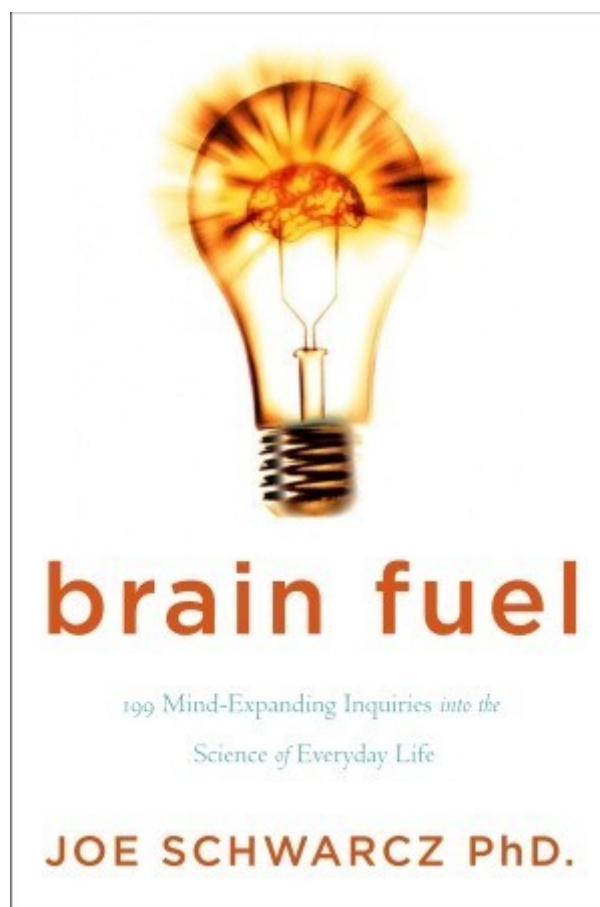


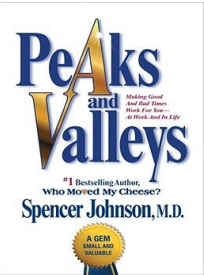
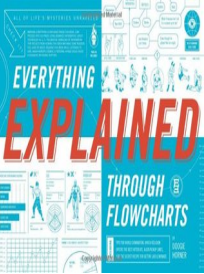
**BRAIN FUEL: 199 MIND-EXPANDING INQUIRIES INTO  
THE SCIENCE OF EVERYDAY LIFE**

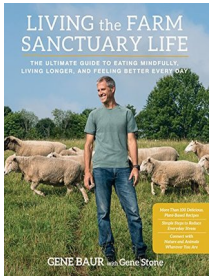


Get free ebook for brain fuel: 199 mind-expanding inquiries into the science of everyday life by joe schwarcz national bestseller from the #1 bestselling author – a cornucopia of mind-expanding insights into the science of the real world. dr. joe – as he is affectionately known to millions of readers, listeners, viewers, and students – brings his magic formula to doubleday canada with brain fuel. as with dr. joe’s previous best-selling books, brain fuel informs and entertains on a wi national bestseller from the #1 bestselling author – a cornucopia of mind-expanding insights into the science of the real world. dr. joe – as he is affectionately known to millions of readers, listeners, viewers, and students – brings his magic formula to doubleday canada with brain fuel. as with dr. joe’s previous best-selling books, brain fuel informs and entertains on a wild assortment of science-based topics. but this is not "science trivia." if you are looking for serious scientific discussions, you’ll find them here. if you are looking for practical consumer

information, that's here too. if you are searching for ways to stimulate interest in science, look no further, mom. and if you are simply wondering why the birth of prince leopold was so different from queen victoria's previous seven; or why an iron rod that went through a man's head is now on display in a museum in boston; or why white chocolate has such a short shelf life; or why eggs terrified alfred hitchcock – and what all of this means for the rest of us, and why – then bingo. ...more

