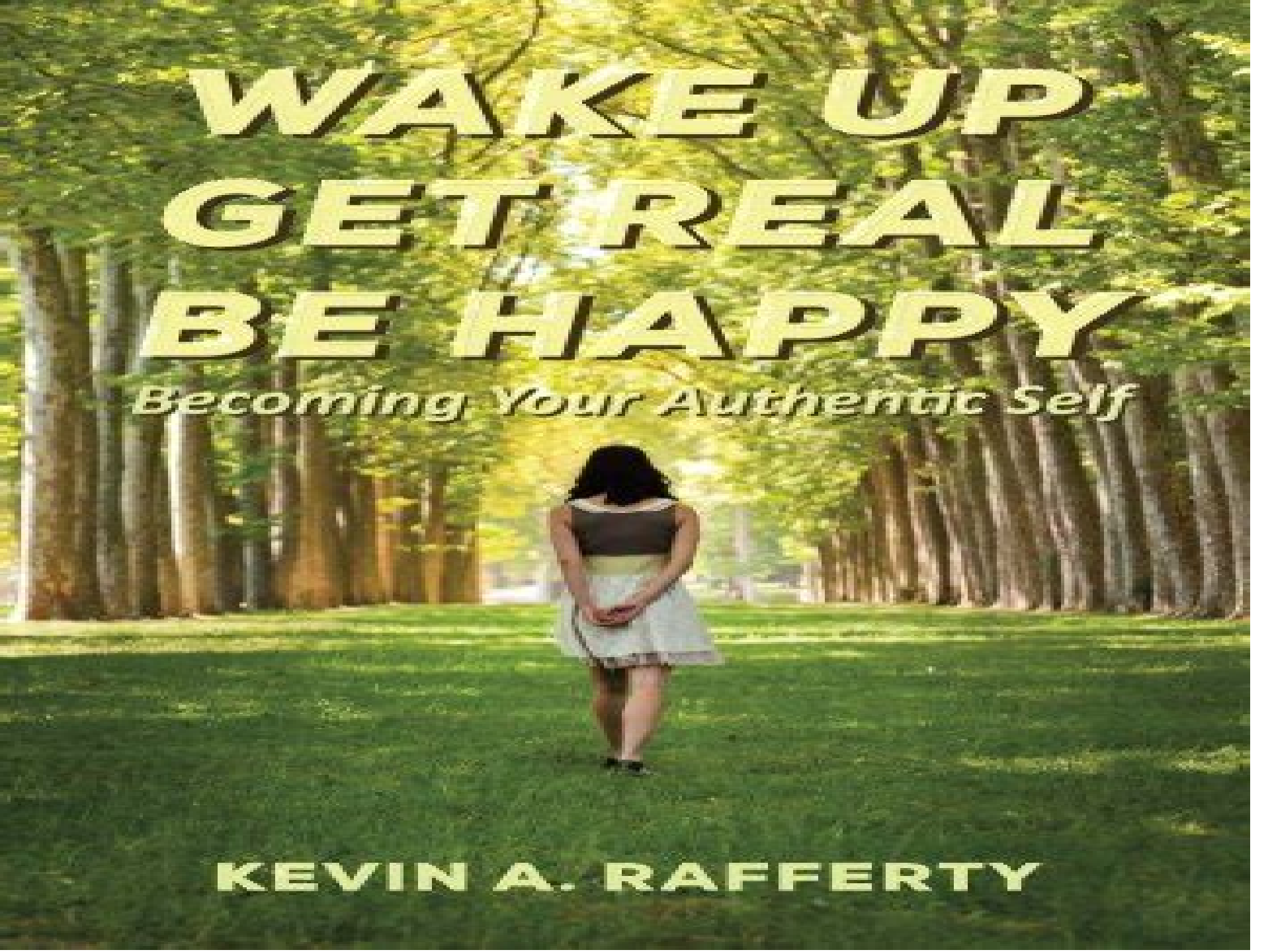


A woman with dark hair, wearing a dark top and a light skirt, stands with her back to the camera in a lush green forest. Sunlight filters through the trees, creating a warm, golden glow. The forest floor is covered in green grass and fallen leaves. The trees are tall and slender, with dense foliage overhead.

