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WAYS TO GET BACK YOUR *Power*

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Taking Back Your Power

Erin Gallagher



Taking Back Your Power:

Take Back Your Power Yasmin Davidds, 2006-07-04 I dedicate this book to every woman who has ever felt sad frustrated alone scared unsatisfied compromised or depleted I know how it feels I've been there too Yasmin Davidds Empowerment specialist and relationship expert Yasmin Davidds reaches into your mind and soul to take you down the path of self empowerment Davidds's message is clear Your power is your life force and you must learn about it and honor it if you want to be a whole woman Drawing from her own life experiences Davidds provides an easy and inspiring plan to overcome adversity and fulfill your dreams Let Davidds bring you on a journey of self discovery self love and unstoppable success Let her empower you

Activate Your Power Eitan Sharir, 2010-11-02 We all possess a natural and authentic power that we can access at will once we know how Activate Your Power is a personal leadership guide to achieving a more fulfilling life through effective decision making and the power of intention Building on his many years of experience with the corporate world and his wide exposure to human behaviour Eitan Sharir has developed a set of innovative tools and techniques for unlocking your full potential and directing your own success Activate your Power provides real life examples and simple practical exercises and tools to help you refocus your attention change your perspective and improve your life Readers say Whether you read this book in your corporate persona striving to be both successful and ethical or whether you read it as an individual I sincerely believe that Activate Your Power will be a valuable positive catalyst in your life I have had the good fortune to have worked with Eitan Sharir and have seen the positive effects of his approach to coaching and leadership Activate Your Power is an inspiring book that offers practical strategies that enable the reader to reawaken the power and potential that resides within a book that will genuinely change your approach to life and business for the better This book is about helping us understand that each of us has the power to achieve success regardless of our environment Its about holding ourselves accountable for our own lives and not blaming someone or something else for the struggles or failures we experience Reading this book will help you learn how to improve your life professionally and personally The concepts that Eitan talks about have made a major contribution to the mindset of all of our employees and have helped our organization achieve wonderful results

In Your Power Sharon Melnick, 2022-11-08 Be Powerful in a World that Can Make You Feel Powerless Whether dealing with an underperforming team member an undervaluing boss an undermining colleague a difficult family member or partner or the overwhelm of too much to do we can find ourselves feeling out of our power In this state of feeling done to emotionally hijacked or in a mental swirl the typical things we do to try to make it better often make it worse Based on her research at Harvard Medical School and twenty years as a business psychologist Dr Sharon Melnick a Marshall Goldsmith Top 100 Coach shows you how to get back in your power where you see how much you can control to show up as your best self and get the outcome you want In Your Power React Less Regain Control Raise Others guides you through twelve Power Portals giving you a new approach to stop reacting to others limitations and instead raise yourself and

others to be limitless You will be able to Reframe the problem to instantly find new solutions that benefit everyone and improve the culture you are all dealing with Neutralize the emotional effects of other people s negativity rather than internalizing it and recover quickly Align others with your vision and powerful truth so they are emotionally moved and engaged to act The insights you ll learn fuel resilience and well being rather than burnout which comes from lack of power In Your Power will help you win the promotion get team members to perform at your standards grow your business connect with difficult loved ones and maximize what you can control in the face of world events With this bulletproof recipe you can set the tone and be the best version of yourself all day long no matter what situation you find yourself in **Complex PTSD**

