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## 6ZHAF8 - BURNETT MARQUEZ

Combining her extraordinary gift for storytelling with her results-oriented approach to physical, emotional and spiritual health, the author explains how and why the art of letting go is the secret key to manifesting power and success in all areas of life. 75,000 first printing.

Two bold warriors, two proud lands, united by passion—and revenge. . . . Prince Olaf of Norway—Lord of the Wolves, the golden Viking warrior who came in his dragon ship to forge a great kingdom in the Emerald Isle. Princess Erin—Daughter of the Irish High King, the ebony-haired beauty who swore bitter vengeance on the legendary Norseman who had brought death and destruction to her beloved homeland. Yet, in the great Norse and Irish alliance against the invading Danes, it was her own father who gave her in marriage to her most hated enemy. Bewitched by Olaf's massive strength, seduced by his power, still Erin vowed that neither the wrath of his sword nor the fire of his kiss would sway the allegiance of her proud and passionate heart.

A New York Times bestseller, *Emotional Freedom* is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better. Picture yourself trapped in a traffic jam feeling utterly calm. Imagine being unflappable and relaxed when your supervisor loses her temper. What if you were peaceful instead of anxious? What if your life were filled with nurturing relationships and a warm sense of belonging? This is what it feels like when you've achieved emotional freedom. Bestselling author Dr. Judith Orloff invites you to take a remarkable journey, one that leads to happiness and serenity, and a place where you can gain mastery over the negativity that pervades daily life. No matter how stressed you currently feel, the time for positive change is now. You possess the ability to liberate yourself from depression, anger, and fear. Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr. Orloff maps the elegant relationships between our minds, bodies, spirits, and environments. With humor and compassion, she shows you how to identify the most powerful negative emotions and how to transform them into hope, kindness, and courage. Compelling patient case studies and stories from her online community, her workshop participants, and her own private life illustrate the simple, easy-to-follow action steps that you can take to cope with emotional vampires, disappointments, and rejection. As Dr. Orloff shows, each day presents opportunities for us to be heroes in our own lives: to turn away from negativity, react constructively, and seize command of any situation. Complete emotional freedom is within your grasp.

Despite modern pharmaceutical medications and many different psychological therapies, military veterans and survivors of mental and physical trauma from civil society continue to suffer from post-traumatic stress disorder (PTSD). *Trust Surrender Receive: How MDMA Can Release Us from Trauma and PTSD* briefly chronicles the medical, legal, and social history of this misunderstood medicine, but its primary focus is to give a taste of how MDMA actually works from inside the experience, through the written and spoken words of firsthand testimonial accounts. The book takes readers through the healing processes of more than forty individuals who, often after many years of personal struggle, chose to take responsibility for their condition by turning to the medicine. In this way, accompanied by an experienced attendant, they have been able to revisit their trauma from a buffered distance and to find lasting release. These releases are made fully possible through an understanding of the biological concept of Unexperienced Experience. The truth of this profound and elegant hypothesis becomes clear throughout the testimonials and is introduced here after more than thirty years of obscurity. This medicine-work requires the attentive presence of a responsible, trusted fellow human being throughout the five- to six-hour healing process. Beginning in 2001, when Anne Other responded to a request to sit with a friend during his MDMA session, the work has grown organically into a cooperative network of attendants with whom clients can choose to engage.

Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an inte-

gral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. *Wild Power* tells a radical new story about feminine power. It reveals: · Your inner architecture and the path to power that is encoded in your body · How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority · Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle · How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing · How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, *Wild Power* will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

"Archangel Gabriel is the famous messenger angel from the Christmas story of Luke. In this compelling book, Doreen Virtue offers more information on the history and characteristics of Gabriel, to increase your knowledge of and connection with this remarkable angel. Gabriel is still with us, helping people be messenger angels—including teachers, writers, musicians, and artists--and helping parents conceive, adopt, and raise their children. You'll read true stories of people who were miraculously aided by Gabriel, and learn how you, too, can receive assistance with your messenger work and parenting."--[www.amazon.com](http://www.amazon.com).

