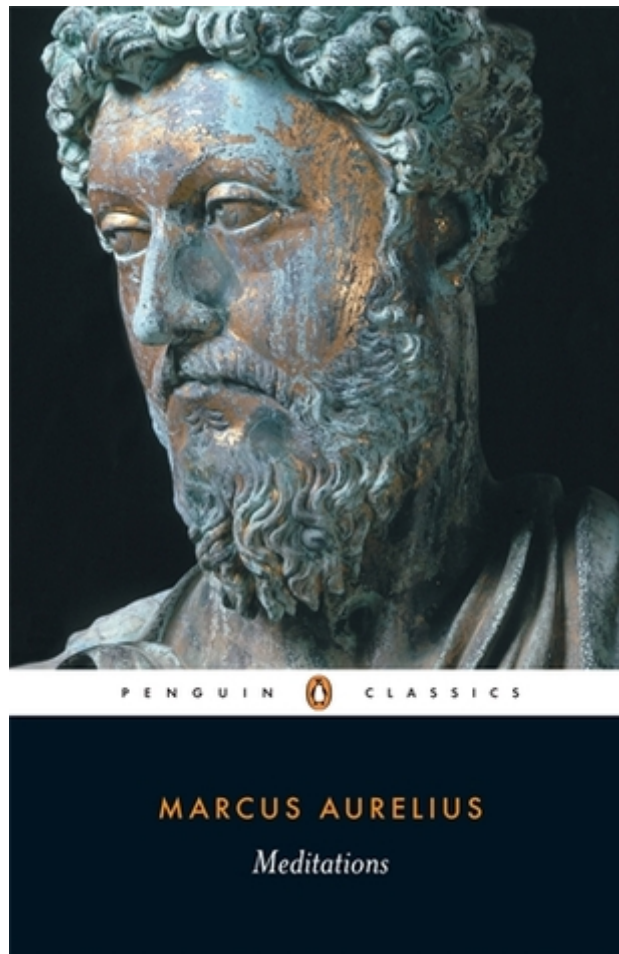


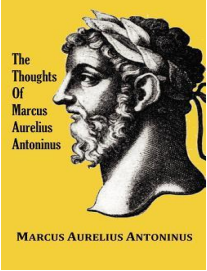
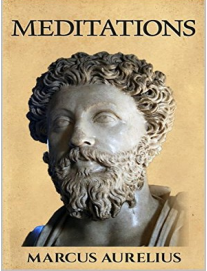
MEDITATIONS

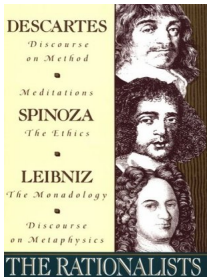


Save ebook of meditations by marcus aurelius live each day as if it were your last written in greek by the only roman emperor who was also a philosopher, without any intention of publication, the meditations of marcus aurelius (ad 121-180) offer a remarkable series of challenging spiritual reflections and exercises developed as the emperor struggled to understand himself and make sense of the universe. ranging from live each day as if it were your last written in greek by the only roman emperor who was also a philosopher, without any intention of publication, the meditations of marcus aurelius (ad 121-180) offer a remarkable series of challenging spiritual reflections and exercises developed as the emperor struggled to understand himself and make sense of the universe. ranging from doubt and despair to conviction and exaltation, they cover such diverse topics as the nature of moral virtue, human rationality, divine providence and marcus' own emotions. but while the meditations were composed to provide

personal consolation and encouragement, in developing his beliefs marcus aurelius also created one of the greatest of all works of philosophy: a timeless collection of extended meditations and short aphorisms that has been consulted and admired by statesmen, thinkers and readers through the centuries. ...more

