

The 5 Little Love Rituals Connect And Keep Your Love Alive No Matter How Busy You Are Amazingly Simple Little Things Successful Couples Do Series Book 2

All couples walk to the altar dreaming of happily-ever-after, but many forces in our society work against healthy lifelong commitment. Renowned family therapist William J. Doherty reveals how cracks can develop in even a rock-solid marriage, and what steps you can take to keep your love strong. Learn ways to break free of common traps like confusing desires with needs, comparing your spouse to your fantasies of other relationships, or becoming overtime parents instead of full-time partners. You'll get suggestions for creating relationship rituals--from mundane to celebratory, sexy to silly--that build closeness and connection every day. The updated second edition incorporates Dr. Doherty's ongoing experience counseling couples, plus the latest information on marriage and health, how divorce affects kids, the impact of new technologies on family life, and more. Winner--Best Self-Help Book, ForeWord Magazine's Book of the Year Awards

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

Honor life's milestones and bring sacredness into everyday life. *The Book of Blessings and Rituals* shows you how to create ceremony and meaning around the most important events in your life. Drawing from different world traditions, leading metaphysical teacher Athena Perrakis presents blessings to cover a wide array of occasions and intentions, including holidays and sacred days, love, healing, protection, prosperity and success, lunar blessings and rituals, and manifestation. Organized by month, you'll be able to celebrate the sacred all year long. DIY projects and rituals will help you perform each blessing. You'll learn how to construct medicine bundles and altars, which crystals to use to amplify the rituals or clear energy, and how to smudge for clearing and protection. In addition, you'll learn how to use the power of invocations and blessings to set the energy of your home or event and to assist in amplifying goals and intentions. Deepen your experience of the sacred, find inspiration, and heal with this non-denominational guide to blessings and rituals.

Double double, twins spell trouble... Hunter and Mercy Goode are twin witches, direct descendants of the founder of their town of Goodeville. As their ancestors have done before them, it is now time for the twins to learn what it means to be Gatekeepers—the protectors of the Gates to different underworlds, ancient portals between their world and realms where mythology rules and nightmares come to life. When their mother becomes the first victim in a string of murders, the devastated sisters vow to avenge her death. But it will take more than magic to rein in the ancient mythological monsters who've infected their peaceful town. Now Hunter and Mercy must come together and accept their destiny or risk being separated for good.

Every engaged couple wants two things: a meaningful wedding and a lifetime of happiness. This great gift book is a cross-cultural collection of marriage folklore that will help you achieve both. Create your own lucky traditions with nods to each other's heritage, customs from places you've visited together, and auspicious rituals that just feel special. Whether you are just engaged or you're days away from tying the knot, you'll gain insight every step of the way. With this book as your guide, you can make your own luck in love.

Would you like to attract more abundance? More love, more happiness and more peace? It is possible and available for you right now, if you believe it to be true. Positive energy vibrates at a high frequency. If you focus on radiating this frequency first, you will naturally attract the equivalent in return, thus amplifying and magnifying positive energy in abundance. *Daily Rituals* is your personal guide book that will provide you with the tools needed to reach these high vibrational frequencies. Enclosed within these pages are positive affirmations and exercises dedicated to raise your vibration, clear old thought patterns and bring your mind into the present moment. As you consistently spend time connecting and worshipping your internal self, you will strengthen the communication channel to your Soul, the Source of Creation, and shift your state of consciousness closer to enlightenment. Join Phoebe Garnsworthy, Visionary and Metaphysical writer, as she shares her daily secrets of spiritual white witch magic.

How We Became Best Friends and Lovers Again Without Counseling and How You Can Do It Too How a disconnected husband turned a family crisis into a fulfilling and healthy marriage without professional counseling and how you can do the same and feel alive again in 7 steps. In this powerful, eye-opening, an straight to the point guide, you'll hear from Marko first-hand how he and his wife transformed their relationship back from the brink of disaster, and to the loving, exciting, passionate, and connected partnership they enjoy today.

Explore the world of hoodoo with an experienced rootworker in this friendly, accessible guide to rituals, spells, and other traditional folk magic. Rootwork, also known as hoodoo or conjure, is an African American folk magic influenced by a blend of African beliefs, traditions, and cultures. This book includes step-by-step guidance for over 80 rituals, spells, and techniques that can help manifest your goals and transform your life. Written by a descendant of African American and Filipino rootworkers, Paris Ajana (also known as the Hoodoo Goddess) guides you on a spiritual journey, teaching skills such as: Preparing altars and sacred spaces Crystal spells, herb magic, and candle creation Constructing mojo bags, doll babies, and honey jars And much more! Learn to connect with the spirits of your ancestors to invigorate your mind, body, and soul as you delve into the mystical world of rootwork.

