

Luna Rossa Capire E Usare I Doni Del Ciclo Mestru

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Consolation for the Tribulations of Israel (Consolaçam Às Tribulaçoens de Israel) - Samuel Usque 1965

Samuel Usque, an exile from the expulsion of the Jews from Spain and Portugal, offers an answer to the question, "Does suffering have any purpose?" Translated from the Portuguese with an Introduction by Martin A. Cohen.

Fernando Pessoa's Modernity Without Frontiers - Mariana Gray de Castro 2013

Eighteen short essays by the most distinguished international scholars examine Pessoa's influences, his dialogues with other writers and artistic movements, and the responses his work has generated worldwide.

The History of Religions - Mircea Eliade 1959

The Wise Wound - Penelope Shuttle 1999

"This study of the facts, fantasies and taboos surrounding menstruation has helped bring about a profound shift in attitudes towards a natural phenomenon that has been reviled and denigrated over the centuries. Thoroughly researched yet highly readable, combining psychology, anthropology and poetry, Shuttle and Redgrove illustrate their theories using examples ranging from The Bible to such modern day pop horrors as vampire movies and the cult film The Exorcist."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

My Brilliant Friend - Elena Ferrante 2018-10-02

Beginning in the 1950s Elena and Lila grow up in Naples, Italy, mirroring two different aspects of their nation.

Ah This! - Osho 2017-11-12

The feeling that it is five minutes to midnight is known to many by now, and is often referred to as the "Doomsday Clock." As the many crises faced by humanity and planet Earth gather and tumble toward an emergency, some have even reduced the time left to two and a half minutes. It is no wonder that we feel increasingly helpless and at a loss what to do. Osho calls Zen not a teaching but an alarm to wake us up, because as individuals we are all deeply asleep, and this sleep has to be shattered. "For centuries, you have been asleep. Sleep has become your nature. You have forgotten what awareness is, what to be awake means." He wants us to wake up...before it is too late. Zen, more than any other religious or spiritual tradition, is relevant to such times as these, when none of our old approaches to solving problems will do. Immediate, urgent, and direct, Zen is not interested in answers or in questions, not interested in teaching at all, because it is not a philosophy. As Osho begins here, by quoting the great Zen master, Diae: "All the teachings of the sages, of the saints, of the masters, have expounded no more than this: they are commentaries on your sudden cry, 'Ah, This!'" In this series of talks, Osho unfolds a selection of classic Zen stories and responds to questions. Along the way, we learn how the tools of Zen can be used to embrace uncertainty, to be at ease with not-knowing, to act decisively and with clarity and awareness. To "get woke," in other words, so that we can use each moment between now and midnight for transformation.

Living with a Menstrual Teenager in Anxious Times - Miranda Gray 2020-06-16

It can be hard enough living with a teenager with a menstrual cycle under normal circumstances, but with worldwide insecurity, financial meltdowns, global pandemics, pending environmental catastrophe, civil unrest, increasing international isolation, and rapidly changing technology, social relations and regulations,

things can be even more challenging for both Mother and Daughter to understand each other and to meet each other's needs. With two menstrual cycles living under the same roof it's not surprising that emotions run high, and that there is misinterpretation and misunderstanding. Living together in close proximity, small misunderstandings have the potential to become major disputes that affect the wellbeing of the whole family. Many Mothers feel the need for a guide to understand the menstrual cycle of their teenage Daughters, and in that understanding to also recognise how their own cycle affects them and impacts on their Daughter. This process is not a science - there is no instruction manual for you as a Cyclic Woman or for your Daughter, instead you need to view things in the light of caring and loving exploration and discovery. If you can understand how your Daughter is feeling then you can change your approach to be more empathic and more flexible, which will not only create more positive responses from her but also allow you to meet your needs as well as hers without confrontation. This book will help you to navigate the challenges and build a closer and more harmonious relationship and living environment. Understand your own cycle and your teenager's cycle better. Make things easier for both you and her. Know when and what to do, and what not to do. Create a flexible and adaptive cyclic relationship. The outcome is a simple and heartfelt desire: To manage the complexities of the menstrual cycle in the modern environment with your teenager in the most harmonious way possible, meeting her needs as well as your own. If you see your current situation as an opportunity to explore who you are and to observe your Daughter as she expresses herself in the world then you can deepen your relationship with your Daughter, with her cyclic femininity and with your own cyclic nature. Then you can both approach the personal and global challenges in harmony and step out into the world feeling strong and empowered and with a better understanding of who you are and what you can do together. Miranda Gray is a best-selling author of ground-breaking books on the menstrual cycle published in multiple languages. She is also the originator of the Worldwide Womb Blessing.

