

Womans Retreat Book A Guide To Restoring Rediscovering And Reawakening Your True Self In A Moment An Hour Or A Weekend

The Ultimate Retreat Planning Guide
Having a Mary Spirit
The Complete Leader's Guide to Christian Retreats
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Why Bother
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A Woman's Guide to Hearing God's Voice
Daring to Rest
The Smart Woman's Guide to Midlife Horses
For All Who Wander
In the Sanctuary of Women
Minding the Body, Mending the Mind (Large Print 16pt)
A Spiritual Field Guide - Best Practices from Our Retreat
Woman's Complete Guide to Running
The Way of the Superior Man
The Mother's Guide to Self-Renewal
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She-ology
Esther
The Lion Tracker's Guide to Life
The Woman's Comfort Book
Girl Perfect Study Guide
Lazarus Awakening
The Woman's Retreat Book

The Ultimate Retreat Planning Guide

We live in a culture that's all about self, becoming the best "me" I can be instead of becoming like Jesus. This me-centered message affects every area of our lives--our friendships, our marriages, even our faith--and it breaks each one in different ways. The self-focused life robs our joy, shrinks our souls, and is the reason we never quite break free of insecurity. In this book, Sharon Hodde Miller invites us into a bigger, Jesus-centered vision--one that restores our freedom and inspires us to live for more. She helps readers - identify the secret source of insecurity - understand how self-focus sabotages seven areas of our lives - learn four practical steps for focusing on God and others - experience freedom from the burden of self-focus
Anyone yearning for a purpose bigger than "project me" will cherish this paradigm-shifting message of true fulfillment.

Having a Mary Spirit

Jeff Galloway, an US Olympian in 1972, has helped over 150,000 people make this journey while reducing or eliminating aches, pains, and injuries suffered during most training programs. Jeff developed the Run-Walk method of training, and together with his wife Barbara he offers a step by step program specifically designed for the needs and concerns of women. Included are lots of tips on staying motivated, building endurance, shoes, stretching and strengthening, as well as smart nutrition choices, and much more. All of the described programs and exercises can be incorporated into the busiest lifestyle - to

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improve attitude, relieve stress, and enjoy a greater sense of vitality. The result is a better attitude for enjoying friends, family and the activities that are special to each woman.

The Complete Leader's Guide to Christian Retreats

Explains how to find freedom in the love of Jesus, detailing the story of Lazarus to demonstrate that this love is separate from personal accomplishments, and includes a Bible study for group and individual reflections.

Free of Me

"Lord, I believe. Help my unbelief!" (Mark 9:24) Her circumstances might not have been as dramatic as the father begging Jesus for a miracle, but Robin felt just as desperate in her faith. Feeling lost in a spiritual desert, this was the most honest prayer she could offer. Can you relate to struggling in your faith but longing to believe? Faith is tidy and neat for some, never unwavering and always so sure. And maybe that's how you used to feel, but now your once-sure beliefs are less certain, the prescribed faith of your youth no longer enough. Perhaps life isn't turning out like you thought it would. Heartbreak and challenges stir doubt. Sunday school answers fall short. God seems distant. Inviting you to find hope and healing in your own story within the pages of hers, in *For All Who Wander*, Robin Dance will help you: Abandon the guilt and shame attached to your questions or doubts. Broaden your understanding of God's grace and faithfulness. Release hostage-holding lies to enable you to embrace your identity, hope, and value in Christ. Reframe your view of difficulties and disappointments as you understand their redemptive and transformative value. Trust that God is working in your wandering to restore and strengthen your faith. As you walk through Robin's story with her, you'll find out for yourself that sometimes wandering is the path that leads you back to God.

Under the Circumstances

Provides information and advice for women travelers for shopping trips, spa vacations, cooking retreats, adventure trips, and quirky and wild excursions.