Love Rituals offers readers a collection of meaningful ways to enhance their relationships. The book is divided into three chapters: Daily Gestures, Date Nights, and Intimate Encounters. In *Daily Gestures*, author Leslie Koren encourages readers to prioritize and appreciate their partners—not just on Valentine's Day or their anniversaries, but each and every day. Maybe you'll deliver a cup of coffee to your wife in bed each morning, or have cocktail hour with your boyfriend every night after work to catch up with each other and talk about your days. In *Date Nights*, she suggests "Yes Day" (where one partner plans the whole agenda, from the breakfast menu to a late-night movie), and going on a trip down memory lane by taking turns telling each other the story of your courtship. In *Intimate Encounters*, readers will be encouraged to connect both physically and emotionally, with rituals like eye gazing and giving one another massages. There are also rituals for vacation, anniversaries, and even periods when you're long-distance. Just flip open the book and voilà—romance is in the air!

The 10 Keys to a Successful Remarriage Based on the author's personal experience, over 30 years of clinical practice, knowledge from leading marriage and remarriage researchers, and 100 in-depth interviews of remarried people, *The Remarriage Manual* offers 10 essential keys to a successful remarriage: Build a Culture of Appreciation, Respect, and Tolerance. Negativity is toxic. Personal growth and love are possible when you can express appreciation through positive words and actions. Make Your Remarriage a Top Priority. Never underestimate the power of intentional time with your partner to increase physical and emotional intimacy. Ditch the Baggage from Your First Marriage. Learn ways to be more reflective and less reactive to triggers that hit raw spots or vulnerabilities stemming from prior relationships. Don't Keep Secrets about Money. Remarried couples face complicated financial issues such as unequal assets, child support, alimony, and education costs for children and stepchildren. Honesty and full disclosure about finances are essential. Don't Let Mistrust Stop You from Being Vulnerable and

Emotionally Intimate. Learn that vulnerability and trust go hand in hand and the steps you can take to be authentic and intimate with your partner so you can achieve long-lasting love. Get Sexy and Fall in Love All Over Again. Given the stressors of a second marriage, it can be particularly challenging to stay sexually intimate. Yet moments of connection, such as touching, talking, or making love, are all part of the glue that holds a second marriage together. Don't Make a Big Deal about Nothing . . . but Do Deal with Important Issues. Differences in beliefs, expectations, and conversational styles can cause you to blow things out of proportion and tune each other out. Effective communication will help you overcome these types of misunderstandings. Manage the Flames of Conflict. You can't avoid disagreements entirely. What you can do, however, is learn how to manage them successfully to avoid the "blame game" so that they can nourish rather than drain your remarriage. Embrace Your Role as a Stepparent and Create Positive Stepfamily Memories. There is no such thing as instant love in a stepfamily. When biological parents are involved, the relationships can get even trickier. Learn to adjust to your role as a stepparent—the chances of a second marriage succeeding go way up when both partners adopt an attitude of "we're in this together." Say You're Sorry and Mean It. Studies show that apologizing to your partner for hurting their feelings and granting forgiveness are crucial to the success of a second marriage. It's essential that remarried couples learn the value of sincere apologies and forgiveness. Drawing on the experiences of dozens of couples and remarriage scenarios, Terry Gaspard shows you how to bring each key home and set up your relationship for lasting success. Whether you are thinking of remarrying and concerned about going the distance or are already remarried and struggling, The Remarriage Manual provides the expert advice, practical tools, hope, and inspiration you need to prevent challenges from becoming deal breakers. The 10 keys provided here will help put you and your spouse on solid footing; keep the flame between you burning bright; and build a deeply trusting, loving, and sustainable connection for the long haul.

NEW YORK TIMES BESTSELLER • Over a million copies sold! "An eminently practical guide to an emotionally intelligent—and long-lasting—marriage."—Daniel Goleman, author of Emotional Intelligence The Seven Principles for Making Marriage Work has revolutionized the way we understand, repair, and strengthen marriages. John Gottman's unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of The Seven Principles for Making Marriage Work is the definitive guide for anyone who wants their relationship to attain its highest potential.

Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, Eight Dates offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. "Happily ever after" is not by chance, it's by choice—the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, Eight Dates offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling—it's about both of you being active and involved.

