

# Take Back Your Life: How to Regain Your Personal Freedom

Lamb, Arthur

Note: This is not the actual book cover

# Take Back Your Life How To Regain Your Personal Freedom

**Leslie D. Riopel**



## **Take Back Your Life How To Regain Your Personal Freedom:**

**Coming Out of the Darkness** Leslie D. Riopel, 2013-06 Leslie D Riopel is a freelance writer and clinical hypnotherapist with a master's degree in psychology health and wellness She believes we all have an amazing capacity within us to transform our lives As an educator she is a passionate promoter of health and wellness and has written hundreds of hypnosis scripts and guided meditations The author has studied methods of holistic healing for the last 25 years and has a passion for writing that motivates and inspires Leslie takes you on an amazing and very personal journey showing how hypnosis changed her life as it can change yours This very personal book tells how she survived corporate downsizing crushing depression and an unhealthy and unsatisfying life all by utilizing hypnosis Leslie believes we are all destined for greatness and that we must not accept our excuses any longer She documented her journey to give hope and believes that when you learn how to alter your life using these techniques you are free to pursue your passions and change the world Filled with poignant stories her book shows how to transform your life and turn pain into power Be prepared to be amazed at the possibilities that begin to unfold with hypnosis as your guide Leslie D Riopel lives in the Cincinnati area This book was written for all of those who were not high school cheerleaders the captain of the football team or the most popular person in the class It was written for those who at one time in their life were crippled by shyness lack of confidence or utter despair It was written for those who are not quite comfortable in their own skin Publisher's website <http://sbpra.com/LeslieDRiopel>

**Freedom Unleashed** Prince Penman, In today's fast-paced chaotic world true freedom seems elusive We're constantly bombarded with distractions societal pressures and self-imposed limitations But what if you could break free from these chains and reclaim your power Freedom Unleashed is a transformative guide that shows you how to unlock your true potential and live a life of purpose confidence and authenticity This book takes you on a journey of self-discovery and empowerment providing actionable steps to shift your mindset overcome fear and break free from the barriers that have been holding you back You'll learn how to harness the power of personal freedom take responsibility for your life and build habits that propel you toward lasting success With practical exercises and real-life examples you'll discover how to Reclaim your personal freedom and stop living according to other people's expectations Shift your mindset to embrace growth resilience and confidence Overcome fear and self-doubt and take bold steps toward your dreams Develop empowering habits that support your journey to a fulfilled life Build a strong support system to keep you on track and motivated Whether you're feeling stuck overwhelmed or uncertain about your future Freedom Unleashed provides the tools you need to break free and live life on your own terms The power to create the life you want is within your reach it's time to unlock your freedom Don't wait another day to reclaim your life Start your journey to true freedom now

**Take Back Your Power** Yasmin Davidds, 2006-07-04 I dedicate this book to every woman who has ever felt sad frustrated alone scared unsatisfied compromised or depleted I know how it feels I've been there too Yasmin Davidds Empowerment specialist and relationship expert Yasmin Davidds reaches into your mind and soul to take

you down the path of self empowerment David's message is clear Your power is your life force and you must learn about it and honor it if you want to be a whole woman Drawing from her own life experiences David provides an easy and inspiring plan to overcome adversity and fulfill your dreams Let David bring you on a journey of self discovery self love and unstoppable success Let her empower you

**Defeat Your Goliaths: Break Free and Win Back Your Life** André Sisk Sr., 2025-02-22 About the Author Andr Sisk Sr Andr Sisk is an author dedicated to personal growth resilience and success His books explore overcoming challenges building confidence and achieving financial and personal freedom His works include Cold Calling Confidence The 100K Barrier and From Agent to Millionaire offering insights on success and self improvement Beyond business Andr's writing dives deep into personal transformation When No One is Looking explores self love healing and forgiveness while Defeat Your Goliaths is a powerful guide to breaking free from past struggles and reclaiming your life His upcoming book Parenting in Progress reflects on the journey of growth and grace in parenthood Through his books Andr shares wisdom from his own experiences inspiring others to push past obstacles and create the life they desire