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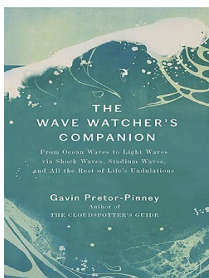
Cover	Title & Description	Status
	<p><b>PEAKS AND VALLEYS: MAKING GOOD AND BAD TIMES WORK FOR YOU--AT WORK AND IN LIFE [PEAKS &amp; VALLEYS] [HARDCOVER]</b></p> <p>making good and bad times work for you -- at work and in lifepeaks and valleys is a story of a young man who lives unhappily in a valley until he meets an old man who lives on a peak, and it changes his work and life forever.initially, the young man does not realize he is talking with one of the most peaceful and successful people in the world. however, through a series o making good and bad times work for you -- at work and in lifepeaks and valleys is a story of a young man who lives unhappily in a valley until he meets an old man who lives on a peak, and it changes his work and life forever.initially, the young man does not realize he is talking with one of the most peaceful and successful people in the world. however, through a series of conversations and experiences that occur up on peaks and down in valleys, the young man comes to make some startling discoveries.eventually, he comes to understand how he can use the old man's remarkable principles and practical tools in good and bad times and becomes more calm and successful himself.now you can take a similar journey through the story and use what you find to your advantage in your own work and life. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>EVERYTHING EXPLAINED THROUGH FLOWCHARTS: ALL OF LIFE'S MYSTERIES UNRAVELED INCLUDING TIPS FOR WORLD DOMINATION, WHICH RELIGION OFFERS THE BEST AFTERLIFE, THE SECRET RECIPE FOR GETTIN' LAID LEMONADE</b></p> <p>according to book designer and stand-up comic doogie horner (the ministry of secret jokes) everything—absolutely everything—in the seemingly random universe can be connected, charted, comprehended, and ultimately conquered. everything explained through flowcharts is your one-stop decision-making handbook, packed with meticulous diagrams that will illuminate life’s greatest according to book designer and stand-up comic doogie horner (the ministry of secret jokes) everything—absolutely everything—in the seemingly random universe can be connected, charted, comprehended, and ultimately conquered. everything explained through flowcharts is your one-stop decision-making handbook, packed with meticulous diagrams that will illuminate life’s greatest mysteries—from your afterlife options to the best alien pick-up lines to the smoothest route to world domination. distinctive and ingenious, everything explained through flowcharts is the only book currently on the market that enables you to trace the labyrinthine connections that order the universe while causing eye strain in seniors. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>



### **LIVING THE FARM SANCTUARY LIFE: THE ULTIMATE GUIDE TO EATING MINDFULLY, LIVING LONGER, AND FEELING BETTER EVERY DAY**

gene baur, the cofounder and president of farm sanctuary, the nation's leading farm animal protection organization, knows that the key to happiness lies in aligning your beliefs with your actions. in this definitive vegan and animal-friendly lifestyle guide, he and gene stone, author of forks over knives, explore the deeply transformative experience of visiting the sanctua gene baur, the cofounder and president of farm sanctuary, the nation's leading farm animal protection organization, knows that the key to happiness lies in aligning your beliefs with your actions. in this definitive vegan and animal-friendly lifestyle guide, he and gene stone, author of forks over knives, explore the deeply transformative experience of visiting the sanctuary and its profound effects on people's lives. the book covers the basic tenets of farm sanctuary life--such as eating in harmony with your values, connecting with nature wherever you are, and reducing stress--and offers readers simple ways to incorporate these principles into their lives. living the farm sanctuary life also teaches readers how to cook and eat the farm sanctuary way, with 100 extraordinarily delicious recipes selected by some of the organization's greatest fans--chefs and celebrities such as chef aj, chloe coscarelli, emily deschanel, and moby. coupled with heartwarming stories of the animals that farm sanctuary has saved over the years, as well as advice and ideas from some of the organization's biggest supporters, living the farm sanctuary life is an inspiring, practical book for readers looking to improve their whole lives and the lives of those around them--both two- and four-legged. ...more

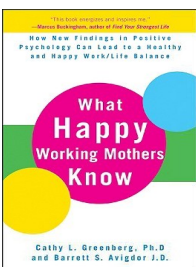
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### **THE WAVE WATCHER'S COMPANION: FROM OCEAN WAVES TO LIGHT WAVES VIA SHOCK WAVES, STADIUM WAVES, AND ALL THE REST OF LIFE'S UNDULATIONS**

get ready for a global journey like none other--a passionate enthusiast's exploration of waves that begins with a massive surfable cloud and ends with the majestic pacific ocean, making side trips along the way to reveal the ups and downs of brain waves, radio waves, infrared waves, microwaves, shock waves, light waves, and much more.