The 5 Little Love Rituals Connect and Keep Your Love Alive No Matter How Busy You Are Createspace Independent Publishing Platform

Once upon a time I was falling apart. Now I'm always falling in love. Pick up the microphone. When Rob Sheffield moved to New York City in the summer of 2001, he was a young widower trying to start a new life in a new town. Behind, in the past, was his life as a happily married rock critic, with a wife he adored, and a massive collection of mix tapes that captured their life together. And then, in a flash, all he had left were the tapes. Beyoncé, Bowie, Bon Jovi, Benatar . . . One night, some friends dragged him to a karaoke bar in the West Village. A night out was a rare occasion for Rob back then. Turn around Somehow, that night in a karaoke bar turned into many nights, in many karaoke bars. Karaoke became a way out, a way to escape the past, a way to be someone else if only for the span of a three-minute song. Discovering the sublime ridiculousness of karaoke, despite the fact that he couldn't carry a tune, he began to find his voice. Turn around And then the unexpected happened. A voice on the radio got Rob's attention. The voice came attached to a woman who was unlike anyone he'd ever met before. A woman who could name every constellation in the sky, and every Depeche Mode B side. A woman who could belt out a mean Bonnie Tyler. Bright Eyes Turn Around Bright Eyes is an emotional journey of hilarity and heartbreak with a karaoke soundtrack. It's a story about finding the courage to move on, clearing your throat, and letting it rip. It's a story about navigating your way through adult romance. And it's a story about how songs get tangled up in our deepest emotions, evoking memories of the past while inspiring hope for the future.

Daily Rituals for Happiness is a user-friendly guidebook that teaches techniques for experiencing happiness every single day. Focusing on ritual the book details the significance of simple practices and explores how they help instill a sense of self through reinforcing values, affirming connections to the community, and supporting wellbeing.

With over 80 guided practices to choose from, this book is the ideal guide to self-care for any occasion, whether you need to find calm, energy, inspiration or comfort. It's the perfect caring gift for yourself or for others. Discover the restorative wonders of daily rituals. A ritual is an act of self-care that's carried out mindfully, and with reverence: a gratitude ritual to relive the high points of your day; a ritual for self-expression to free unexpressed emotions; a candle ritual to focus your mind on peace. With over 80 guided practices to choose from, there is something in this book for every intention. Whether you want to reflect, to recharge your batteries, or rekindle your motivation, you will find the perfect ritual to refresh your mind, body and spirit.

"A charming book, ringing with the joy of existence." -- Richard Dawkins "This lyrical exploration of how we can find beauty in the natural world comes from the daughter of Carl Sagan . . . A wonderful gift for your favorite reader." --Good Housekeeping The perfect gift for a loved one or for yourself, For Small Creatures Such as We is part memoir, part guidebook, and part social

history, a luminous celebration of Earth's marvels that require no faith in order to be believed. Sasha Sagan was raised by secular parents, the astronomer Carl Sagan and the writer and producer Ann Druyan. They taught her that the natural world and vast cosmos are full of profound beauty, that science reveals truths more wondrous than any myth or fable. When Sagan herself became a mother, she began her own hunt for the natural phenomena behind our most treasured occasions--from births to deaths, holidays to weddings, anniversaries, and more--growing these roots into a new set of rituals for her young daughter that honor the joy and significance of each experience without relying on religious framework. As Sagan shares these rituals, *For Small Creatures Such as We* becomes a moving tribute to a father, a newborn daughter, a marriage, and the natural world--a celebration of life itself, and the power of our families and beliefs to bring us together.

We live life in the fast lane. We race to keep up with the Joneses. We are over-worked, over-connected and over-stressed, and we compete over how busy and important and sleep-deprived we are. But we don't have to. There's an ever-growing group of people opting out of a life lived at 110%. They are choosing to slow down, simplify, say no and focus on the things that are truly important. Brooke McAlary is one of them. Brooke McAlary shows readers that no matter how busy you are, you too can feel in control of your days; minimize stress; find pockets of peace on even the busiest day; empty your mind and sleep better. *Destination Simple* shows us how a few changes to the flow of daily life can create long-term, lasting change.

Wild Rituals explores how embracing the rituals of the animal kingdom can make us more connected to ourselves, nature, and others. Behavioral ecologist and world-renowned elephant scientist Caitlin O'Connell dives into the rituals of elephants, apes, zebras, rhinos, lions, whales, flamingos, and many more. This fascinating read helps us better understand how we are similar to wild animals, and encourages us to find healing, self-awareness, community, and self-reinvention. • Filled with fascinating stories on 10 different animal rituals • Features original full-color photos, from the Caribbean to the African savannah • Demonstrates the profound way we are similar to the wild creatures who captivate us *Wild Rituals* journeys into the desert, tundra, and rainforest to reveal the importance of rituals and how they can help us find a simpler, more meaningful way of living. In a culture of technology where we find ourselves living at a greater distance from nature and each other, this remarkable book taps into the unspoken languages of creatures around the world. • Caitlin O'Connell is on the faculty at Harvard Medical School and an award-winning author who spent more than 30 years studying animals in the wild. • Makes a great gift for anyone curious about nature, animals, and how humans compare to and interact with both • Add it to the shelf with books like *Beyond Words: What Animals Think and Feel* by Carl Safina; *Are We Smart Enough to Know How Smart Animals Are?* by Frans de Waal; *The Inner Life of Animals: Love, Grief, and Compassion—Surprising Observations of a Hidden World* by Peter Wohlleben; and *The Soul of an Octopus: A Surprising Exploration into the Wonder of Consciousness* by Sy Montgomery.

