

Every Day May Not Be Good But There Is Good In Ev

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Every Day May Not Be Good But There Is Something Good in Every Day: Blank Lined Journal, 120 6x9 Pages White, Matte Cover Madder Motivational Journals 2018-10-05 Every Day May Not Be Good But There Is Something Good In Every Day Journal: -Blank Lined Undated Journal-120 6x9 white pages with line for date-Matte Cove

Letters to You Jazz Thornton 2022-03-01 This book was designed to be read not just once, or in order, letter by letter, but to be used again and again as a tool when you encounter difficult emotions and experiences, to help you feel less alone. It is based on something that helped Jazz Thornton on her own journey towards mental health. A good friend wrote her a set of letters each in a separate labelled envelope. Every letter was specifically designed to help fight a particular feeling or situation, and Jazz read them all many times. So, following this model, in this book each chapter is in the form of a letter, and they cover a range of emotions and situations, including the following, and much more: To read when you are feeling anxious To read when you are feeling guilty To read when you are having suicidal thoughts To read when you are having trouble with food To read when you have the urge to self-harm To read when you are struggling to sleep Also: To read if you are a parent To read if you have a friend who is struggling To read if you are afraid to see your doctor for help Also includes practical tips from a practising psychologist, a list of places to get help, and a toolbox of handy skills to use when in distress.

Pathways to Personal Freedom Using the Silva Method Diana Silva 2019-01-30 Pathways to Personal Freedom using the Silva Method is a compilation of fifty ideas to help uncover the ways of inner bliss that lay dormant within each of us. Happiness and Personal Freedom are concepts that most of us have taken for granted. Society teaches us to please others; look for approval and acceptance from others; check in with those who “know

better” than we do; allow our negative thoughts to overtake our actions, our way of life and even health. Each Pathway starts with a quote to encourage thinking and inspiration to bring about a spark of insight that is already known but may have been forgotten along the way. What follows are suggestions and examples from the authors’ lives and experiences as to how to achieve bliss and inner harmony. Each will end with an affirmation to be recited in the present time to instill the ideas as if they are already in place and to help enhance this new way of thinking. Some of these ideas may be new and even foreign—but they have stood the test of time and used by many throughout the world. Jose Silva, Sr. was a pioneer in the study and application of mind control. His youngest daughter, Diana Silva-Mendez and coauthor, Robert Deutchman have put together this labor of love for the benefit of Silva Method enthusiasts, trainers, Silva graduates, and to all who seek to tap into their inner wisdom.

ARE YOU A LEADER Adeola Babatunde 2014-12-21 At the most basic level, a leader is someone who leads others. But what makes someone a leader? What is it about being a leader that some people understand and use to their advantage? What can you do to be a leader? It is not enough to just have a vision. Lots of people see things that should be done, things that should be fixed, great steps forward but they don't act. What makes leaders different is that they act. They take the steps to make their dream a reality. There are things that set leaders apart from other people. Some people are born with these characteristics while others develop them as they improve as leaders. This book explains the various ways you can work on yourself to develop the leader in you

Every Day May Not Be Good, But There Is Something Good in Every Day Clara Barton 2019-02-12 Cool writing journals with interesting and motivational quotes are the best choice for women and girls wants to go spend their life with power. Get this amazing sarcastic and hilarious journal and take it to work with you. Write all your important tasks, activities, and daily schedule in this journal and plan your entire day. 6x9 is the perfect size for handling. With matte finish and high quality white paper, this makes up to be the best journal you can get to plan your everyday routine. Maintaining a writing journal is a healthy activity.

Chicken Soup for the Soul: Teacher Tales Jack Canfield 2011-02-01 Chicken Soup for the Soul: Teacher Tales brings much-needed inspiration to teachers, and brings together great stories about teaching from the 2009 National Teacher of the Year and all the 2009 State Teachers of the Year, as well as other teachers and stories of thanks from students. A great teacher gift all year round. There’s always that one special teacher or student, and Chicken Soup for the Soul: Teacher Tales regales all educators with its heartfelt, inspiring, and humorous stories from inside and outside the classroom. Stories from teachers and students about their favorite memories, lasting lessons, and unforgettable moments will uplift and encourage any teacher. A foreword by Anthony J. Mullen, 2009 National Teacher of the Year, and stories from all the 2009 State Teachers of the Year.