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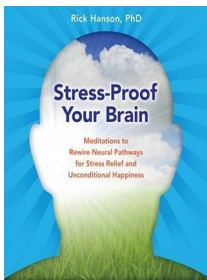
Cover	Title & Description	Status
	<p>THE THOUGHTS (MEDITATIONS) OF THE EMPEROR MARCUS AURELIUS ANTONINUS - WITH BIOGRAPHICAL SKETCH, PHILOSOPHY OF, ILLUSTRATIONS, INDEX AND INDEX OF TERMS</p> <p>the roman emperor marcus aurelius wrote down his thoughts between 170 and 180. he was a late stoic philosopher and this one of the few examples of this type of literature that exists today. the book is written as personal notes to himself and his thesis is that one can obtain inner calm irrespective of outer adversity. the text considers good and evil, solidarity, adversit the roman emperor marcus aurelius wrote down his thoughts between 170 and 180. he was a late stoic philosopher and this one of the few examples of this type of literature that exists today. the book is written as personal notes to himself and his thesis is that one can obtain inner calm irrespective of outer adversity. the text considers good and evil, solidarity, adversity and inner freedom. it is a book that offers wisdom, comfort and inspiration. as well as the thought, this edition contains a biographical sketch and summary of the philosophy of marcus aurelius, a number of illustrations and both an index and index of terms. ...more</p>	<p>Readable/Downloadable</p>
	<p>MEDITATIONS - ENHANCED EDITION (ILLUSTRATED NEWLY REVISED TEXT INCLUDES IMAGE GALLERY + AUDIO) (STOICS IN THEIR OWN WORDS BOOK 2)</p> <p>“you have power over your mind - not outside events. realize this, and you will find strength. the happiness of your life depends upon the quality of your thoughts.” ‘meditations’ is a series of personal reflections by marcus aurelius, roman emperor 161–180 ce, written over a series of years in far-flung places as he led the romans in military campaigns, quashed revolts, a “you have power over your mind - not outside events. realize this, and you will find strength. the happiness of your life depends upon the quality of your thoughts.” ‘meditations’ is a series of personal reflections by marcus aurelius, roman emperor 161–180 ce, written over a series of years in far-flung places as he led the romans in military campaigns, quashed revolts, and dealt with the other tribulations of governing the empire. it is best described as a spiritual journal, containing a record of the emperor's philosophical exercises. aurelius wrote the 12 books of the meditations as a source for his own guidance and self-improvement. the writings take the form of quotations varying in length from one sentence to long paragraphs. he covers topics as diverse as the question of virtue, human rationality, the nature of the gods, and his own emotions, spanning from doubt and despair to conviction and exaltation. aurelius also sets forth his ideas on stoic philosophy. the influence ‘meditations’ has had over centuries of thought is immeasurable. this “unendingly moving and inspiring” work is often cited alongside jean jacques rousseau’s ‘confessions’ and st. augustine’s ‘confessions’ in discussions of the most profoundly spiritual works outside of the bible. recently, former u.s. president bill clinton called ‘meditations’ his favorite book. this enhanced e-book edition of ‘meditations’ includes a newly revised and remastered text that has been optimized for kindle reading. there is an image gallery showcasing representations of marcus aurelius, his world, his family and detailed maps of the roman world during the time of his reign. there are also links to free unabridged audio recordings of ‘meditations.’ *active table of contents accessible from the kindle "go to" feature. *perfect formatting in rich text compatible with kindle's text-to-speech features. ...more</p>	<p>Readable/Downloadable</p>



THE RATIONALISTS: DESCARTES: DISCOURSE ON METHOD & MEDITATIONS; SPINOZA: ETHICS; LEIBNIZ: MONADODOLOGY & DISCOURSE ON METAPHYSICS

founded in the mid-17th century, rationalism was philosophy's first step into the modern era. this volume contains the essential statements of rationalism's three greatest figures: descartes, who began it; spinoza, who epitomized it; and leibniz, who gave it its last serious expression. founded in the mid-17th century, rationalism was philosophy's first step into the modern era. this volume contains the essential statements of rationalism's three greatest figures: descartes, who began it; spinoza, who epitomized it; and leibniz, who gave it its last serious expression.more