Lughnasadh—also known as Lammas—is the beginning of the harvest season, marking the point where the first fruit of the land has ripened. This guide to Lughnasadh shows you how to perform rituals and work magic around the gratitude we feel for plants that have come to fruition and explore themes of fertility, protection, and reflection. *Rituals Recipes Lore Spells Divination Crafts Correspondences Invocations Prayers Meditations Llewellyn's Sabbat Essentials* explore the old and new ways of celebrating the seasonal rites that are the cornerstones of the witch's year.

Discover the 47 Amazingly Simple Little Things Successful Couples Do To Connect and Have a Happy Marriage In Just Minutes a Day Why do you need to read this book Whether your relationship is a new romance, or one that has passed the test of time, there might be days when you wonder how to keep the fire burning. As you read this book, you'll discover amazingly simple little things successful couples do to show their love and connect with their loved one in just minutes a day, even if they're busy parents with young kids! We call them the "Little Love Boosters for a Happy Marriage" because they: require no cooperation from your spouse take very little of your time-sometimes only seconds! you can do them at home are free! Your secret to lasting love When you download the book, you'll get the complementary, beautifully designed Golden Collection with 47 little "love boosters" and a FREE success checklist. You can save it to your phone or print it out and have a quick peek anytime and anywhere you want. This will become your little secret to achieving a lasting love and a happy marriage even if you're not an overly creative person or a hopeless romantic. No fancy jargon You won't be wasting your time sifting through useless jargon. Instead, you'll find straight-to-the-point advice, proven by the author and his wife themselves. Bonus Audio Book Included! This book comes with a complementary audio book. You can listen to it while driving the car, cleaning the house, working out, or going for a jog-when your mind is available. This way you don't have to take any extra time out of your life to make the happy marriage you and your partner deserve. The results are magical. Download this book now to find out how you can achieve them too. If you're serious about taking your marriage from "just fine" to "the marriage we've always wanted" and you want that feel-good sensation to last and just keep growing by the day, download this book today. Scroll up and grab your copy today

"One of the foremost relationship experts at work today applies the insights of science toward understanding the real meaning of trust between a couple. He decodes the "why" behind betrayal and shows how partners can avoid or recover from unfaithfulness and maintain a loving relationship. Dr. John Gottman, the country's pre-eminent researcher on marriage, is famous for his Love Lab at the University of Washington in Seattle where he deciphers the mysteries of human relationships through scientific research. His thirty-five years of exploration have earned him numerous major awards, including from the National Institute of Mental Health, the American Psychological Association, and the American Association for Marriage and Family Therapy. Now, Dr. Gottman offers surprising findings and advice on the characteristic that is at the heart of all relationships: Trust. Dr. Gottman has developed a formula that precisely calculates any couple's loyalty level. The results determine a relationship's likely future, including the potential for one or both

partners to stray. A Love You Can Trust shows couples how to bolster their trust level and avoid what Dr. Gottman calls the "Roach Motel for Lovers." He describes how the outcome of--"sliding door moments," small pivotal points between a couple, can lead either to more emotional connection or to discontent. He suggests a new approach to handling adultery and reveals the varied and unexpected non-sexual ways that couples often betray each other. A Love You Can Trust guides couples through an empirically tested, trust-building program that will let them repair and maintain a long-term, intimate, and romantic relationship"--

The most popular, provocative, and unforgettable essays from the past fifteen years of the New York Times "Modern Love" column—including stories from the anthology series starring Tina Fey, Andy Garcia, Anne Hathaway, Catherine Keener, Dev Patel, and John Slattery A young woman goes through the five stages of ghosting grief. A man's promising fourth date ends in the emergency room. A female lawyer with bipolar disorder experiences the highs and lows of dating. A widower hesitates about introducing his children to his new girlfriend. A divorcée in her seventies looks back at the beauty and rubble of past relationships. These are just a few of the people who tell their stories in Modern Love, Revised and Updated, featuring dozens of the most memorable essays to run in The New York Times "Modern Love" column since its debut in 2004. Some of the stories are unconventional, while others hit close to home. Some reveal the way technology has changed dating forever; others explore the timeless struggles experienced by anyone who has ever searched for love. But all of the stories are, above everything else, honest. Together, they tell the larger story of how relationships begin, often fail, and—when we're lucky—endure. Edited by longtime "Modern Love" editor Daniel Jones and featuring a diverse selection of contributors—including Mindy Hung, Trey Ellis, Ann Hood, Deborah Copaken, Terri Cheney, and more—this is the perfect book for anyone who's loved, lost, stalked an ex on social media, or pined for true romance: In other words, anyone interested in the endlessly complicated workings of the human heart.

