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SIMPLE WISDOM
for LIFE'S HARD QUESTIONS

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Founder of Tiny Buddha

Tiny Buddha Simple Wisdom For Lifes Hard Questions

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Tiny Buddha's Guide to Loving Yourself Lori Deschene,2013-10-08 Learn to Love Yourself From Stress to Happiness Many of us know intellectually that we need to be good to ourselves if we want to be happy But it feels so hard We are simultaneously the harsh judge and the lost scared child who wants to stop feeling judged It becomes a vicious cycle It only stops when we step outside ourselves and observe how we got ourselves stuck Only then can we learn to practice gratitude and positive thinking Joy and Peace Lori Deschene creator of TinyBuddha com and the self help journals Tiny Buddha s Worry Journal and Tiny Buddha s Gratitude Journal shares 40 unique perspectives and insights to help you stop judging yourself so harshly Featuring stories selected from hundreds of TinyBuddha com contributors Tiny Buddha s Guide to Loving Yourself provides an honest look at what it means to overcome critical self judging thoughts to create a peaceful empowered life More than a Self Help Book Tiny Buddha s Guide to Loving Yourself is a collection of vulnerable reflections and epiphanies from people who are learning to love themselves just like you In this book you will find Four authentic vulnerable stories in each chapter Insightful observations about our shared struggles and how to overcome them Action oriented suggestions based on the wisdom in the stories Readers of inspirational books and spiritual books like The Book of Joy or other books by Lori Deschene such as Tiny Buddha s Worry Journal or Tiny Buddha s Gratitude Journal will love Tiny Buddha s Guide to Loving Yourself *Good Midnight, Insomniacs* Alma Christova,2012-03 Good Midnight Insomniacs is a spontaneous collage of life writing and

photographs put together in one breath and hastening to document the early stages of the author's recovery from addiction and depression No matter who you are a man or a woman young or old rich or poor black or white your addiction wants to take your life Period The Three Headed Dragon wants you dead Alma Christova's modest self help booklet is dedicated to the intervention and addresses people who decided to conquer one of the 21st century deadliest pandemics As a proverbial slogan of Alcoholics Anonymous goes You are no longer alone it is her belief that in today's cyber era there is no excuse for silencing mental health issues and chronic addiction pathology no reason for isolation and despair in the wee hours of the morning Alma's personal collection of sunrise pictures taken over the first six months of her recovery send's the symbolic message of hope for new daybreak to fellow addicts and insomniacs The essays are simply a continuation of her gratitude letter to The Addictions and Concurrent Disorders Center at the Credit Valley Hospital in Mississauga and depict her personal awakening as a direct result from its multifaceted support The acquired knowledge has empowered the author beyond words here come the pictures and has opened widely a new road yet another journey of healing and discovery

Chicken Soup for the Soul 30th Anniversary Edition Amy Newmark,Jack Canfield,Mark Victor Hansen,2023-06-27

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web guerrilla marketing is a creative content marketing strategy that prides itself on being unconventional in your daily life you may encounter examples of other business guerilla marketing tactics without even realizing it examples include the use of publicity stunts viral videos stencil graffiti