mindful reflection and definitive action, you'll learn how to reprogram unsupportive stories and replace them with an empowering narrative for the next few weeks. You'll be amazed at the changes in thinking you'll experience with practice and new insight. With a comprehensive look at multiple dimensions of strength, you'll be able to focus on whichever area is most relevant to your needs. In this guide, here is just a fraction of what you will discover: ? Affirmations and guidance for developing a holistic approach to strength training your mind – improving your physical, emotional, and financial health, and more... ? How to learn to identify your strengths and rediscover a sense of confidence in your abilities ? What it means to be genuinely mentally strong and how it helps you when it matters most ? 11 techniques for improving

emotional control and taking back control of your reactions to stress ? How you can incorporate spirituality into your life and find a sense of fulfilment in your day-to-day life ? 10 reasons self-love is an essential part of creating a calm and balanced mindset ? The 5 areas you must focus on if you want to develop mental strength and fortitude ? The stages you must go through to achieve your vision And much more. You may have brushed off the thought of change in the past because it can be overwhelming or intimidating to commit to something different. You might even have tried to change one area of your life, only to struggle with consistency and lack of results. What's different this time? This time, you're deciding to take a strategic and informed approach to rehaul your life. With the strategies and insights you'll gain from these pages, you'll be ready to start a new chapter, right now. Don't let your dreams remain dreams. Make them a reality: Scroll up and click the "Add to Cart" button right now.

## **Positive Living Through Positive Affirmations**

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Love Yourself and Your World. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Love Yourself and Your World. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

## **Positive Affirmations (1508 +) to Love Yourself and Your World**

A hilarious and heartfelt illustrated memoir of living with specific learning difficulties. In Everything is Going to be K.O., Kaiya Stone writes about her experiences of living with specific learning difficulties: from struggling at school, to being diagnosed with dyslexia and dyspraxia at university, and performing her own one-woman stand up show inspired by her journey. Always funny and unfailingly honest, Kaiya not only outlines the frustrations of having SpLDs, but also the ways in which they have fuelled her creativity. She calls for neurodiversity to be celebrated so that instead of questioning how we are 'supposed' to think, we instead take pride in our cognitive differences. Everything is Going to be K.O. is for anyone who knows, or



has wondered, what it is like to live with learning difficulties today.

## **Everything Is Going to Be K.O.**

Be Single No More. Find Out How To Find Love! - Are you tired of being single? - Do you want to find out how to find love and settle down once and for all? - Maybe you are telling everyone that you prefer to be single, though deep down inside you are constantly wishing and hoping for "The One"? - Do you fear that you will be alone for the rest of your life? The dating scene gets tiresome, you become disillusioned especially when all the partners you've dated never seem to last. With Love Is Here: How to find love and date the perfect man in 3 months (or less), you will learn how to prepare yourself for everlasting love, clear all the blockages that you have that are getting in the way from you experiencing what your heart yearns for oh so dearly, be crystal clear on what kind of relationship you are looking for, how to find love, and get the love of your life! In fact, some of the people managed to manifest and find their potential partners in a month, even a week's time! Join many others who have successfully used the Love Is Here method to find their partners. The methods used includes the Law of Attraction, coupled with a combination of affirmations, visualization, journal exercises and different healing methods that will help you clear the obstacles on your path to love. You will go through a journey of self-discovery and ultimately successfully dream your lover into life. A truly inspirational approach that offers a tried and tested philosophy on relationships, Love Is Here is the only guide you will ever need to help find that perfect partner you are looking for. Whether you are looking for a lasting relationship, or someone to have fun with, all the things you want in a relationship will definitely come true, when you follow the exercises provided in this book. The Love Is Here method is not the same old stuff you'll find everywhere. What makes it so special – apart from the fact that they've been written by someone who has spent close to 10 years perfecting the craft of attracting love, for herself and others? Two things – removing blockages and getting crystal clear on what you want. Love Is Here is designed to help individuals find their true love by preparing them for love through self-discovery, self-love, positive thinking, and clearing of our emotional beliefs and blockages. This will help you find the one that is right for you! It is a concise and practical guide to finding your everlasting love. The book takes you on a journey of discovery to maximize the chances of finding your partner. The exercises in the course are valuable in determining what type of person is right for your desires and needs in a mate and relationship. It also helps you overcome the ill effects of erroneous past relationships, utilizing the knowledge from those experiences to allow you to move forward to a healthier one. This may save you from heartache and the pitfalls from being in a bad relationship. You may have made inferior choices in relationships and selecting your previous partners. Let your next relationship be the perfect one for you. Anything is possible with this method – you can get any type of relationship, any qualities you like in a partner, all you have to do is follow the the secrets to get the Love of Your Life in this book. A truly inspirational approach that offers a tried and tested philosophy on relationships, "Love Is Here" is the only guide you will ever need to help find that perfect partner you are looking for.