The Life Organizer

An imaginative story of a woman caught in an alternate world—where she will need to learn the skills of magic to survive Nora Fischer's dissertation is stalled and her boyfriend is about to marry another woman. During a miserable weekend at a friend's wedding, Nora wanders off and walks through a portal into a different world where she's transformed from a drab grad student into a stunning beauty. Before

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long, she has a set of glamorous new friends and her romance with gorgeous, masterful Raclin is heating up. It's almost too good to be true. Then the elegant veneer shatters. Nora's new fantasy world turns darker, a fairy tale gone incredibly wrong. Making it here will take skills Nora never learned in graduate school. Her only real ally—and a reluctant one at that—is the magician Aruendiel, a grim, reclusive figure with a biting tongue and a shrouded past. And it will take her becoming Aruendiel's student—and learning magic herself—to survive. When a passage home finally opens, Nora must weigh her "real life" against the dangerous power of love and magic. For lovers of Lev Grossman's *The Magicians* series (*The Magicians* and *The Magician King*) and Deborah Harkness's *All Souls Trilogy* (*A Discovery of Witches* and *Shadow of Night*).

Cassandra Speaks

For many women, life is a series of "supposed-to's" and "shoulds." This inspirational book offers a guided inner road trip to an extraordinary new outlook, complete with inspiration, tips, support, and motivation.

Familiar Subjects

Loneliness is an epidemic right now, but it doesn't have to be that way. The *Turquoise Table* is Kristin Schell's invitation to you to connect with your neighbors and build friendships. Featured in *Southern Living*, *Good Housekeeping*, and the *TODAY Show*, Kristin introduces a new way to look at hospitality. Desperate for a way to slow down and connect, Kristin put an ordinary picnic table in her front yard, painted it turquoise, and began inviting friends and neighbors to join her. Life changed in her community, and it can change in yours too. Alongside personal and heartwarming stories, Kristin gives you: Stress-free ideas for kick-starting your own *Turquoise Table* Simple recipes to take outside and share with others Stories from people using *Turquoise Tables* in their neighborhoods Encouragement to overcome barriers that keep you from connecting This gorgeous book, with vibrant photography, invites you to make a difference right where you live. The beautiful design makes it ideal to give to a friend or to keep for yourself. Community and friendship are waiting just outside your front door.

The Woman's Field Guide to Exceptional Living

A Do-It-Yourself Retreat Book from the Author of *The Woman's Comfort Book* Do you yearn for time to rest, dream, listen, grieve, celebrate, stretch, or just be? Then you -- like most women today -- need to retreat: to make time to get away from it all and reconnect with yourself. With the wit, humor, and style that have made her *Comfort Book* series so popular, comfort queen and modern-day pioneer of

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women's well-being Jennifer Louden offers a practical and inspirational handbook -- the first to focus on the needs and stresses of women -- that walks you step-by-step through planning and savoring a self-led retreat. Easy-to-do practices and encouraging insights help you: Find the time to retreat whenever and wherever you are Decide whether to retreat at home or away, solo or with others Separate from daily concerns Counter fear, guilt, and boredom Reenter ordinary life renewed A wise and useful sourcebook of ideas and inspiration, The Woman's Retreat Book can be turned to again and again, whenever you feel the need to retreat.

Why Bother

A practical, fresh approach to planning and implementing women's retreats, this workbook will guide leaders through each step in the planning and production of a transforming women's retreat. It offers a month-by-month checklist as well as fully detailed, illustrated examples of successful retreats that any church can borrow or adapt.

Long Weekend

Does the thought of coordinating your first retreat scare you? Are you a seasoned retreat planner who is looking to take your events to the next level? In "The Ultimate Retreat Planning Guide" Christian event planner Andy McClung gives you step by step practical advice on how to make your next retreat a success. With a lifetime of experience both attending and running successful Christian camps and retreats, Andy shares easy to follow insight on how you can turn your events into amazing experiences for you and your guests. He shows you exactly how to become a Christian Camp Pro by: Explaining the fundamentals of retreating Teaching you how to build the perfect event team Showing easy ways to promote your retreat Walking you through the event itself Guiding you through properly ending a retreat Planning the ultimate retreat is a blast! If you are looking to take your event to the next level, but feeling a little overwhelmed, this book is for you.

