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Tapping into centuries-old traditions of meditation and mindfulness, these transformational quotes from spiritual teacher Michael A. Singer invite you to live fully in the present moment, break free from painful past experiences, and journey beyond the boundaries of your mind. If you’re ready to free yourself from the noisy inner voice that holds you back, this unique card deck will help you open the door to a life of freedom, happiness, and self-realization.

Michael A. Singer is author of the #1 New York Times bestseller, The Untethered Soul, and the New York Times bestseller, The Surrender Experiment, which have both been published worldwide.

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» Features 52 inspirational quotes
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MARGARET PAUL

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The beginning of a relationship is always thrilling—butterflies in the stomach; the sense that someone really gets you; that “love drunk,” “walking on air” feeling. Plus the sex! But as time marches on and daily routines get in the way, you may find yourself too busy, tired, or unmotivated to attend to nurturing the intimate connection you crave. So, how do you reclaim the excitement and make it last?

Drawing on the ancient wisdom of the Buddha, this sexually savvy guide will help you put the thrill back in your relationship. Using these enlivening and playful practices, you’ll rekindle the flames of passion in the bedroom—and beyond. By exploring your own desires and expectations, and rediscovering your partner, you’ll recreate that powerful, loving connection and bring passion back. If you’re ready to unlock the secrets to igniting and sustaining the intimacy and sensuality you seek, this book will guide the way.

Cheryl Fraser, PhD, is a Buddhist psychologist and sought-after relationship expert with a private practice in sex and couples therapy. She’s helped thousands of couples jump-start their love life and create passion that lasts a lifetime.
THE NEW HAPPINESS

Practices for Spiritual Growth and Living with Intention

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Forty Reasons to Get Over Your Self and Find Peace of Mind

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Mindful Practices to Spark Creativity

REBEKAH YOUNGER

In our busy lives, it may seem difficult to slow down, breathe, and just be in the here and now. As a result, we feel scattered, overwhelmed, and our most treasured time to creatively express—and decompress—takes a back seat. Whether you have an artistic practice or long to be more creative, this mindful guide will help you cultivate a greater awareness of your thoughts, senses, and the ordinary magic of the world around you to spark a genuine creative expression.

Be, Awake, Create invites you on a journey to explore your own creative potential. You’ll find dozens of unique prompts, introspective exercises, and hands-on activities designed to inspire you to express in any medium—from movement and collage to photography and poetry. You’ll learn to tap into the power of your direct experience of the moment without judgment, for a fresh perspective and spontaneity of expression.

Rebekah Younger, MFA, is a multidisciplinary artist, entrepreneur, designer, and Shambhala Art instructor. She lives in Chicago, IL, where she teaches photography, creating, and meditation.

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AUSTYN WELLS
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WILL PYE

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Filled with easy-to-follow meditations, affirmations, and exercises to help you find peace and happiness in any moment, this heartfelt guide reveals the transformative powers of gratitude, and how it can bring more presence, resilience, and vibrancy into your life. You’ll also learn to honor and nurture your unique talents and creativity, and stay positive in the face of despair, distress, or traumatic events. Finally, you’ll see how being unconditionally thankful can lead to profound personal growth, better relationships, and increased joy.

Will Pye is a visionary entrepreneur, transformational coach, and public speaker. Diagnosed with a potentially terminal brain tumor in 2011, Pye is no stranger to the healing power of gratitude, and is committed to helping others embrace thankfulness to transform their lives.

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ORA NORTH
Do you feel all the feels, all the time? Are you tired of spiritual platitudes that call for constant positivity, even in the face of trauma and pain? If so, this book is for you. In this refreshingly honest guide, shamanic practitioner Ora North offers practical exercises to help you navigate your intuition and empathic sensitivities, create boundaries, build your confidence, balance your energy, and harness the strength of your shadow side to embrace your whole self and live your best life.

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JULIE BROWN YAU
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BRAVE NEW MEDICINE
A Doctor’s Unconventional Path to Healing Her Autoimmune Illness
CYNTHIA LI
FOREWORD BY ARLIE RUSSELL HOCHSCHILD

Doctor Cynthia Li had it all: a successful career, loving marriage, family. But it all came crashing down when she developed mysterious symptoms that baffled her doctors. After two years of “normal” test results with no relief from Western medicine, her quest for health became a solo odyssey—she had to find a way to heal herself.

This book details the autoimmune crisis that forced Li to question her own training and embrace the integrative principles of functional medicine to unlock her body’s healing capacity. Drawing on ancient healing arts, cutting-edge science, evolutionary biology, and the power of laughter and pleasure, this revelatory memoir offers support, validation, and a new perspective for anyone dealing with a health crisis. By sharing her own autoimmunity struggle, Li reveals what you need to know to truly begin healing—mind, body, and spirit.

Cynthia Li, MD, is a board-certified physician whose practice has centered on public health in underserved communities and environmental and evolutionary health. A member of the American Board of Internal Medicine and the Institute for Functional Medicine, Li recently joined the joint medical program of the University of California, San Francisco; and the University of California, Berkeley; in coteaching the Healer’s Art program.

“This beautifully written, prescriptive book is going to change—and even save—people’s lives.”
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“Michael A. Singer’s book is a priceless gift to all who have futilely searched and yearned for a richer, more meaningful, creative life.”
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