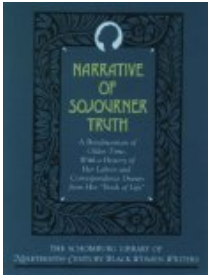
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### **WHAT HAPPY WORKING MOTHERS KNOW: HOW NEW FINDINGS IN POSITIVE PSYCHOLOGY CAN LEAD TO A HEALTHY AND HAPPY WORK/LIFE BALANCE**

a fact-based and proven approach to help working mothers rediscover happiness as they balance their duties at home and work science and sociology have made great strides in understanding what makes us happy and how we achieve it. for working mothers who face endless demands on their time and attention, "what happy working mothers know" provides scientifically proven and pra a fact-based and proven approach to help working mothers rediscover happiness as they balance their duties at home and work science and sociology have made great strides in understanding what makes us happy and how we achieve it. for working mothers who face endless demands on their time and attention, "what happy working mothers know" provides scientifically proven and practical ways to find the right balance and replace stress with happiness. written by a behavioral scientist and global leadership guru, and an international lawyer and career coach, this mom-friendly guide offers practical tactics that truly work. the demands of juggling work and home lead many women to try to do everything and be everything to everyone. in the effort to be superwoman, many women lose sight of what makes them happy and they fail to realize how important their happiness is to being a good worker and a good mother. the key to being your best at everything you do is to take care of your happiness the way you take care of your health, through conscious choices every day. you'll learn to overcome obstacles, apply lessons learned at work to your motherhood skills, and learn lessons from your children that you can apply at work. includes interactive activities that illustrate important lessons in the book shows you how to use positive psychology to shift from a scarcity mentality to an abundance mentality for workplace success helps you tap into your own sense of joy every day for your own happiness and the happiness of those around you science-based and packed with real case studies of real working moms written by authors with impeccable qualifications and real-world experience many moms raise great kids and achieve the professional success they desire and deserve, but if they aren't happy, what's the point? this book doesn't show you how to have it all, but how to have all the things that really matter. ...more

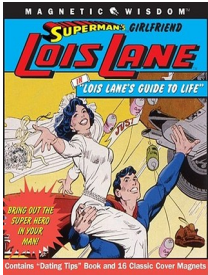
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**NARRATIVE OF SOJOURNER TRUTH: A BONDSWOMAN OF OLDEN TIME, WITH A HISTORY OF HER LABORS AND CORRESPONDENCE DRAWN FROM HER "BOOK OF LIFE";**

a fiery speaker, sojourner truth was among the foremost american women evangelists. this reprint of her 1878 publication sheds light on the life of an ex-slave and ardent abolitionist.

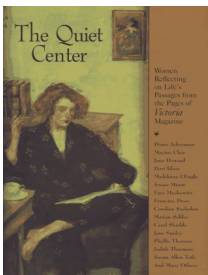
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**SUPERMAN'S GIRLFRIEND LOIS LANE IN "LOIS LANE'S GUIDE TO LIFE": BRING OUT THE SUPER HERO IN YOUR MAN! (MAGNETIC WISDOM)**

look—it's a bird. it's a plane. it's... oh, it's just your boyfriend, flying at superspeed to make amends after flaking on you again. sure, he has his excuses (battling criminal masterminds, perhaps?), but if he keeps forgetting to call about being late or breaking a date, your relationship is in dire need of a savior. this time lois lane is bounding to the rescue. she's the look—it's a bird. it's a plane. it's... oh, it's just your boyfriend, flying at superspeed to make amends after flaking on you again. sure, he has his excuses (battling criminal masterminds, perhaps?), but if he keeps forgetting to call about being late or breaking a date, your relationship is in dire need of a savior. this time lois lane is bounding to the rescue. she's the ultimate modern woman, capable even of bending the man of steel to her will. in this fabulous guide, complete with 16 magnets featuring collectible dc comics covers, lovely lois explains how to tell the super "heroes" from the "zeroes," reveals how to avoid potential courtship kryptonite, and shows how to bring out the superman in every man. superman, the dc logo, and all related names, characters and elements are trademarks of dc comics © 2007. all rights reserved. ...more