A Woman's Guide to Hearing God's Voice

Daring to Rest

"This practical book offers church leaders a comprehensive resource for planning faith-based retreats to renew and refresh the spirit. In a down-to-earth, conversational style, experienced retreat leader Rachel Gilmore covers everything one needs to know about: forming a retreat leadership team; determining a planning timeline; choosing a theme; identifying a retreat center - including a state-by-state listing; handling publicity, pricing, registration, room assignments, and supplies; and developing session activities and assigning

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leaders." "The book includes complete and creative sample retreats for women, men, youth, families, older adults, and even personal getaways."--BOOK JACKET.

The Smart Woman's Guide to Midlife Horses

A Spiritual Field Guide* Guide to the most powerful & effective practices taught at the Women's Retreats* Everything in one book with diagrams & charts* The purpose behind each practice or meditation* History of the practice / meditation and its lineage* How and when to use each tool and the healing expected

For All Who Wander

With simple mindfulness activities, healthy recipes, and suggested itineraries to recharge, build community, and inspire creativity, this beautiful photo book is full of ideas that will inspire anyone seeking relaxation and reconnection. A great gift for all the busy people in your life. and yourself. Here is your guide and inspiration for a weekend retreat to inspire renewal. Whether you sneak away with some friends or just turn off your devices and hide the to do list at home, Long Weekend is full of ideas to spend a creative, artistic, technology-free weekend filled with exercises and resources that will leave you feeling refreshed and rejuvenated. Includes basic itineraries for how to shape the time in addition to rituals of renewal provided by experienced retreat leaders Richelle Donigan and Rachel Neumann. Beautiful photographs by lifestyle photographer Ericka McConnell will transport you, so that reading the book feels like a retreat in itself. Great for armchair travelers as well as those looking for help planning a weekend away.

In the Sanctuary of Women

What if you could reboot your health, tap into your creative self, reclaim your wild nature, lead from your heart—and still feel well rested? As modern women, we're taught that we can do it all, have it all, and be it all. While this freedom is beautiful, it's also exhausting. Being a "worn-out woman" is now so common that we think feeling tired all the time is normal. According to Karen Brody, feeling this exhausted is not normal—and it's holding us back. In *Daring to Rest*, Brody comes to the rescue with a 40-day program to help you reclaim rest and access your most powerful, authentic self through yoga nidra, a meditative practice that guides you into one of the deepest states of relaxation imaginable. It's time to lie down and begin the journey to waking up. Though it comes from the yogic tradition, yoga nidra doesn't look like a typical yoga class—the entire practice is done lying down. As you listen to a guided meditation, you're gently taken into complete inner stillness, effortlessly releasing into a healing state that works on both

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cellular and subtle body levels. With *Daring to Rest*, Brody presents a comprehensive yoga nidra program that unfolds in three phases: rest for physical exhaustion, release for mental and emotional exhaustion, and rise for tuning in to the "life purpose exhaustion" that can come when we're not in our full power. Each phase includes a downloadable yoga nidra guided meditation and supportive practices. "By directly accessing your subconscious mind, yoga nidra helps shift the long-held patterns that prevent you from stepping fully into your purpose and power," writes Brody. "Now is the time to break the cycle of fatigue and return to your truest self—the woman you are when you're not constantly exhausted."

Minding the Body, Mending the Mind (Large Print 16pt)

A Bible study of the book of Esther for Christian women includes meditations and daily assignments.

A Spiritual Field Guide - Best Practices from Our Retreat

Come spend some time in the sanctuary of women, an often-ignored space in Jewish and Christian history. This devotional book for women highlights six women from around the world and across the centuries, inviting us to discover what their lives tell us about God. Jan Richardson, a gifted poet, artist, and author, believes it is essential for women to listen to one another's wisdom and bring the fullness of their lives, with all the wonders and messiness, into their prayer life. In *The Sanctuary of Women* gathers together these women from scripture and history: Eve Brigid of Kildare The desert mothers Hildegard of Bingen Harriet Powers The Woman of the Song of Songs Each chapter becomes its own sanctuary, with one of the women serving as a companion as you contemplate the theme that her life offers. Throughout the readings Richardson weaves her own stories, poetry, prayers, and blessings. Midway through each chapter, a section called "The Secret Room" gives you a chance to pause and reflect on unexpected insights. Reading the book daily will carry you through six months, or you can dip into the readings as you wish. An invitation into reflection and prayer alone or in the company of others, *The Sanctuary of Women* is a book to treasure and to share with the women and the men in your life.