Her Blood is Gold - Lara Owen 1993

Ancient reverence for the mystery and magic of menstruation has been replaced by silence, ignorance, and PMS jokes. Breaking the silence of the menstruation taboo, here is a pioneering and liberating exploration of the "M" in PMS. The powerful stories of three very different women help women recognize the power of their periods.

Shamanism As a Spiritual Practice for Daily Life - Tom Cowan 2014-06-11

This inspirational book blends elements of shamanism with inherited traditions and contemporary religious commitments. Drawing on shamanic practices from the world over, SHAMANISM AS A SPIRITUAL PRACTICE FOR DAILY LIFE addresses the needs of contemporary people who yearn to deepen their own innate mystical sensibilities. This inspirational book shows how to develop a personal spiritual practice by blending elements of shamanism with inherited traditions and current religious commitments. Contents include: The central role of power animals and spirit teachers. Visionary techniques for exploring the extraordinary in everyday life. Elements of childhood spirituality including songs, secret hiding places, power spots, and imaginary power figures. A journey to an ancestral shaman to recover lost knowledge.

Cave and Cosmos - Michael Harner 2013-04-09

In 1980, Michael Harner blazed the trail for the worldwide revival of shamanism with his seminal classic *The Way of the Shaman*. In this long-awaited sequel, he provides new evidence of the reality of heavens.

Drawing from a lifetime of personal shamanic experiences and more than 2,500 reports of Westerners' experiences during shamanic ascension, Harner highlights the striking similarities between their discoveries, indicating that the heavens and spirits they've encountered do indeed exist. He also provides instructions on his innovative core-shamanism techniques, so that readers too can ascend to heavenly realms, seek spirit teachers, and return later at will for additional healing and advice. Written by the leading authority on shamanism, *Cave and Cosmos* is a must-read not only for those interested in shamanism, but also for those interested in spirituality, comparative religion, near-death experiences, healing, consciousness, anthropology, and the nature of reality. Praise for Michael Harner and *The Way of the Shaman* "What Yogananda did for Hinduism and D. T. Suzuki did for Zen, Michael Harner has done for shamanism—namely, bring the tradition and its richness to Western awareness." —from *Higher Wisdom*, by Roger Walsh and Charles S. Grob "Wonderful, fascinating.... Harner really knows what he's talking about." —Carlos Castaneda, best-selling author of *The Teachings of Don Juan* and *The Active Side of Infinity* "An intimate and practical guide to the art of shamanic healing and the technology of the sacred. Michael Harner is not just an anthropologist who has studied shamanism; he is an authentic white shaman." —Stanislav Grof, author of *The Adventure of Self-Discovery* "Harner has impeccable credentials, both as an academic and as a practicing shaman. Without doubt (since the recent death of Mircea Eliade) the world's leading authority on shamanism." —Nevill Drury, author of *The Elements of Shamanism* "Michael Harner is a great shaman. He also proves that a person can be both a scientist and a shaman." —Bo Bair Rinchinov, Siberian Buryat shaman

[Moon Time](#) - Lucy H. Pearce 2015

Moon Time shares a fully embodied understanding of your menstrual cycle. Full of practical insight, empowering resources, creative activities and passion, this book will put you back in touch with your body's wisdom. . Learn to live in flow with your female body . Find balance in your life and work through charting your cycle . Heal PMS naturally . Connect to your innate creativity . Create a red tent or moon lodge Whether you are coming off the Pill, wanting to understand your fertility, struggling with PMS, healing from womb issues, are coming back to your cycles after childbirth ... or just want a deeper understanding of your body. *Moon Time* is for you. With over 45 pages of additional material including: . Fertility charting . Creating ceremonies: menarche, mother blessing, menopause Moon phases . Expanded and fully-updated resource section.

[The Merlin Tarot](#) - R. J. Stewart 2003

Issued in a chunky slipcase, *The Merlin Tarot* takes you back to a time of legend, fantasy and enchantment. Based on the mythology of Merlin, this pack includes an illustrated Tarot deck, drawn directly from authentic 12th-century sources, an accompanying handbook and a hardback journal so you can keep a record of all your readings.

