

# Plain Living A Quaker Path To Simplicity

NEW AGE | VISIONARY FICTION | ALLEGORY | INSPIRATIONAL | SPIRIT.

Tormented by the never-ending voices of his inner critic and the 'thought storms' in his mind, a disheartened man travels West on the brink of despair, stopping overnight in a small Nebraska prairie town, where he experiences a surprising inner awakening...Through this allegory, discover and explore a key tool of self-awareness --'The Watcher' (witness consciousness)-- for finding peace on your own inner journey and spiritual path. Inspired by the profound wisdom of Michael Singer's The Untethered Soul, the author here shares the process of one person's internal struggle to understand--and escape from--the incessant voices of their inner self-critic. Then --moving well beyond the entry point of self-criticism--this simple story delves deeply to explore the very nature of thinking and emotions themselves and our relationship to them as human beings. What is real? What is illusion? Who ARE you? Is it possible to be freed from the "thought maze" that typically entangles a person in their everyday life? Through the protagonist's journey the larger picture of personal identity and its relationship to thoughts and feelings is revealed, as he unknowingly discovers a key tool of self-awareness that the reader will also be able take away for everyday use on their own spiritual path. This transformation evolves over the course of only 24 hours...yet magically, time stretches as the mind of the main character opens and his

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heart begins to truly flow for the first time. This New Age work falls into the more recently developing genre of Metaphysical & Visionary Fiction. Like James Redfield's *The Celestine Prophecy* and Paulo Coelho's *The Alchemist*, the subtle--yet powerful--unfolding of this allegorical journey will both captivate and inspire you! You know from experience that when you change your perspective on something that troubles you, it can sometimes quickly change how you feel and improve the way you deal with your challenges. This small book explains how to change your perspective deliberately and reliably, which will make you feel good more often and get more of your goals accomplished.

"A wondrous, sparkling fusion of wisdom and insight." - Patricia Santhuff What do the wonderful myths of ancient Greece, the beautiful stories in the Bible and Qur'an, and all the sacred stories from traditions around the world, have in common? They open our hearts to wonder, mystery, passion, and joy. I know, on the outside these stories seem very different, confusing, conflicting, and often violent and divisive. But when read symbolically and internally, they are all telling the same story. They show us the path of spiritual awakening and enlightenment. Sometimes the story is called "Returning to the Promised Land." Sometimes it's called "Seeking the Holy Grail." Sometimes it's called "Persephone's Return to Olympus." But whatever it's called, the inner meaning and purpose is always the same. The stories are all a call to awaken, to live passionately and consciously, and to enter the door that leads to enlightenment and communion with

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the divine. The door is always open. The light is always ready to receive us. But we have to learn how to tread the path! Fortunately, that's what all the sacred stories are really about. THE DOOR IS OPEN uncovers the 7 Universal Steps that are found within the symbols and allegories of all great mythology and scripture. Each chapter ends with a series of practical and enjoyable spiritual exercises and activities. You can do this work on your own, or together with a group. It could be a church or synagogue group, a book club, a classroom, or any group of friends who want to get together and expand their spiritual horizons.

Simplicity Lessons is a practical guide for those who long for a slower pace of life with more time for relationships, fulfilling work, and living ones dreams. Working on your own or as part of a simplicity study group, you will explore the major a Life is wonderful. Not everybody would agree with this statement. Every person experiences life in different ways. There are the good experiences and the not so good experiences that a person goes through in one's life. Such experiences could lead a person to suffer a physical wound in one's life. These same experiences, and others, could also lead the person to suffer spiritual wounds in his life. Wounds which distance us from the love of God also distance us from loving our neighbour. This book will take you through this journey. A journey of exploring the spiritual wounds one could suffer in one's life. Spiritual wounds which could be buried deep in one's inner self, making it difficult for the individual to love one's neighbour and to be a person of mercy. These

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spiritual wounds often hinder us from having a personal relationship with Jesus. 'Heal my Wounds' is the cry of every suffering person. In this book we shall also see how Jesus is the healer of our wounds.