Over the past twenty-five years A. H. Almaas—widely recognized as a leader in integrating spirituality and psychology—has been developing and teaching the Diamond Approach, a spiritual path that integrates the insights of Sufism, Buddhism, Gurdjieff, and other wisdom traditions with modern psychology. In this new work, Almaas uses the metaphor of a "spacecruiser" to describe a method of exploring the immediacy of personal experience—a way of investigating our moment-by-moment feelings, thoughts, reactions, and behaviors through a process of open-ended questioning. The method is called the practice of inquiry, and Spacecruiser Inquiry reveals what it means to engage with this practice as a spiritual path: its principles, challenges, and rewards. The author explores basic elements of inquiry, including the open-ended attitude, the focus on direct knowledge, the experience of not-knowing, and the process of questioning. He describes the experience of "Diamond Guidance"—the inner wisdom that emerges from our true nature—and how it can be realized and applied. In this process Almaas looks at many of the essential forms of Diamond Guidance, including knowing, clarity, truth, love, intelligence, compassion, curiosity, courage, and determination. Also included are exercises and questions and answers from the original talks by Almaas on which the book is based.

"Take your relationship to the next level...intimately! Knowing her intimately is the ultimate how-to-handbook--power-packed with hope and help for creating the intimate and passionate relationship God intended. Taking a respectful, yet straightforward approach, this "sex-therapy-in-a-book," helps couples navigate the intricacies of intimacy to strengthen their marriages."--*Back cover*.

"Jeanette Grey has become a must-read voice in romance. Seven Nights to Surrender is lyrical, stunningly sexy, and brings swoons for days." --- Christina Lauren, New York Times bestselling author By day, he'll show her a side of Paris not found in any guidebook. By night, he'll introduce her to a passion beyond her wildest dreams. In this sensuous story of indulgence and desire, Jeanette Grey delivers one of the most romantic reads of the year and proves why she is fast becoming a must-read star. SEVEN NIGHTS TO SURRENDER Kate arrives in Paris hoping to find inspiration. Instead she finds Rylan. In a swirl of stolen kisses and hot, tangled sheets, Kate is quickly swept away by the sexy stranger, longing to surrender to his expert touch. With Rylan, nothing is forbidden--except the truth. An American ex-pat worth millions, Rylan never flaunts his fortune. Rather, he guards his identity from everyone, especially women. No strings, no commitments, no complications. But the second his lips taste Kate's soft, sweet skin, everything changes. For the first time, Rylan has found someone to share his every want and need. Yet he knows that secrets stand between them. To keep her, he'll need to confess the truth before it's too late . . . even if doing so could mean losing Kate forever.

Dr. Judith Orloff offers 365 days of self-care meditations, reflections, and journaling suggestions as daily inoculations against stress and overwhelm Empaths have so much to offer as healers, creatives, friends, lovers, and innovators at work. Yet highly sensitive and empathic people often give too much at the expense of

their own well-being—and end up absorbing the stress of others. "To stay healthy and happy," writes Judith Orloff, MD, "you must be ready with daily self-care practices that work." With *Thriving as an Empath*, Dr. Orloff provides an invaluable resource to help you protect yourself from the stresses of an overwhelming world and embrace the "gift of being different." If you want daily tools to put into action, this book is for you. Building on the principles Dr. Orloff introduced in *The Empath's Survival Guide*, this book brings you daily self-care practices and support for becoming a compassionate, empowered empath, including: · Setting strong boundaries · Protecting your energy · Inoculating yourself against stress and overwhelm · Self-soothing techniques · Knowing that it is not your job to take on the world's stress · Breaking the momentum of sensory overload · Tapping the vitality of all four seasons and the elements · Deepening your connection with the cycles of nature · Moving out of clock-based time into "sacred time" Thriving as an Empath was created to help you grow and flourish without internalizing the emotions and pain of others. "These self-care techniques have been life-saving for me and my patients," writes Dr. Orloff. "I feel so strongly about regular self-care because I want you to enjoy the extraordinary gifts of sensitivity—including an open heart, intuition, and an intimate connection with the natural world."

She's the only one who can see through his golden boy façade to the broken god within... Chrysander Notos, Supreme God of the South Wind and Summer, is on a mission: save Eurus from his death sentence, and prove his troubled brother can be redeemed. But Eurus fights back, triggering vicious summer storms that threaten the mortal realm, dangerously drain Chrys, and earn the ire of the Olympic gods who ordered Eurus dead. Laney Summerlyn refuses to give up her grandfather's horse farm, despite her deteriorating vision. More than ever, she needs the organized routine of her life at Summerlyn Stables, until a ferocious storm brings an impossible—and beautiful—creature crashing down from the heavens. Injured while fighting Eurus, Chrys finds himself at the mercy of a mortal woman whose compassion and acceptance he can't resist. As they surrender to the passion flaring between them, immortal enemies close in, forcing Chrys to choose between his brother and the only woman who's ever loved the real him. Each book in the *Hearts of the Anemoi* series is STANDALONE: \* North of Need \* West of Want \* South of Surrender \* East of Ecstasy