[Living with a Woman in Lockdown](#) - Miranda Gray 2020-04-08

A practical guide to living with a woman and surviving lockdown with her: why she does what she does, what you should do, what not to do - and how to get a 'Yes!' Most men want an instruction manual for living with a woman. With the social distancing and isolation requirements imposed by the current global situation, men are having to live 24/7 in close proximity with their partners. Now more than ever men need help and a simple practical guide on: *how to live with a woman* what to do, what not to do and when *why she has a cycle of changing her mind and her needs* how to get things right and become the 'most amazing partner a woman could ever want' *how to get positive responses to your requests* how to understand her cycle of sexual energies and desires *when to give her space and when to be with her* how to handle the pre-menstrual phase. This book not only helps you to survive lockdown isolation, but it also guides you in creating a positive and collaborative relationship that supports both you and your partner through the challenges of this crisis. International author and women's teacher Miranda Gray uncovers the secrets of living with a woman in this urgently needed and important book.

[The Vagina Bible](#) - Dr. Jen Gunter 2019-08-27

Instant New York Times, USA Today, and Publishers Weekly bestseller! Boston Globe bestseller #1 Canadian Bestseller OB/GYN, The New York Times columnist, host of the show *Jensplaining*, and internationally bestselling author Dr. Jen Gunter now delivers the definitive book on vaginal health,

answering the questions you've always had but were afraid to ask—or couldn't find the right answers to. She has been called Twitter's resident gynecologist, the Internet's OB/GYN, and one of the fiercest advocates for women's health...and she's here to give you the straight talk on the topics she knows best. Does eating sugar cause yeast infections? Does pubic hair have a function? Should you have a vulvovaginal care regimen? Will your vagina shrivel up if you go without sex? What's the truth about the HPV vaccine? So many important questions, so much convincing, confusing, contradictory misinformation! In this age of click bait, pseudoscience, and celebrity-endorsed products, it's easy to be overwhelmed—whether it's websites, advice from well-meaning friends, uneducated partners, and even healthcare providers. So how do you separate facts from fiction? OB-GYN Jen Gunter, an expert on women's health—and the internet's most popular go-to doc—comes to the rescue with a book that debunks the myths and educates and empowers women. From reproductive health to the impact of antibiotics and probiotics, and the latest trends, including vaginal steaming, vaginal marijuana products, and jade eggs, Gunter takes us on a factual, fun-filled journey. Discover the truth about: • The vaginal microbiome • Genital hygiene, lubricants, and hormone myths and fallacies • How diet impacts vaginal health • Stem cells and the vagina • Cosmetic vaginal surgery • What changes to expect during pregnancy and after childbirth • What changes to expect through menopause • How medicine fails women by dismissing symptoms Plus: • Thongs vs. lace: the best underwear for vaginal health • How to select a tampon • The full glory of the clitoris and the myth of the G Spot . . . And so much more. Whether you're a twenty-six-year-old worried that her labia are "uncool" or a sixty-six-year-old dealing with painful sex, this comprehensive guide is sure to become a lifelong trusted resource.

[Manichaeism](#) - Michel Tardieu 2008

Good and evil, light and darkness; for the first time in English, a potent survey of Manichaeism

[Puberty Girl](#) - Shushann Movsessian 2004-10-01

Frankly discusses the physical and social changes that occur when a girl goes through puberty, and offers suggestions on how to deal with them.

[Manuale d'amore](#) - Barbara Majnoni 2022-08-29

L'amore è un meraviglioso viaggio nella nostra interiorità. Costruire una relazione sincera, solidale e indistruttibile è un'arte. L'incastro è difficilissimo, perché durante la crescita subentrano disagi, meccanismi di difesa individuali, dinamiche malsane, criticità di coppia. Il manuale propone tematiche utili per la nostra vita: come riconoscere i nostri bisogni infantili negati, liberarci da ricatti emotivi, sensi di colpa, ciascuno per proprio conto, poi nella relazione con l'altro. Vuole fare capire come nei rapporti ci si ammala e si guarisce dalle ferite che non fanno amare. L'attrazione con quel dato partner serve proprio a riaprirle. Non è un caso se nasce. Offre proprio la possibilità di ricucirle, per fare uno scatto evolutivo in avanti. Se si segue il proprio sentire, o meglio l'autenticità, e si fanno propri i principi dell'amore, si raggiunge la libertà. Chi legge è portato step by step alla conquista del punto d'intesa perché solo allora il cuore batte allo stesso ritmo di quello del partner e il cervello accende il sentimento dell'empatia. Come scrive Pablo Neruda: "Nascere non basta. È per rinascere che siamo nati. Ogni giorno".