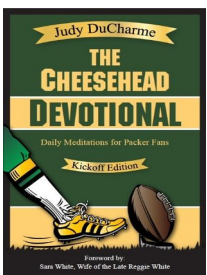
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STRESS-PROOF YOUR BRAIN: MEDITATIONS TO REWIRE NEURAL PATHWAYS FOR STRESS RELIEF AND UNCONDITIONAL HAPPINESS

our brains have evolved powerful tools for coping with threats and danger-but in the face of modern stresses like information overload, money worries, and interpersonal conflicts, our survival reflexes can do more harm than good. to help you adapt your nervous system to the challenges of today's world, neuropsychologist dr. rick hanson presents stress-proof your brain. our brains have evolved powerful tools for coping with threats and danger-but in the face of modern stresses like information overload, money worries, and interpersonal conflicts, our survival reflexes can do more harm than good. to help you adapt your nervous system to the challenges of today's world, neuropsychologist dr. rick hanson presents stress-proof your brain. join him to learn research-based techniques and meditations that will literally re-shape your brain to make you more resilient, confident, and peaceful, including: - how to replace your brain's unhealthy reactions to stress with protective and self-nurturing responses- techniques for using memory to soothe and release painful feelings of sadness, guilt, anxiety, inadequacy, or anger - guided meditations for calming chronic worries, developing gratitude, building inner strength, and more - how to re-wire your brain away from frustration, heartache, fear, and anger toward contentment, love, and peace. modern brain research has helped us discover which contemplative practices have the most positive impact on our physical and mental health. with stress-proof your brain, dr. rick hanson brings you scientifically sound tools for finding freedom from irritability, worry, and overwhelm-by deepening your neurological capacity for happiness and wellness.more

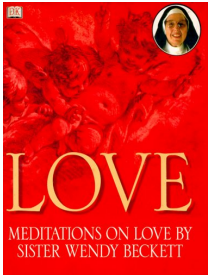
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CHEESEHEAD DEVOTIONAL: INSPIRATIONAL CHRISTIAN MEDITATIONS FOR GREEN BAY PACKER FANS (SPORTS DEVOTIONAL)

"the cheesehead devotional is a great adventure for those who may not pick up a bible for guidance." ~ sara white, wife of the late reggie white "i have always believed the packers were religion in these parts. the cheesehead devotional brings that spiritual message to life." ~ wayne larrivee, american sportscaster and current play-by-play announcer for the green bay packe "the cheesehead devotional is a great adventure for those who may not pick up a bible for guidance." ~ sara white, wife of the late reggie white "i have always believed the packers were religion in these parts. the cheesehead devotional brings that spiritual message to life." ~ wayne larrivee, american sportscaster and current play-by-play announcer for the green bay packers "i am certain you will love this little book. judy has captured the true heart of a christian packer fan!" ~ rev, arni jacobson the packers former qb bart starr beat the cowboys with a one-yard scramble with seconds remaining in which memorable game? ice bowl the packers are owned by whom? stockholders what year were the packers founded in? 1919. they joined the league in 1921. brett favre led the packers to a comeback victory against the bengals in after what former packer qb was injured? don majowski the packers had how many coaches in the 20th century? thirteen. mike sherman held the 13th coaching position, and was named after the 1999 season. ray nitchke, bart starr, and don hutson are three of the four packers to have their numbers retired in the 20th century. who was the fourth? tony canadeo what was green bay's 2002 regular season home record? 8-0 who was the first free agent that green bay ever signed? reggie white who was green bay's first ever draft choice? russ letlow in what year did the packers play in their first hall of fame game? 1969. they defeated the falcons 38-24 on sept. 13, 1969. what is the name of the green bay celebration? lambeau leap ...more

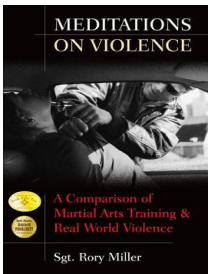
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LOVE: MEDITATIONS ON LOVE BY SISTER WENDY

gleaned from her knowledge and from years of silent contemplation on great works of art, this book is a meditation on the blessings love can bring.