In addition to staying connected to our support systems and avoiding opportunities to use during the coronavirus pandemic, we can also keep confronting and conquering the self-destructive things we think and do that undercut our health and sanity. Concise advice on hunting down the personal culprits that sabotage sobriety and personal happiness. To grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Although there are as many ways to mess up recovery as there are alcoholics and addicts, some general themes exist, which include: confusing self-concern with selfishness; not making amends; using the program to try to become perfect; not getting help for relationship troubles; and believing that life should be easy. In simple, down-to-earth language, Allen Berger explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery. He then provides tools for working through these problems in daily life. This useful guide offers fresh perspectives on how the process of change begins with basic self-awareness and a commitment to working a daily program.

*Surrender My Heart* by Lindsay Armstrong released on Dec 25, 1986 is available now for purchase.

*Everyday Immortality* contains a series of insights, known in Eastern wisdom traditions as sutras or koans. Like a string of pearls, each insight follows the next, page by page. Only when the lesson of one page is fully absorbed does the reader go on to the next. Through this process, the reader's thought patterns are literally transformed, causing a permanent shift in perception. These exercises are a modern version of Gyana Yoga, India's ancient Yoga of Knowledge, long considered the most direct path to attaining enlightenment and immortality.

Deida explores the most important issues in men's lives--from career and family to women and intimacy to love and spirituality--to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom.

Author Kathy Cordova was an overworked, stressed-out sales executive. After the birth of her first child, a colicky baby who went through a number of nannies, Cordova finally figured out the Universe was giving her a message--give it up. She quit her job to be-

come a full-time mom. And as she adjusted to her new life, Cordova learned the power of miracles through the art of surrender. Part I of *Let Go, Let Miracles Happen* shows readers that surrender is much more powerful—and effective—than constant striving, or toughing it out at all costs. Based on wisdom drawn from the Bible and contemporary books such as *A Course in Miracles*, Cordova tells how she discovered and came to accept surrendering her own life. She guides readers to experience how surrender can actually make them stronger. Hard to believe in our go-go culture, but literally doing nothing, and fully and deeply accepting circumstances, is often a wiser course of "action." The power of waiting, while accepting and surrendering, produces miracles. "The good news is miracles," Cordova writes. "Instead of working so hard to find or create magic in our lives, we can relax, go with the flow, work together in harmony with a greater power than ourselves, and experience more joy and purpose than we ever imagined. And the formula is simple—love and surrender." Part II of *Let Go, Let Miracles Happen* is an inspirational collection of stories from people who have suffered everything from addictions to terminal diseases, profound disappointments to perpetual disillusionment, and triumphed. Cordova shows that what they all have in common is that when they learned to surrender, let go, accept and wait, miracles happened.