Luna rossa. Capire e usare i doni del ciclo mestruale - Miranda Gray 2020

The Optimized Woman - Miranda Gray 2016-12-09

If you want to get ahead, get a cycle. The menstrual cycle consists of Optimum Times - days of heightened performance skills and abilities. When we 'match the task to the time' we have the opportunity to excel beyond our expectations. We can achieve goals and success more easily, get ahead in the workplace, and enhance our feelings of fulfilment. In *The Optimized Woman*, Miranda Gray presents a flexible plan of practical daily actions for self-development, goal achievement and work enhancement, aligned to the phases of the menstrual cycle. This book will totally change how women think about their cycles. It will change how they live their lives, achieve their goals, plan their work and careers, and create happiness and well being. The reader will be amazed that this is the one self-development method that they can apply month after month without losing the commitment and motivation to achieve their dreams, and bring fulfilment and success.

The Scent of the Moon - Selene Calloni Williams 2016-07-18T13:35:00+02:00

Kazimir, Svetlana and Anastasia are real characters. They live in a very remote part of the Siberian steppe. Kazimir is a white shaman with extraordinary power, a healer whose fame has reached as far as Kazakhstan, Mongolia and Moscow. Svetlana is a black shaman, able to travel through the underworld, the realm of the invisible, of ancestors, of dreams, of the soul, and take others with her, on extraordinary shamanic voyages. Anastasiya, Svetlana's niece, is one of the very few shamans in the world who masters the art of both white and black shamanism. By whoever knows her, or even just heard of her, she is considered a reincarnation of the Princess of Altay. Selene Calloni Williams and her son Michelangelo have met these three shamans by chance during one of their extraordinary research trips, while attempting to reach the burial site of the Princess of Altay. To gain the three shamans' trust, Selene and Michelangelo have visited them on several occasions since, even in winter when the steppe is freezes at minus 40 degrees. One day, Svetlana decided to entrust them with a "tale of power". A "tale of power" has the ability of communicating images containing new possibilities of thought and action. In this world everything is imagination and nothing which hasn't been imagined before can happen. For example, how could the first man have hunted the first mammoth, or the first tyrannosaurus have devoured the first velociraptor, if within instinct the image of hunt hadn't existed? In order for behaviour to exist there always must be a guiding image. These are the images which the ancients addressed as gods and which psychoanalysts define as archetypes: the original forms of all experiences. Shamans are able to converse with gods. They are bards, storytellers, they know tales able to bring images into existence, create possibilities which were previously unexplored, and thus can solve otherwise insurmountable problems. These are not just any stories; they're "tales of power". This book tells the story of the passionate love which bonds a boy and a girl, an old man and an old woman, tells of eagles and underworlds, describes the "shamanic journey" and the triumph of love over fear and death. It is not just any story; it shares active secrets, treasures, like magic diamonds which enter the body between one page and the other, between an adventure and the other. This book can be read at the blink of an eye, the same blink with which the great spirit of the Black Eagle, the lord of the dead, will carry you down to the underworld, to then take you back, changed forever, to your life: it's magic, it's poetry.

The Wonder Down Under - Nina Brochmann 2018-03-08

'The Wonder Down Under is set to do for the vagina what Guilia Enders' Gut did for our digestive system a few years ago.' - Stylist 'This new guide should be on every woman's shelf' - Emerald Street 'A vital publication - it deserves to be a hit' - The Press Association 'Tells you everything you need to know' - Fabulous The Wonder Down Under explains everything you ever wanted to know about the vagina but didn't dare ask. Learn the truth about the clitoris' inner life, the menstrual hormone dance and whether the vaginal orgasm really exists. The book helps you understand how different types of contraception work in the body, what a "normal" vulva looks like and how wearing socks can change your sex life. Medical students and sex educators Nina Brochmann and Ellen Støkken Dahl draw on their medical expertise to bring vagina enlightenment to the world. Their no-nonsense approach, written with great humour, makes this a must-read for women (and men!) of all ages. Say goodbye to the myths and misconceptions surrounding female anatomy, this is a timely and empowering book that will inspire women to make informed choices about their sexual health. Listen to Nina and Ellen on BBC Radio 4's Woman's Hour here: bbc.in/2D3Svjh Or watch their myth-busting TED talk 'The virginity fraud':

www.ted.com/talks/nina_dolvik_brochmann_and_ellen_stokken_dahl_the_virginity_fraud
Gemmotherapy, and the Scientific Foundations of a Modern Meristemotherapy - Marcello Nicoletti 2020-08-27

This book reports on the current state of meristemotherapy (also called gemmotherapy or budtherapy) and its possible future directions. Meristemotherapy focuses on the growth of plants, and is based on analytical studies, pre-clinic research, clinical trials and activity tests. The book investigates the determination of preparation methods, collateral effects, posology, and administration methods.