No longer the stuff of broomsticks, black cats and cauldrons, witchcraft is all about self-care in a modern and often confusing world. This is the perfect book for all women looking to channel their inner power, make positive changes in their lives, cleanse, heal, and embrace a little more spirituality. Semra will teach readers how to make bespoke spells, construct an altar, create manifestations, moon rituals, gratitude meditations, and more. Blend some oils to increase your luck, use a candle manifestation to break a hex and get over past lovers, or make a special blend of tea to stay calm. Featuring information on crystals, tarot, herbs, oils and much more, this is a book on cosmic assistance that is accessible for everyone. When you are happy and positive on the inside, it makes you glow on the outside, and Everyday Magic will help you do just that.

Step One: Find a story. (A good one.) Step Two: Find a reading buddy. (Someone nice.) Step Three: Find a reading spot. (Couches are cozy.) Now: Begin. Accomplished storytellers Kate Messner and Mark Siegel chronicle the process of becoming a reader: from pulling a book off the shelf and finding someone with whom to share a story, to reading aloud, predicting what will happen, and—finally—coming to The End. This picture book playfully and movingly illustrates the idea that the reader who discovers the love of reading finds, at the end, the beginning. Plus, this is the fixed format version, which will look almost identical to the print version. Additionally for devices that support audio, this ebook includes a read-along setting.

A refreshed edition of Jambalaya: The Natural Woman's Book of Personal Charms and Practical Rituals—updated with a note from the author sharing the changes that have occurred in the 30 years since its original publication. "A book of startling remembrances, revelations, directives, and imperatives, filled with the mysticism, wisdom, and common sense of the African religion of the Mother. It should be read with the same open-minded love with which it was written."—Alice Walker, author of The Color Purple Since its original publication in 1985, Jambalaya has become a classic among Women's Spirituality Educators, practitioners of traditional Africana religions, environmental activists, and cultural creatives. A mix of memoir, spiritual teachings, and practices from Afro-American traditions such as Ifa/Orisha, and New Orleans Voodoo, it offers a fascinating introduction to the world of nature-based spirituality, Goddess worship, and rituals from the African diaspora. More relevant today than it was 36 years ago, the wisdom of Jambalaya reconnects us to the natural and spiritual world, and the centuries-old traditions of African ancestors, whose voices echo through time, guiding us and blending with our own.

From the author of the popular Fortune-Telling Book comes a beautifully illustrated primer that opens the secret world of dreams and imparts her magic to dreamers everywhere. Full color.

More of Mason Currey's irresistible Daily Rituals, this time exploring the daily obstacles and rituals of women who are artists--painters, composers, sculptors, scientists, filmmakers, and performers. We see how these brilliant minds get to work, the choices they have to make: rebuffing convention, stealing (or secreting away) time from the pull of husbands, wives, children, obligations, in order to create their creations. From those who are the masters of their craft (Eudora Welty, Lynn Fontanne, Penelope Fitzgerald, Marie Curie) to those who were recognized in a burst of acclaim (Lorraine Hansberry, Zadie Smith) . . . from Clara Schumann and Shirley Jackson, carving out small amounts of time from family life, to Isadora Duncan and Agnes Martin, rejecting the demands of domesticity, Currey shows us the large and small (and abiding) choices these women made--and continue to make--for their art: Isak Dinesen, "I promised the Devil my soul, and in return he promised me that everything I was going to experience would be turned into tales," Dinesen subsisting on oysters and Champagne but also amphetamines, which gave her the overdrive she required . . . And the rituals (daily and otherwise) that guide these artists: Isabel Allende starting a new book only on January 8th . . . Hilary Mantel taking a shower to combat writers' block ("I am the cleanest person I know") . . . Tallulah Bankhead coping with her three phobias (hating to go to bed, hating to get up, and hating to be alone), which, could she "mute them," would make her life "as slick as a sonnet, but as dull as ditch water" . . . Lillian Hellman chain-smoking three packs of cigarettes and drinking twenty cups of coffee a day--and, after milking the cow and cleaning the barn, writing out of "elation, depression, hope" ("That is the exact order. Hope sets in toward nightfall. That's when you tell yourself that you're going to be better the next time, so help you God.") . . . Diane Arbus, doing what "gnaws at" her . . . Colette, locked in her writing room by her first husband,