WAKE UP GET REAL BE HAPPY

Becoming Your Authentic Self

KEVIN A. RAFFERTY

Wake Up Get Real Be Happy Becoming Your Authentic Self

Jessica Ainscough



Wake Up Get Real Be Happy Becoming Your Authentic Self:

Wake Up Get Real Be Happy Kevin A. Rafferty, 2014-10-20 Wake Up Get Real Be Happy Becoming Your Authentic Self is the journey of a lifetime Following this unique workbook approach you will move closer to your goals of self discovery personal satisfaction and professional success You will benefit from the insightful tools and questions that help you awaken and get real with yourself so you connect with your own inner power and wisdom You have so many questions about your life By the time you finish this book you ll have your answers Kevin Rafferty brings more than three decades of high level coaching and business acumen to this book He has extensive business and coaching expertise that he shares with readers to help them connect their core values passion life vision and strengths into a compelling purpose for their own life and work He helps people live more authentically and move from success to significance

The Respectful Leader Gregg Ward, 2016-06-30 Boost morale and productivity by leading with respect The Respectful Leader presents an engaging thought provoking lesson for companies seeking off the charts performance Author Gregg Ward draws on 25 years of leadership consulting coaching and training experience to reveal the secret to great results respect In this true to life business fable he shares the story of Des Hogan a CEO who discovers that disrespectful behavior on the part of his leadership team is eating away at his company s morale productivity and profits At a loss for a solution he meets Grace a straight shooting self described little old lady in the maintenance department With her no nonsense advice he sets out to revamp the culture and turn his company around but first he has to turn inward and realize that his own behavior sets the tone for the company at every level This enlightening engaging and honest story will help you recognize and analyze your own behaviors and interactions and show you how to create a winning culture based on leading with respect Intimidation micro management and insecurity do not drive top level performance True success is built on free flowing trusted and open collaboration between departments levels and specialties This book shows you how to build respect among the ranks from the top down Learn the key respectful leadership behaviors that significantly impact morale Learn how to adjust your own and others attitudes to boost productivity teamwork and profits Benefit personally and professionally by leading from a place of mutual respect and consideration People perform best when they feel valued and valuable And when they are respected for their experience talents and skills they ll become personally invested in outcomes both short and long term and consistently go the extra mile Respectful leadership ignites passion innovation creativity and efficiency while control based leadership and intimidation breeds complacency and mediocrity Which environment would better serve your company The Respectful Leader shows you how to achieve sustainable success with a simple behavioral paradigm shift

The Enneagram Guide to Waking Up Beatrice Chestnut, Uranio Paes, 2021 This is a book about waking up and growing into the best version of yourself It is a book that shows you how to discover who you are and what you can be It is a book about finding your path facing your shadow and discovering your true self Most importantly this is a personal transformation book rooted in the

wisdom of the Enneagram system of personality types **Spiritual Enlightenment** Puff Dr. Robert,2011-10-14 In *Spiritual Enlightenment Awakening to the Supreme Reality* Dr Robert Puff explores how we can open the door to who we are and start the exciting journey of living lives that are spiritually awakened In this book Dr Puff covers a variety of fascinating aspects relating to enlightenment such as the power of silence and meditation how to discover your real self what being enlightened means for how we interact with the world as well as how to find peace in the here and now The issues the book deals with pinpoint many problems we face in our current day such as how to be happier more peaceful more spiritual It answers these questions in an insightful way that enables us to understand how to go about achieving them as well as how to have more enlightened lives Dr Puff provides you with practical advice that you can use to help you start your amazing journey towards enlightenment With this book enlightenment is no longer an overwhelming concept but rather it becomes a tangible gift that can revolutionize your existence on earth *Change Your Life in 30 Days* Rhonda Britten,2005-02-01 Rhonda Britten Life

Coach on NBC s hit show *Starting Over* guides readers on a 30 day step by step journey to help define goals and make extraordinary life changes in their lives using practical insights exercises and inspiring wisdom For those who want to make a major life change but have been too locked in fear to start the answers lie within this book **Waking Up to Your Self** Patrick Marando,2024-06-28 Drawing on more than 20 years of experience as a spiritual teacher and psychologist Patrick Marando has written a guide to remembering who you really are teaching how you too can live from the state he calls the true self Patrick bridges the gap between spirituality and modern psychology describing how we become disconnected from our true self providing a guide to remembering your truth and fully awakening to who you are The result will be a life of well being peace and fulfillment Patrick also discusses how the mind develops and functions how it doesn t always align with the true self he explains how to utilize our minds to help instead of limit us He thoroughly describes our common emotions and tells us why we have them how to manage and utilize them to help align with the true self With his clear explanations and practical exercises Patrick has created a step by step guide to being human and overcoming the barriers to living your truth

