

A woman with dark hair, wearing a white sleeveless dress, stands with her back to the camera in a lush green forest. She has her hands clasped behind her back. The forest is filled with tall trees and sunlight filtering through the leaves, creating a warm and serene atmosphere.

# **WAKE UP GET REAL BE HAPPY**

*Becoming Your Authentic Self*

**KEVIN A. RAFFERTY**

# Wake Up Get Real Be Happy Becoming Your Authentic Self

**Ginger Dunaway**



## **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, 2021-10-01 An Outstanding book that offers precise steps to take to wake up to the self limiting habits of your personality get out of your own way and give yourself the gift of accessing more of your higher more authentic self Ian Cron author of The Road Back to You An Enneagram Journey to Self Discovery A fresh

approach to the Enneagram that encourages readers to embark on their own hero's journey for transformation. This is a personal transformation book rooted in the wisdom of the Enneagram system of personality types. It 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. It is a good news/bad news/good news story. The good news: you survived childhood. The bad news: in order to grow, you are going to experience some pain. The really good news: you can use your negative habits as a springboard to move beyond them. With a commitment to self-observation and reflection, you can develop greater self-awareness and open yourself up to a life filled with exciting choices and opportunities. Each of the nine chapters includes these features: The problematic perspective, the process of self-discovery, and the path forward for that type; How the main issues for that type get played out in 3 different ways; the 3 distinct sub-types of the main type necessary for pinpoint accuracy in describing your personality and your path of growth. Chestnut and Paes, two leading Enneagram teachers, frame this approach to personality types in a way that is accessible, practical, and filled with possibility.

**12 Steps to a Lightness of Being** Sarah Goddard Neves, 2013-10-25. This unique book has been designed as if you were taking a very special spiritual development course in the comfort of your own home. Through its wisdom and guided meditations, *12 Steps to a Lightness of Being* will gradually but surely lift your vibration and awaken you. Therefore, to get the most out of it, decide now not to rush it but to read it slowly. Take as long as you need on each step before moving on to the next. Commit to doing each meditation or visualization, giving yourself some quiet, undisturbed time to do this and recall your meditation experiences and insights afterward. By doing so, you will get the most out of reading this book.

*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 postnatal 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-free 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

**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 Wisdom of Thoth Pantheon of Aeterna,2019-02-21 The teachings of Thoth can help you connect to truth and express it in all your activities and thoughts This book contains two hundred teachings to help you create a space of truth and peace in you purify from distortion and illusion It is time to connect to your true self and become creator of your own life You may also want to purchase Pantheon of Aeterna's first book Fountain Source of High Wisdom Sacred Book of Thoth **I See Your Soul Mate** Sue Frederick,2012-09-18 This remarkable step by step guide to finding your soul mate brings a fresh perspective to love According to author Sue Frederick an intuitive since childhood we've all come here to accomplish a great mission Honoring who we came here to be opens the door to allow our soul mate to stand beside us In I See Your Soul Mate Frederick teaches how to use intuitive recognition to guide you flawlessly to love through your own powerful reinvention In this book you'll find ways to Discover why you are not attracting the right kind of person and how to remedy that Uncover psychic blocks that keep you from finding true love Identify the qualities energy patterns and careers that will put you in the path of the one Understand why your relationships never last longer than a few months Learn intuitive dating techniques Hone your intuition to make better choices for your love life in the future Immerse yourself in accomplishing your soul mission so that you're naturally attractive to the right person See your future soul mate by accessing powerful dream guidance Find true love *Being The Solution* Darel A. Rutherford,2002-02 *Women Waking Up* Wendy Valentine,2025-09-09 What if midlife isn't a crisis but a wake up call In Women Waking Up Wendy Valentine doesn't just challenge the outdated narrative of decline and invisibility at midlife she blows it up and replaces it with a bold badass manifesto for reinvention With raw honesty a wicked sense of humor and hard won wisdom Wendy invites women everywhere to toss aside society's limiting scripts and step into the most powerful playful and purposeful chapter of their lives Whether you're feeling stuck burned out or simply wondering Is this all there is this book is your call to action and your roadmap forward Drawing from her own dramatic transformation from broke sick and newly divorced to thriving entrepreneur and podcast host Wendy walks you through her groundbreaking FREEDOM method a seven step process to Free Yourself from outdated beliefs and self sabotage Reset Your Life by clearing emotional and physical clutter Envision a New Future filled with vitality confidence and joy Embrace and Explore your passions creativity and potential Detach from Tomorrow and start living in the now Own Your Badass Self with unshakable boundaries and self worth Master Yourself to stay grounded through life's inevitable ups and downs You'll uncover your signature superpowers through her Spectacular Six Superhero Quiz create a customized Wheel of Midlife to prioritize what matters most and craft your personal Midlife Mantra to keep you focused and fired up This isn't just a book it

s a midlife revolution in motion With guided exercises real life tools and soul stirring meditations Women Waking Up will become your personal coach cheerleader and soul sister It s a hands on journey of reflection reinvention and reawakening that helps you not just read about change but live it Wendy s message is clear You are not too old and it s not too late The second half of your life isn t about fading it s about rising If you re ready to stop sleepwalking through midlife and start living with soul Women Waking Up is the no nonsense deeply empowering guidebook you ve been waiting for Ideal for fans of Untamed The Wisdom of Menopause and Warrior Goddess Training      *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 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

