

# SOMETHING MORE



## EXCAVATING *Your* AUTHENTIC SELF

Sarah Ban Breathnach  
*Author of Simple Abundance*

# Something More Excavating Your Authentic Self

**Leonard Sweet**



## **Something More Excavating Your Authentic Self:**

*Something More* Sarah Ban Breathnach, 1999 Sarah Ban Breathnach's first book *Simple Abundance* was a runaway bestseller remaining on the New York Times bestseller list for over 2 years Sarah has appeared on Oprah four times and her *Gratitude Journal* has spawned a recurring segment on the show In this new book she confronts the problem that all women face no matter how interesting their job committed their relationship and charming their children modern women are beset by a nagging little doubt that there must be something more With her trademark insight and warmth Sarah investigates the stages necessary to live a life of authenticity and provides the impetus for women to become the Archaeologist of Themselves digging deep to find that something that is truly missing When that something is revealed it is both so simple and so powerful that women will possess the ability to forever change their lives **Something More** Sarah Ban Breathnach, 1998

*Something More* Sarah Ban Breathnach, McBain, Ed, 2014-07-02 The author of *Simple Abundance* follows up that bestseller with a provocative and powerful book that has become a life bible for women around the world In this insightful and eloquent book Sarah Ban Breathnach explores the nine stages necessary to living authentically Sensing Surviving Settling Stumbling Selling Out Starting Over Searching Striving and finally **Something More** **The Simple Abundance Companion** Sarah Ban Breathnach, 2025-05-01 This workbook is based on the author's popular workshops and expands more upon the wisdom provided in her best sellers *Simple Abundance* and *Something More* *Something More* Sarah Ban Breathnach, 2009-11-11 From the author of the bestselling *Simple Abundance* comes a provocative and powerful life bible for women around the world In this insightful and eloquent book Sarah Ban Breathnach explores the nine stages necessary to living authentically Sensing Surviving Settling Stumbling Selling Out Starting Over Searching Striving and finally *Something More* *The Illustrated Discovery Journal* Sarah Ban Breathnach, 1999 From the author of the bestselling *Simple Abundance* and *Something More* comes the means to create a personal visual autobiography This oversized volume allows plenty of space for collages drawing and other outlets for readers creativity guided by essays by the author **Authentic Success** Sarah Ban Breathnach, 1997-11 **The Integrated Self** Patrick Diorio, 2024-07-30 The purpose of *The Integrated Self* is to provide a guide for navigating your human experience consciously through lasting personal and spiritual growth Integration of both the Ego and the Soul is what we call the Integrated Self and balance is a main pillar of the Integrated Self Model Those on their journeys of growth may experience internal competition between their Ego and Soul The primary job of your Ego is to keep you safe and validated as you do your best in the world while your Soul is working on your connection to God and your existence By accepting and balancing the expression of both the Ego and Soul you experience less of this competition and find that both can exist and support each other Through expanding consciousness and rewriting your story you are able to evolve from your past circumstances integrate the lessons learned embrace your belief system and experience a true expression of who God made you to be your Authentic Self *Age of Oprah* Janice Peck, 2015-12-03 Over the last two

decades Oprah Winfrey's journey has taken her from talk show queen to as Time Magazine has asserted one of the most important figures in popular culture Through her talk show magazine website seminars charity work and public appearances her influence in the social economic and political arenas of American life is considerable and until now largely unexamined In The Age of Oprah media scholar and journalist Janice Peck traces Winfrey's growing cultural impact and illustrates the fascinating parallels between her road to fame and fortune and the political economic rise of neoliberalism in this country While seeking to understand Oprah's ascent to the near iconic status that she enjoys today Peck's book provides a fascinating window into the intersection of American politics and culture over the past quarter century **A Man's Journey to Simple**