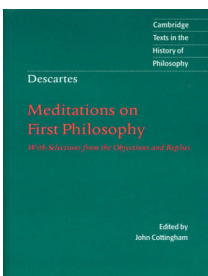
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MEDITATIONS ON VIOLENCE: A COMPARISON OF MARTIAL ARTS TRAINING AND REAL WORLD VIOLENCE

finalist - 2008 book of the year award by foreword magazine
 finalist - 2008 usa best book award
 a comparison of martial arts training & real-world violence
 experienced martial artist and veteran correction officer sgt. rory miller distills what he has learned from jailhouse brawls, tactical operations and ambushes to explore the differences between martial arts and the s
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 a comparison of martial arts training & real-world violence
 experienced martial artist and veteran correction officer sgt. rory miller distills what he has learned from jailhouse brawls, tactical operations and ambushes to explore the differences between martial arts and the subject martial arts were designed to deal with:
 violence.sgt. miller introduces the myths, metaphors and expectations that most martial artists have about what they will ultimately learn in their dojo. this is then compared with the complexity of the reality of violence. complexity is one of the recurring themes throughout this work.section two examines how to think critically about violence, how to evaluate sources of knowledge and clearly explains the concepts of strategy and tactics.sections three and four focus on the dynamics of violence itself and the predators who perpetuate it. drawing on hundreds of encounters and thousands of hours spent with criminals sgt. miller explains the types of violence; how, where, when and why it develops; the effects of adrenaline; how criminals think, and even the effects of drugs and altered states of consciousness in a fight.section five centers on training for violence, and adapting your present training methods to that reality. it discusses the pros and cons of modern and ancient martial arts training and gives a unique insight into early japanese kata as a military training method.section six is all about how to make self-defense work. miller examines how to look at defense in a broader context, and how to overcome some of your own subconscious resistance to meeting violence with violence.the last section deals with the aftermath the cost of surviving sudden violence or violent environments, how it can change you for good or bad. it gives advice for supervisors and even for instructors on how to help a student/survivor. you ll even learn a bit about enlightenment. ...more

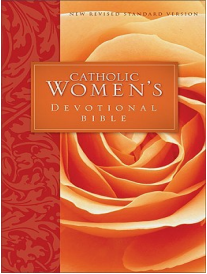
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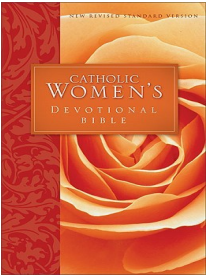


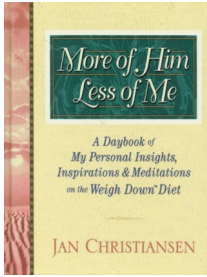
MEDITATIONS ON FIRST PHILOSOPHY: WITH SELECTIONS FROM THE OBJECTIONS AND REPLIES (CAMBRIDGE TEXTS IN THE HISTORY OF PHILOSOPHY)

this authoritative translation by john cottingham of the meditations is taken from the much acclaimed three-volume cambridge edition of the philosophical writings of descartes. it is based on the best available texts and presents descartes' central metaphysical writings in clear, readable modern english.