and Recovery Mike Proctor, 2021-03-13 Post Traumatic Stress Disorder is debilitating Life seems to be on hold Accomplishing the smallest of tasks takes all the stamina you can muster Without treatment the symptoms get worst Many suffer in silence They simply don t have the energy or will power to leave the house and face the public to attend therapy appointments for help with their PTSD That is where books come in handy You can work on your healing in the privacy of your own home I ve written this book to help you on your road to recovery I ve written this book in an easy to follow format without a lot of unnecessary medical jargon I ve written this book precise and to the point to make it easy to read in one sitting so you will be able to apply the strategies I ve shared right away This book was written to help all those struggling to overcome Post Traumatic Stress Disorder and problems surrounding PTSD It is human nature to dream When we go to sleep at night we dream of things only our brains could scope out And as it is usual to dream it is also usual to day dream Day dreaming is different from dreaming in the sense that all outside stimuli can directly affect what goes on in your daydream sounds scents what the wind feels like But imagine what life would be like if you had constant and unending nightmares instead of dreams Nightmares that are vivid and complete in all their lucidity And even worse if you were seeing these nightmares as day dreams in waking life and will all the accompaniment of sound scents and feeling that may not be to your benefit Post traumatic stress disorder depending on any specific person may be triggered by absolutely anything and these triggers when outside in society cannot exactly be predicated to happen or fully avoided Post traumatic stress disorder can be very difficult to deal with as it chooses neither time nor place and is caused by deep rooting trauma which may be far gone and hard to get rid of This book contains proven steps and strategies on how to fully understand the prevalence of post traumatic stress disorder its causes symptoms and tests to diagnose its inhabitation in a person This book also includes a list of treatment options in order to make the reader aware of all the choices he has **Soul Light for the Dark Night** Patrick Flemming, M.Div., L.C.S.W., C.S.A.T., Sue Lauber-Fleming, R.N., M.A., L.C.S.W., Vicki Schmidt, B.S., 2019-05-07 Ready for your spirit to feel whole again These daily meditations provide trauma survivors with a daily experience of the emotional and spiritual healing that our soul wants for us Based on years of counseling and spiritual coaching of survivors of all types of traumas the authors invite readers to a daily healing and empowering connection to their soul and conscious contact with

their Higher Power Peace is an inside job Deep within you is an indestructible soul whose voice and divine spark can speak the wisdom you need and prove the light to illuminate even the dark places and shadowy paths of your life journey For many survivors of trauma and abuse the emotional and spiritual wounds of your trauma can drown out the small still voice of your soul and block your view of its light But the dark night of trauma is no match for the inner light of your soul **YES, You Can Have Success, Love, and Abundance** Donna T. Haddad,2009-03-30 Success love prosperity happiness and most anything else you would like to have are all within your reach During challenging times fears and doubts can overwhelm you and cause you to lose confidence in yourself and any possibility for a happy future Difficult times can however provide an opportunity to reassess and reaffirm your faith in yourself and in God Although your fears and frustrations come roaring to the surface it also gives you a chance you may not have otherwise had to change the direction of your life and find greater satisfaction and fulfillment Your Opportunities Unlimited begins with R E S P E C T and will become Success and Prosperity Resilience Enthusiasm Self Purpose Extraordinary Commitment and Trust all working together lead to the life you desire and deserve Achieving the goals you set for yourself is not simply a matter of becoming more motivated or having a more positive attitude The roots of your success prosperity or love grow very deep and involve who and what you think you are and who and what you really are This little book combines quotes notes and wisdom to guide you to where ever you want to go Whatever success means to you you are on the way **It's All about Love** Stephen Jensen,2000-09 What you think determines who you are and the type of life you have Your life can be full of love i e happiness peace trust good luck contentment and abundance or based on fear i e disease illness drama stress pain struggle hardship injury crime sadness loss anger disappointment violence loneliness and worry To change your life you must change yourself To do that you must change how you think This book is the definitive guide on how to do that The very simple and short answer is to have more LOVE in your life Although it s not always the obvious solution it is the only solution This book explains why love lets you have a better life including better health success in all your relationships abundance in all things and the real possibility of finally being able to have what you want It takes you on a healing journey of self discovery by providing a model to guide you to see who you are what you need to change about yourself and how to effortlessly and painlessly make those changes Once you have changed then you will attract even more love into your life and experience peace contentment and fulfillment **Upgrade Your Life** Nik Speakman,Eva Speakman,2022-07-07 It s time for an upgrade We upgrade our technology all the time but what about ourselves If you feel held back and frustrated if you feel like you need to change but you don t know how then Nik and Eva Speakman want you to upgrade your life Using the techniques and exercises that they have used to transform the lives of countless clients Nik and Eva give you the skills and confidence to change the voice in your head from one that says I can t to one that says I can In Upgrade Your Life you will learn that anything is possible when you push past your unconscious barriers and take action towards your dreams The new you is closer than you think **Blood of the Dragon** David T.