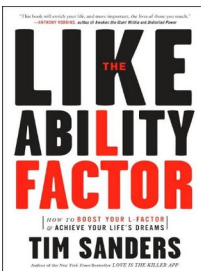
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**THE QUIET CENTER: WOMEN REFLECTING ON LIFE'S PASSAGES FROM THE PAGES OF VICTORIA MAGAZINE**

in beautifully written memoirs by some of the great women writers of america, the quiet center resonates with the wisdom gleaned from everyday life. originally published in the pages of victoria magazine in its first decade, the essays in this volume speak to and from a woman's heart.

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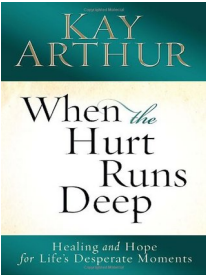

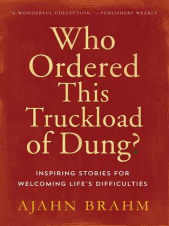


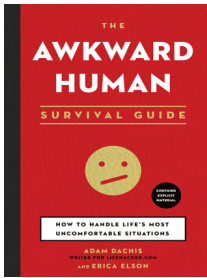
**THE LIKEABILITY FACTOR: HOW TO BOOST YOUR L-FACTOR AND ACHIEVE YOUR LIFE'S DREAMS**

from the bestselling author of love is the killer app you can win life's popularity contests the choices other people make about you determine your health, wealth, and happiness. and decades of research prove that people choose who they like. they vote for them, buy from them, marry them, and spend precious time with them. the good news is that you can arm yourself for the c from the bestselling author of love is the killer app you can win life's popularity contests the choices other people make about you determine your health, wealth, and happiness. and decades of research prove that people choose who they like. they vote for them, buy from them, marry them, and spend precious time with them. the good news is that you can arm yourself for the contest and win life's battles for preference. how? by raising your likeability factor. the more you are liked, the happier your life will be. in the likeability factor, business guru tim sanders shows how to build your likeability factor by teaching you how to enhance four critical elements of your personality: • friendliness: your ability to communicate liking and openness to others • relevance: your capacity to connect with others' interests, wants, and needs • empathy: your ability to recognize, acknowledge, and experience other people's feelings • realness: the integrity that stands behind your likeability and guarantees its authenticity when you improve these areas and boost your likeability factor, you bring out the best in others, handle life's challenges with grace, enjoy better health, and excel in your daily roles. you can win the close calls and tight competitions that define and determine success and happiness at work and in life—the likeability factor can show you how! ...more