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	<p>NRSV, CATHOLIC WOMEN'S DEVOTIONAL BIBLE, HARDCOVER: FEATURING DAILY MEDITATIONS BY WOMEN AND A READING PLAN TIED TO THE LECTIONARY</p> <p>the catholic women s devotional bible is designed specifically to nourish a woman s spirituality, making it easy to form a habit of daily prayer and reading. it includes a year s worth of meditations, drawn from classic and contemporary sources, all written by women. designed especially to meet the needs of catholics and those accustomed to liturgically-based forms of wor</p> <p>the catholic women s devotional bible is designed specifically to nourish a woman s spirituality, making it easy to form a habit of daily prayer and reading. it includes a year s worth of meditations, drawn from classic and contemporary sources, all written by women. designed especially to meet the needs of catholics and those accustomed to liturgically-based forms of worship, it includes a six-year reading plan tied to the lectionary, making it easy to locate readings for daily and sunday liturgies. additionally, each weekend devotional is based on the life of a particular woman of the bible, helping you see the relevance of her story today. each book of the bible is preceded by a brief introduction highlighting its historical context and its most important themes. additional articles focus on topics like the sacraments, holy days, the liturgy, and spiritual direction, explaining the link between tradition and scripture to help you gain a greater understanding of your faith. meditations are drawn from a rich variety of authors, including: joan wester anderson sister wendy beckett esther de waal catherine of siena dorothy day fran ferder briege mckenna julian of norwich joyce of rupp mother teresa teresa of lisieux macrina wiederkehr scripture offers wisdom for important everyday issues like relationships, marriage, child-rearing, simplicity, prayer, and finding real peace. if you dip into it regularly, it will become a well of continual refreshment, nourishing your faith and strengthening your sense of god s loving presence in your life. features include: - 260 daily meditations. - 52 weekend devotions, focusing on women of the bible. - 50 tradition articles linking scripture with important elements of catholic life and faith. - complete nrsv, catholic edition. - 6-year reading guide keyed to the catholic lectionary. - indexes. - imprimatur."</p> <p>...more</p>	<p>Readable/Downloadable</p>
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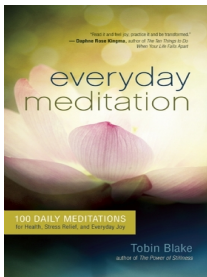
	<p>NRSV, CATHOLIC WOMEN'S DEVOTIONAL BIBLE, PAPERBACK: FEATURING DAILY MEDITATIONS BY WOMEN AND A READING PLAN TIED TO THE LECTIONARY</p> <p>the catholic women s devotional bible is designed specifically to nourish a woman s spirituality, making it easy to form a habit of daily prayer and reading. it includes a year s worth of meditations, drawn from classic and contemporary sources, all written by women. designed especially to meet the needs of catholics and those accustomed to liturgically-based forms of wor</p> <p>the catholic women s devotional bible is designed specifically to nourish a woman s spirituality, making it easy to form a habit of daily prayer and reading. it includes a year s worth of meditations, drawn from classic and contemporary sources, all written by women. designed especially to meet the needs of catholics and those accustomed to liturgically-based forms of worship, it includes a six-year reading plan tied to the lectionary, making it easy to locate readings for daily and sunday liturgies. additionally, each weekend devotional is based on the life of a particular woman of the bible, helping you see the relevance of her story today. each book of the bible is preceded by a brief introduction highlighting its historical context and its most important themes. additional articles focus on topics like the sacraments, holy days, the liturgy, and spiritual direction, explaining the link between tradition and scripture to help you gain a greater understanding of your faith. meditations are drawn from a rich variety of authors, including: joan wester anderson sister wendy beckett esther de waal catherine of siena dorothy day fran ferder briege mckenna julian of norwich joyce of rupp mother teresa teresa of lisieux macrina wiederkehr scripture offers wisdom for important everyday issues like relationships, marriage, child-rearing, simplicity, prayer, and finding real peace. if you dip into it regularly, it will become a well of continual refreshment, nourishing your faith and strengthening your sense of god s loving presence in your life. features include: - 260 daily meditations. - 52 weekend devotions, focusing on women of the bible. - 50 tradition articles linking scripture with important elements of catholic life and faith. - complete nrsv, catholic edition. - 6-year reading guide keyed to the catholic lectionary. - indexes. - imprimatur."</p> <p>...more</p>	<p>Readable/Downloadable</p>
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MORE OF HIM, LESS OF ME: A DAYBOOK OF MY PERSONAL INSIGHTS, INSPIRATIONS, AND MEDITATIONS FOR THE WEIGH DOWN DIET

the success of the weigh down diet program is evident by both the best-selling sales of the book and the countless members of the weigh down program. jan christiansen is one of those successful members and winners. as jan applied the principle of eating taught in weigh down, she not only began to lose weight, but more importantly, began to really know god. she began sharin the success of the weigh down diet program is evident by both the best-selling sales of the book and the countless members of the weigh down program. jan christiansen is one of those successful members and winners. as jan applied the principle of eating taught in weigh down, she not only began to lose weight, but more importantly, began to really know god. she began sharing her new insight on her website and soon found thousands of people hitting her sight each week for inspiration and encouragement for their weigh down journey. ...more