Life Through My Eyes Sumana 2021-03-31 Hi, my lovely reader's congratulations for picking up my book! You left Instagram, Facebook, or your android phone and picked up my book. It is just not a book, it is my reflections on what I feel and experience. I am fortunate to have a wonderful family, my teachers, and my friends who encouraged me and supported me along the way I traveled so far. The pillar of support in my life-

My parents(A.k.Acherjee&SyamaliAcherjee) My Daughter (Disha) My Husband (Dr.N.D.Mukherjee). My social media followers. Everyone contributes in their own way. Experience the new horizon of life through my eyes

Live Your Sunshine Lesley MacCulloch 2017-07-11 We are brought up in a world where living in fear is both encouraged and accepted. Its normal to feel doubt, to feel guilt, to feel anger, to feel a failure. Its normal to lack enjoyment, self-confidence, and fulfilment. Its normal to live our lives according to what other people want of us, or what we think other people want of us, and to feel that, in a world where we constantly criticise and compare, were simply not good enough. But good enough for what? And in whose view? Its time to turn that thinking around. You are good enough! You were born with confidence and a healthy self-esteem. You were born to smile more. You were born to feel ease, to feel well, and to listen to your heart and your intuition. And you can reconnect with that you. You can live true to yourself, and you can feel contentment, joy, and harmony. You can find peace, acceptance, and inner strength. You are perfect, human, worthy. You are special. You are you, and the world needs you. Free the spirit thats still burning deep inside you, and shine! You are and you can!

What's the Buzz? for Primary Students Mark Le Messurier 2019-08-02 What's the Buzz? is an internationally renowned series of programmes designed to help children and young people develop social and emotional awareness. Now available in a revised second edition, What's the Buzz for Primary Students is a sixteen-lesson programme targeting everyday social challenges faced by primary aged children, such as peer pressure and bullying style behaviours; competition and handling disappointment; feelings and wellbeing and self-awareness. Each lesson is designed around the SAFE criteria (Sequenced; Active; Focused; Explicit) and includes: A new and beautifully illustrated 'Archie' story, in which the popular character faces a new and relatable social challenge A series of lively and exciting games and activity suggestions Role-plays and discussion points so that children can put their skills into practice in a supportive environment Having already proven to appeal to teachers and support staff, counsellors and psychologists worldwide, this resource is suitable for anybody looking to enrich the social lives of children. Resources and training modules to support this book can be found on the website www.whatsthebuzz.net.au.

Moments We Forget Beth K. Vogt 2019 Jillian Thatcher has spent most of her life playing the family peacemaker, caught in the middle between her driven, talented older sister and her younger, spotlight-stealing twin sisters. Then on the night of her engagement party, a cancer diagnosis threatens to once again steal her chance to shine. Now, Jillian's on the road to recovery after finally finishing chemo and radiation, but residual effects of the treatment keep her from reclaiming her life as she'd hoped. And just when her dreams might be falling into place, a life-altering revelation from her husband sends her reeling again. Will Jillian ever achieve her own dreams, or will she always be "just Jillian," the less-than Thatcher sister? Can she count on her sisters as she tries to step into a stronger place, or are they stuck in their childhood roles forever?

365 Inspiring and Motivational Ideas

The Power of Attitude Dr. D. K. Olukoya 2019-04-04 There are lots of reasons why a positive attitude is the urgent need of the hour. Attitude determines the type of life a person will live, the type of result the person will achieve and the level of greatness the person will attain in life. We live in a world where not too much attention is given to attitude. Many people live carelessly and do nothing about their attitude. At the end of the day, due to huge negligence of negative attitude, many have failed to achieve or fulfil their destinies. This book teaches you how to weed negative attitude out of your life and demonstrate positive attitude always. When you do this, the positive change you desire will manifest. You will surmount all challenges, experience abundant life and fulfill your destiny.