You have a plan for the rest of your life. God has a plan for the rest of your life. Are they the same? Say Yes to God—formerly titled *Dangerous Surrender*—will help you find the answer. You have expectations for how your life will play out, and you hope those plans will become realities. But what if God's plan for your life is far different from what you had in mind? Can you accept that? Will you surrender your goals for God's? Kay Warren had a plan. Together with her husband, Rick Warren, author of the megaseller *The Purpose Driven Life*, she planned that after her kids were grown, she'd travel the world, teaching and encouraging couples in ministry. It was a good plan. But it wasn't what God had in mind for her. In her own startling wake-up call, Kay discovered the shocking realities of the AIDS pandemic in Africa while reading a magazine. "I want to use you!" she heard God say. That began the struggle—first to avoid God's call and then to surrender herself to God. She cried out to God, "Why are you bothering me with this? There's nothing I can do about it. I'm just an ordinary person. What could one person do about such a gigantic problem?" But God had grabbed her attention and wouldn't let go. If you've ever struggled with knowing and doing God's will, this book is for you. With raw honesty, Kay goes straight to the heart of the matter: the bottom line is surrender. Will you say yes to God? Along the way she'll introduce you to others—people like you—who have said yes to God and have made a difference in the world. Using their skills, energy, faith, and a willingness to take risks, they became powerful instruments of change and tools in God's hands. Giving in to God isn't easy. It's not for cowards. It's the boldest, riskiest step you'll ever take. This dangerous surrender can bring both joy and pain, both heartache and ecstasy, but it enables you to know God in a far deeper way than ever before. "I had to make a conscious decision. Would I retreat to my comfortable life and to my settled plans? Or would I surrender to God's call and let my heart engage with the cause to which he called me, one that I was pretty sure would include buckets of pain and sorrow? I felt like I was standing on the edge of a giant precipice; I couldn't go back, and yet the way forward looked like stepping into a void." Kay Warren took that step, choosing to say yes to God. That decision transformed her life and reshaped her future. She invites you to do the same. You'll benefit most by discussing this book with others. A Readers' Group Discussion Guide is provided in the back of the book. Additional help can be found at [www.kaywarren.com](http://www.kaywarren.com). Michael A. Singer, author of *The Untethered Soul*, tells the extraordinary story of what happened when, after a deep spiritual awakening, he decided to let go of his personal preferences and simply let life call the shots. As Singer takes you on this great experiment and journey into life's perfection, the events that transpire will both challenge your deepest assumptions about life and inspire you to look at your own life in a radically different way. Spirituality is meant to bring about harmony and peace. But the diversity of our philosophies, beliefs, concepts, and views about the soul often leads to confusion. To reconcile the noise that clouds spirituality, Michael Singer combines accounts of his own life journey to enlightenment - from his years as a hippie-loner to his success as a computer program engineer to his work in spiritual and humanitarian efforts - with lessons on how to put aside conflicting beliefs, let go of worries, and transform misdirected desires. Singer provides a road map to a new way of living not in the moment, but to exist in a state of perpetual happiness.

Are you longing for your life to be easier and more fun? Would you like to stop pushing, micromanaging, and forcing things so you can relax? What if you could enjoy what you have instead of always lusting for 'more'? What if you could live in 'the zone', propelled by powerful currents toward the right people and opportunities? What if you could stop worrying about money and live with more emotional ease in the moment? If you answer 'yes' to all these questions and desire lasting positive change, then prepare to experience the ecstasy of surrender. Are you longing for your life to be easier and more fun? Would you like to stop pushing, micromanaging and forcing things so you can relax? What if you could

enjoy what you have instead of always lusting for 'more'? What if you could live in 'the zone', propelled by powerful currents toward the right people and opportunities? What if you could stop worrying about money and live with more emotional ease in the moment? If you answer 'yes' to all these questions and desire lasting positive change, then prepare to experience the ecstasy of surrender. The art of letting go, Dr Judith Orloff explains, is the secret key to manifesting power and success in all areas of life, including work, relationships, sexuality, radiant aging, and health and healing. With her stunning gift for storytelling coupled with her unique, results-oriented approach to physical, emotional and spiritual health - marrying neuroscience, psychiatry, intuitive medicine, energy techniques and more - Judith provides a powerful, practical and accessible map for anyone who is longing to be happier but who feels stuck, burned-out, tense, worried or afraid to let go. (Previously published as *The Ecstasy of Surrender*, ISBN: 9781781804209)

"Mind-blowing." —Kim Gordon *A Sand Book* is a poetry collection in nine parts, a travel guide that migrates from wildfires to hurricanes, tweety bird to the president, lust to aridity, desertification to prophecy, and mother to daughter. It explores the negative space of what is happening to language and to consciousness in our strange and desperate times. From Hurricane Sandy to the murder of Sandra Bland to the massacre at Sandy Hook, from the sand in the gizzards of birds to the deserted mountains of Haiti, from Attar's Conference of the Birds to Chaucer's Parliament of Fowls to Twitter, a sand book is about change and quantification, the relationship between catastrophe and cultural transmission. It moves among houses of worship and grocery stores, flutters between geological upheaval and the weird weather of the Internet. In her long-awaited follow-up to *Mercury*, Reines has written her most ambitious work to date, but also her most visceral and satisfying.

