

A person with long, curly hair is seen from behind, wearing a light-colored long-sleeved shirt and headphones, operating a DJ mixer on a desk. To the right of the mixer is a red and white keyboard. The background features a wall with several framed posters or records. The scene is dimly lit with warm, orange-toned lighting.

Sunday Soul Session Vol.1

Sunday Soul Session Podcasts

AW Chickering



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Details , *Chicken Soup for the Soul: Self-Care Isn't Selfish* Amy Newmark, 2025-06-24 Self care is not an act of selfishness but a powerful commitment to looking out for yourself You need to put yourself on your to do list too make sure you have agency over your decisions and nurture your own well being so you can better show up for yourself and others In this book of true stories from people just like you chosen from Chicken Soup for the Soul s library discover how prioritizing your mental emotional and physical health can lead to a more balanced fulfilled life benefiting both you and those around you In this empowering book you ll discover how practicing self care enhances your ability to give more to others while maintaining balance in your own life Through practical tips inspiring stories and actionable steps you ll learn to nurture your mental emotional and physical health without guilt This book serves as a gentle reminder that taking care of yourself allows you to show up as your best self in every aspect of life Embrace self care not as a luxury but as an essential part of thriving Chapters include Take Back Your Power Doormat No More Put Up the Wall of Indifference Channel Your Inner Warrior Revenge You Come First and Say No Playback ,2007 *Techno Music and Audio Visual Archives* Denise Dalphond, 2007

Broadcasting & Cable ,2007-10 *Jazz Education Journal* ,2006 Beautiful Writers Linda Sivertsen, 2022-08-23 I own every writing book ever written and Linda Sivertsen has done the near impossible given writing itself a personality Her stories are cinematic hilarious heartfelt and pitch perfect with energy and punch so often lacking in nonfiction Terry McMillan 1 New York Times bestselling author A page turning beach read doubling as how to Magic Jenny Lawson 1 New York Times bestselling author journalist and blogger at The Bloggess An engaging manual that offers writing advice with a big broad sunny worldview fans of Sivertsen s podcast will devour this companion volume Kirkus Reviews International Impact Book Award Winner Imagine you re at a dinner party with some of the most successful authors of our time Book Mama and Beautiful Writers Podcast co creator Linda Sivertsen is the host As she shares her story of the many hilarious outrageous and practical things she did to launch her bestselling writing career your favorite writers chime in with their own anecdotes leaving you enlightened and newly inspired The wisdom in these pages will nourish anyone who appreciates the art of storytelling and dreams of living a creative life Part coming of career memoir and writing success how to sprinkled with gems of celebrity author advice taken from Linda s Beautiful Writers Podcast and follow up interviews Beautiful Writers is a love letter to reading writing and publishing the book she wished she d had when starting out In it she shares and expands on the best of advice and storytelling from her podcast and follow up interviews with literary greats including Terry McMillan Cheryl Strayed Tom Hanks Van Jones Jenny Lawson Steven Pressfield Elizabeth Gilbert Anne Lamott Mary Karr Seth Godin Abby Wambach Martha Beck Marie Forleo Lee Child Patricia Cornwell Dean Koontz Maria Shriver Dr Jane Goodall Sabaa Tahir Tomi Adeyemi Ann Patchett Dani Shapiro Danielle LaPorte Tosca Lee Joy Harjo Deepak Chopra This heartwarming how I made it writing memoir from a working writer you ve never heard of with inspiration and advice from

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come to Now for the first time the aha moments of inspiration and soul expanding insight that have enlightened millions on the two time Emmy Award winning Super Soul Sunday are collected in The Wisdom of Sundays a beautiful cherishable deeply affecting book Organized into ten chapters each one representing a powerful step in Oprah s own spiritual journey and introduced with an intimate personal essay by Oprah herself the Wisdom of Sundays features selections from the most meaningful conversations between Oprah and some of today s most admired thought leaders Visionaries like Tony Robbins Arianna Huffington and Shonda Rhimes share their lessons in finding purpose through mindfulness and intention World renowned authors and teachers like Eckhart Tolle Thich Nhat Hahn Marianne Williamson and Wayne Dyer explain our complex relationship with the ego and the healing powers of love and connection and award winning and bestselling writers like Cheryl Strayed Elizabeth Gilbert and Elizabeth Lesser explore the beauty of forgiveness and spirituality Paired with beautiful photographs including many from Oprah s private property in California where each episode of Super Soul Sunday is filmed The Wisdom of Sundays promises to be a timeless keepsake that will help readers awaken to life s wondrous possibilities and discover a deeper connection to the natural world around them

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