Confused by conflicting exercise and nutrition "information?" Frustrated by too many sizes in your closet? Determined to "not quit this time" - but not sure how? Go Forward: 28 Days to Eat, Move, and Enjoy Life God's Way will help you understand what God's Word teaches about exercise, nutrition, stress management, sleep, and other health topics. But understanding what to do is only the first step. Through this book you will also begin the second step: practicing how to make a habit for a lifetime. Broken into topical sections, you are encouraged to learn at your own pace and areas of interest. Scripture study is central to growing in your health, so several references and ample space is provided to write what God teaches you. Whether you are starting your health journey for the first time or the fiftieth time, you will find your footing here. If you are ready for the health and energy you need to accomplish your God-given dreams, if you want to find your unique path and fulfill your potential, then it is time to Go Forward!

"While widely known and admired, Quakers are too often known only superficially. The A to Z of the Friends (Quakers) clears up these superficialities by digging deeper into the Society's past and present. The dictionary's numerous cross-referenced entries describe its origins and history, its current situation in many different countries, basic concepts and practices, and views on important contemporary issues, as well as

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leading figures and founders. The chronology shows the Society's progression over time, and the bibliography points the way to further reading."--BOOK JACKET.

In *Practicing Peace*, Catherine Whitmire introduces the Quaker tradition of peacemaking and applies it to everyday situations. From practicing peace at home to actively pursuing nonviolence in the world around us, she affirms that peace is practical, desirable, and attainable for spiritual seekers of all religious traditions. This elaborate book explores Quakerism, its legacy, and its relevance for Gandhian research. The topics covered here include the historical circumstances, conditions, and thought that led to the birth of Quakerism; the seeds and history of the movement; the themes, principles, and practices of the sect; and the aid, change, reform, and conciliation efforts Quakers made to make people, communities, and nations more tolerant, problem-free, and united. As such, the book will appeal to scholars, planners, policy-makers, and practitioners concerned with the boundaries of liberties, freedoms, pacifism, peace, and justice across people, communities, and nations.

Discover the wonder of a life with God you can't contain. The pages of scripture are full of ordinary people who walked with God as he poured himself out through them to a world in need. What if God never changed? What if he is still speaking to us and longing to work miraculously through us? What if it isn't a matter of more training or effort but simply receiving and releasing everything he already purchased? "Life in the Overflow" invites you to know God intimately as your Daddy in a way that spills out of

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you naturally. Filled with disarming honesty and fervent expectation, this book mirrors a reflection of who you are, who your God is and what he actually longs to do through "ordinary, messy kids" today!

Victoria Rose, a 35 year old lawyer realizes she has her career all wrong. Driven to succeed whatever it costs, her actions finally catch up with her one unforgettable Monday. Forced to face the reality of her own life she embarks upon a unique spiritual journey. It's here where she discovers herself and learns how to transform her career and life into one she loves! An inspiring and transformational story which addresses the issues professional women face today. Am I in the right career? Do I stay or do I go? If so, what to? How to discover your life purpose and turn it into your ideal career. Love what you do with a passion and be excited to jump out of bed every Monday morning! You will learn the 5 steps to create a career and life you love using: THE SHINE TECHNIQUE(tm) 1. Simplify your life & lighten up 2. How to get out of your own way to achieve career success 3. Ignite positive change into your career & life NOW 4. New path & a new YOU! 5. Establish your recipe for success! Jacqueline Pigdon, The LOVE MONDAYS Expert, is an Australian rowing champion, spiritual life and career coach, author, and award winning entrepreneur! Beginning her career in corporate IT and as an elite sports person she knows firsthand how to achieve goals and make a successful and fulfilling career transition. Jacqueline has dedicated her life to helping other women all around the world do the same to create a career and life they love! If you would like

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to work with Jacqueline or join one of her exclusive Love Mondays Now Coaching Programs simply visit her website at [www.lovemondaysnow.com](http://www.lovemondaysnow.com)