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Henry Gauthier-Villars (nom de plume: Willy) and not being "let out" until completing her daily quota (she wrote five pages a day and threw away the fifth). Colette later said, "A prison is one of the best workshops" . . . Jessye Norman disdaining routines or rituals of any kind, seeing them as "a crutch" . . . and Octavia Butler writing every day no matter what ("screw inspiration"). Germaine de Staël . . . Elizabeth Barrett Browning . . . George Eliot . . . Edith Wharton . . . Virginia Woolf . . . Edna Ferber . . . Doris Lessing . . . Pina Bausch . . . Frida Kahlo . . . Marguerite Duras . . . Helen Frankenthaler . . . Patti Smith, and 131 more--on their daily routines, superstitions, fears, eating (and drinking) habits, and other finely (and not so finely) calibrated rituals that help summon up willpower and self-discipline, keeping themselves afloat with optimism and fight, as they create (and avoid creating) their creations.

The components of this book will enhance the readers spiritual growth in the biblical ethics by placing these principles at the fingertips of the readers wealth of related information from which to draw. Reading and studying this bible study guide will enhance your Christian walk as well as your growth in faith. It will give the biblical way of living based on its ethical principles and presents Gods plan for salvation and daily Christian living. I pray that the annotating study of this Bible Study Guide will bless your spiritual life and growth for years to come. These notes provide a system for studying the doctrines of the Bible and for teaching them through the Scripture. By reading the notes within one topic area, you will complete a total survey of that particular Bible teaching with its explanations, illustrations, and practical applications for daily living. The comprehensive introductions, outlines, and reflection worksheets will give you an opportunity to strengthen your understanding of each topic.

"In the series' fifth and final novel, not only does Gabriel's drug addict mother--who he thought was dead--make a surprise reappearance, but Kelley Armstrong delivers a final scary and surprising knock-out twist: it turns out a third supernatural force has been at work all along, a dark and malevolent entity that has had its eye on Olivia since she was a baby and wants to win at any cost"--Publisher marketing.

• Discover Ancient Bulgarian Myths, Legends, Folklore, and Mythology • Meet Heroes from Greek Mythology with Thracian Origins • Enjoy Diverse, Delicious Modern and Traditional Bulgarian Recipes A book for children and adults from 8 to 108 who would like to take a journey and discover Bulgarian folk tales, legends, and mythology. Whether you want to learn a little about their ancient Thracian origins, or you want to experience rituals practiced throughout the year with a fictitious Bulgarian family, or even if you're only interested in traditional Bulgarian cuisine, this book has something for everyone. Bulgarian culture is rich in folklore and traditions surviving since the days of the ancient Thracians. As pagan and Christian religions collided, many celebrations merged into one. "Light Love Rituals" will take you on a journey to discover these unique festivals. • Illuminated by the light of the full moon, a woman in a long, white robe holds an icon while she dances in a trance over burning coals. The mystical music of a shepherd's pipe plays in the background. • Women dressed in colorful outfits dance in a circle, then pass through an enormous wreath made of magical healing herbs. • Wild spring flowers decorate the hair of young girls. Laden with baskets filled with colorful Easter eggs, the youths travel from house to house singing to bring health and prosperity to the village. • Men clothed like wild animals with colorful, scary masks parade around a village. Attached around their waists, giant cow bells resound announcing their arrival. The men jump and yell to scare away evil spirits. "Light Love Rituals," not only describes the rituals, but also makes them interesting and understandable to people of all ages. The book is divided into four seasons, beginning with winter. It includes activities where you can learn how to make martenitsi, survachka, and Easter eggs dyed with natural colors. A short quiz after each season lets you test your knowledge of what you've read. To help you engage in the traditions in the book, you'll meet Maria and her family. They'll open the doors of their home so you can participate in these celebrations along with them. For an added taste of Bulgaria, try some of the traditional recipes at the end.