From *The Story of O* to *The Sexual Life of Catherine M*, readers have been enthralled with sexually subversive memoirs by women. Here, Toni Bentley recounts her experiences when she meets a lover who introduces her to a radical and unexpected pleasure. The pioneer of Energy Psychiatry presents a complete program that will stop you from feeling constantly drained and enable you to live a more vibrant life. Are you forever rushing through your day, fending off chronic exhaustion? Are you desperately overcommitted, afraid to say no? Do you want to feel well rested and ready to conquer each day with enthusiasm, but fall short time and time again? If so, you're the victim of a hidden energy crisis. Here, at last, is the complete prescription that will stop you from feeling constantly drained and enable you to live a more vibrant life. The Positive Energy Program will help you: • Generate positive emotional energy to counter negativity • Design an energy-aware approach to diet, exercise, and health—and teach you how to avoid the "energetic overeating" that sabotages attempts to lose weight • Awaken your intuition and rejuvenate yourself—and learn the cure for technodespair: overload from e-mails, computers, and phones • Protect yourself from energy vampires with specific shielding techniques Filled with clear instructions for the simple, powerful exercises Dr. Orloff practices herself and shares with her patients, Positive Energy is your tool kit for transforming fatigue, stress, and fear into an abundance of vibrance, strength, and love.

A teenager discovers his voice in this contemporary love story from "one of young adult literature's greatest living writers" (Booklist). Shy teenager Karl is desperately in love with his girlfriend, Fiorella, a literary enthusiast who's asked him to write her a letter in which he reveals his true self. There's just one problem . . . Karl is dyslexic. Convinced that his attempts to express himself with words will end in disaster, Karl tracks down Fiorella's favorite novelist and begs him to take up the task. The famous writer unexpectedly agrees, but on one condition: Karl must participate in a series of interviews so the author can pen an authentic portrait of his affections. What follows is a series of misunderstandings, a startling revelation, and an unusual bond that will change all three of their lives. A moving story of love and friendship, *Dying to Know You* is the perfect novel for "that cloudy expanse between older teenager and younger adult, a novel that doesn't pretend to advise, but merely sees its characters for who they really are" (The Guardian). "This quietly understated performance captures the wistfulness of music in a minor key." —Kirkus Reviews

New York Times bestselling author Caroline Myss draws from her years as a medical intuitive to show that healing is not only physical; it is also a mystical phenomenon that transcends reason. Inspired by ordinary people who overcame a wide array of physical and psychological ailments - from rheumatoid arthritis to cancer - Caroline dove into the works of the great mystics to gain a deeper understanding of healing's spiritual underpinnings. Based on these studies, she demonstrates how conventional and holistic medicine often fall short in times of need. Both systems rely upon a logical approach to curing illness when there is nothing reasonable about the emotional, psychological or spiritual influences behind any ailment. Integral to this mystical healing approach is the engagement of the soul, which we experience through exploring our seven shadow passions, building an empowered inner self around our seven inherent graces, and learning how to work with

the mystical laws that govern it. This knowledge holds the key to understanding what it means to defy gravity and break through the boundaries of ordinary thought to live fearlessly.

Building on wisdom from Hindu, Christian, and Kabbalah traditions, this comprehensive guide to energy healing reveals the hidden stresses, beliefs, and attitudes that cause illness. *Anatomy of the Spirit* is the boldest presentation of energy medicine to date, written by one of its premier practitioners, internationally acclaimed medical intuitive Caroline Myss, who is amongst the "hottest new voices in the alternative health/spirituality scene" (Publishers Weekly). Based on fifteen years of research into energy medicine, Dr. Myss's work shows how every illness corresponds to a pattern of emotional and psychological stresses, beliefs, and attitudes that have influenced corresponding areas of the human body. *Anatomy of the Spirit* also presents Dr. Myss's breakthrough model of the body's seven centers of spiritual and physical power, in which she synthesizes the ancient wisdom of three spiritual traditions—the Hindu chakras, the Christian sacraments, and the Kabbalah's Tree of Life—to demonstrate the seven stages through which everyone must pass in the search for higher consciousness and spiritual maturity. With this model, Dr. Myss shows how you can develop your own latent powers of intuition as you simultaneously cultivate your personal power and spiritual growth. By teaching you to see your body and spirit in a new way, *Anatomy of the Spirit* provides you with the tools for spiritual maturity and physical wholeness that will change your life.