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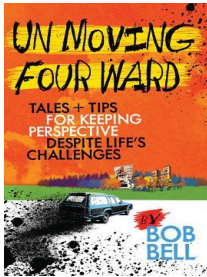
	<p><b>WHEN THE HURT RUNS DEEP: HEALING AND HOPE FOR LIFE'S DESPERATE MOMENTS</b></p> <p>where can you turn for hope when the hurt runs deep? at some point in life, every one of us will face the dark pain of heartache and despair, a hurt that pierces so deep we're left gasping with questions: "why me? why now?" " " "what have i done to deserve this?" " " "will the pain ever go away?" " " "how can god just stand by and let this happen?" " " "what do i have left to hope where can you turn for hope when the hurt runs deep? at some point in life, every one of us will face the dark pain of heartache and despair, a hurt that pierces so deep we're left gasping with questions: "why me? why now?" " " "what have i done to deserve this?" " " "will the pain ever go away?" " " "how can god just stand by and let this happen?" " " "what do i have left to hope for?" " " " " writing from insights she has gained, not only through her own valleys of deep hurt but also from years of study and counseling others through their pain, kay arthur points the way toward genuine healing. with candor, grace, and vulnerability, she invites you to join her on a journey toward wholeness as you exchange your fears and frustrations, hurts and disappointments for a hope that will never disappoint. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>LIFE'S A CAMPAIGN: WHAT POLITICS HAS TAUGHT ME ABOUT FRIENDSHIP, RIVALRY, REPUTATION, AND SUCCESS</b></p> <p>chris matthews is like no other tv interviewer. life's a campaign is like no other book on success. famous for demanding the truth from his hardball guests, chris matthews now reveals what the people running this country rarely confess: the secrets of how they got to the top. here is the first book on power with insight snatched from those who wield it. life's a campaign e chris matthews is like no other tv interviewer. life's a campaign is like no other book on success. famous for demanding the truth from his hardball guests, chris matthews now reveals what the people running this country rarely confess: the secrets of how they got to the top. here is the first book on power with insight snatched from those who wield it. life's a campaign exposes the tactics, tricks, and truths that help people get ahead—and can help you, too, whatever your field of ambition. written in the assertive, good-natured style that is matthews's trademark, life's a campaign is the most useful kind of investigative reporting. you'll benefit from his insider's scrutiny of the congress, the white house, and the national news media. here are the methods, showcased in fascinating anecdotes and case histories, that presidents, senators, and other powerful people use to persuade others and win—and the life lessons they provide for the rest of us. you'll learn about bill clinton's laser-focused ability to listen to those he wants to seduce—and how he's been teaching that craft to his wife, hillary; how ronald reagan employed his basic optimism to win history to his side; the simple steps in human diplomacy that the first president bush exploited to assemble a worldwide posse to attack saddam hussein and gain global approval in a way his son has failed to do; how nancy pelosi became the first woman speaker of the house by practicing the most fundamental of human qualities: hardnosed loyalty. you'll also find out, for the first time, about matthews's own wild ride through the turbulent, converging rapids of politics and journalism. the big payoff in life's a campaign is what you'll learn about human nature:</p> <ul style="list-style-type: none"> <li>• people would rather be listened to than listen.</li> <li>• people don't mind being used; what they mind is being discarded.</li> <li>• people are more loyal to the people they've helped than the people they've helped are loyal to them.</li> <li>• not everyone's going to like you.</li> <li>• no matter what anybody says, nobody wants a level playing field.</li> </ul> <p>knowing such truths is the successful person's number one advantage in life. as you'll learn in life's a campaign, mastering—and employing—these truths separates the leaders from the followers. from the hardcover edition. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>WHO ORDERED THIS TRUCKLOAD OF DUNG?: INSPIRING STORIES FOR WELCOMING LIFE'S DIFFICULTIES</b></p> <p>the 108 pieces in the international bestseller who ordered this truckload of dung? offer thoughtful commentary on everything from love and commitment to fear and pain. drawing from his own life experience, as well as traditional buddhist folk tales, author ajahn brahm uses over thirty years of spiritual growth as a monk to spin delightful tales that can be enjoyed in silen the 108 pieces in the international bestseller who ordered this truckload of dung? offer thoughtful commentary on everything from love and commitment to fear and pain. drawing from his own life experience, as well as traditional buddhist folk tales, author ajahn brahm uses over thirty years of spiritual growth as a monk to spin delightful tales that can be enjoyed in silence or read aloud to friends and family. featuring titles such as "the two-finger smile" and "the worm and his lovely pile of dung," these wry and witty stories provide playful, pithy takes on the basic building blocks of everyday life. suitable for children, adults, and anyone in between, this eloquent volume wraps insight and inspiration inside of a good old yarn. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>



**THE AWKWARD HUMAN SURVIVAL GUIDE: HOW TO HANDLE LIFE'S MOST UNCOMFORTABLE SITUATIONS**

hope for the best but prepare for the worst! from personality clashes and tongue-tied conversations to all those painfully embarrassing moments, the awkward human survival guide offers a roadmap through life's most uncomfortable situations. humorously and smartly written by two popular bloggers who've lived through it all, it explains how to call out a friend's bs, h hope for the best but prepare for the worst! from personality clashes and tongue-tied conversations to all those painfully embarrassing moments, the awkward human survival guide offers a roadmap through life's most uncomfortable situations. humorously and smartly written by two popular bloggers who've lived through it all, it explains how to call out a friend's bs, handle that accidentally blurted "i love you," confront a kitchen thief at work, and much, much more! ...more