More Wise Words to Ponder Eric Wei 2020-12-28 “This is a great reference and entertainment book that will give readers a chance to uncover some of the world’s best and most beloved quotes and verses. If you haven’t yet, be sure to grab your own copy of this fantastic read!” --- Pacific Book Review “Wei’s sequel delivers a comprehensive range of quotes that possess the power to shape one’s thought and life. Recommended.” --- The US Review of Books A short saying can contain profound wisdom. A good quote often has a play of words and is short and crisp. More important, it should be inspirational and rich in wisdom and one which you can draw upon as you move on in life. If you like quotes, you will also like the uplifting verses collected in this book. It is hoped that this collection will be a useful companion that you can turn to for solace, encouragement, a change of perspective, or just for a laugh, or to pick a quote or verse to share with someone.

Every Day May Not Be Good, But There Is Something Good in Every Day Drik DD 2021-02-21 This inspirational and motivational quote notebook journal is ideal to use as a journal, planner or notebook to keep track of your daily tasks and schedule. Simple and elegant. 120 pages, high quality cover and (6 x 9) inches in size.

Becoming a Midwife Rosemary Mander 2014-05-09 What is the reality of being a midwife in the twenty-first century? What is it like to help and support women throughout pregnancy and childbirth and into motherhood? What roles can midwives play in society? This new edition of the popular text, *Becoming a Midwife*, explores what it is to be a midwife, looking at the factors that make midwifery such a special profession, as well as some of the challenges. The fully updated chapters cover a variety of settings and several different stages in a woman’s pregnancy, including stories from midwives working in hospitals and in the community, as managers, supervisors and educators, and as men, women, mothers and birth activists. All chapters are narrated by contributors who introduce their own theme, recount a vignette that throws light on their understandings of midwifery and reasons for becoming (or not becoming) a midwife and any subsequent career moves. Backed up by commentaries and drawing together these insights, the editors show what it means to be a midwife today. Suitable for those contemplating a career in midwifery and providing an opportunity for reflection for more experienced midwives, this thought-provoking book is an invaluable contribution to midwifery.

Woman, Running Late, in a Dress Dallas Woodburn 2018-02-19 Debut short story collection by Dallas Woodburn, winner of the 2018 Cypress & Pine Fiction Series. Dallas Woodburn, a recent Steinbeck Fellow in

Creative Writing at San Jose State University, received her MFA in Fiction from Purdue University and her BA in Creative Writing from the University of Southern California. Her writing has appeared in a number of journals, magazines, newspapers, and anthologies. A three-time Pushcart Prize nominee, she won first place in the international Glass Woman Prize and second place in the American Fiction Prize. She is the founder of Write On! Books, an organization that empowers young people through reading and writing endeavors: www.writeonbooks.org.

The Seven Steps to Help Boys Love School Linda Marie Gilliam 2015-04-14 The 7 Steps to Help Boys Love School is an easy to follow, humorous book with practical, researched strategies for ensuring boys success in school, home, and in their future pursuits. This book is built upon the 7 Es of Excellent Education with step-by-step exciting lessons for both struggling and bright boys.

Everyday May Not Be Good, But There Is Something Good in Everyday- Journal Emma Marie 2019-10-05 "Everyday may not be good, but there is something good in everyday." I hope this journal can inspire creativity and positivity!