The Beginner's Guide to Wicca - Kirsten Riddle 2014-09-11

A compendium of Wiccan knowledge, ideal for the novice witch. The Beginner's Guide to Wicca is the essential companion for anyone new to the ancient practice of magic. Whether by necessity or choice, many witches start out on their spiritual journey alone. Kirsten Riddle provides the solitary witch with a friendly,

straightforward introduction to witchcraft, filled with practical tips for incorporating the Wiccan way into every aspect of your daily life. Kirsten dispels common misconceptions, explains the peaceful ethos of this nature-based spiritual practice, and provides a quick and easy quiz that allows you to discover your Wiccan strengths. Chapters cover topics such as herbal, moon, and kitchen magic, and include simple spells and rituals using everyday objects and household items. Kirsten's easy-to-follow, modern spells can be used to boost your creativity, improve your health, and revive your love life. With *The Beginner's Guide to Wicca* you will discover how to tap into the powerful energy of the natural world and take your first steps on the Wiccan path.

Il mago quantico - Gaia Shamanel 2018-10-23

Il Mago Quantico è colui che possiede l'antica sapienza magica, potenziata dalle scoperte della Fisica Quantistica. In questo manuale di Magia avanzata, riceverai la tua iniziazione e apprendrai sette rituali superiori, riservati solo agli iniziati. Dopo il bestseller *Magia Quantica*, ecco il tanto atteso manuale di Alta Magia avanzata. In quest'epoca di Risveglio, la conoscenza segreta delle società iniziatiche può ora essere divulgata. Al contempo, la rivoluzione scientifica della Fisica Quantistica ha portato a una straordinaria scoperta: la Magia esiste davvero, e funziona. L'antica sapienza esoterica, unita alle consapevolezze della scienza, ha dato vita alla Magia Quantica. In questo affascinante percorso, apprendrai come diventare tu stesso un Mago Quantico di livello avanzato. Riceverai l'iniziazione e apprendrai sette rituali superiori, riservati agli iniziati, coi quali potrai: fare viaggi astrali ed esperienze fuori dal corpo, incontrare la Sorgente di Amore Universale, creare serbatoi di energia e scudi di protezione, realizzare desideri col tuo Sé Superiore, eseguire esorcismi, guarire energeticamente la Madre Terra. Aprirai il tuo Terzo Occhio e svilupperai il tuo grande potere magico interiore.

The Holy Land - Alda Merini 2002

For Merini, it seems, the Holy Land is not the Promised Land of Canaan, but the forty years spent getting there, coming to terms with the terrifying atrocities of hell, the mystical ecstasies of paradise, and the "intense pain...of plunging back into the banality of daily living." Merini's wandering may be understood as the poet's search for the obscure laws which govern her visions, metamorphoses, and creations."--BOOK JACKET.

Female Energy Awakening - Miranda Gray 2016

Lo spazio della doula - Brenda Benaglia 2022-05-10T00:00:00+02:00

La doula è una figura che offre supporto emotivo e accudimento pratico alle madri, ma non è un'ostetrica e nemmeno una psicologa. Lo spazio della doula offre una cartografia nazionale di un fenomeno sociale in emersione. Muovendo dall'osservazione etnografica e dall'ascolto delle voci di decine di doule e madri, Brenda Benaglia allarga lo sguardo al rapporto fra donne, corpi, cura e società nell'Italia contemporanea. Quali bisogni accoglie la doula? Quali vuoti personali, familiari, sociali e istituzionali denuncia? Quali solitudini? Il volume restituisce un panorama in cui risuona l'eredità femminista che ha teorizzato il valore della parola, del rispecchiamento fra donne, delle pratiche di condivisione simbolica e materiale, dell'importanza di pronunciare i propri bisogni e di riconoscere le proprie vulnerabilità. Oggi, l'esistenza stessa della doula tradisce tutta l'ambivalenza tipica della più audace contemporaneità occidentale in cui i confini fra individualità e individualismo, responsabilità e colpa, autodeterminazione e solitudine sono sempre più sfumati.

Amorgos - Nikos Gkatsos 1998

Gatsos's profoundly mysterious and magnetic poem, translated into English by Sally Purcell.