At long last, an accessible little book that focuses on the teachings of Rumi's teacher and inspiration, Shams of Tabriz. Included in this slim, charming volume is a biographical sketch of the great Sufi teacher and mystic and a new translation of 500 of his core teachings that bring into fresh focus the meaning and mysteries of life and love. There are many books on Rumi and many translations of his works and yet most readers are unaware of how Rumi became a mystic. Shams, an Arabic word that means the sun, was the catalyst that converted the rather resolute and ascetic Rumi, the cleric and teacher, into Rumi, the passionate disciple of the religion of love. He was the agent of the propulsive mystical energy that transformed Rumi the reticent into Rumi the ecstatic poet. Rumi lovers, spiritual seekers, and devotees of the mystical path will meet this little book of wisdom and mystical secrets with enthusiasm. I shall not place you in my heart For you may get hurt by its wounds. I won't keep you in my eyes For I may belittle you and expose you to the ridicule of common men. I will hide you inside my soul, not in my heart or in my eyes, so that you may become one with my breath.

Tina is a triplet, but she's always been the odd one out. Her sisters Phil and Maddie are bigger and stronger and better at just about everything. Luckily, they look after teeny-tiny Tina wherever they go - but when the girls start in scary, super-strict Miss Lovejoy's class, they're split up, and Tina has to fend for herself for the first time. Tina is horrified when she's paired up with angry bully Selma, who nobody wants to be friends with. But when Miss Lovejoy asks them to help her create a butterfly garden in the school playground, Tina discovers she doesn't always need her sisters - and that there's a lot more to Selma than first meets the eye. A beautiful, heartwarming story about friendship, confidence and becoming your own person, from the mega-bestselling author of Tracy Beaker, Hetty Feather and Sleepovers.

Through 5 practical steps, Dr. Judith Orloff's guide will show you how to recapture, nurture, and affirm your intuitive ability, so that you can utilize it to help heal yourself. In her groundbreaking book, Dr. Orloff leads readers to the heart of a radical revolution in health care: the union of medicine and intuition, of body, mind, and soul. Intuition plays an indispensable role in self-diagnosis, pain control, immune response, and recovery from acute and chronic illness; it can lead you to breakthroughs in anxiety, panic, depression, and other emotional blockages, even when traditional psychotherapy has failed. Intuition also offers insights into the use of medications and the selection of the right healer for your needs. Further, it is integral for sexual healing, since sexuality is a potent connector and energy source for clarifying spirituality and improving vitality. With Dr. Orloff's five practical steps, you'll learn to clarify your beliefs, listen to your body's messages, access inner guidance, sense subtle energy, and interpret your dreams. Practicing the steps, you'll recognize early warning signals and act on them to help prevent illness. You'll have skills to uncover important information from meditation and remote viewing (a way of intuitively tuning in) to make sense of confusing signals. The insights you'll gain from these tools will lend reason, compassion, and meaning to events such as illness, loss, or despair. Following Dr. Orloff's simple, clear instructions, illustrated with examples from her own experience and psychiatric practice, you'll recapture a sense of vision that will bring vibrance to all that you do. "Our intuition can open us up to our spirituality and show us how to be more healthy and whole," writes Dr. Orloff. "If you're in good health, you'll want to know about intuition because it can help you stay well and recognize messages that prevent illness. If you or your loved ones need healing, you'll also want intuition to show the way." Written with abundant warmth, humor, and compassion, this guide is your companion to a healthier, more fulfilling life.

For seekers of truth, Al Zaabi is a wise and intrepid guide through the wilderness of the self. In plainspoken and heartfelt language, she shines light on the spiritual path and reveals the beauty and necessity of surrender, which has for too long been misunderstood in the west. -Krista Bremer, author of *A Tender Struggle* What would it be like to reach the end of your life feeling satisfied that you have lived fully and joyously? How would your life change if you moved through each day with a sense of meaning and purpose? What would it be like to feel whole, supported, and deeply connected to the world around you? *The Art of Surrender* offers a blueprint for true peace and authentic living. Whether you are taking the first steps on your spiritual journey or have long traveled such a path, this book will transform your relationship with yourself, the Divine, and the world around you. You'll learn the deepest needs of your soul and discover how to meet them. You'll be guided through the four stages of the spiritual journey: finding Source, knowing Source, aligning with Source, and surrendering to Source. You'll master the delightful art of spiritual inquiry, investigating ideas for yourself and incorporating only those truths that resonate deeply. Drawing on her Muslim heritage and her wise and careful exploration of a variety of spiritual traditions, Eiman Al Zaabi shows how the soul's journey can lead us to the ultimate state of fulfillment and joy: surrender.

In ten interlocking essays, the acclaimed author of *Written on the Body and Art & Lies* reveals art as an active force in the world--neither elitist nor remote, available to those who want it and affecting those who don't. Original, personal, and provocative, these essays are not so much a point of view as they are a way of life, revealing "a brilliant and deeply feeling artist at work" (*San Francisco Chronicle*).