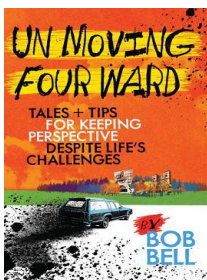
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**UN MOVING FOUR WARD: TALES & TIPS FOR KEEPING PERSPECTIVE DESPITE LIFE'S CHALLENGES**

this book is for anyone who has faced, is facing, or will face a difficult time in their life. meaning: its for everyone. equal parts humorous, inspirational, informative, and painfully honest. it provides ample doses of tough love, highlights the impact of a loving mother, and calls you to live the one life youve been given to its absolute fullest.

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**UN MOVING FOUR WARD: TALES + TIPS FOR KEEPING PERSPECTIVE DESPITE LIFE'S CHALLENGES**

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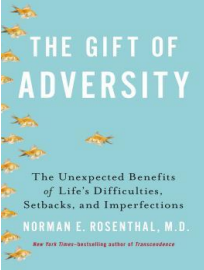
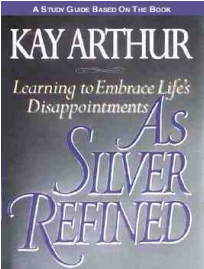
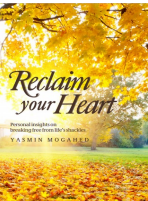
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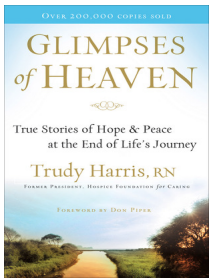


**MAKE EVERY DAY MEANINGFUL: REALIZE, RECORD, AND REMEMBER LIFE'S GRAND LESSONS**

sometimes day-to-day life hardly feels journal-worthy. but randal wright demonstrates how you can use experiences from your life to make better decisions, feel increased gratitude, recognize your strengths and weaknesses, more easily prepare talks and lessons, create a personal history for your posterity, and find god in your daily life. make the world around you—every min sometimes day-to-day life hardly feels journal-worthy. but randal wright demonstrates how you can use experiences from your life to make better decisions, feel increased gratitude, recognize your strengths and weaknesses, more easily prepare talks and lessons, create a personal history for your posterity, and find god in your daily life. make the world around you—every minute of every day—your classroom. ...more