The Arthurian Tarot - Caitlin Matthews 2007

Looking for Mary Magdalene - Anna Fedele 2013

Anne Fedele provides a detailed ethnography of alternative pilgrimages to Catholic shrines in contemporary France that are dedicated to Saint Mary Magdalene or house black Madonna statues. Based on more than three years of fieldwork it describes the way in which pilgrims with a Christian background from Italy, Spain, Britain and the United States interpret Catholic figures, symbols and sites according to spiritual theories and practices derived from the transnational Neopagan movement.

Sesso sacro - Roberta Rio 2015-07-24T00:00:00+02:00

I cambiamenti in atto in questo periodo storico ci chiedono di riscoprire alcune nostre capacità perse o dimenticate. Per fare questo vengono qui proposte due grandi vie: la conoscenza di una parte della vera storia dell'umanità e il ritorno a un ruolo fondamentale del corpo, con un uso puro e sacro della sessualità. La separazione tra corpo e mente che stiamo vivendo e l'idea che la mente sia superiore al corpo ci stanno conducendo su una strada illusoria e poco umana. Farci rendere conto di questo è lo scopo del libro di Roberta Rio: un nuovo approccio alla sessualità, più naturale ed equilibrato, ci sottrarrà dalla fantasia deformante della mente per portarci alla più vera dimensione del corpo e della materia.

Illuminatus! - Robert Shea 1977

Luna rossa. Capire e usare i doni del ciclo mestruale - Miranda Gray 2011

A un passo dalla felicità. Ritrovare la gioia nei momenti di crisi - Olga Chiaia 2011

Red Moon - M.a. Grant 2013-08-01

Dark, moving and original, a story of family, survival, and getting on with life... Flynn Sinclair understands pack loyalty – for years as his Alpha father's enforcer, he has done things in the name of duty that he can't ever forget. But the vast expanse of Alaska offers him a peace he's never known. Alone, removed from pack life, he can focus on his research and try to forget his life before. But duty has a way of inviting itself in, and Flynn finds himself doing two reckless things in one week: leaving the safety of Alaska to save his brother Connor's life, and unwittingly falling in love with Evie Thompson, a woman who doesn't deserve to be drawn into his terrifying world. Connor carries news of their father's descent into madness, and it looks like neither geography nor Flynn's attempts at disengagement will put off a confrontation. Flynn had finally begun to believe that he might deserve something good in his life – something like Evie – but to move forward in the light, he must first reconcile with the dark.

Pushing the Limits - Katie McGarry 2013-04-30

Rendered a subject of gossip after a traumatic night that left her with terrible scars on her arms, Echo is dumped by her boyfriend and bonds with bad-boy Noah, whose tough attitude hides an understanding nature and difficult secrets.

How to Save Money 89 Saving Money Made Easy Tips - Miranda Grey 2014-02

If you realize that you are overspending resulting in a depletion of your savings account, it's time to keep your spending in check. It takes a lot of discipline to stick to your financial plan. However, keeping to a financial goal is not that difficult if you start with the basics. Fortunately, there are effective strategies you can adopt to make sure you follow through on your good financial intentions. Miranda Grey examines these strategies such as being specific in her book "How to Save Money." Be specific about what you want to achieve out of your financial plan. Decide how much you should save each month or how you should pay off your credit card debt. For example, specifying \$200 as the sum you should save each month will help you to visualize and reach that target instead of simply saying 'I'd like to save some money per month.' Likewise the motto 'Cut down on grooming expenses' sounds vague and less concrete. How about turning it to 'Spend no more than \$100 each month on grooming'? This puts your goal into perspective. Grab your copy of How to Save Money!

Where do we come from - Ernst Muldashev 2012-08-08

The sensational findings of a himalayan expedition.Unlocking the Secrets of the Himalayas.

Honey Therapy - Miranda Grey 2014-07-01

Beauty lies in the eye of the beholder, every woman wants to be admired. If being gorgeous is your dream, then honey should be your companion.

Max Drago - Arianna Ruffinengo 2017-12-04

Want to learn to do something new?To overcome thoughts such as "I'm not capable" or "I'll never manage"?To find a pleasurable way to reach new heights of excellence? With a good method, you can learn practically anything you want and have fun in the process!Lose yourself in the story of Max Dragon and prepare to Fly Beyond your mind's limiting beliefs.Discover dragons that love to throw sheep in the air, singe their wool and send them into raptures! Above all, find out how you can embrace your full potential!