Inspirational Quotes For All Occasions Bangambiki Habyarimana

Brain Teaser Cryptogram Puzzle 2022-02-04 Cryptogram puzzles are a great educational tool to enhance and promote cooperative play. We like the way that challenges our thinking and exercise our minds. Puzzles are also an important educational learning tool for young children as they provide many skills and mental learning benefits and opportunities. Puzzles come in a whole range of themes and topics such as countries, capitals, currencies, alphabet letters, shapes, vegetables, numbers, pets, transport, colours, sports, trees, mountains etc. It increases visual special awareness and develops a deeper understanding of these themes and topics. Completing a puzzle, even the simplest of puzzles set a single goal to achieve. This process involves problem-solving, reasoning skills and developing solutions that one can later be transferred into his personal life. Puzzles are a fun way for one to develop and refine your fine motor skills. When engaged in playing with puzzles, one is required to pick up, pinch and grasp pieces and move them around, manipulating them into slots, sorting them and fitting them into the correct places. The accomplishment of achieving a goal brings so much satisfaction to a player. Overcoming the challenges involved in solving a puzzle gives you a sense of achievement and pride within. It provides a boost to your self-confidence and self-esteem as it prepares you for other challenges in future life. This is a brain exercise that instantly grasps a person's interest, and the person feels a sigh of relief only after solving the puzzle cryptogram. We should keep playing such games to keep our brains refreshed & active. These games act like the gym to the brain which is both helpful & necessary for it. The cryptogram puzzle words are encrypted using a secret code. Your job is to break the code by substituting letters for the words.

Everyday May Not Be Good... But There Lover Notebook Lined Journal 2020-02-14 Studies have shown that writing journals can boost your creativity and enhance your memory and do your intelligence a world of good. It lets your creative juices flowing and you can brainstorm innumerable ideas in no time not only

improve your discipline but can also improve your productivity. Many successful players journal daily. Next time you fall short of this journal will help you reminding them at the tip of your fingers. You can use this journal as: Gratitude journal Collection journal Bucket list journal Quote book journal Scrapbook and memory journal Logbook diary and many more

Happy Everyday Christina Sanchez 2015-08-20 Simply smile and be happy Be happy everyday Because what you put out You get back in some way -Christina Sanchez

Ten Powerful Secrets To Leading a Much Happier and Fulfilled Life Sabiny Pierrevil 2014-07-02 Lacking to manifest your dreams, or seeking more emotional stability and deeper spiritual discovery, these secrets will guide you on the next phase of your own very personal journey toward wholeness. The readers will come to discover that *Ten Secrets About Life* is more than a book. It is a powerful initiation into an awakened and joyful way of living. Thus, Dear readers, when you read this book, you will be uplifted and transformed, and you will emerge confident that you can make every moment one of the great happiness, great contentment, wisdom, freedom, internal and external healing, cleansing of the soul, and great love.

Blackie's Dictionary of Quotations Blackie Contains a compilation of quotable quotes An ideal reference for one and all More than 4000 entries.

Inspiration and Motivational Thoughts K. Senthil Kumar, IAS 2021-01-19

This Book Won't Make You Happy Niro Feliciano 2022-04-05 When people find out she is a therapist, Niro Feliciano knows she isn't going anywhere anytime soon. At soccer games, at cocktail parties, in waiting rooms, people corner her and ask: Why am I so stressed? Is the way I feel normal? Why can't I just be happy? The truth is happiness is fleeting, and we are stressing ourselves out trying to achieve it. In *This Book Won't Make You Happy*, national media commentator and Psychology Today columnist Feliciano offers a path to something much more achievable and abundantly more satisfying: contentment. By incorporating eight simple postures rooted in cognitive behavioral science and mindfulness practices into our daily routines, we can move away from anxiety and toward balance and calm. Acceptance, gratitude, connection, a present-focused perspective, intentionality and priority, self-compassion, resilience, and faith: through these practices we will overcome obstacles that hold us back from living full, meaningful, contented lives. Anxiety, stress, and grief aren't going away anytime soon, and this book won't make you happy. But with wit and empathy, Feliciano leads you right past happy to calm. No matter how "happy" your life is--or isn't--you can reach a deeper, truer, and longer-lasting place of contentment.

What to Do When Life Falls Down Around You Elizabeth B. Brown 2020-04-21 In this practical and encouraging book, trusted author Elizabeth B. Brown shows you not only how to survive life's difficulties but how to move beyond them to a place of strength and confidence. Assuring you that you are not alone, Brown helps you face your situation with a sense of hope, find people you can trust to walk alongside you, and move through the most difficult times with strength. You were not made for a life defined by the chaos of crises.