Environmentalists worry about too much carbon dioxide, but what's too little? What if global financiers manipulated the global warming crisis to gain control over humanity's resources, freedoms, and population? What if someone with the financial and technical abilities decided mankind was a virus and used carbon dioxide trapping technology to plunge population levels by crashing life-essential CO<sub>2</sub> to new lows? These are questions Anna Picard must face in *The Carbon Trap*, the first book in *The Carbon Series*. At the height of the global warming crisis, the United Nations attempts to control all carbon emissions, and authorizes a series of programs it deems necessary to save humanity. A progressive US government enthusiastically endorses the UN Carbon Trapping program, and to help pay for it, will impose carbon taxes, draconian regulations, and... it will secretly sell Alaska. Anna Picard is an amoral fixer, an employee of Agenda 21 member and global financier Alexis Swanson had trained to help recruit his corporate army and neutralize his enemies. It is her job to unleash a global hacker network to help destroy the carbon based industries and funnel insider-trading profits to Swanson. One of her recruits is Dr. Sven Johansson, a brilliant geneticist and President of Snath Biotechnology, who designs life forms to trap CO<sub>2</sub>. But Sven has more ambitious plans. At a UN conference in the Maldives held to impose draconian carbon regulations, not everyone is happy, some industrial executives realize

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data has been falsified. To protect her scheme, Anna frames one of the execs for murder. Her plans are complicated when she falls in love with Dr. Pete Heyward, the son of the man she framed for murder. Pete is a US Marine amputee who sees past her malevolent deeds and tries to rejuvenate the morality of her youth. After a series of genetically modified carbon trapping life forms is unleashed upon the Earth, Anna must confront the evils she helped unleash, and prevent an even bigger disaster from unfolding that would destroy most life on Earth. This is a high-tech ecological thriller that takes the reader from the Maldives, to the French Riviera, and the heartland of Texas. It introduces cutting edge technologies and concepts, used for the first time in a novel, that reveal striking implications for society.

"At the heart of the Christian message is God Himself waiting for His redeemed children to push in to conscious awareness of His Presence." - A.W. Tozer David was a man after God's own heart. He slew Goliath, ruled Israel and wrote such inspiring scriptures as Psalm 139. Yet David had an affair with Bathsheba, breaking multiple commandments including having Bathsheba's husband murdered. How can we guard our walk and prevent catastrophic mistakes like those that David made? How can we lead a life that bears the fruit of an effective faith? God's Word realistically portrays authentic people of faith. Their true stories are preserved for us as teachable moments. Are we listening? Before God's Face takes a practical approach drawing from Biblical stories and modern parallels to help us draw near to God as we learn the simple

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spiritual discipline of coram Deo - living in God's presence. Blessed are those who have learned to acclaim you, who walk in the light of your presence, Lord.(Psalm 89:15)  
This masterful six-volume encyclopedia provides comprehensive, global coverage of religion, emphasizing larger religious communities without neglecting the world's smaller religious outposts. • Coverage of the religions of more than 240 countries, including all of the larger religious communities, denominations, and sects • Detailed statistical information on the major religious communities in each country • 100+ entries on famous and important religious sites and places of pilgrimage • Biographies of the 100 most influential religious leaders in history • More than 150 photographs, plus maps and illustrations for each nation • A bibliography for each entry

A Generous Presence is a collection of story-driven essays about the philosophy, tools, and work of coaching that is designed to support all spiritual leaders in deepening and enriching their personal and professional relationships. By practicing the coaching tools Rochelle Melander offers, spiritual leaders will be better equipped to guide those they work with toward accepting the past, creating a life vision, and setting goals for the future. Additionally, the tools provided in this book will help leaders understand themselves and enable them to strengthen their definitions for healthy living, raise their awareness about their own life and relationship skills, and improve their skills in relating to individuals and groups.

Integrating the findings of modern psychology and traditional Christian spirituality, this

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book presents a spirituality of gratitude that can guide contemporary Christians in living with an expanded awareness of how grace abounds everywhere, as well as the personal and cultural hurdles that stand in the way of being grateful.