Make Peace with Your Plate Jessica Ainscough,2013-10-01 In *Make Peace With Your Plate* Jessica shares her journey from party girl and cancer patient to healthy lifestyle ambassador Diagnosed at 22 with a rare type of incurable cancer and told that her only option to prolong her life was to amputate her arm Jess set about learning everything she could about alternative treatments Six years on following a complete change in lifestyle diet and mindset she is thriving Combining everything she s learned about health and wellness Jess now shares her simple philosophy for ending the struggle too many of us face when it comes to food and body image including Which foods are vital to create a healthy body and a clear mind How to create a sustainable healthy lifestyle transformation The elements apart from food that contribute to your wellbeing Simple daily practices to keep you looking and feeling amazing Jessica s honest and informative story gives you all you need to become a wellness warrior *How to Become a Money Magnet* Marie-Claire Carlyle,2010-09-06 Are you unconsciously

sabotaging your chances of having more money This book is about attracting money easily Marie Claire shares the seven basic steps to becoming a Money Magnet Based on her original How to become a Money Magnet workshop the book is filled with case studies of real people who have taken the seven steps with fantastic results as well as exercises to help you find the Money Magnet within you Whether you are looking for an immediate improvement in your finances or a sustained way of becoming wealthy this book will help make attracting money fun easy and FAST Take responsibility for the amount of money in your life and resolve to become a Money Magnet now

The Self-Esteem Habit for Teens Lisa M. Schab,2018-01-02 Make self esteem a habit every day That s the message in this important guide for teens Written by Lisa Schab author of The Self Esteem Workbook for Teens The Self Esteem Habit for Teens offers 50 simple positive thoughts and actions to help teens build self esteem with daily intention Teens will discover how to learn from mistakes practice gratitude see things from a different perspective celebrate strengths stop overgeneralizing and cultivate healthy relationships

How I Found My True Inner Peace Maggie Anderson,2011-09-20 How I Found My True Inner Peace shares what has brought Maggie Anderson to the divinely untouched part of herself This book can act as a guidepost along your way to true inner peace Kundalini awakening and self realization Peace is our constant Our soul is always at peace And we can bring that to our waking consciousness either in little steps or a leap It is up to you And it is Maggie s intention that this book will assist you in getting there Maggie will show you how to empower yourself with conscious awareness of your surroundings and what you create in every moment She shows you how she found true inner peace and how you can get there too There is a place in you that remains untouched No matter how much has happened to you this sacred place within you can be fully awakened and blossom into your outer reality You can access this anytime for healing bliss and love

When Screams Become Whispers Bob Krulish,Alee Anderson,2021-03-02 Krulish bravely invites readers into some of his darkest days and most painful experiences as a person living with bipolar disorder Kristin Jarvis Adams award winning author of The Chicken Who Saved Us When Screams Become Whispers is a memoir that offers hope to those struggling with bipolar disorder and for friends and families who continue to fight alongside their struggling loved ones When Screams Become Whispers a raw look at bipolar disorder and the mania it drives will allow loved ones to recognize and understand key identifiers thus enabling them to better help Ultimately Bob Krulish s story sheds light on the systemic problems deeply rooted in the American mental healthcare system highlighting the danger present when treatment is not readily available Through great storytelling readers are gifted with a greater appreciation for the need for de stigmatization demystification greater resources and a supportive community for those suffering from this poorly understood disorder This is the book of a bipolar disorder survivor who refused to be only that He s living proof that you could actually live not only survive with bipolar Dr Francesc Colom PsyD PhD MSc coauthor of The Psychoeducation Manual for Bipolar Disorder To shine light for others Bob Krulish shares every detail of his sometimes harrowing adventures to create stability in his life He shares how to find empathy for yourself so that