**Take Back Your Life** Arthur Lamb, 1992

**The Mjolo Compass** Onesimus Malatji, The Mjolo Compass A Global Guide to Love Healing and Self Discovery is a transformative guide to navigating the intricate landscape of relationships Drawing inspiration from the Southern African concept of Mjolo while addressing universal experiences this book dives deep into themes of love trauma personal growth and self awareness Through 39 insightful chapters the book explores how unresolved past relationships emotional scars and societal expectations can shape your connection with others It provides tools to recognize red flags escape toxic dynamics and rebuild yourself after abuse whether emotional physical psychological or financial More than just a guide to avoiding toxic behaviors The Mjolo Compass empowers readers to reflect on their own patterns embrace self love and cultivate healthy meaningful relationships With practical advice and real life insights this book serves as both a compass and a roadmap offering guidance to anyone on the journey to finding love healing wounds and building a life rooted in authenticity Whether you're recovering from heartbreak learning to set boundaries or simply seeking clarity in your personal life The Mjolo Compass is an essential companion for navigating the challenges of Mjolo and relationships in general on a global scale

**Social Media Reset** Allie Marie Smith, 2025-07-15 Discover the joy freedom and flourishing life that comes with taking a social media break We long for a life that is full of connection with God ourselves and others Yet we've become programmed to seek peace contentment and happiness from our phones Deep down we know this isn't how we were created to live As endless scrolling leaves us feeling anxious depressed distracted and alone we realize our true needs can't be met by turning to social media If you feel like your digital life could use a reset you're not alone Allie Marie Smith life coach and author of Wonderfully Made has walked this road and found a more fulfilling life In Social Media Reset she invites you to pause for 30 days and seek restoration in your mind heart body and soul While the thought of a social media break can feel daunting Allie is a wise and compassionate guide who will help you take inventory of social media's

effects on your spiritual mental and emotional health let go of stress and anxiety to cultivate a life of peace and contentment discover life changing rhythms to enhance your well being draw closer to God and show up for your life with a new level of excitement joy and intentionality Whether you re looking to find true connection rediscover your passions or embrace a new way of life that brings you joy Social Media Reset will help you reconnect with what truly matters and guide you toward a purposeful life you love

*What's the Story?* Janice Hermesen, Dennis DuPerault, Mitch Smith, April Voytko Kempler, Richard G. Pugh, Mike Aloia, Brian T. Shirley, 2016-09-01 YEA Do you have a student grade 6 12 Check out this program and get your application in Janice Hermesen shares some information for Nevadans about title insurance Dennis DuPerault always has fun things to think about Some poetic stories from Brian T Shirley comedian and entertainer And Mike Aloia provides his always inspirational words to live by Familiar with the Marshall Mint in Virginia City They are moving If you ve thought things aren t as they seem you ll love Richard G Pugh s article Pine nuts anyone April Kempler shares how to pick your own And welcome to Mitch Smith PT DPT CWC our newest contributor in What s the Story He has some great ideas about freedom from pain

**Unwoke Your Life** Conrad Riker, Are you tired of feeling like you don t belong in today s world Do you want to break free from the shackles of woke identity politics and rediscover the powerful masculine narrative that made the West great Look no further Unwoke Your Life is the ultimate guide to reclaiming your masculine identity success and happiness in business and life In this groundbreaking book you will

- 1 Understand the importance of civic nationalism and how it can protect you from destructive woke ideologies
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- 4 Expose the myths perpetuated by the 1619 Project and how they distort the true history of American slavery
- 5 Identify the danger of social media censorship and how woke corporations control the narratives that shape our society
- 6 Learn the importance of proper boundaries and social roles in building a strong and balanced society
- 7 Understand the infiltration of critical theory in modern education and how it promotes wokeness in our schools
- 8 Uncover the tactics used by the far left to weaken individualism and undermine our cultural values

If you re ready to reclaim your masculinity break free from the grip of woke ideologies and live a life of success strength and happiness then buy Unwoke Your Life today