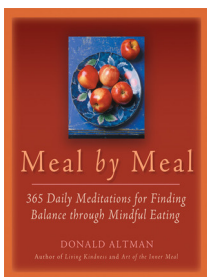
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EVERYDAY MEDITATION: 100 DAILY MEDITATIONS FOR HEALTH, STRESS RELIEF, AND EVERYDAY JOY

we all know that meditation helps to lower stress and can even prevent disease. it has no negative side effects and no cost, and requires only a few minutes a day. so why is it so challenging to begin and sustain? tobin blake offers innovative ways to start meditating and to invigorate an existing practice. he begins with the basics — how to sit, how long to practice, and we all know that meditation helps to lower stress and can even prevent disease. it has no negative side effects and no cost, and requires only a few minutes a day. so why is it so challenging to begin and sustain? tobin blake offers innovative ways to start meditating and to invigorate an existing practice. he begins with the basics — how to sit, how long to practice, and how to use various techniques, such as zazen, mantra, and visualization — and then covers topics such as dealing with thoughts, restlessness, and overcoming the deeper obstacles to meditation. written with our modern challenges in mind, including electronic distractions, stress, and the constant sense of overwhelm, everyday meditation will help you: * make your mind an ally * undo restlessness and anxiety * build spiritual relationships * heal your body * overcome depression and anxiety * find balance, meaning, and life purpose ...more

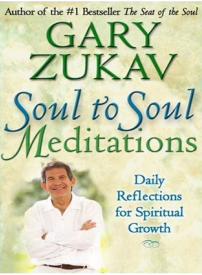
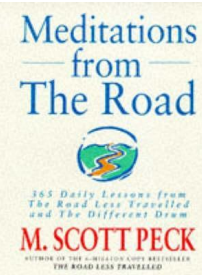
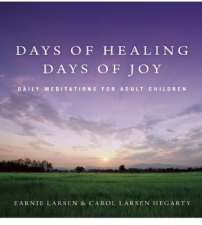
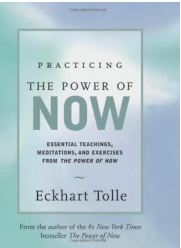
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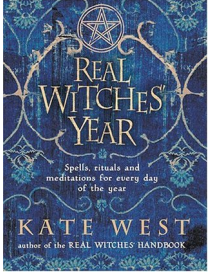


MEAL BY MEAL: 365 DAILY MEDITATIONS FOR FINDING BALANCE THROUGH MINDFUL EATING

meal by meal is a unique daily meditation book that taps into the healing power of mindfulness as a tool for dealing with issues such as food choice, dieting, and weight loss in a more balanced and sensible manner. each day is a self-contained journey of conscious eating to nurture a healthier relationship with food. as sustenance, buddhist devotee and former monk donald al meal by meal is a unique daily meditation book that taps into the healing power of mindfulness as a tool for dealing with issues such as food choice, dieting, and weight loss in a more balanced and sensible manner. each day is a self-contained journey of conscious eating to nurture a healthier relationship with food. as sustenance, buddhist devotee and former monk donald altman shares daily meditations including quotes from various sources from around the world: zen teaching stories, the 6th century rule of st. benedict, the bible, the buddhist tripitaka scriptures, hindu scriptures, native american rituals, and sages from all the major wisdom traditions. meal by meal also explores food rituals, eating, preparation, and much more, as it examines perennial food dilemmas, including how we can learn to moderate our thoughts and feelings about food and how we can master mindful techniques to help us transcend our struggles so that we can rest in peace with all of our food choices. meal by meal will give hope to those who are engaged in the difficult, daily struggle for balance around food, and for those who want to nurture a healthy relationship with food. ...more