Pudlevitz,2003-11 A team of archaeologists digging in present day Romania uncover a mass execution ground They have unexpectedly also unearthed the executioner himself Prince Vlad Dracula The King of the Undead has been waiting for hundreds of years to resurrect himself in a bid for world domination In the meantime he forces Doctors Peter Ralston and Louise Johnston to transcribe his awesome memoirs In this book penned by his own dead hand Dracula describes his monstrous birth life and rise to power and finally the dark forces which caused him to become the world most powerful vampire He describes a world of evil rituals and necromancy that is beyond the rules and laws that govern mankind He is an inhuman monster who lusts after only immortality and power This is the Dracula that Bram Stoker shocked the world with Once again Dracula has risen from his grave to cast a shadow of evil over the world

Take The Hard Path To Heal: Easy Never Built Anything Worth It Sybex Books,2025-06-24 Healing isn't always soft Sometimes it's the hardest thing you'll ever do Take The Hard Path To Heal is a raw unfiltered look at the deep inner work that doesn't always feel good but leads to real freedom It's about choosing discomfort now so you don't stay stuck forever There's a version of healing that sells well bubble baths journaling and quiet mornings And while those moments matter this book is about the part most people avoid the confronting conversations the habits you have to break the grief you finally sit with instead of numbing it You'll walk the path of truth The one that asks more from you than you think you can give but rewards you with clarity strength and wholeness on the other side It's not easy But easy never built anything worth keeping This book isn't about glamorizing pain It's about honoring the process Because the hardest thing isn't feeling the wound it's deciding not to keep reopening it every time life presses on it You're capable of walking through what you once avoided You're capable of healing fully not halfway And when you take the hard path you discover that the version of you who comes out on the other side is not just healed but unshakable

Effective Questions to Ask Before Taking a Decision: Megan Carter,2025-08-14 In a world where fear doubt and self criticism can keep us from moving forward this book is your invitation to embrace the beauty of being a work in progress Through insightful reflections and empowering perspectives it shows you how to release the pressure of perfection and replace it with consistent growth self compassion and pride in who you are becoming Each chapter takes you deeper into the art of evolving learning to celebrate small victories adapt to life's challenges and nurture resilience along the way You'll discover how to let go of unrealistic expectations navigate setbacks with grace and stand confident in your journey knowing that growth is not a straight path but a rewarding one This is more than a guide it's a companion for anyone ready to move past self doubt embrace authenticity and find joy in the process of becoming Whether you are striving toward personal goals reinventing yourself or simply learning to live with more intention these pages will remind you that your story is still being written and that is exactly where your power lies

Angel Light Psychic Helpline Natasha Chamberlin,2016-02-16 This book is the Angel Light Psychic Development Helpline book It is a valuable tool to carry with you from day to day This book has everything you need to know about the mysterious psychic world There are free

psychic daily readings available in this book There is also helpful information on crystals Archangels and angels numerology spirit guides and general development questions This book if used properly and regularly will become your best psychic friend and trusted companion Each page is filled with guidance support and new opportunities for your future development The Angel Light Psychic School is run by Natasha Chamberlin This school is focused on providing you with helpful and educational courses that will help you with your spiritual growth and psychic development Natasha has spent over 5 years creating and developing the Angel Light school and all the courses She has created course workbooks that you can use to work on your development