You were made to persevere through trouble and come out the other side--stronger.

365 Black: Nuggets of Wisdom for each day of the year Lathardus Goggins II 2012-09-24 365 Black: Nuggets of Wisdom for Each Day of the Year is a collection of quotes, proverbs, and sayings that represent a sample of the collective wisdom within the African experience. This book is meant to help the reader to become aware of and connect to the wisdom forged in the African experience; a wisdom and experience often overlooked, undervalued, or assumed not to exist. 365 Black: Nuggets of Wisdom has several of the "best" known quotations and many other powerful words. You will be moved to reflect, act, and grow. Whether you are looking for the perfect quote or wanting a thought of the day you have more than 365 quotes, sayings, and proverbs.

Every Day May Not Be Good, But There Is Something Good in Every Day Daniel D. Freeman 2019-12-25 This is the perfect composition notebook to keep a journal or diary. Use it to take notes in school, at the office, in class, This college ruled lined composition notebook is 6" x 9" with soft matte-finished cover and 120 pages. Plenty of space for journaling, a diary, brainstorming, brain dumping, mind dumping, dream journaling, mindfulness, sermon or prayer journal, meditation, organizing, to-do lists, drawing sketches, or back to school.

The Vegan Way Jackie Day 2016-10-25 "Writing in a playful and upbeat fashion, Day guides her readers through a day-by-day approach to living vegan... For those interested in becoming acquainted with "the vegan way," this book marvelously succeeds." – Publishers Weekly "I only wish I had had this book decades ago!" - Moby "This goes well beyond diet ... This book is a comprehensive guide to anyone looking to switch to a plant-based life." - Booklist "The Vegan Way is like having a friendly non-judgmental vegan friend by your side to help you every step of the way as you blossom into a happier, healthier being. So inspiring!" - Pamela Anderson The Vegan Way is a book filled with everything Jackie Day has learned as a happy vegan, a health educator, and author of the popular vegan blog, My Vegan Journal. A lifestyle guide that's a real game-changer, The Vegan Way is for those who are intimidated by going vegan overnight, but don't want the transition to stretch out for months or even years. In a 21 day plan that emphasizes three core reasons for going vegan—being as healthy as you can be, being compassionate to animals, and respecting our planet—Jackie provides inspiration along with a specific goal to achieve with all of the support you need to accomplish it. It might be something as simple as switching out your coffee creamer for vanilla almond milk or kicking the cheese habit. Readers will learn where to dine and what to order when eating out, the most vegan-friendly places to visit, how to avoid clothing made from animals, and how to decipher those pesky ingredients lists. And throughout, Jackie will be providing glimpses into the finer points of vegan living, giving readers something to aspire to as they get past Vegan 101. Readers will also find a handful of easy and delicious recipes sprinkled throughout. The Vegan Way is a road map that puts positive thoughts about health, the environment, and animals into action, transforming your life into a vibrant, healthy, and compassionate one.

Every Day May Not Be Good But There Is Something Good in Every Day Positive Notebook 2017-11 This inspirational and motivational quote notebook journal is ideal to use as a journal, planner or notebook to keep track of your daily tasks and schedule. The dot matrix grid size is 8mm x 8mm (0.31 x 0.31 inches) larger than the typical 5mm matrix to allow easier writing. Printed on high quality stock and sized at 8 x 10 inches, it is

wide enough for recording ideas and making plans for your life. Dotted Bullet Motivational Quote Journal Full Specifications: -Size : 8 x 10 inches -Premium matte cover design -Printed on high quality white paper interior - Motivational positive quotes design cover -Modern and trendy layout -8mm x 8mm dot grid size for comfortable writing -132 dotted bullet pages on white paper -Dot Opacity 25%