you can transcend mere survival and start to thrive Anthony Metivier author of *The Victorious Mind* Way of the Bushman Bradford Keeney, Hillary Keeney, 2015-05-29 The first comprehensive presentation of the core teachings of the Kalahari Bushmen as told by the Tribal Elders Reveals how the Bushmen are able to receive direct transmissions of God's love for healing and spiritual transformation Explores tribal legends and teaching tales the importance of dreams and animals and the origins of their dances rituals and ceremonies Step into the imaginative realm of one of the oldest continuous cultures on Earth the Kalahari Ju hoansi Bushmen Translated by Beesa Boo a Bushman and interspersed with detailed commentary from Bradford and Hillary Keeney this book presents the core teachings of the Kalahari Bushmen as told by the tribal elders themselves Decades in the making it constitutes the first comprehensive work on the world's oldest tradition of healing and spiritual experience Told in their own words these teachings reveal how the Bushmen are able to receive direct transmissions of God's love in the form of the universal life force n om The individuals who are filled with this force describe it as an awakened energized feeling of love that inspires a spontaneous and heightened ecstatic awareness that opens mystical perception Having your heart transfixed by this force enables true healing and spiritual growth to occur Experiencing the force in your entire being through a vision of God's egg awakens deep spiritual wisdom and extraordinary healing gifts Those who own the egg are blessed with the ability to have direct communication with the Divine a rope to God and can communicate with others for all ropes are connected Conveying the deep love that is the dominant emotion of Bushman spirituality the book explores tribal legends and teaching tales the importance of dreams and encounters with animals the origins of their dances such as the giraffe dance and specific rituals and ceremonies including puberty rites for boys and girls As the elder teachers of the Ju hoan Bushman San people we hold the most enduring traditional wisdom concerning healing and spiritual experience This book is a testimony of our ecstatic ways We happily share our basic teachings about spirituality and healing with those whose hearts are sincerely open **Wake Up with the Controlled Exit Strategy** Robbert-Jan Nuis, 2020-05-22 Change your strategy and you will change your outcome Are you tired of the constant hamster wheel that is your life Do you wonder if there's a way to exit the rat race and still have a meaningful and fulfilling life Have you tried to exit but never fully achieved it If that sounds like you then Robbert Jan Nuis has the answer In this straightforward guide and workbook he outlines what's holding you back and the strategies you need to untether yourself from the rat race successfully It gives you the answers to the questions you have but could never solve Wake Up With The Controlled Exit Strategy will help you start and finish the process of becoming your true self understand the use of the Body Mind Spirit paradigm in making the transition identify and navigate the Matrix System carry out a Controlled Exit and unplug gracefully Unlike most self help books this is quickly digestible and easy to refer to whenever you feel off track Its time to lead the life you're meant to have with The Controlled Exit Strategy **Minding Mum - It's Time to Take Care of You** Alison Canavan, 2016-02-26 Mums are well prepared for pregnancy and birth but when baby arrives nearly all tend to neglect themselves to focus on their

precious new bundle *Minding Mum* is a simple yet revolutionary concept mums need to focus on themselves as well as their children Wellness expert Alison Canavan shares the tips and tricks she's picked up on her journey through new motherhood and post natal depression She looks at the reality of a post birth body and how it affects our own body image as well as the importance of good food exercise and making time for yourself and your own dreams big or small You'll learn how to enjoy your children more worry less and build your confidence as a new mum so you can create a happy balanced life for you and your family *Minding Mum* is a thoughtful and valuable book for mums to treasure If you're not taking care of yourself you're not going to be much use to your child It's about time a book like this came along Kate Thornton *Street Nelson*

Mwangi,2016-04-04 You will never live a happy life leave alone achieve your dreams and reach your destiny if you fail to find your purpose in life Every page of this book will help you to not only find your identity but also become conversant about the tenacity you have towards achieving your dream This discovery will subject you to a splendid life of purpose and passion until you get to your destiny This book is for teens and young adults who are looking forward to rise above their fears depart from mediocrity afoot a complete transformation and efficacy of their lives by first realizing who they are and finding their Gods given purpose in life before they embark on a life journey with a sole purpose of becoming successful in all areas of their lives if they adhere to their purpose and live their passion Parents As you embark on a venture to gentrify your teens life this book will enhance your parenting acumen and help you to undertake your parenting responsibility of inculcating your teens and young adults with the moral responsibilities that they need in order to always make positive decisions not worth regrets in their present and future lives Since empowerment is a very vital act of mentorship that fosters self identity and ameliorates an individuals quality of life ignorance is bliss only when the knowledge of God is not involved Its through our relationship with God that we come to find our purpose gain confidence become courageous and suppress our fears in life as we progress towards our destiny As we seek to find our God mandated purpose in our lives its very imperative to know that life comes in phases where victory of your present stage invigorates your progress in the next stage Nevertheless our deepest fear is not that we are inadequate Our deepest fear is that we are powerful beyond measure Its our light not our darkness that most frightens us Most of the times we ask ourselves who am I to be brilliant gorgeous talented and successful Actually who are you not to be You are a child of God Your constrained thinking does not serve or impact the world Your life is not a mistake Every human being has a purpose which should dictate him or her to live a purpose driven life We were born to make manifest the glory of God that is within us Its not just in some of us its in everyone As we let our own light shine we unconsciously give others permission to follow suit As we are emancipated from our own fear our presence and perseverance automatically emancipates others **The Divine Universe** Swami Abhayananda,2008-09 In *The Divine Universe* mystic poet and philosopher Swami Abhayananda turns his eye to the Divine origin and manifestation of the universe and offers a spiritual interpretation of The Big Bang and the singularity from which contemporary cosmologists say it was produced In

addition he applies his unique vision to the subjects of nondualism mystical experience and the nature of the soul in his broad portrayal of a living universe ensouled in the Mind of God Blending his mystical insights with an uncommon grasp of contemporary scientific issues Abhayananda has produced what will no doubt become a spiritual classic that will shift paradigms inspire and excite us and forever revolutionize our perspective on the universe and its origin **The Healing**