**Restore the Roar** Pat Schatzline, Karen Schatzline, 2019 Fear is a distraction not the destination Pat and Karen Schatzline came face to face with fear They had to battle not only for Karen s health but also for the peace of their home But in the midst of their pain Karen heard God ask her a question Do you trust Me The Schatzlines were fearful Yet through their journey the Lord taught them how to be courageous in spite of the fear The enemy wants to overwhelm us with fear and keep us from trusting in the Lord Restore the Roar is a supernatural handbook that will help you do the following Defeat the lies of the enemy Put your faith in God Be courageous If you battle anxiety or insecurity if you fear failure the unknown or what God has for you God has a recipe to set you free and lead you into a place of freedom destiny and purpose Learn to live out the

psalmist s words In the day when I am afraid I will trust in You Ps 56 3 This book will help you expose and confront fear so that you can be courageous in your walk with God OTHER TITLES BY PAT AND KAREN SCHATZLINE Rebuilding the Altar 2017 ISBN 13 978 1629991467 Dehydrated 2015 ISBN 13 978 1629986203 I Am Remnant 2014 ISBN 13 978 1621365761 Unqualified 2015 ISBN 13 978 1629986128      **Acting Skills for Life** Ron Cameron,1999-09-01 Of all the subjects taught in the school system dramatic arts probably has the greatest potential to help students prepare for life The study of acting helps students develop personal and social skills increased poise and confidence better awareness of their physical and vocal selves and an improved ability to think and react quickly These talents can help in dealing with sometimes difficult real life situations The intention of Acting Skills for Life is to integrate personal growth and the process of creative drama with the more formal skills required for stage production This is a very practical book full of suggestions for drama exercises and improvisations developed over Cameron s thirty years of teaching drama and includes helpful information for teachers working with students on stage productions      **No Tears Left to Cry** Ernest Berlin,2013-06-25 This book is a work of fiction inspired by true events Naomi Hertz has an opportunity to show great resilience in the face of adversity She knows her enemies secrets and works toward finding the strength to overcome her nightmare issues dealing with abuse adultery and addiction We learn what fuels violence bullying and hate In her relationship with David Milano whom she marries she takes an optimistic stand against oppression This book helps find solutions by building awareness skills and knowledge It works toward a movement to empower those who dare to ASK bringing forth transformational changea metamorphosis

"F"-It-Less Shaun Rawls,2021-05-04 What does it take to say F it and really mean it To walk away from the circumstances that have you stuck in neutral or worse headed in the wrong direction To reroute your life along a smoother path toward success To live an F It Less life Have you ever just thrown your hands in the air and said F It Been tempted to give in to someone or something you ve been resisting Or worse found yourself backed into changes circumstances or even a life you didn t ask for If so you are not alone But thankfully there is now a powerful way to never have to say F It again It begins with reframing the f word and ultimately leads to reframing your life It s a method designed to help you choose the life you want to live rather than blindly accepting the one you ve got Shaun Rawls popular motivational speaker and founder of Atlanta s 1 real estate firm devised this method during one of the most trying yet triumphant periods of his life In F It Less he offers a whole new lexicon of F words more powerful than the one we all already know By employing each thoughtfully and practically in your life you can begin to craft the existence you ve always dreamed of During his own transformation words such as fragmented frustrated fractured and failed helped him identify where he was in the moment and to earnestly assess where he d gone wrong in the past In time he enjoyed days that were fine or even fantastic Prioritizing words such as float family faith fun and freedom reminded him of his destination while words such as find forgive forget fix and foxhole helped him to get there faster What he discovered is that these F words can draw us back into alignment with our purpose and goals

enabling us to live a more intentional and rewarding life the life of our dreams In this infinitely empowering book Rawls shares both his story and his method with you boldly encouraging you to use these words to examine your own life too to see if it is one you consciously crafted or one you simply allowed to unfold To decide whether you re living how you really want to live or if there is still much more work to be done He challenges you to truly listen to your heart and gut and to honestly acknowledge the areas of our life where you ve compromised love and happiness for money safety security or worse fear He coaxes you not to let our best life pass you by but rather to proactively attain the life you really want By sharing some of his greatest lessons Rawls aims to help you avoid some of the same obstacles he s encountered and to live what he refers to as an F it less life the life we re all entitled to discover explore and fulfill for ourselves Saying F It doesn t always have to mean you are giving in or giving up With the right tools it can actually mean you are ready to pursue a better life one of greater ease meaning and purpose A truly F It Less life