A Positive Way of Life Puja Kapoor Garg Positive thinking is a very important part of very human being because Life shows 'Ups and Downs' to everyone, at different stages of one's Life. This book is on Positive thinking. Life is a long journey in which everyone is blessed with Family, Friends, Love, Children, Responsibility, Gains and Losses, Ups and Downs. Cultures, the world over show diverse beliefs. Everyone believes in a Power which we call as God, Rama, Allah, Jesus, so on and so forth. People generally embrace God's shelter or seek Spirituality to get peace and strength during troubles times. Others may find peace in a social work, or work, serve the needy or maybe follow their passion/hobbies like reading, writing, etc. Talking to someone who truly cares for you is a big support during difficult times. Peeping through book stores, one often finds books which inspire someone and gives positive thoughts, just by a simple glance. Talking to a dear friend and reading such books mean the same. Being inspired to keep any one's spirit up, even when Life make one feel lost and sad, hope the book will inspire the entire Human Race, in helping themselves as the others around them.

Carrying on Emily Walter Mikulewicz 2008-09 "After years of friendship, something shifted. Paul and Emily found more than a marriage. They found companionship and love that transcended what came before. Read a moving account about the love and hope that struck two unique people well on in life. This book will give hope to anyone who figures they're out of the game of love." -Deirdre Sinnott, author and speaker *Carrying On* is a memoir of a late-life love affair between long-time friends. The book describes the five-year partnership of an affable, sunny, brilliant and charming research scientist and the author. His half-century affliction with hepatitis C was known to her. What she discovered during their life together was his severe dyslexia, simmering rage, and pervasive sense of inferiority. His dealing with these problems, and his humor, enthusiasm for all aspects of life, and his continuing fascination with his science made him eminently lovable, and smoothed the rough spots in their relationship. The final stage of his disease was both expected and accepted by both. They spent the final weeks of his life at home, living.

Devotional Journal Living Stephen Kyeyune 2015-05-08 Each person is an enigma. You're a puzzle not only to yourself but also to everyone else, and the great mystery of our time is how we penetrate this puzzle. We are social animals, and unless we engage God, we can never resolve and understand the truth that lies at the bottom of an enigma of interdependence relationship. A legendary poet wrote, People are fascinating. They're so unique and I think what's more fascinating is the reason behind the physical characteristic, the enigma, that's where the gold dust is. Life is never a mystery and a harmful enigma unless we try to interpret it from our human brand or perspective as though it had no underlying truth. The reality is that every person believes in something (be it true or false). Our beliefs modify our behavior. I have put together this journal for you with epic passion projecting the phenomenal person that God intended you to be. Wrong perception of life issues makes man a wrong person. It is my prayer that by reading this book you will be enlightened and inspired to

solve the puzzle of life from the prospective of the Creator of life. Certainly, the most important thing that God can give to us is the truth about life. God created us to live passionately but not passively. That is why he instructed us to love him with all our hearts and to love our neighbors as we love our selves.

Every Day May Not Be Good, But There's Something Good in Every Day Nina Noosita 2019-02-24 Every Day May Not Be Good, but There's Something Good in Every Day : Blank Lined Notebook with 100 Lined Pages Diary Journal 6x9 Inches - This blank notebook has 100 lined pages for writing diary, journal, notes, message or anything - Size 6 x 9 inches - "Every Day May Not Be Good, but There's Something Good in Every Day" cover - Classic black color cover

Interest of Love Jeremy Tolbert 2022-06-01 The Interest of Love is one of the most powerful and compelling books of this modern era! Its influential teachings will liberate the powers of the mind by opening up the foundation of knowledge formed when the world was created. There are a series of events we have to go through to understand the power of love. And, this discovery requires understanding your thoughts to be our first step! Thoughts determine how we feel, how we view things, and how we think. It is how we connect with the world around us and the people in it. The very first thought you have is a foundation of interest. And, addressing the thoughts you've had throughout your lifetime, is the starting point for the "Interest of Love." In life, thoughts are everything! It is what you know, it is how you act and it is the certitude of what you desire. Our thoughts develop into interest, and our interest accumulates into what we love. Through the "Interest of Love," you will understand your purpose in life! You will know how to build an existence surrounded by a life worth living. And, you will know how to develop a true happiness that can survive, even in the worst circumstances! By reading this book, you will ultimately see yourself for who you truly are. And the mysteries of this world and the greatest secrets of all existence will be available for you to know. All of this will be done, just by personally understanding the way you think and why you were created. And, it all will began by revealing your thoughts!