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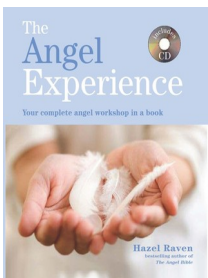
	<p>SOUL TO SOUL MEDITATIONS: DAILY REFLECTIONS FOR SPIRITUAL GROWTH</p> <p>in soul to soul, gary zukav addressed some of the most fundamental questions about the human spirit -- from "why is life so difficult?" to "how can i learn to trust?" -- with meaningful answers of universal and enduring value. now, with soul to soul meditations, zukav provides 365 inspirational excerpts, one for each day of the year, with each page offering penetrating spi in soul to soul, gary zukav addressed some of the most fundamental questions about the human spirit -- from "why is life so difficult?" to "how can i learn to trust?" -- with meaningful answers of universal and enduring value. now, with soul to soul meditations, zukav provides 365 inspirational excerpts, one for each day of the year, with each page offering penetrating spiritual and psychological insights for reflection and enrichment. these meditations serve as passageways through which soul-to-soul communications can enter your life and transform it. wise, often poetic, and profound in its simplicity, this empowering collection invites us to look within ourselves to discover how to make these insights our own. small enough to fit into a bag or purse, it is a book to take with you and read whenever you wish. it makes an ideal gift for a friend, someone you love, or simply for yourself -- a book to cherish and return to again and again. among his many bestselling books, gary zukav is best known for his celebrated #1 new york times bestseller, the seat of the soul, as well as for the dancing wu li masters: an overview of the new physics, which won the american book award for science. his books have sold well over 5 million copies and have been published in 24 languages. a graduate of harvard university and a former u.s. army special forces (green beret) officer in vietnam, he lives in southern oregon with his spiritual partner, linda francis. ...more</p>	<p>Readable/Downloadable</p>
	<p>MEDITATIONS FROM THE ROAD: 365 DAILY LESSONS FROM THE ROAD LESS TRAVELLED AND THE DIFFERENT DRUM</p> <p>during the last decade, scott peck's writing had transformed the lives of millions of people. in this new, pocket-sized volume, dr peck has selected 365 inspirational thoughts, focusing on the important challenges of daily life- from overcoming pain to caring for others to making decisions. each thought is referenced to the source book.</p>	<p>Readable/Downloadable</p>
	<p>DAYS OF HEALING DAYS OF JOY: DAILY MEDITATIONS FOR ADULT CHILDREN</p> <p>from the winter of our doubts and confusion and sadness we waken to a spring of the self-stirring anew. in the days of healing and joy that lie ahead, let this book of daily meditations speak to you, instilling hope and confidence and courage. a year's worth of quotations, meditations, and closing thoughts encourage the small but consistent efforts of those seeking to give from the winter of our doubts and confusion and sadness we waken to a spring of the self-stirring anew. in the days of healing and joy that lie ahead, let this book of daily meditations speak to you, instilling hope and confidence and courage. a year's worth of quotations, meditations, and closing thoughts encourage the small but consistent efforts of those seeking to give voice to the often timid, unsure, and frightened child within.each day, find in these pages the strength and wisdom and support that light the way to serenity in any season of life. ...more</p>	<p>Readable/Downloadable</p>
	<p>PRACTICING THE POWER OF NOW: ESSENTIAL TEACHINGS, MEDITATIONS, AND EXERCISES FROM THE POWER OF NOW</p> <p>eckhart tolle is rapidly emerging as one of the world's most inspiring spiritual teachers, sharing the enlightenment he himself experienced after a startling personal transformation. his views go beyond any particular religion, doctrine, or guru. this book extracts the essence from his teachings in the power of now, showing us how to free ourselves from "enslavement to the eckhart tolle is rapidly emerging as one of the world's most inspiring spiritual teachers, sharing the enlightenment he himself experienced after a startling personal transformation. his views go beyond any particular religion, doctrine, or guru. this book extracts the essence from his teachings in the power of now, showing us how to free ourselves from "enslavement to the mind." the aim is to be able to enter into and sustain an awakened state of consciousness throughout everyday life. through meditations and simple techniques, eckhart shows us how to quiet our thoughts, see the world in the present moment, and find a path to "a life of grace, ease, and lightness." ...more</p>	<p>Readable/Downloadable</p>