## **Love Is Here: How to find love and date the perfect man in 3 months (or less)**

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Be Assertive in Any Situation. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration,

exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Be Assertive in Any Situation. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

## **Positive Activators (1885 +) to Be Assertive in Any Situation**

Beautiful Words, Inspiring Thoughts A Gift of Love... ...in words that encourage, inspire, affirm, and lift up, in quotes and sayings and private thoughts that put a bloom in the heart of the reader. A Gift of Beauty... ...in hand-lettering and calligraphy, in paper-cuts and colorful collages, in drawings and prints—and in the joy found on every page. Relish life, love, and friendship—and share it with everyone you love. Created by the editors of Flow magazine, Everything Grows with Love features dozens of uplifting quotes and sayings in original graphics and hand-lettering by 20 contributing artists and illustrators. On each page, affirmations, motivational sayings, and quotes are illuminated in gorgeous calligraphy, playful photomontages, and exquisite embroidery. These are sweet expressions of inspiration and wonder: From little things big things grow. You've got to have a little rain to make a rainbow. Love is all you need. Collect moments, not things. Life is beautiful. Be happy, so that when others look at you they are happy too. Perfect for Valentine's Day, wedding showers, birthdays, or simply as a pick-me-up for a friend or relative, it's an ode to creativity, inspiration, and, above all else, love.

## **Everything Grows with Love**

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Relieve Stress and Change Your Life. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become

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## **Positive Thoughts (1040 +) to Relieve Stress and Change Your Life**

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Protect Yourself with Whatever You've Got. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Protect Yourself with Whatever You've Got. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

## **Positive Words (685 +) to Protect Yourself with Whatever You've Got**

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Understand Your past and Shape Your Future. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique,

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## **912 Positive Activators to Understand Your Past and Shape Your Future**

This is a story of intimate warfare among rivals, where friend and foe confront the spiritual suffocation of a woman suffering from complex mental illnesses and disorders. She was desperate to be unchained from layers and layers of emotional tyranny believed to have inadvertently transpired either at birth, after multiple brain traumas, or even from the daily hustle and bustle of “having it all” (career, family, and affluence). Mental illness often emerges as a thief in the darkness, aiming to defeat the will to not only survive but also to live. She met a foe called GEMS, which became a deceitful friend but a trusted confidant. Her rejection by others led to an increasing reliance on GEMS, which she thought could save her from self-destruction but proved to be the awakening she so desperately ached for. The pilfering of her cerebral functioning was proof that a ghostly foothold had psychologically invaded her psyche, robbing her of mental and emotional health. Her mind was in a constant rage because of ravaging storms of depression, anxiety, memory loss, PTSD, panic disorder, and bipolar disorder. These ravaging emotional attackers even led her to contemplate suicide after becoming cerebrally unfit. After tumbling toward a fearful demise, she began decoding the mystery to her existence after five years of chaos. The author experienced a supernatural spiritual healing that caused her to be reborn in the flesh. This author's story is inspiring and enriching, with a spellbinding journey that she hopes initiates inclusive dialogues with mental illness sufferers. This story will leave you speechless that this author is willing to share a plight so difficult to overcome. The author conveys that after sharing this story, she is not 100 percent cured, but she is surely 100 percent better. Everyone has a different normalcy, so the expectation from one to another is inequitable in measuring one's curative healing.

## **Mental Illness Mi Doesn't Look Like Me**

The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Break Free from the Hypochondria Trap. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful

transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Break Free from the Hypochondria Trap. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

## **Break Free from the Hypochondria Trap: Positive Whispers (1464 +)**

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