*Release Guilt And Rebuild From Zero: Forgiveness As A Tool For Power*  
Sybex Books,2025-06-23 Guilt isn t a life sentence Release Guilt And Rebuild From Zero is a powerful guide for anyone who feels stuck in regret carrying shame for decisions they can t undo words they can t take back or versions of themselves they no longer recognize This isn t about excusing the past It s about ending its control over your future The guilt you ve held may have come from real mistakes or from impossible standards you were never meant to meet Either way it s heavy And it s time to lay it down Learn how to separate responsibility from self punishment Reconnect with the version of you that made those choices and meet them with understanding not condemnation Clean guilt teaches Toxic guilt tortures You re allowed to learn change and move forward without carrying every version of your past on your back Rebuilding from zero isn t weakness It s strength It means you re no longer performing for redemption You re choosing integrity clarity and peace Forgiveness isn t for forgetting It s for freeing your power to be used for something better And when you finally release what s been weighing you down what you build next will be stronger clearer and entirely your own

*Small Press ,1992*

**Affirmations For Men: Unshackle Your Mind, Win the War Within, Amplify Your Vibration, Boost Your Self-discipline, and become Mentally Resilient to Pain.** Sonny Rehman ,2022-12-16 IT S A NEW YEAR TIME FOR A NEW YOU TIME TO LEVEL THE F K UP It s all mental I say this all the time and it s true If you believe you can do it you can We all have virtually limitless potential Our bodies are capable of so much more than what we ask of them Take off the mental handcuffs get out there and start on your way today What is your passion You can become better at it Committing yourself to daily affirmations only fuels your beliefs You gotta believe to achieve and manifest your reality Sonny Rehman Are you tired of not feeling good enough Do you want to finally start attracting what you deserve in life Are you exhausted and overburdened with stress Are you tempted to give up whenever you encounter obstacles and mishaps If so AFFIRMATIONS FOR MEN is for you Imagine boldly facing any challenge that comes your way Imagine confronting any problem you run into and resolving it with confidence Imagine being 100% certain that you can handle any predicament or setback life throws at you AFFIRMATIONS FOR MEN A

Step By Step Guide to Facing Life's Challenges Managing Negative Emotions and Overcoming Adversity with Courage and Poise Amazon bestselling author Sonny Rehman provides a step by step training program for toughening your mind against adversity You'll learn how to persevere when life becomes difficult and your circumstances deviate from your plans You'll discover how to handle pressure control your impulses and endure the emotional and psychological distress that accompany misfortune And best of all you'll learn how to achieve more than you thought possible through sheer tenacity and determination through Affirmations that allow YOU to Manifest In AFFIRMATIONS FOR MEN you'll discover Discover what mental freedom is and how it can change your life Understand the science behind positive affirmations and how they work Achieve mental freedom from self doubt and negative thinking Manifest your deepest desires and attract abundance into your life Boost your confidence and self esteem Learn how to use affirmations for health wealth and more Get a 365 day affirmation calendar to keep you on track all year long PLUS YOU'LL RECEIVE 18 EXERCISES 365 DAY AFFIRMATIONS CALENDAR that'll help you to apply the advice and tactics you'll learn throughout this book If you're tired of feeling like giving up when life gets tough grab your copy of AFFIRMATIONS FOR MEN today Start training your mind to endure stress and pressure face adversity with courage and boldly weather any storm Scroll to the top of the page and click the BUY NOW button Review The only guide a man needs to find his self purpose and take control Mario Winters The New York Times An amazing read extremely insightful it literally captures the art of manifestation how to achieve your life goals in a logical sense I highly recommend this book to anyone that wants to change their life through real life experiences belief Josh Jackson NetGally     [101 Rules to Being the Champion of Your Own Life](#) Jolie Glassman,2021-12-21 All of us fight We fight for the things we believe in We also fight for those we love and at times we need to fight against our toughest opponent ourselves In Life According to the Rules of Boxing author Jolie Glassman offers a curriculum for life discussing how to live your life like a boxer and be the champion fighter of your own life You are the hero you have been waiting for it is your future self The guide presents 101 rules to live life like a boxer who trains to be a champion and becomes one It offers tips and advice to help you become stronger fitter faster better and wiser in mind body and spirit Each rule is paired with a famous boxer's quote and Glassman recommends being with the rule reflecting on if you currently possess the skill or trait and if not how you will begin to incorporate it in your life and embody it Life According to the Rules of Boxing is a catalyst to open your eyes to the choices champions make while inspiring you to do the same This is a curriculum for living a powerful and successful life you love Inspired by her passion for boxing and love of service Jolie Glassman has written a truly inspirational book a blueprint for anyone that is ready to fight for a better life She uses the words and disciplines of great fighters like myself to train and motivate the mind into obtaining characteristics that boxers use for self mastery which include belief discipline repetition and desire If you are ready to fight for a better life than there's no better coach than Jolie Glassman to have in your corner Mike Tyson     [Live Courageously](#) Terri Cadiente,2011-07-28 Those who fail to choose choose to fail



