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# Switch On To Your Inner Strength

**Sandy MacGregor, Jimmy Thomson**



## **Switch On To Your Inner Strength:**

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**Awaken Your Inner Power!** Robert Morgen,2008-01-03 **Creating Happiness Intentionally** Sandy

MacGregor,2014-07-13 If you had security in income in work in love in safety in health and more would that lead to your happiness If you had more friends a family a better career abundance in all things you need would that lead to your happiness Are you Living Your Life Purpose Are you getting what you want in life Maybe you would like to make some changes in areas such as your abundance your relationships a lack of intimacy things that frustrate you or your career But for some reason don t believe you can or don t deserve it Have you ever wondered why it s so difficult to make real and lasting changes in your life The changes you know you want to and should make but somehow never get around to like your diet your exercise or your health The essence of this book is about really getting on track and creating balance with your life so that you can actually live your dreams You use the powerful CALM mind techniques to discover the main purpose of your life to decide on goals that support you in all areas of your life and to make sure that your values the things that drive you truly support those goals By doing this book you will arrive at your Life s Purpose Now This knowledge is a potent force that will lead you towards the life you desire      **Piece of Mind** Sandy MacGregor,2016-04-05 This book is about 1 Accessing the subconscious 88% PIECE of your mind to Relaxation and Releasing Stress in 30 seconds Accelerating Your Learning Achieving Goals Faster 2 An Effective Technique which you can apply to such things as Handling Pain and Loss Improving Sport Ability Using Your Creativity Increasing Your IQ Increasing Sales and Productivity Excelling Academically Doing Well in Subjects You Hate Having a Great Self Image Reviews Piece of Mind is an Australian Best Seller Motivational and Inspirational Sandy tells it in a way you can get it Steve Snyder International Educator and Seminar Leader Sandy Explains stress release memory improvement and subconscious mind in layman s terms The techniques are simple and they work Andrew Matthews Author of International Best Seller Being Happy      **No Need for Heroes** Sandy MacGregor,Jimmy Thomson,2014-06-12 THE FIRST TUNNEL RATS This is the thrilling hilarious and inspiring true story of a ragtag band of Aussie Army Engineers who redefined the word heroes and reinvented larrikin too Among the first Australians to fight in Vietnam they faced death every day defusing Viet Cong booby traps then partied all night in a casino they d built in secret They led hundreds of American troops to safety but fought US military police to a standstill in the bars of South Vietnam They built the Australian Task Force s base then sabotaged a headquarters conference booby trapped showers and blew up a generator rather than kowtow to newly arrived officers And that s before we even mention sex Most importantly the men of Three Field Troop discovered a huge Viet Cong tunnel complex and were the first allied troops to follow the enemy down into their underground city They were the original Tunnel Rats and this is their story      **YogaLean** Beth Shaw,2014-09-09 From the founder of YogaFit one of the world s leading mind body education and yoga training organizations comes a revolutionary approach to weight loss and wellness Forget diets and guilt and judgments Achieve your optimal weight by developing what internationally recognized yoga and fitness expert Beth Shaw calls Lean Consciousness The ultimate path to weight loss weight management and whole life wellness Lean Consciousness grows out of filling your mind with good intentions fueling

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up and cool down sequences new poses incorporated into organized workouts a chapter on the therapeutic and restorative qualities of yoga and an expanded discussion on integrating meditation into daily life to foster a well rounded yoga practice

**Compassion Focused Therapy For Dummies** Mary Welford, 2016-08-08 Don't be so hard on yourself use compassion focused therapy as your guide It's often said that we're our own worst critics and it's true Compassion Focused Therapy For Dummies offers straightforward and practical advice that helps you view yourself through a more sympathetic lens This motivating text covers the key principles of compassion focused therapy which guide you in caring for your wellbeing becoming sensitive to your needs recognising when you are distressed and extending warmth and understanding to yourself This transformative resource provides you with metrics that you can use to monitor your progress including sensitivity sympathy empathy and overall wellbeing Initially developed to assist people experiencing high levels of shame and self criticism compassion focused therapy increases your awareness of the automatic reactions that you experience and motivates you to combat negative reactions with kindness and affection Used on its own or in combination with other therapeutic approaches the value of compassion focused therapy is supported by strong neuropsychological evidence Understand how to handle difficult emotions with greater ease and less stress Transform difficult potentially damaging relationships into positive aspects of your life Encourage and motivate yourself to continually meet your goals rather than criticise yourself for perceived failures Stop being so hard on yourself and appreciate yourself for who you are Compassion Focused Therapy For Dummies is a wonderful resource if you are seeing or thinking about seeing a therapist who utilises compassion techniques or if you would like to leverage the principles of compassion focused therapy to manage your own wellbeing *The Art of Winging It* Dr. Kaushik Sridhar, 2022-11-28 In this book you will read about my life and learn how and why traditional structures and ways of doing things have never really worked for me Throughout my life I've learned how to break away make often frightening leaps and forge my own path flying by the seat of my pants It's not always easy to run against the wind You will encounter resistance You will have doubts and doubters You will need an inner resolve one that can be cultivated and enhanced Having grown up in India Nigeria the United States and now calling Australia home I have found that when it comes to forging your own path there are no established rules You have to make them for yourself These ideas apply to life as well as business This book will help you to learn how to back yourself In developing my own rules I've learned how to break away from expectations and unhelpful pressures and found that the only way to fly is by truly winging it

Authentic Power and Greatness Joseph Rodarick Law, 2019-09-01 Throughout human history many insightful teachers thinkers and philosophers have explored the topic of finding purpose and living a life filled with happiness These ideals insights of spiritual wisdom and higher principles are valid but most of were written thousands of years ago How can we practically integrate these ancient teachings into the complexities of our modern everyday lives In this groundbreaking book Joseph Rodarick Law teaches the principles of happiness from a holistic perspective one that includes fulfilling relationships

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