

# UNSTUFF YOURSELF: FINDING JOY ON THE ROAD TO WELLNESS



Dr. Nancie Barwick  
Author of *Beyond Disability*

# Unstuff Yourself Finding Joy On The Road To Wellness

**Jean Sumner**



## **Unstuff Yourself Finding Joy On The Road To Wellness:**

Unstuff Yourself Nancie M. Barwick, 2004-07-01 Dr Nancie M Barwick is a nationally known speaker and lecturer as well as a clinical hypnotherapist in private practice She spent years dealing with a rare form of Muscular Dystrophy After traveling the road to Wellness herself Dr Barwick proves to be an able tour guide for her readers as they choose to remove whatever road blocks they are experiencing in their own quest for Wellness *Unstuffed* Ruth Soukup, 2016-04-05 STUFF It s everywhere Lurking in corners and closets spilling onto counters and coffee tables creating havoc everywhere we look And it s not just the physical clutter that weighs us down Oh no it is the stress of overbooked schedules and the weight of life that sometimes feels oppressive and totally out of whack New York Times bestselling author Ruth Soukup feels your pain she has been there too Through personal stories Biblical truth and practical action plans she will inspire and empower each of us to finally declutter not just our home but our mind and soul as well Unstuffed is real honest and gets right down to the question we are all facing how can we take back our lives from the stuff that is weighing us down In this book together we will Create a comprehensive vision for our homes and make instant changes to improve its overall function Discover that more closet space is not the solution and instead learn how to set strict limits for the stuff we bring in Overcome the frustration of dealing with our kids influx of stuff and implement practical solutions for keeping the chaos at bay Recognize the pitfalls of an overstuffed schedule BEFORE it gets out of hand and instead learn to combat the culture of busy that keeps us running from one thing to the next Finally conquer that mountain of paperwork that threatens to tumble down around us at any moment Let go of the guilt that gets attached to gifts and instead learn to separate our loved ones from their stuff Begin to cultivate our real friendships while eliminating the toxic relationships that weigh us down **This is Joy** Malia Sperling, 2019-05-16 Do you find yourself stuck in the rat race of life running in that hamster ball trying to keep up Are the relationships in your life present and fruitful Are you allocating time to the priorities in life that matter most the ones that bring great Joy to your heart and soul This is Joy is a guided gratitude journey that will have you reclaiming the Joy in your life one person at a time It s a rediscovery of you process One that will expose your authentic self bringing focus to what matters most in life and a renewed commitment to being present In a world where mobile devices social media and text messages rule healthy communication with the people who matter most to us has reached extreme lows Navigating life s priorities has become much like solving a Rubix Cube The enchanting experience offered by This is Joy will reach to the depths of your soul reinvigorate your life s purpose and move the relationships in your life from a state of surviving to thriving With the help of this book reviving your purpose and relationships is easily accomplished by anyone at any stage of life and will boast magnificent returns Sit down buckle up and get ready for an adventure that will have you wondering why haven t I done this sooner We all need a little surprise and delight in our lives an active experience that pulls us out of the daily grind opens our eyes and shows us that a state of joyful living is entirely possible Here is your chance to make that a

reality     *Finding Joy* Jean Sumner, 2014-11-03 Finding Joy gives you 52 small weekly changes to add more joy to your life. This book will be life changing and perhaps even world changing. If you implement these changes it will change you and also many who know you. Just imagine a world where each individual is finding joy; what a changed world we would live in. So do your part to change the world; start today. Over the past 6 years I have been on a healing journey. In early 2009 I was diagnosed with an incurable cancer. Fortunately for me, the diagnosis was an incurable cancer. This allowed me to learn about ways to enhance my immune system so my body would be capable of dealing with the cancer. Changing my lifestyle and diet happened early in my journey. So my first book, *52 Tips to be Healthy*, focused on the basics of improving my health. Next I wrote *Journey to Raw* since my mentors suggested that I eat a 100% raw diet for some time. After I completed this I moved on to eliminating as many toxins in my life as I could. The book that came out of this part of my journey was *R U Toxic*. On the way I began to learn how important it is to have joy in your life. As Anita Moorjani says in her book *Dying to Be Me*, you are here to have joy in your life. And that quote comes out of her near death experience. So I thought it was time to place my focus on bringing joy into my life. And this book is my attempt to share ways to bring joy into your life also. You are going to love this one; it just feels good. Enjoy my concept of only one change a week and allow yourself to incorporate joy into your life. If you are interested in any of my other books you can find them at [Worldwellnesseducation.org](http://Worldwellnesseducation.org). The titles are *52 Tips to be Healthy*, *Journey to Raw* and *R U Toxic*.

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