Woman's Complete Guide to Running

Transformation. We want it. We know we need it. But how do we access the new life Jesus came to bring? In her best-selling book, *Having a Mary Spirit*, Joanna Weaver explores the "Holy Makeover" God wants to give each one of us. Dealing with topics such as guarding our hearts, managing our thought lives, and overcoming the "Flesh Woman" in us all, Joanna takes us to the Word of God and the power of grace to transform our lives. *Changed by God - from the inside out*. This twelve-

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session study guide, for use with Joanna's book and companion DVDs, helps us draw closer to God, revealing spiritual insights and modern-day applications from his Word. As we open our hearts to God's grace, his love, and the Holy Spirit's power, brings the change we long for. The transformation we need. Designed for both individuals and groups. Meant to be used with Having a Mary Spirit book. Companion DVDs, consisting of twelve 18- to 20-minute sessions are also available.

The Way of the Superior Man

#1 New York Times Bestseller At last, a book that shows you how to build—design—a life you can thrive in, at any age or stage Designers create worlds and solve problems using design thinking. Look around your office or home—at the tablet or smartphone you may be holding or the chair you are sitting in. Everything in our lives was designed by someone. And every design starts with a problem that a designer or team of designers seeks to solve. In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise. "Designing Your Life walks readers through the process of building a satisfying, meaningful life by approaching the challenge the way a designer would. Experimentation. Wayfinding. Prototyping. Constant iteration. You should read the book. Everyone else will." —Daniel Pink, bestselling author of Drive "This [is] the career book of the next decade and . . . the go-to book that is read as a rite of passage whenever someone is ready to create a life they love." —David Kelley, Founder of IDEO "An empowering book based on their popular class of the same name at Stanford University . . . Perhaps the book's most important lesson is that the only failure is settling for a life that makes one unhappy. With useful fact-finding exercises, an empathetic tone, and sensible advice, this book will easily earn a place among career-finding classics." —Publishers Weekly From the Hardcover edition.

The Mother's Guide to Self-Renewal

Insisting that Christians don't have to be trapped under the circumstances of life, the author illustrates how God uses life's events to bring His light into a dark world, and how God uses specific episodes to reveal areas in an individual's life that does not reflect his character by using a blend of Scripture and personal anecdotes.

The Thinking Woman's Guide to Real Magic

Includes bibliographical references (p. [311]-317) and index.

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The Creative Retreat

Nurturing, supportive, and empowering, this year-long guide featuring monthly themes, inspirational stories, and soul-searching exercises, focuses on enhancing balance and emotional well-being in mothers' lives. Recognising that they are over their "to do" lists, the guide gives mothers permission to care for and nurture themselves and reconnect with who they are. Soothing the body, mind, and soul like a cup of hot tea, and providing a mini retreat away from the hectic stress of day-to-day parenting, it invites women to reclaim their lives -- to learn about the power of self-care and how it can be their best friend, to manage and increase their energy, to adopt a "good is good enough" approach, and to become more comfortable saying no.

The Turquoise Table

In this workbook, blogger Jennie Moraitis reveals how you can create a personalized retreat that will take a minimum amount of resources and greatly enrich your life. It includes advice from creatives such as Rachel Anne Ridge, Stephanie Owens, Beth Anne Schwamberger, and more.

Sensible Shoes

The One Girl Leader's Guide provides the inspiration and details to lead teen girls on One Girl retreats, weekends, camps, or small group Bible studies.

RETREAT & GROW RICH

With over 200 prescriptions for giving yourself a break, this book helps the reader to sort out guilty feelings about self-nurture and to define her comfort/self-nurture needs. In this book the author delivers a host of creative and comforting programmes like the self-care schedule, creative selfishness, creating a comfort network, body delights, a personal sanctuary, the comfort journal, bathing pleasures and comfort rituals. Organised by topic and cross-referenced throughout, this guidebook is designed to appeal to women of all ages. The new edition has been revised and updated for modern women.