**Abundance** Sarah Ban Breathnach, Friends, 2001-02-21 The Authentic Journey Continues for Women to Understand Men and for Men to Understand Themselves **Women Like Us** Linda Rendleman, 2011 Linda uses humor and enthusiasm as she brings her audience through 9 strategies for achieving their very best life She sites real and compelling examples from her own life as a cancer survivor single mother and champion of women along with real stories of women in her book Part personal stories part attitude and part strategy Women Like Us takes you on a journey of connectedness In this book you'll find women speaking directly to you on issues of health finance relationships and perseverance Women like Indiana Lieutenant Governor Becky Skillman Indiana State Representative Carolene Mays and the octogenarian Lorene Burkhart who encourages us to give yourself permission to heal In addition you'll hear pieces of Linda Rendleman's inspiring story as a cancer survivor single mom and champion of women We hope you'll find our stories inspirational and our strategies helpful for nurturing and creating the quality of life you desire for yourselves your families and your careers Why Because you are Women Like Us *Creativity: Revealing the Truth about Human Nature* Efiang Etuk, 2014-02-07 A lifetime treasure Revealing the Truth about Human Nature is a compendium of timeless wit and wisdom bringing us face to face with our fundamentally creative but generally overlooked quality Sobering and deeply compelling the species self rediscovery book provides the key to human actions that want to succeed and endure as well as insights for people who want to reach their full potential *Your Heart Knows the Answer* Gail Harris, 2005 Everyone but especially women have voices in their heads providing conflicting advice and resulting in self doubt The voice that says you're attractive and the one that insists you're fat and ugly The voice that says that you're stupid and the one that says you're a gift of God The voice that says you can't and the voice that says you're unstoppable Your Heart Knows guides women to tap into the voice of their hearts and live according to its wisdom Part One focuses on learning how to distinguish the true inner voice of the heart from the debilitating negative and critical voices that originate from outside ourselves Part Two guides the reader to put into action what's she's learned by living according to what her heart already knows Your Heart Knows guides women to reunite with the magnificent woman within and listen to and trust the strong intuitive voice of the heart for everything from changing jobs to choosing a mate Through personal rituals affirmations and ceremonies this gentle companion and step by step guide helps

women Claim their true authentic inner voice Compose a life of harmony and balance Create personal direction guided by the truest of all compasses one's own inner truths      *Soultsunami* Leonard Sweet, 2009-10-14 Road rage animal rights cyberporn crystal healing doctor assisted suicide everywhere we look the signs all tell us we're living in a post-Christian culture Or are we Leonard Sweet cultural historian preacher futurist creatologist and preeminent thinker firmly believes we live today in a pre-Christian society fraught with challenges dangers critical choices and above all tremendous potential for the church The outcome will depend on our response to today's flood of religious pluralism that threatens to sweep us away What will we do Deny the reality of the incoming surge Hunker in the bunker hermetically sealing ourselves in an increasingly out of touch church counterculture Or will we boldly hoist our sails and looking to God for guidance and strength move with confidence and purpose over the waves SoulTsunami is a fascinating even mind numbing look at the implications of our changing world for the church in the 21st century With uncanny wisdom and trademark wit Leonard Sweet explores ten key futuribles precision guesses that fall short of predictions expanding on and relating topics ranging from the reentry of theism and spiritual longing in contemporary society to the impact of modern technology to the global renaissance to models for the church to reach people caught in the cultural maelstrom Here are eye opening perspectives on the church from within and from without from its surrounding society Lively well written and provocative SoulTsunami is a clarion call for Christians to remove their tunnel vision glasses and take a good look at the swelling postmodern flood It also is a voice of encouragement affirming the church in its role as God's lifeboat And it is a passionate prophetic guide pointing the way to reach a world swept out to sea      Stories of Myself Melinda Parkhurst, 2020-05-20 This guidebook will take you on a journey to step out of your day to day routine into an exploration of discovering your authentic self Connect to your inner voice with storytelling mindfulness and movement exercises and creative play that requires no previous art experience Immerse yourself to cultivate your intuitive awareness identify your strengths and inner resources and create awareness of what no longer serves you As you work through the exercises you will build an art journal that captures your story as it unfolds Photography and examples from my journal are sprinkled throughout to inspire you on your path to personal growth and transformation This book will empower you to curate a more meaningful life from within      When Dolls are Broken Angela Bufford Taye, 2014-02 There are two things that I'm absolutely certain of God loves us and He is faithful The events in this life don't always reflect God's great love and faithfulness nor do the emotions we can develop in response to the pain and disappointments of this life This book contains life stories that are surrounded by encouragement hope and declaration of God's unfailing love When Dolls are Broken will assist you in seeing that God has a good and perfect will for you in the midst of and in spite of heartache disappointment abuse dysfunction and depression Regardless of your past or present state this book will inspire you to move closer to the person God created you to be      **A Woman's Path to Wholeness** Carolyn Porter, 2001-05      **Black is Beautiful** Stacy M. Gilbert, 2007-11-04 Stacy created this book in response to the many African

American women that approach her on a daily basis These women ask her questions about her hair and express that they would like to do something similar to their hair It s impossible to give a stranger on the street the knowledge and experience you have gained for years Stacy decided to put it in writing Initially it was going to be a website but that didn t work out She is now glad that it didn t The book is a self help inspirational book designed to hopefully change the negative thinking African Americans have about their God given hair The book contains some poetry written by the author It also shares many of the author s ups and downs when she transitioned from CROP Chemically Relaxed Or Pressed hair to an African inspired hairstyle The book presents four aspects that African American women will likely have to go through She hopes that African American women will realize how beautiful their hair truly is without it being straightened The four aspects the book presents are listed below in brief summaries