Brutally honest, often hilarious, hard-won lessons in learning to love and care for yourself from a young vice president at Comedy Central who was called "ahead of her time" by Jordan Peele "Compelling, persuasive, and useful no matter where you are in your life."--Chelsea Handler, #1 New York Times bestselling author of Life Will Be the Death of Me "A bracingly honest, funny read . . . like Wild meets You Are a Badass."--Adam Grant, #1 New York Times bestselling author of Give and Take, Originals, and Option B By the time she was in her late twenties, Tara Schuster was a rising TV executive who had worked for The Daily Show with Jon Stewart and helped launch Key & Peele to viral superstardom. By all appearances, she had mastered being a grown-up. But beneath that veneer of success, she was a chronically anxious, self-medicating mess. No one knew that her road to adulthood had been paved with depression, anxiety, and shame, owing in large part to her minimally parented upbringing. She realized she'd hit rock bottom when she drunk-dialed her therapist pleading for help. Buy Yourself the F*cking Lilies is the story of Tara's path to re-parenting herself and becoming a "ninja of self-love." Through simple, daily rituals, Tara transformed her mind, body, and relationships, and shows how to * fake gratitude until you actually feel gratitude * excavate your emotional wounds and heal them with kindness * identify your self-limiting beliefs, kick them to the curb, and start living a life you choose * silence your inner frenemy and shield yourself from self-criticism * carve out time each morning to start your day empowered, inspired, and ready to rule * create a life you truly, totally f*cking LOVE This is the book Tara wished someone had given her and it is the book many of us desperately need: a candid, hysterical, addictively readable, practical guide to growing up (no matter where you are in life) and learning to love yourself in a non-throw-up-in-your-mouth-it's-so-cheesy way.

"Modern magic is all about self-care and using your inner powers to make positive changes in your life--and that's what Cosmopolitan has always been about. Now the authority on love and sex provides readers with a clear path to navigate their amorous adventures by casting simple and effective spells. These powerful incantations include charms for turning lust into love, recovering from a bad breakup, or increasing intimacy between you and your bae in the bedroom. You'll also learn how to craft your own spells, set up an altar, source popular spell ingredients, and more."--Publisher's description.

This stirring collection presents spiritual rituals from around the world and offers guidance on bringing the powerful practices into modern life. Filled with fascinating details on the history and meaning behind a wide range of sacred rituals for love, awareness, joy, and so much more, this timeless handbook guides readers through more than 40 empowering practices—including a candlelight ritual for renewal, a soothing ritual for unwinding, and a tea ceremony for fostering connection and gratitude. With evocative watercolors throughout, this book is a lovely invitation to nourish the mind, body, and soul through enduring rituals for well-being.

I Love You Rituals offers more than seventy delightful rhymes and games that send the message of unconditional love and enhance children's social, emotional, and school success. Winner of a 1999 Parent's Guide Children's Media Award, these positive nursery rhymes, interactive finger plays, soothing games, and physically active can be played with children from infancy through age eight. In only minutes a day, these powerful rituals: Prime a child's brain for learning Help children cope with change Enhance attention, cooperation, and self-esteem Help busy families stay close Affirm the parent-child bond that insulates children from violence, peer pressure, and drugs, and much more. Easy to learn and especially effective in stressful situations, I Love You Rituals gives parents, grandparents, caregivers, and teachers inspiring tools to help children thrive.

The essential guide for a beginner, this book bundle contains 5 MANUSCRIPTS ? Wicca for Beginners ? Practical Book of Spell ? Wicca Herbal Medicine ? Wicca Candle ? Wicca Crystal Magic This book offers a rounded and thorough guide for every beginner who wants to understand Wicca's rudiments and want a step-by-step guide on how to get started. Nature is a very crucial foundation for any Wiccan and through the use of herbal magic, a Wiccan can enjoy true empowerment. Imagine being able to make your medicine using natural herbal ingredients, you become free from the hold of tyranny and monopoly of processed drugs. They promote the notion of 'Would you rather take herbal concoctions or take 'clean' processed drugs' having termed herbal medicine as unclean and unsophisticated. Here is what you will find: - Origin, gods, and history of Wiccan beliefs and traditions - A tested step-by-step guide on how to cast spells with the necessary elements - Some basic spells for love, protection and

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healing that you can use right now with a list of common mistakes for beginners and a list of precious advice - How to make your own drugs and empower yourself using herbal magic and 5 rare herbs - Why should use herbs, main herbs types and where to buy them - What is a ritual, how to make it and the meaning of it - The wheel of the year, elements and quarters - Book of shadow - Wicca altar, all you need to know - 6 simple ways to use a crystal to cast spells and for rituals - How to make your Wiccan altar and the meaning behind it - step-by-step guide for candle magic with examples - How to make your own Book of shadows and how to use it effectively with no experience - A detailed guide on how to work with oils & tinctures and how to get them. - How crystal magic influences your life All you read until now is only a little part of what you'll find. Spells can be cast for the purpose of love, protection, improvement, or empowerment. For whatever reason a spell is cast, it is important to connect your faith with your inner magic, this bundle teaches you how. Get yourself a copy of this book, right now and become a master at Wiccan art. Enjoy the journey!