The Complete Idiot's Guide to Girlfriend Getaways

An Accessible Introduction to Hearing the Voice of God in Times of Struggle God is speaking, readers just need to learn how to listen. This is especially true during times of trial or heartache, when women need to be reassured that God has a plan. In A Woman's Guide to Hearing God's Voice, McCoy provides personal stories, biblical narratives, and wise insight to demonstrate how God is already active in every woman's life. It's just a matter of knowing what to look for. Women will not only be reassured of God's care, they will be

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challenged to take hold of God when their faith is shaken. Includes end-of-chapter discussion questions for personal or group use.

Designing Your Life

2019 Best Book Awards, Winner in Religion: Christianity 2018 Catholic Press Association, 3rd Place in Scripture: Popular Studies 2018 Independent Press Award, Distinguished Favorite: Religion Non-Fiction In *Jesus Approaches*, Elizabeth Kelly shares vivid stories of New Testament women whose encounters with Jesus freed them to flourish in life. The stories are supplemented with moving accounts from her own life, and from the lives of women like you, to demonstrate that sometimes the best way to find healing, strength, and wholeness in Christ is, ironically, to lead with vulnerability and openness. Ultimately, *Jesus Approaches* teaches that finding the fullness of life for which you were created begins with bringing your brokenness to the Lord.

Women's Retreats

She-ology shines a light on the vagina, answering our most embarrassing questions with the goal of healthier and happier vaginas for women of all ages. Many women still suffer a long-ingrained dissociation with their own vaginas and a misunderstanding of what goes on "down there." With expertise and a dose of humor, leading ob-gyn, educator and women's health advocate Dr. Sherry Ross addresses every urgent, confounding, culturally taboo or embarrassing question women have about vaginas, with the goal of healthier, happier lives for all. *She-ology* describes the state of the vagina at every age and stage of a woman's life. From first periods to postpartum to menopause, from the serious to the celebratory to the surprising, this book will make you feel a part of the vagina dialogue. Dr. Sherry is equal parts your best girlfriend, confidant and skilled practitioner with over 25 years' experience in gynecology and obstetrics. With the help of many famous contributors she answers your questions and concerns such as: • Where the heck is my G-spot? • Since the vagina is self-cleaning, do I even need soap? • Can I get HPV if I don't have actual intercourse? • Is it too late, at 45, to have an orgasm? • How can I be depressed after giving birth if I've always wanted a baby? • Is there such a thing as a perfect vagina? • I enjoy swinging or S & M, does that make me a pervert? • What does safe sex even mean? • What could possibly go wrong down there, and what do I do about it? Dr. Sherry's goal is that of healthier and happier women through a revolution of vagina information. This book will help you form, mend or strengthen your relationship with that most commanding and complex of female organs—the vagina. Includes contributions from: Reese Witherspoon Brooke Shields Christina Applegate Jane Seymour LisaGay Hamilton Katherine McPhee Ashley Benson Meredith Baxter ...and many more.

Sacred Woman

Based on Dr. Borysenko's groundbreaking work nearly twenty years ago at the Mind/Body Clinic in Boston, *Minding the Body, Mending the Mind* continues to be a classic in the field, with time-tested tips on how to take control of your own physical and emotional wellbeing. The clinic's dramatic success with thousands of patients—with conditions ranging from allergies to cancer—offers vivid proof of the effectiveness of the mind/body approach to health and its power to transform your life. Here are tips on how to elicit the mind's powerful relaxation response to boost your immune system, cope with chronic pain, and alleviate symptoms of a host of stress-related illnesses. Updated with the recent developments in the field, the new edition is a must-have for anyone interested in taking an active role in healing himself or herself.