#1 New York Times bestseller What would it be like to free yourself from limitations and soar beyond your boundaries? What can you do each day to discover inner peace and serenity? *The Untethered Soul* offers simple yet profound answers to these questions. Whether this is your first exploration of inner space, or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness. By tapping into traditions of meditation and mindfulness, author and spiritual teacher Michael A. Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization. Copublished with the Institute of Noetic Sciences (IONS) *The Untethered Soul* begins by walking you through your relationship with your thoughts and emotions, helping you uncover the source and fluctuations of your inner energy. It then delves into what you can do to free yourself from the habitual thoughts, emotions, and energy patterns that limit your consciousness. Finally, with perfect clarity, this book opens the door to a life lived in the freedom of your innermost being. *The Untethered Soul* has already touched the lives of more than a million readers, and is available in a special hardcover gift edition with ribbon bookmark--the perfect gift for yourself, a loved one, or anyone who wants a keepsake edition of this remarkable book. Visit [www.untetheredsoul.com](http://www.untetheredsoul.com) for more information.

"Sobriety: A Graphic Novel offers an inside look into recovery from the perspectives of five Twelve Step group members, each with a unique set of addictions, philosophies, struggles, and successes while working the Steps"--

When twenty-year-old Emma Brookstone arrives in the town of Bannack, Montana, she seeks out the local marshal, intending to enlist his help in uncovering the truth regarding her father's murder two years earlier. Upon meeting the marshal, however, she is shocked and dismayed to discover that he is none other than the man who gunned her father down that fateful night. Though Clive Brookstone was an evil man who needed killing, the knowledge that he left a young woman orphaned tore at Nathan Haskin's conscience from the moment he pulled the trigger, and he has secret-

ly provided for Emma's needs since that day. Certain that hearing about her father's legacy of lawless violence would break her heart, he concealed it from her, but now that she has returned to Bannack her persistence eventually prompts him to tell her the full story. To make matters more complicated, Nathan finds his desire to protect Emma quickly growing into a powerful need to tame and possess her, and when her foolish behavior puts her safety at risk he doesn't hesitate to take her in hand and spank her soundly. His stern chastisement leaves her furious yet helplessly aroused, and it isn't long before he claims her hard and thoroughly. In her heart, Emma knows what Nathan tells her is true--that her father's death was just--but writhing in ecstasy as she is utterly dominated by the man who killed him fills her with shame nonetheless, and she does her best to deny her lust for the handsome marshal. Will the day ever come when she can put aside the past and surrender herself fully to the man she once hated? Publisher's Note: *Emma's Surrender* includes sexual scenes and spankings. If such material offends you, please don't buy this book.

The basic text for Alcoholics Anonymous.

"Rubber moves through me until every cell is coated, every nerve insulated; every part of me rubberised and assimilated. The process is slow, purposeful, unrelenting, and irreversible - and it feels like slowly drowning in a rising black tide of ecstasy." These stories weave tales of delicious perversity, unrelenting transformations, heady submission, and willingly given surrender. They speak of masculinity and hunger - of bondage, hypnosis, pup-play and water-sports... They tell of men released from their limitations to test and push and explore at the very limits of experience and play - and all are wrapped within a seductively hypnotic skin of rubber and leather...

Persuasiveness. Influence. A certain something that makes it impossible for people to say no. Call it what you will, some people have it. DJ Sbu certainly does. It's the quality that has helped him evolve from an ambitious boy growing up on Tembisa's rough streets to a DJ, an entrepreneur, an author, a philanthropist and a speaker who graces stages around the world. In *The Art of Hustling* Sbu shares the secrets to cultivating this irresistible quality. Using events that have shaped his own life, he reveals how a positive outlook, resilience, hard work and determination can help you win in every sphere. This inspiring read also acts as a practical handbook, showing you how to apply *The Art of Hustling* to become a winning salesperson. It is DJ Sbu's firm belief that, if you know how to sell, you will never go hungry. He also believes that this simple skill holds the key to solving Africa's considerable unemployment problem. His passion for youth development comes through loud and clear in this easy-to-read, easy-to-use handbook. Full of practical examples, sound advice and no-nonsense insights, it's a must-have for every person who wishes to further their lives and their careers, whether in the corporate world or starting out on an entrepreneurial journey. DJ Sbu's career is testimony to his strength, resilience and spirit of innovation; the very qualities needed to get ahead in today's rapidly evolving business environment. In sharing his story, he hopes to ignite others' success.