**How to Love Your Marriage** Eve Eschner Hogan,2005-12-31 A garden needs constant nurturing to stay healthy and so does a marriage Relationship expert Eve Hogan explains that love like self esteem doesn t go away but is blocked by negative experiences comments and beliefs that make the love difficult to feel

**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

**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 theres 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 whats 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 selfunderstand the use of the Body Mind Spirit paradigm in making the transitionidentify and navigate the Matrix Systemcarry out a Controlled Exit and unplug gracefullyUnlike most self help books this is quickly digestible and easy to refer to whenever you feel off track Its time to lead the life youre meant to have with The Controlled Exit Strategy

**My Mystical Path** Donna Shin-Ward,2023-08-22 Transforming the unexpected into a legacy of love We all have a story and underneath it lies a universal story Donna Shin Ward counselor and wellness coach shares her life journey as a guide to moving through grief and trauma especially related to narcissistic emotional abuse Through vibrant storytelling and poignant reflections Donna explores how she navigated the storms from cancer as a teenager to the turmoil of love and divorce twice Through many awakenings she relied on her

relationship with Jesus who called her to a spiritual path at age nineteen and opened her heart to many facets of Divine Love This Love is deeply invested in every pain and challenge that leads us into our wholeness without this suffering we cannot transcend to our next level of growth Donna s insights from both a personal and psychological perspective can help you flow through and with your suffering whatever the cause and move into a state of graceful healing Embrace vibrant health and wholeness by speaking your hard truth to yourself first and surrendering to the opportunities for growth that come May the offerings from Donna s life and those teachers whose wisdom she shares bring you to your own mystical moments of emancipation and grace

**Way of the Spiritual Yogi** Ginger Dunaway,2018-10-11 Every human being on Earth longs and searches for true meaning and fulfillment Unfortunately most of us search in the wrong places and end up empty handed We won t find true fulfillment in a fancy new car or lavish vacation We will find it on the yoga mat in the comfort of our own homes The regular practice of yoga allows us to escape distractions break patterns examine our inner selves deeply and ultimately find true contentment and joy When the practice and teachings of yoga are combined with the teachings of A Course in Miracles we find ourselves on the most fascinating exploration of self leading us to what we have truly been missing all along If you are ready for a simple and honest glimpse into this phenomenal practice of yoga open the pages of this book seek no more and discover the life you have only seen in your dreams

**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 Akashic Records Speak: Yes! There IS More to Life* Janie MacMillan,2025-02-26 With a unique exuberance the Akashic Records share their wisdom and answer the pressing questions asked by spiritual seekers for eons urging you to let go of limiting beliefs and know you are worthy of an inspired joyful life here on Earth The Akashic Records have been called the cosmic library of the soul but they are so much more than that They are a living loving energetic database of insight always available to support you in creating a life filled with meaning connection and delight Like a wise dear trusted friend one who has known you across all lifetimes they are ready to guide you toward the joy magic and inspiration your soul craves Unlike any book before this isn t just about the Akashic Records it s from them With warmth wisdom and an open invitation they speak directly to you encouraging you to break free from limiting beliefs embrace your worth and step fully into the vibrant joy filled life that is your birthright In this gift directly from them the Records offer you hope that there IS more They remind you that life on Earth is a rare and wondrous experience full of glorious possibilities offering opportunities you can t find



anywhere else time emotions nature even the simple wonder of a hug Are you ready to stop waiting for permission to be happy To say YES to the limitless possibilities before you The answers and the love are waiting within Immediately I could feel it working within my consciousness While what the Records say is familiar I was surprised to feel adjustments in my attitude toward long standing obstacles and blocks What seemed insurmountable has transformed into a process I highly recommend this book for those on the path of healing and conscious spiritual growth Maggie Leysath *Women Change the World* Michelle Patterson, 2014-06-10 *Women Change the World* is a collection of world changing women from actresses recording artists and writers to businesswomen and other high profile female professionals on women s unique contributions to society *Women Change the World* will be released in conjunction with the California Women s Conference which offers its attendees inspiration resources and connections to take the next steps in their businesses personal development or philanthropic endeavors 2012 s conference speakers included Marcia Cross Donna Karen Gloria Allred and many others *Women Change the World* aims not only to show how women can be the heart of success but also to inspire other women to go out and change the world themselves

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