You Can't Bully Me Linda Landes 2015-03-30 *You Can't Bully Me* will teach you how to make friends with the most important person in your life—you! Everything you feel, everything you believe, everything you like, and everything you dislike are all okay. This book contains writing activities for you to do that will challenge your opinions. Unlike school, there are no wrong answers! Your personality, your character, and your values make you who you are. You will compliment yourself on every page, in color, as a daily reminder of your unique qualities. *You Can't Bully Me* will teach you about the ways you are wonderful and special. You are going on a magical journey of discovery. You can't bully me, of this I am proud. You can't bully me, I'll say it out loud. Your words, taunts, and laughter don't get to me at all; I know who I am and how to stand tall.

Positive Anonymous 12 Step Program

I Am Someone Special Belinda Hernandez 2016-03-12 In the book *I Am Someone Special*, the author shares the story of her dysfunctional childhood her journey through the road of drug addiction and drug dealing and how

she struggled to leave her dark past behind and move on to a new and better life. Ms. Hernandez did not experience the kind of childhood others enjoy by being adopted into a wealthy, well-off family. She failed to receive the affection she wanted from her parents, particularly from her adoptive mother. The author was the youngest among seven children and the one who received the worst treatment from her alcoholic mother, who was also addicted to drugs. Her birthmother had stabbed her in the head when she was a nine-month-old baby. After an incident that almost robbed the author of her life, she was placed into an orphanage, where her adoptive parents rescued her. The authors adoptive family gave her the love she had long wanted, along with everything she and her adopted brother and sister could ask for. But despite it all, Ms. Hernandez became rebellious, especially as a teenager. Her rebellious teenage years eventually led her to the wrong path as she started using drugs and selling it as well. She worked further into the drug business until she got caught and sentenced for a couple years in prison. After serving her sentence, the author strived to live a clean life and start anew. With the help of her faith in God and the support of the man she loves, she managed to reinvent herself into a better and strong person. *I Am Someone Special* might appeal to a reader interested in stories that have changed the lives of individuals who recovered from drug addiction and made the decision to rebuild their lives away from drugs. If you would like to get ahold of the author for questions or for advice, contact her through Belindahernandez664@yahoo.com. You can buy my books at Amazon, Barnes and Noble, and Books-A-Million.

Great Zen Thoughts Dr Purushothaman 2014-12-26 It is interesting to learn that the Philosophy of Zen is to experience Our Real state without any philosophizing & theorizing. The basic concept of Zen can be attributed to Mahayana Buddhism & Taoism. Even though Zen originated in China, later it was spread to many parts of the World, mainly Japan, Korea & other neighboring countries. Zen is mainly concerned about the direct Experiencing of One's Own Self, without any descriptions. Zen is actually focusing on our Inner Being, without the help of Intellect & Logical Thinking. Actually, Zen emphasizes on the Perception of our Reality - Our Self, in the most easiest & quickest way. Really, Zen is Pure Awareness & Aliveness. Sudden Enlightenment or Satori is the basic nature of Zen. In Zen, the use of paradoxes to bypass our Mental Blocks & Confusion is very common. In Zen there are no concepts & belief systems. It is Pure & Simple - simple understanding is the key of Zen. The Teachings, Quotes & Sayings of Great Zen Masters had changed the life of Millions of People all over the World. Here, we are presenting 1001 Selected Thoughts & Teachings of Zen Masters under the Title "Great Zen Thoughts" for all Readers. Let these Thoughts awaken our Inner Reality in the coming days.