By analyzing the history and current practice of two prewedding rituals commonly practiced by women in North-eastern Scotland, this book provides fresh insights into identity, gender, social class, contemporary attitudes to ritual, and what it means to approach marriage in the twenty first century.

While family life has conspicuously changed in the past fifty years, it would be a mistake to conclude that family routines and rituals have lost their meaning. In this book Barbara H. Fiese, a clinical and developmental psychologist, examines how the practices of diverse family routines and the meanings created through rituals have evolved to meet the demands of today's busy families. She discusses and integrates various research literatures and draws on her own studies to show how family routines and rituals influence physical and mental health, translate cultural values, and may even be used therapeutically. Looking at a range of family activities from bedtime stories to special holiday meals, Fiese relates such occasions to significant issues including parenting competence, child adjustment, and relational well-being. She concludes by underscoring the importance of flexible approaches to family time to promote healthier families and communities.

Offers instructions or "recipes" for creating new family rituals or traditions, in categories such as "holidays," "family festivities and ceremonies," and "rites of passage."

The magic of nature, the moon, and the seasons had a profound effect on Melissa Kim Corter growing up. Mystical experiences unfolded in the simplest of moments. Rocks and trees were animated with life; the moon listened to her stories while the Earth held her as she stumbled through life as an empath (feeling everything so deeply). As she began to morph and adapt to the adolescent changes of life, magical views were stripped away until only a fragment of her imagination. She was lost and floundered until she awakened the wild, wise woman within. This book contains women who "know" truth through feeling and sensation without the need for evidence or approval. This collective includes women who own their light and release the opinions of others. It features women who have forged a path, and refuse to settle out of fear. The wise, wild woman lives in our bones and rises up through the core; she has an unapologetic desire to reflect this potential to those who feel called to welcome her. The pages within are filled with powerful women who share a desire to live an enchanted life and connect you to the intuitive knowing you hold. In the Wild Woman's Book of Shadows, Melissa Kim Corter and 22 magical women offer stories, tips, formulas, and wisdom to awaken and connect you to your own inner wisdom. They invite you to join them in sharing the most potent medicine of all ... the reclamation of enchantment.

Put the MAGIC Back in Your Marriage in Just Minutes a Day Whether your relationship is a new romance, or one that has passed the test of time, there might be days when you wonder how to keep the fire burning. Perhaps you already feel the space between the two of you but you don't know how to close the gap? Maybe you're having a hard time right now and you aren't sure how to reach out? Or you simply miss that bond you once had and you want it back?The 5 Little Love Rituals book is about five tiny little habits successful couples do to connect and keep their love young in just minutes a day. About The 5 Little Love Rituals Written by an author who has "been there and done that", this book will let you re-discover amazingly simple things you can do to achieve a fulfilling relationship that doesn't feel good just for the moment, but a relationship where that feel-good sensation is normal. Why You Should Check Out The 5 Little Love Rituals This book will be a good fit for you if you want to: Put your marriage first and keep it there. Start creating bonding moments right now (or right when your partner gets home). You can start on your own without cooperation from your spouse and then let them take notice and want to join you! The best thing? Many activities shown in the book will take you no more than a couple of minutes of your time-sometimes only seconds! Avoid the not so much talked about silent killer of relationships that is far more damaging than a lack of communication. Learn how to create your sacred "couple time" when you can hang out, reconnect & rekindle your intimacy even if your days are long and your schedule is packed-full. Prevent ending up living with a stranger some day and instead become someone who knows your loved one best while helping them know your heart better. Discover simple ways to spend meaningful time together and put more laughter back into your marriage without worrying about money or finding a sitter. Learn how to surprise each other in new ways and keep each other excitedly wondering when your next move will take place. Start recreating that thrilling sense of excitement and novelty just like when you first met, so that your spouse can't help but crave you. Learn how to increase intimacy in your relationship without any "sexexpectations" and why this is one of the easiest (yet most connecting things) you can do. Avoid starting to get bored with your marriage like so many couples eventually do. You won't. Have your children grow up in a healthy emotional atmosphere (as you'll learn in the book, it was author's children who ultimately pushed him and his wife in the right direction). Learn the easiest way how to make your new love rituals actually stick, so you'll immediately know what to do the next time you feel you're starting to drift apart. And much, much more! The book comes with a link to the exclusive members area with the Golden Collection cheat sheets and a success checklist that you can download to your phone or tablet and use them, even when you don't have this book handy.The bottom line? If you're serious about taking your marriage from just "fine" to "the marriage I've always wanted", download The 5 Little Love Rituals today. Then watch the magic starting to happen. Take action now! Pick up your copy today by clicking the Buy Now button at the top of this page.

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