Nurturing the Soul of Your Family

A transformative blueprint of ancestral healing from the renowned herbalist, natural health expert, and healer of women's bodies and souls "Just when I thought I was all alone, I found myself walking with a group of conscious women who were taking sacred steps and speaking sacred words. We were on our way to Queen Afua's Global Sacred Woman Village. Come with us, there's Maat—balance and order—there."—Erykah Badu Through extraordinary meditations, affirmations, and rituals rooted in ancient Egyptian temple teachings, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the spaces we live and work in, and the transcendent woman spirit we manifest. Sacred Woman gives us a program of spirit rejuvenation and creativity consciousness. Queen Afua summons us to enter the Gateways of Initiation, where she blesses us with the exact tools we need to bring our beings into true harmony with the earth and the cosmos. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world. Praise for Sacred Woman "Sacred Woman flings open the gates of understanding the feminine essence. It is the return of the soul force to women."—Jewel Pookrum, MD, PhD (Sunut Arit) "Queen Afua is an extraordinary healer, teacher, mother, and keeper of our legacy. Through Sacred Woman, she has given us the sacred tools we need to live our lives in this new century."—Hazelle Goodman, actress "Sacred Woman offers profound wisdom to all who seek healing and transformation. Queen Afua is a national treasure."—Bob Law, author, radio personality, and vice president of WWRL

Jesus Approaches

One Girl Leader's Guide

What story would Eve have told about picking the apple? Why is Pandora blamed for opening the box? And what about the fate of Cassandra who was blessed with knowing the future but cursed so that no one believed her? What if women had been the storytellers? Elizabeth Lesser believes that if women's voices had been equally heard and respected throughout history, humankind would have followed different hero myths and guiding stories—stories that value caretaking, champion compassion, and elevate communication over vengeance and violence. *Cassandra Speaks* is about the stories we tell and how those stories become the culture. It's about the stories we still blindly cling to, and the ones that cling to us: the origin tales, the guiding myths, the religious parables, the literature and films and fairy tales passed down through the centuries about women and men, power and war, sex and love, and the values we live by. Stories written mostly by men with lessons and laws for all of humanity. We have outgrown so many of them, and still they endure. This book is about what happens when women are the storytellers too—when we speak from our authentic voices, when we flex our values, when we become protagonists in the tales we tell about what it means to be human. Lesser has walked two main paths in her life—the spiritual path and the feminist one—paths that sometimes cross but sometimes feel at cross-purposes. *Cassandra Speaks* is her extraordinary merging of the two. The bestselling author of *Broken Open* and *Marrow*, Lesser is a beloved spiritual writer, as well as a leading feminist thinker. In this book she gives equal voice to the cool water of her meditative self and the fire of her feminist self. With her trademark gifts of both humor and insight, she offers a vision that transcends the either/or ideologies on both sides of the gender debate. Brilliantly structured into three distinct parts, Part One explores how history is carried forward through the stories a culture tells and values, and what we can do to balance the scales. Part Two looks at women and power and expands what it means to be courageous, daring, and strong. And Part Three offers "A Toolbox for Inner Strength." Lesser argues that change in the culture starts with inner change, and that no one—woman or man—is immune to the corrupting influence of power. She provides inner tools to help us be both strong-willed and kind-hearted. *Cassandra Speaks* is a beautifully balanced synthesis of storytelling, memoir, and cultural observation. Women, men and all people will find themselves in the pages of this book, and will come away strengthened, opened, and ready to work together to create a better world for all people.

She-ology

Somewhere deep inside, you know what your gift, purpose, and mission are. Boyd Varty, a lion tracker and life coach, reveals how the wisdom from the ancient art of tracking can teach you how to recognize these essential ingredients in a meaningful life. Know how to navigate, don't worry about the destination, and stay alert. These are just a

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few of the strategies that contribute to both successful lion tracking and a life of fulfillment. When we join Boyd Varty and his two friends tracking lions, we are immersed in the South African bush, and, although we learn some of the skills required for actual tracking, the takeaways are the strategies that can be applied to our everyday lives. Trackers learn how to use all of their senses to read the environment and enter into a state of "greater aliveness." When we learn to find and follow our inner tracks, we learn to see what is deeply important to us. In the same way the trip in the classic Zen and the Art of Motorcycle Maintenance was a vehicle to examine how to live out our values, the story of this one-day adventure—with danger and suspense along the way—uses the ancient art of tracking to convey profound lessons on how to live a purposeful, meaningful life of greater harmony.