Hype Women Erin Gallagher,2025-10-14 An electrifying and extraordinary approach to life for ambitious women everywhere In *Hype Women* Breaking Free from Mean Girls Patriarchy and Systems Silencing You CEO founder and entrepreneur Erin Gallagher delivers a provocative and practical playbook of transformation She shares simple shifts to take you from passively existing as a person who accepts what you get into actively living as one who demands and receives what you deserve You ll explore the depths of your unlimited potential equipped with actions to take back your power and realize your collective personal and professional goals The author guides you through the process of deconditioning from the false narratives you ve been told about yourself and women everywhere at your own pace meeting you in this moment You will learn how to stop pouring your energy and effort into building other s social and financial capital and how to start investing in building and healing your own generational health and wealth She also shows you How to forgive yourself for doing what you needed to in order to survive How to break free from the people places and programming holding you back How to stand in the power of knowing who you truly are and what you really want Perfect for women everywhere who are done being good girls kowtowing to mean girls following rules in a game rigged against them *Hype Women* is a transformative and transformational anthem for a rising tide of women who are ready to become who they were always meant to be

The Art of Meaningful Living S'Roya Rose,2012-07-22 S Royya has done it again with another profound yet simple self help book full of simple every day wisdom Using easy to understand metaphysical concepts *The Art of Meaningful Living* takes us on a journey into the deeper side of life S Royya s soul coaching helps us to explore our mindsets emotions and attitudes our thoughts and feelings while encouraging us to forge new concepts for a better way of conscious living It s philosophical spiritual wisdom has a timeless beauty that if adopted will assist us in some of our darker hours of confusion and feelings of self abandonment *The Art of Meaningful Living* will become a great resorce that can be visited time and again by its readers as it comforts the soul assisting the journey improving our existance and enabling our earth walk The wisdom in his book has already single handedly transformed and empowered thousands of peoples lives

Kintsukuroi Heart; More Beautiful for Having Been Broken Amie Gabriel,2020-11-24 There are defining moments in a woman s life when something happens either by choice or circumstance that changes everything Praise for *Kintsukuroi Heart* Couldn t put it down Verified Purchase The stories in this book are thoughtfully written with beautiful descriptive language and themes that we can all

connect with and learn from Wonderful honest read Verified Purchase I really loved this book HIGHLY recommend for anyone struggling with life s inevitable roadblocks and how to successfully move past them in a meaningful lasting way If this book comes to you read it Verified Purchase It will change you and infuse your brokenness with gold Told in short stories with a surprising twist at the end it has the ability to heal you My highest recommendations Verified Purchase I love this book So much Amie Gabriel has written with emotional honesty that will make you cry and sometimes laugh Such is life right If you ve ever struggled with life you will be able to relate Realize that you are not alone and that not only will you survive but that evidence of your cracks just make you more beautiful About Kintsukuroi Heart Different ages Different decades Different circumstances There are specific events in our lives that shift our paths write our stories and break our hearts adding layers depth and complexity to the clean slated girls we once were Each chapter in Part I of Kintsukuroi Heart is a non fiction stand alone story A collection of vignettes offering glimpses of the exact moment in a woman s life when something happens either by choice or circumstance that changes her course In Part II we see how these experiences though deeply personal and unique are the threads that intertwine and connect us all fostering compassion and empathy for one another and hopefully for ourselves In Part III we see how as women like all forces of nature and works of art our beauty is formed through refraction revealed in dimension and contrast shadow and light our benevolence becoming both the result and the salve the subject and lens The road may be beastly but the result if allowed can be spectacular Kintsukuroi kin tsU kU roi noun v phr To repair with gold The Japanese art of mending broken pottery with lacquer dusted or mixed with powdered gold silver or platinum As a philosophy it treats breakage and repair as part of the history of an object rather than something to disguise understanding that the piece becomes more beautiful for having been broken Relevant Tags Sober Reading sober book club quit lit addiction recovery books surviving loss book Alcoholism book on alcoholism recovery alcoholism drug addiction sober sobriety starting over opics include grief depression self esteem loss of marriage substance abuse addiction and recovery law of attraction starting over job loss career shifts self empowerment taking responsibility for the direction of your life making positive change and more **The Circus of Matchmaking** Shilpi Gupta,2022-06-23 How to think long term avoid short term or quick fix thinking Your attitude habits can either make you or break you Choose Wisely How to look at setbacks from an altogether different lens Learn the EMPOWER Model that tool to take back control of your life *Sacred Codes in Times of Crisis* Naomi Fay,Nathalie Moutia,2021-06-05 Manifest Your Dreams in a New World for Yourself and Others Our day to day choices made individually affect our culture and societal structures as a whole With this in mind Sacred Codes in Times of Crisis guides you through an extraordinary program of self realization and empowerment to access your creative potential and manifest your dreams Learn the art of true conscious creation We spend our lives searching for things that we think will make our lives better more abundant loving and fulfilling Yet as we take part in our day to day busy lives we often get sidetracked from our truest dreams and desires Instead of creating the life that we have