**Spiritual Transformation** A good start to begin the transformation from CROP hair to natural is to get quiet before God and simply ask Him for direction regarding your hair It will be difficult hearing from God if you re not in a quiet place or if your mind is not quiet full of stress and worries Take deep breaths and close your eyes Meditate on the scripture found in Genesis 1 31 God did not make a mistake with your hair He purposely made our hair different from all of the other races I don t know any other race of people whose hair is as unique as ours And yet we will bend over backwards to straighten it Remember every thing that God made was good Every thing

**Mental Transformation** Become cognizant of your own language when describing your hair or someone else s hair texture Control the atmosphere in your home by surrounding yourself with pictures of beautiful women with African inspired hairstyles I have seen some beautiful natural hairstyles on packages of hair products Instead of throwing the package away hold on to it for inspiration Look at these pictures everyday

**Physical Transformation** You may have to take baby steps if you have worn your hair straight for most of your life A baby step could be to give your weave a break If you don t wear weaves then start letting your relaxer grow out When you finally transition your hair celebrate it If you wear make up put it on with your new hairstyle Put your accessories on and your favorite outfit Stand in front of the mirror alone with no distractions Ask yourself what do you see Don t ask anyone else until you have decided what you think about it If you do ask someone ask a close loved one Say a simple prayer before you leave your house Ask God to give you a boost in your security level with your new look You will come to a point when you will not need to pray for confidence regarding your appearance

**Emotional Transformation** Surround yourself with people who are more concerned with the inner you Superficial people make superficial friends Remember people do no like change People will not accept change or won t be able to see your beauty if you can t see it for yourself If you ever come to the point where you feel the need to backslide because of what they say look at the person that is being negative Do you admire their personal style Do they have a personal style or are they wearing the same styles as everybody else I can honestly say that every negative comment look or snare always always came from someone whose style clothes hair etc I did not personally think much of Although this book is written for African American women the book has a

universal message The message is to be yourself     Tame Your Inner Critic Della Temple, 2016-09-08 Release Negative Self Talk and Gain the Happiness You Deserve Uncover the authentic you control the critic within and find the peace you need to live your life on purpose Learn to silence the persistent chatter of your inner critic and replace it with the voice of your inner guidance your spirit Tame Your Inner Critic takes you on a journey of self discovery exploring the energy of your thoughts and turning the negative into positive Discover how to use your innate intuitive abilities to heal these energies and discard judgments and criticisms that have built up over the years Find your true north your own internal wisdom that is connected to the divine and gives you guidance With specialized exercises and meditations this book shows you how to banish negativity improve your relationships and realize new ways to share your gifts with the world around you     **Love Conquers All** Lenny, Vandy Singleton, 2015-04-30 Do you believe in miracles Do you want to believe that Love with a capital L does indeed conquer all Love Conquers All is a story about a white woman finding a long lost black friend after twenty eight years Lenny has been incarcerated for more than nineteen plus years for six grab and dash robberies committed in six days while he was under the influence of alcohol and crack cocaine Now facing two life sentences plus one hundred years Lenny has been sentenced to die in prison even though there has not been one victim impact statement made against him In their journey through his incarceration her divorce discovering cancer and having major surgeries to prevent paralysis from the neck down they fall inexplicably in Love with a capital L But they must overcome huge obstacles for both have received death sentences Written in letter format this story is raw honest and true to life in describing their spiritual transformations It is a self help manual an examination of the brain and a testament to the power of our thoughts to create our reality It is an honest exploration of many of the systems that make up our world the criminal justice system the healthcare system religious systems the education system government systems and the judicial system It examines nature and mans relationship to it It shows the family unit in all of its dysfunction and includes an examination of humanitys uglier side in terms of how it deals with racism addiction disparity injustice mental illness obesity apathy complacency and shame and sin But more importantly it is a story of redemption gratitude hope and grace This story offers a discovery of how miracles occur It pays homage to the truth that Love does indeed conquer all

## Embracing the Track of Expression: An Emotional Symphony within **Something More Excavating Your Authentic Self**

In a world used by monitors and the ceaseless chatter of instant communication, the melodic elegance and mental symphony created by the published word frequently diminish in to the backdrop, eclipsed by the persistent sound and disturbances that permeate our lives. But, set within the pages of **Something More Excavating Your Authentic Self** a marvelous literary treasure overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this captivating masterpiece conducts viewers on a psychological journey, well unraveling the hidden tunes and profound influence resonating within each cautiously crafted phrase. Within the depths with this touching evaluation, we can explore the book is central harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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