Esther

We all yearn to have time for personal needs and creative dreams — after all, this is our life to make the most of. And we all know how hard it is to remember what really matters. With distractions from jobs, aging parents, and children — not to mention women's perennial fear of being labeled "selfish" — following our own desires and dreams can become ever more elusive. The Life Organizer aims to help you shift your focus, augmenting traditional goal setting with the ease that comes from steady inner listening and mindfulness. It will become your trusted companion — and maybe the most important book you'll ever own.

The Lion Tracker's Guide to Life

Sharon Garlough Brown tells the moving story of four strangers as they reluctantly arrive at a retreat center and find themselves drawn out of their separate stories of isolation and struggle and into a collective journey of spiritual practice, mutual support and personal revelation.

The Woman's Comfort Book

What if you could use your natural and intuitive gifts for connecting the dots, connecting with people, and sharing your own journey of transformation to make great money and lasting impact? Retreat and Grow Rich(TM) is a complete business system for entrepreneurs who want to use their RICH skills (right-brained, intuitive, connected, and heart-centered) in a simple and effective business model no big lists, hustle, or hype required. "Darla is a master at creating impactful, profitable retreats that create true transformation for your clients. Her wisdom will inspire you to new heights." -Amy Ahlers, bestselling author of Reform Your Inner Mean Girl "If you've ever thought about hosting a retreat, you're going to want to read

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this book right now! Darla has held nothing back. In-depth information about designing your retreat, making it effective, filling it, and making it profitable--it's all in there, along with answers to crucial questions you probably haven't even thought to ask. Informative and inspiring, this book doesn't stop at the surface level. It also unwraps the inner game and speaks to the heart. Retreat and Grow Rich is the next best thing to having a coach in your pocket!" Cara Stein, founder of 17000 Days and author of How to be Happy (No Fairy Dust or Moonbeams Required) "In a world that is increasingly divided, we need leaders that can guide us to living our highest integrity and potential. That requires living our truth and modeling transformation like never before. Darla does this and leads others to do the same, making it impossible to be around her without experiencing a profound change in yourself. Use this book as your guide to be the change in your own retreats." David Neagle, Master Income Acceleration Mentor and Author Of The Millions Within "I've done workshops for years, but I always felt like something was missing. When I worked with Darla I understood what was missing - the transformation! I was giving great information but I wasn't creating an environment where we could go deeper - the space where lasting change naturally occurs. Following what Darla teaches in this book, I crafted a new retreat that got rave reviews from attendees, and was the easiest I've ever done." Tina Forsyth, Author of The Entrepreneur's Trap

Girl Perfect Study Guide

Based on the evocative and haunting story of her journey from fashion to faith, Jennifer Strickland uses this study guide to shatter the illusion that worldly beauty and success satisfy, leading young women and teens to the powerful, lasting knowledge of who they are in God's sight His beloved daughters, hand-crafted to reflect His glory to the world.

Lazarus Awakening

Why bother reading this book? Because you'll answer the most important question of your life. How do you bother after heartbreak, after professional defeats, after loss, after sidelining your dreams to raise kids or take care of aging parents? How do you move forward when your to-do list is checked off--and you can't find the energy for more? And why does anything you do matter when the world seems in such dire straits? Personal-growth expert Jennifer Loudon faced these questions after a few hellish years that included grief, creative faceplants, and divorce. "Why bother?" she asked herself, as she spun into a good old-fashioned existential crisis. That question dragged her down into meaninglessness--until a scary coincidence jolted her awake. What if she actually tried to answer the question? Jennifer realized "why bother?" is not cynical or ungrateful, but a challenge to open your mind, your heart, and your life. In her latest, most profound book yet, Jennifer guides you as you follow where the

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question leads, as no one wants the alternative--giving up, shutting down, or phoning it in. It's time to reclaim the dignity and beauty of your desires. It's time to get your bother on.

The Woman's Retreat Book

"Advice and practices for supporting family peace, harmony, and connection in daily life from a life-balance coach"--Provided by publisher.

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