Of all the plants men have ever grown, none has been praised and denounced as often as marihuana (*Cannabis sativa*). Throughout the ages, marihuana has been extolled as one of man's greatest benefactors and cursed as one of his greatest scourges. Marihuana is undoubtedly a herb that has been many things to many people. Armies and navies have used it to make war, men and women to make love. Hunters and fishermen have snared the most ferocious creatures, from the tiger to the shark, in its herculean weave. Fashion designers have dressed the most elegant women in its supple knit. Hangmen have snapped the necks of thieves and murderers with its fiber. Obstetricians have eased the pain of childbirth with its leaves. Farmers have crushed its seeds and used the oil within to light their lamps. Mourners have thrown its seeds into blazing fires and have had their sorrow transformed in-

to blissful ecstasy by the fumes that filled the air. Marihuana has been known by many names: hemp, hashish, dagga, bhang, loco weed, grass--the list is endless. Formally christened *Cannabis sativa* in 1753 by Carl Linnaeus, marihuana is one of nature's hardiest specimens. It needs little care to thrive. One need not talk to it, sing to it, or play soothing tranquil Brahms lullabies to coax it to grow. It is as vigorous as a weed. It is ubiquitous. It flourishes under nearly every possible climatic condition.

In this witty, often terrifying work of cultural criticism, the author of *Amusing Ourselves to Death* chronicles our transformation into a Technopoly: a society that no longer merely uses technology as a support system but instead is shaped by it--with radical consequences for the meanings of politics, art, education, intelligence, and truth.

In this compelling self-portrait, psychic and psychiatrist Dr. Judith Orloff, "one of the frontier people in health, who was not satisfied with the existing order, the Establishment, and began to push for the expansion of knowledge which the establishment, of course, often rejected and for which it sought to punish them," (*The Nation Magazine*) draws on her own experience and that of her patients to explore the mysterious and poorly understood realm of the psychic. In riveting detail, she describes how an ignored premonition of a patient's suicide attempt convinced her to embrace her gift and incorporate it into her medical practice--and how using psychic abilities can provide powerful healing. More than simply one woman's journey, this book will also outline effective ways to cultivate natural psychic abilities, including how to--recognize psychic experiences in everyday life--increase clairvoyance--practice psychic exercises--discover psychic empathy--tune into messages the body is sending--record and interpret dreams--and more.

A personal narrative and guide to the safe, responsible use of MDMA for personal healing and social transformation • Details the author's 50 years of responsible experimentation with mind-altering substances and how Ecstasy has helped him become a better therapist • Explains how he and his wife found Ecstasy to be the key to renewing and enriching their lives and marriage as they entered their senior years • Describes what the experience actually feels like and provides protocols for the safe, responsible, recreational, and celebrational use of MDMA for individuals and groups In a world that keeps us separate from each other, MDMA is the chemical of connection. Aptly known in popular culture as "Ecstasy," MDMA helps us rediscover our own true loving nature, often obscured by the traumas of life. On its way to becoming a prescription medication due to groundbreaking research on its use to treat PTSD, Ecstasy can offer benefits for all adult life stages, from 20-somethings to seniors. In this memoir and guide to safe use, Charles Wininger, a licensed psychoanalyst and mental health counselor, details the countless ways that Ecstasy has helped him become a better therapist and husband. He recounts his coming of age in the 1960s counterculture, his 50 years of responsible experimentation with mind-altering substances, and his immersion in the new psychedelic renaissance. He explains how he and his wife found Ecstasy to be the key to renewing and enriching their lives as they entered their senior years. It also strengthened the bonds of their marriage. Countering the fearful propaganda that surrounds this drug, Wininger describes what the experience actually feels like and explores the value of Ecstasy and similar substances for helping psychologically healthy individuals live a more "optimal" life. He provides protocols for the responsible, recreational, and celebrational use of MDMA, including how to perfect the experience, maximize the benefits and minimize the risks, and how it may not be for everyone. He reveals how MDMA has revitalized his marriage, both erotically and emotionally, and describes how pleasure, fun, and joy can be profound bonding and transformative experiences. Revealing MDMA's versatility when it comes to bringing lasting renewal, pleasure, and inspiration to one's life, Wininger shows that recognizing the transformative power of happiness-inducing experiences can be the first step on the path to healing.