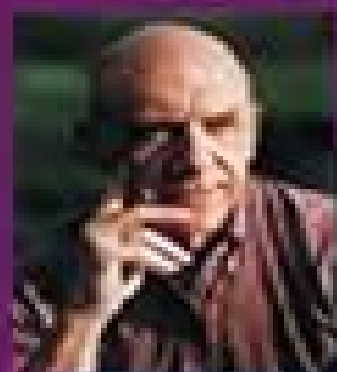


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Finding Your True Self

Audible and Subliminal Affirmations to Develop
Your Personal Sense of Inner Peace and Wisdom



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Alive Again Howard C. Samuels, Jane O'Boyle, 2013-03-27 A powerful book on addiction recovery by a doctor who overcame addiction himself the renowned founder and president of The Hills Treatment Center in Los Angeles Howard Samuels is one of the world's leading drug and alcohol addiction experts who runs the prestigious The Hills Treatment Center in Los Angeles Decades ago from the age of sixteen until he was thirty two Dr Samuels had his own intense struggle with addiction to cocaine and heroin Using his own compelling story as inspiration as well as case studies of his patients from all walks of life Dr Samuels shows how readers can recover from alcoholism and drug addiction by following this 12 step program to happiness and fulfillment in sobriety This self help book provides hope inspiration and prescriptive advice for those who want to recover as well as guidance for friends and family members seeking help for someone they love Written from the unique perspective of a recovering addict who has helped thousands of people overcome addiction to alcohol and drugs Shares with readers for the first time in book form The Hills world renowned treatment program Tells Samuels personal recovery story as the son of a prominent politician and businessman among the rich and famous in New York and Washington Contains a groundbreaking prescriptive program showing how to work each of the 12 steps Examines the cause of addictions relapses and fallback addictions Contains important information for family and friends of those struggling with addiction including steps for intervention and healing The author appears regularly on TV Living Scripture Mitch Finley, 1990-10-01 Living Scripture captures the essence of each week's Scripture readings in an easy to read easy to use format Choose to Live Joyce O'Brien, 2011-04-01 This remarkable story of survival with determination humor and joy can show you how to turn a curse into a blessing Bernie Siegel MD Life is good for Joyce and Kevin traveling having fun with friends holding down a successful Wall Street career building their dream home and planning a big family Then in what feels like an instant the young couple's dream life shatters when Kevin is paralyzed after a brain hemorrhage and they are both diagnosed with late stage cancers At thirty five years old they are devastated to learn there is little hope they will see their baby's next birthday Take an amazing and inspiring journey with this young couple who refuse to accept the grim diagnosis when their world comes crashing down around them Instead they choose to live And together miraculously they beat all the odds Kevin is walking again and they both are cancer free ten years later Discover the keys for your own health and well being By healing the body from the inside out you can live a life brimming with physical emotional and spiritual health Awaken to a world that few know even exists and where anything is possible *Joy Prescriptions* Tiffany Moon, 2025-05-06 Doctor by day and Bravo's Real Housewife by night Tiffany Moon has a prescription for releasing perfectionism and finding joy As a self proclaimed good girl Tiffany was a people pleaser and straight A student fitting into roles that were prescribed by her Chinese American family As a lifelong overachiever she accomplished a thriving career as an anesthesiologist Yet Tiffany felt unfulfilled She spent more time at work than at home with her loving husband and twin girls didn't know how to

say no to anyone and was governed by the external pressures of being perfect by standards set by society In Joy Prescriptions Tiffany shares the journey of how she reconnected with herself In order to feel whole she had to work on herself from the inside out She took surprising chances put herself first and embraced more creativity and laughter She dove headfirst into a candle business became a reality TV star tried her hand at stand up comedy and became a social media influencer Tiffany abandoned other people s expectations and started to live for herself ultimately discovering her true self Joy Prescriptions offers a healthy dose of introspection and healing that will release you from the constrained expectations of others and inspire you to explore who you really are You deserve a life that is authentically designed for more joy and more you Let Your True Self Shine Nathalie Johnson,2019-03-29 If you ve ever lost sight of your dreams and hopes you re not alone Nathalie Johnson suffered through unthinkable trauma as a child before being forced into an impossible situation as a young bride but in this spiritual guidebook her life story becomes a message of hope At one low point Nathalie descended into a darkness she thought she would never emerge from Then she began to dream of angels and everything changed These vivid peaceful dreams left her marveling when she awoke Each subsequent dream continued where the previous left off with an ever expanding cast of angels and celestial beings The dreams washed over her with overpowering feeling of love warmth belonging and acceptance The experience was indescribable and working through it opened her soul to realize what she is meant to do work with angels In Let Your True Self Shine the author reveals what she s learned by interacting with angels offering a 222 hour plan broken into nine days of inspiration exercises and attainable goals for finding your way through the darkness and into the light **New Age Journal** ,1997 *Words on Cassette* ,1999 *Great Leaders Live Like Drug Addicts* Michael Brody-Waite,2020-05-26 What if you learned that to lead well you d need to live like a drug addict During treatment for drug addiction Michael Brody Waite learned three principles that became the difference between life and death Practice rigorous authenticity Surrender the outcome Do uncomfortable work Leaving rehab Michael entered the workplace where he was shocked to see most business leaders doing what he had been taught would kill him He began to see striking similarities between drug addiction and what he calls mask addiction Leaders everywhere were hiding their authentic selves in order to get what they wanted They were doing things like Saying yes when they could say no Hiding their weaknesses Avoiding difficult conversations Holding back their unique perspectives Instead of chasing drugs leaders were chasing professional financial and social success from behind a mask to the detriment of themselves and the people around them Thanks to his recovery Michael s three principles gave him an unlikely competitive advantage throughout his career resulting in a level of success unexpected for a drug addict In *Great Leaders Live Like Drug Addicts* Michael explains what drug addicts do to recover and provides a step by step program you can use to break free from your mask addiction to thrive in both work and life He equips you with the tools you need to live and lead mask free tools to enable you to stop following others lead yourself and become one of the dynamic growing authentic leaders this world desperately needs Success

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