writes the author who encourages you to stop allowing fear to rule your life's decisions and instead to take charge and Live Courageously As you read about Terri Cadiente's hard fought rise from the pit of fear to the pinnacle of personal freedom you will realize that you too can overcome anything Written by a successful Hollywood stunt woman Love Courageously takes you step by step on an exciting journey of self analysis and self discovery toward a victorious and empowered destination Through personal testimony and proven effective techniques you will receive the power to attack the roots of fear and shame This approach is uniquely expressed by an author who confronts fear and converts it into positive action to achieve her professional and personal goals Breakthrough Parenting for Children with Special Needs Judy Winter,2006-03-20

Breakthrough Parenting for Children with Special Needs challenges families and professionals to help children with special needs to reach their full potential by using a proven motivational how to approach This groundbreaking and inspiring book provides detailed information on how to let go of the perfect baby dream face and resolve grief avoid the no false hope syndrome access early intervention services and avoid the use of limiting and outdated labels Also included are specific guidelines for working with professionals understanding the law and inclusion planning for the future and insightful interviews with Dana Reeve of the Christopher Reeve Foundation Tim Shriver of Special Olympics and Diane Bubel of the Bubel Aiken Foundation The Codependency Workbook: How Anyone Can Recover from Toxic Relationships and Reclaim Their Self-Worth in 30 Days or Less ALBAN COLE,2025-05-06 Rewrite your story and break free from the painful cycle of codependency Open a new chapter where you can live as the complete and authentic version of yourself embracing self discovery empowerment and independence Are you constantly seeking approval bending over backward to meet the needs of others even at the expense of your own well being Do you often neglect your own desires and boundaries in the process If your answer is yes then you may be exhibiting codependent behavior in one or more types of relationships in your life The main sign of codependency is consistently elevating the needs of others above your own In reality it presents a spectrum of pains and scars that run deep beneath the surface It can manifest in various relationships whether with a partner family member friend or coworker It thrives in environments where there is an imbalance of power emotional instability or a history of dysfunctional relationship dynamics Codependency is a challenging cycle of give and take and the only way out is through profound emotional healing personal growth and transformative change This book serves as your guiding light through the shadows of codependency offering insights practical strategies for coping and emotional intelligence and empathetic support so you can break free from its grip By exploring the roots of codependent behavior and providing actionable steps toward building healthier relationships this book will help you reclaim your autonomy and foster genuine connections based on mutual respect and trust Here is just a fraction of what you will discover within A step by step guided journey to the complete you rediscovering the love you have for yourself The spectrum of codependency understanding the different ways it manifests in life and relationships Exercises for self reflection how to rediscover your needs and desires and foster a deeper connection

with yourself How to master the art of unconditional self love so you can bring your complete self to relationships The paradox of people pleasing and why external validation is a honey trap here s a secret people pleasing pleases no one How to set and maintain wise and healthy boundaries in all areas of your life at home at work and in various social scenarios The key to healthy relationships how to write a new language of love for yourself and the people in your life And much more This book understands that change isn t easy especially when you ve given too much for too long It addresses breaking unhealthy habits building trust healing from trauma and enhancing mental health It s easy to say Just assert your wants and needs but taking action is an entirely different mountain to climb This book will help you find the inner strength and will you need to take action and combat codependency This is your sign to end the cycle Step out of the shadows of codependency and live your best most authentic life Scroll up and click the Add to Cart button right now

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### Take Back Your Life How To Regain Your Personal Freedom Introduction

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presenter wishes to keep it simple short and effective without diverting focus from the main event good morning everyone a very warm welcome to all present here respected teachers and the parents and students

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