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	<p><b>THE GIFT OF ADVERSITY: THE UNEXPECTED BENEFITS OF LIFE'S DIFFICULTIES, SETBACKS, AND IMPERFECTIONS</b></p> <p>the noted research psychiatrist explores how life's disappointments and difficulties provide us with the lessons we need to become better, bigger, and more resilient human beings. adversity is an irreducible fact of life. although we can and should learn from all experiences, both positive and negative, bestselling author dr. norman e. rosenthal, believes that adversity is the noted research psychiatrist explores how life's disappointments and difficulties provide us with the lessons we need to become better, bigger, and more resilient human beings. adversity is an irreducible fact of life. although we can and should learn from all experiences, both positive and negative, bestselling author dr. norman e. rosenthal, believes that adversity is by far the best teacher most of us will ever encounter. whether the adversity one experiences is the result of poor decision-making, a desire to test one's mettle, or plain bad luck, rosenthal believes life's most important lessons—from the value of family to the importance of occasionally cutting corners—can be best learned from it. running counter to society's current prevailing message that “excellence” must always be aspired to, and failure or mistakes of any sort are to be avoided at all costs, rosenthal shows that engaging with our own failures and defeats is one of the only ways we are able to live authentic and meaningful lives, and that each different type of adversity carries its own challenges and has the potential to yield its own form of wisdom. using stories from his own life—including his childhood in apartheid-era south africa, his years after suffering a violent attack from a stranger, and his career as a psychiatrist—as well as case studies and discussions with well-known figures like viktor frankl and david lynch, rosenthal shows that true innovation, emotional resilience, wisdom, and dignity can only come from confronting and understanding the adversity we have experienced. even when life is hardest, there are meanings to be found, riches to be harvested, and gifts that can last a lifetime. rosenthal illustrates his message through a series of compact, memorable chapters, each one drawn from episodes in the lives of his patients, colleagues, or himself, and concluded with a take-away maxim on the lesson learned. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>AS SILVER REFINED STUDY GUIDE: LEARNING TO EMBRACE LIFE'S DISAPPOINTMENTS</b></p> <p>are you disappointed that life isn't turning out like you planned? how do you respond when your husband or wife tramples your emotions? when your boss fires you unexpectedly? when you lose your life's savings? when the child you've loved and prayed for turns his back on you and your values? when disappointments like these smash their way into your life, you may want to scr are you disappointed that life isn't turning out like you planned? how do you respond when your husband or wife tramples your emotions? when your boss fires you unexpectedly? when you lose your life's savings? when the child you've loved and prayed for turns his back on you and your values? when disappointments like these smash their way into your life, you may want to scream, "how could god let this happen?" but what if god didn't just "let it happen"? what if the things you call disappointments are really his appointments - events he is using to make you more like christ? what if he is using your disappointments like flames to melt and burn away the undesirable elements in your life, leaving you pure and radiant - like refined silver? you can be defeated by life's unavoidable disappointments, or you can become stronger because of them. kay arthur paints a graphic picture of the dangerous downward spiral of disappointment that can lead to discouragement, depression, or even despair. but you can learn to break that cycle and embrace disappointment with a faith that recognizes the trials of life as tools that god uses to make you - as silver refined - a reflection of his goodness. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>RECLAIM YOUR HEART: PERSONAL INSIGHTS ON BREAKING FREE FROM LIFE'S SHACKLES</b></p> <p>reclaim your heart is not just a self-help book. it is a manual about the journey of the heart in and out of the ocean of this life. it is a book about how to keep your heart from sinking to the depths of that ocean, and what to do when it does. it is a book about redemption, about hope, about renewal. every heart can heal, and each moment is created to bring us closer to reclaim your heart is not just a self-help book. it is a manual about the journey of the heart in and out of the ocean of this life. it is a book about how to keep your heart from sinking to the depths of that ocean, and what to do when it does. it is a book about redemption, about hope, about renewal. every heart can heal, and each moment is created to bring us closer to that transformative return. reclaim your heart is about finding that moment when everything stops and suddenly looks different. it is about finding your own awakening, and then returning to the better, truer, and freer version of yourself. many of us live our lives, entrapped by the same repeated patterns of heartbreak and disappointment. many of us have no idea why this happens. reclaim your heart is about freeing the heart from this slavery. it is about the journey in an out of life's most deceptive traps. this book was written to awaken the heart and provide a new perspective on love, loss, happiness, and pain. providing a manual of sorts, reclaim your heart will teach readers how to live in this life without allowing life to own you. it is a manual of how to protect your most prized possession: the heart. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>



**GLIMPSES OF HEAVEN: TRUE STORIES OF HOPE AND PEACE AT THE END OF LIFE'S JOURNEY**

tender, heartbreaking, and eye-opening, glimpses of heaven gives you an intimate look at the final thoughts, words, and visions of terminally ill and dying people. through the eyes of former hospice nurse trudy harris, you'll experience more than forty true stories that paint a reassuring picture of life's end. you'll marvel at how patients received exactly what they needed tender, heartbreaking, and eye-opening, glimpses of heaven gives you an intimate look at the final thoughts, words, and visions of terminally ill and dying people. through the eyes of former hospice nurse trudy harris, you'll experience more than forty true stories that paint a reassuring picture of life's end. you'll marvel at how patients received exactly what they needed to see or hear in order to die peacefully and well. and you'll find great hope and peace in knowing that god goes to great lengths to redeem, comfort, and prepare his children to come home. whether you are facing the death of a loved one or confronting a terminal disease, glimpses of heaven will touch your heart and reassure you of the great love and peace god longs for you to receive. ...more

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