always dreamed of we get lost in an endless series of events where we are often unprepared reactionary and less tolerant In order to create with consciousness to manifest our soul s wishes into reality we need to believe there is a greater part of ourselves that is able to guide us so that we can live our dreams by loving ourselves unconditionally Embrace Change and transform alongside our interdependent constantly changing world If we want to stay up to date in an accelerated technological world we need to adapt and be willing and open to learning new ways of communicating and inter relating with ourselves and the world around us In Sacred Codes in Times of Crisis spiritual leaders Naomi Fay and Nathalie Moutia teach you The interconnected nature of all things and the universal truth of oneness Awareness exercises and meditations to support the creation process Channeled text and wisdom teachings to aid conscious co creation How to manifest your dreams Readers of self realization and spiritual development books like Becoming Supernatural Advanced Manifesting or Attunement will be inspired and encouraged by the words of wisdom in Sacred Codes in Times of Crisis **Psychic Development**

Beyond Beginners Melanie Barnum,2019-07-08 Improve Your Innate Gifts and Your Confidence with this Next Step Book for Your Psychic Journey Now is the perfect time to go beyond your beginnings and unleash your full intuitive power This practical intermediate book on psychic development features illuminating stories from author Melanie Barnum s client sessions engaging exercises to deepen your connection to your metaphysical self and detailed interpretations for the psychic signs and symbols you encounter Providing many enlightening examples and techniques this accessible guide gives you a fresh perspective on psychic development and allows you to explore the vast possibilities of being intuitive from mediumship to past life experiences to astral travel You ll learn to release the hold your physical mind has put on your spiritual self allowing your gifts to truly blossom The Abundance Vibration John Stringer,2018-07-18 Whatever one thinks of channeling the advice in this book is exactly what it takes to succeed Mark Joyner Founder and CEO of Simpleology Life teacher healer author and Billboard charting singer John Stringer s channeled book The Abundance Vibration A Guide to Alignment is written to assist you with aligning with Source God Spirit and with navigating the levels of creation so you can live the abundant life that is your birthright From the author This book was written through aligning asking for what the text should be listening and writing what I received Some call this process channeling some downloading or other names What is important is to know that the information comes from the same Source all inspired thought and action comes from which tells us All is Well The alignment process I use to access my higher consciousness is covered in this book As the dedication mentions my hope is that this will benefit anyone who is ready to remember their power perfection and oneness It is my hope that you will enjoy it for some time Read it at your own pace and share it with anyone you feel will benefit John Stringer

Fully Engaged on a Courageous Path Estelle R. Reder,2018-02-23 Unexpected things happen in life How you handle them defines you makes or breaks you For author Estelle Reder that journey evolved though a series of exciting new experiences from shamanic journeys to Reiki healings and teachings and guidance from a variety of mystics both earth bound and

celestial

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