REAL WITCHES' YEAR: SPELLS, RITUALS, AND MEDITATIONS FOR EVERY DAY OF THE YEAR

benefit from magical wisdom every day, with the spells and rituals offered in this beautiful gift book. this new book from the bestselling author of the real witches' series gives you a spell, ritual and meditation for every day of the year. the daily entries guide you through seasonal festivals and rites, showing you how to use the spiritual tradition of witchcraft to best effect throughout the year. entries include: * details of sabbats with meditations, preparations and celebrations * festivals of gods and goddesses * 'non-witchy' dates such as st valentines * meditations, spells and rituals, such as self cleansing and how to find your totem animal * home made remedies and charms * tips on divination and the zodiac * information on useful stones and crystals, precious metals, herbs and trees, plus tools such as candles, the pendulum, the chalice and the wand * how to interact with animals and nature * explanations of folklore and traditions * gardening and kitchen witchery, including when to plant and harvest, plus seasonal recipes full of magical wisdom, you can select any page at random to start your day with a little wiccan inspiration. whether you wish to follow it day by day or to simply dip into at whim, this is the perfect guide for those new to the wiccan tradition as well as a beautiful gift for more experienced wiccans. in addition to the 365 daily entries, there is an introduction to the subject, including 'what is witchcraft?' and useful information on recommended reading and terms and definitions. ...more

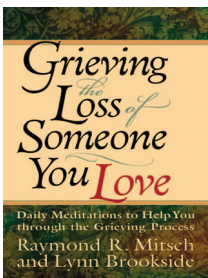
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THE ANGEL EXPERIENCE: YOUR COMPLETE ANGEL WORKSHOP IN A BOOK WITH A CD OF MEDITATIONS

this book provides a personalized, practical and direct experience of the profound healing that can be yours when you connect with your angels. going far beyond a reference guide, the angel experience is more like a personal tutor, leading you through key ideas and concepts via inspirational and holistic hands-on exercises and rituals. interactive exercises help you to tai this book provides a personalized, practical and direct experience of the profound healing that can be yours when you connect with your angels. going far beyond a reference guide, the angel experience is more like a personal tutor, leading you through key ideas and concepts via inspirational and holistic hands-on exercises and rituals. interactive exercises help you to tailor the book to your needs. journaling sections allow you to write your own experiences directly into the book. the step-by-step learning program guides you to revision work and more advanced exercises. an exclusive cd featuring meditations and inspirational music will bring you into a receptive state for deeper work and case studies throughout allow you to gauge your experience against those of others. this holistic, integrated and practical guide is your personal angel workshop in a book ...more

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GRIEVING THE LOSS OF SOMEONE YOU LOVE: DAILY MEDITATIONS TO HELP YOU THROUGH THE GRIEVING PROCESS

few losses are as painful as the death of someone you love. no valley is as vast as grief, no journey as personal and life-changing. compassionate and wise guides, raymond mitsch and lynn brookside, shine a light on the road through grief. they can help you endure the anguish; understand the stages of grief; sort through the emotions of anger, guilt, fear and depression; a few losses are as painful as the death of someone you love. no valley is as vast as grief, no journey as personal and life-changing. compassionate and wise guides, raymond mitsch and lynn brookside, shine a light on the road through grief. they can help you endure the anguish; understand the stages of grief; sort through the emotions of anger, guilt, fear and depression; and face the god who allowed you to lose the one you love. this series of thoughtful daily devotions shares wisdom, insight and comfort that will help hurting people through and beyond their grief. ...more

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