Journey Sue Maisano, PhD, 2018-03-01 An inspiring spiritual journey of triumph Sue Maisano was born Xu Liu to a poor farming family in China Her destiny was to follow in the footsteps of her ancestors At a young age a spark lit in Sue to dream big and reach for goals others said were impossible to obtain How did she do it In The Healing Journey Sue Maisano tells her heartfelt story of her rise from poverty and obscurity in a Chinese village to fulfillment and success in America reaching all of her goals of education marriage family and a thriving healing practice Now she shares her secrets of how she realized her dreams by following her intuition and spiritual guidance and spiritual laws that work for everyone Sue Maisano is a skilled and compassionate teacher She deftly illustrates how the same spiritual laws and guidance can work for you in the pursuit of your dreams Share her journey now to achieve your own success and happiness This is a book written simply and directly giving us the story of how a life can flower from what some might consider misfortune to a full and fortunate outcome just from taking the next step and the next in trust and good humor Sue Maisano demonstrates how making everyday choices aligned with her life purpose made all the difference in her personal transformation Penney Peirce author of Transparency Leap of Perception and Frequency The Healing Journey is an amazing story about determination and overcoming adversity Sue s journey is a remarkable testament to the importance of trusting your intuition and believing in yourself Her incredible story stands as proof that we all have the power to decide our destiny if we trust in the universe and follow our heart Tonya Madia author of Living the Intuitive Life **Become Your Own Business Guru** Gary Quinn, 2022-07-05 Each decade

presents new challenges and opportunities for different aspects of the workforce causing uncertainty for companies and employees alike Although many of us must face hardship at one time or another during our careers we can rise above our obstacles to look within and create a mental blueprint for success that encourages goal achievement balance and breakthrough in life In a handbook designed to provide an insightful roadmap to success seekers renowned life coach Gary Quinn shares guidance on how to redefine our authentic voices by learning how to believe in ourselves releasing negative thought patterns incorporating healthy lifestyle changes creating tangible results and ultimately presenting our most complete selves to the world Through innovative techniques practical exercises and daily empowerment affirmations Gary leads others down an introspective path to realize spiritual recovery balance satisfaction and happiness both at work and home Become Your Own Business Guru shares trusted wisdom exercises and practical tips that guide others to utilize the power of intention to achieve greater success in their personal and professional lives **Living from the Inside Out** Claire Smedley, 2024-07-19 At some stage many of us face a moment of reflection looking in the mirror and wondering what

happened to the carefree dream filled child we once were It s common to question whether it s too late to pursue those dreams that once sparked such joy in our hearts Living from the Inside Out poses a crucial question Do you see life as something that happens to you or do you believe that you actively shape your own destiny This book challenges the belief that we are mere victims of circumstance presenting an empowering perspective It delves into the age old quest to understand the extent of our influence over our lives Are we reactors to what life throws at us or creators of our own path Interestingly these roles are composed of the same letters just arranged differently This metaphor serves as a reminder that we have the power to rearrange our perception of ourselves and the world around us thereby actively creating our lives from the inside out breathing life into dormant dreams and moving beyond stress and dissatisfaction Author Claire Smedley introduces readers to the Kosha Roadmap an ancient yogic model for living a fulfilling life With her two decades of experience Claire revitalizes this ancient wisdom giving it a contemporary twist that is accessible to everyone This book promises to transform your understanding of yourself and your life serving as a guide to lasting happiness

From Poverty to Victory Frederick W. Sonpon, 2024-09-19 Life today feels chaotic with spiritual political and economic crises on the rise Instead of promoting good society seems to drift further from God leading to increased suffering hunger death and evil In From Poverty to Victory the author shares his journey through poverty and disgrace revealing how faith transformed his life His story offers hope urging readers to turn to God for guidance and strength This powerful narrative shows that with faith anyone can rise above their challenges and achieve success no matter their circumstances

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