Judith's marriage to Adam is failing fast. Despite her best efforts, his attention is entirely taken up by his law practice while her existence-if he remembers it-is merely something to criticize. Thankfully, Judith has an antique shop and her best friend and business partner, Susan, to keep her focused on the good things in life. Tired of being overlooked and undervalued, Judith decides to leave her husband and reconnect with herself as a single woman rather than as Adam's wife. Soon, Judith's world expands to include a support group of women also facing divorce. Slowly learning to extend to herself the same compassion she offers her friends, Judith begins to rediscover her own value as a person and as a woman. And her efforts don't go unnoticed. While Judith rebuilds her life, with the encouragement of her growing circle of friends, a secret admirer starts leaving thoughtful gifts on her doorstep-which she begins to hope will lead to a face-to-face meeting. A celebration of friendship and love, where every character counts, "The Things That Fall Away" is an insightful story that brings to light the beauty of everyday things and the wonder of being truly cherished.

If God has promised to give us the "peace that passes understanding," why do we sometimes feel so anxious? What are we so afraid of? Are there ways of living that lead to peace? Conversely, are there ways of thinking and acting that lead to anxiety and a conflicted life? How does Jesus embody peace and where did his peace come from? Finding the Peace God Promises sets our longings for peace beside God's promise to provide it. Exploring the stories that shape us, the memories that define us, and the relationships that connect us, bestselling

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author Ann Spangler looks for ways to help us become more peaceful. What can we learn from Scripture, from Jewish tradition, from the Amish and others about rest, simplicity, healing, and peace? The stories she shares and the answers she discovers may surprise you, enabling you to experience the transformative peace God wants you to have.

Personal account of how a traumatic injury brought the author closer to God.

God is always talking to us: we cannot be separated from Him. These are only two of the meaningful revelations Tony Arnold shares with us in this remarkable book. What follows is a remarkable dialogue between Tony and God: a dialogue about the creative powers of humans, our oneness with God, Heaven on earth, and love. As God leads Tony to new knowings and better ways of living, the reader is drawn along on a meaningful journey of discovery and letting go - letting go of fear and judgment in favor of peace and wisdom. There is wisdom here for every reader - for those who are lost and scared, for those searching for the meaning of life, and for those who simply want to be closer to God.

The life force, also known as “spirit,” is the essence of being and the conscious and most important form of energy. Living energy is personal and within our conscious control, and by learning about it, we can use it to transform our life into vibrant and meaningful expressions of who we really are. Consciousness is purely energetic and therefore difficult to quantify in mechanistic terms. It is the characteristic of living energy and is the foundation of awareness. Consciousness is the thread running through all life. Living Energy is an introduction to the process of mystic spirituality. The reader is encouraged to attain a deep and meaningful connection to the divine with expanded awareness. The principles given in this book are equally relevant to the novice and the advanced practitioner. Robert explains how we may

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reveal our hidden potential by shifting our perception away from what is customary and comfortable to open the doors to greater spiritual awareness.

Upton Sinclair, one of America's foremost and most prolific authors, addresses the cultivation of the mind and the body in this 1922 volume. Sinclair's goal was to attempt to tell the reader how to live, how to find health, happiness and success, and how to develop fully both the mind and the body. Part One: The Book of the Mind covers such subjects as faith, reason, morality, and the subconscious. Part Two: The Book of the Body develops such subjects as errors in diet, the fasting cure, food and poisons, work and play, and diseases and their cures .

Daniel Nash struggles to reconcile his feelings of betrayal with his desire to understand his life. His hopes of uncovering the secrets revealed in his father's journals are quickly dashed, and he works with a private investigator to discover the truth. Worry about his wife, Sarah, combines with his efforts to cope with his childhood trauma, an unexpected death, and the recent revelations. His obsession with the past threatens to destroy his stable life. Meanwhile, Sarah and her father, Tristan, continue to combat the lingering discord that developed between them years before but refuse to take their main focus from Daniel. As he reviews his biological father's efforts to be a good man, Daniel searches for a way to comprehend shocking disclosures. He questions his own goodness as he fights not to emotionally withdraw from those around him, especially the two people he knows will always love him, Sarah and Tristan. The first part of this book describes a trip to Canada. The second part comprises Slavery in Massachusetts; Prayers; Civil Disobedience; A Plea for Captain John Brown; Paradise (to be) Regained; Herald of Freedom; Thomas Carlyle & His Works; Life without Principle; Wendel Phillips before the Concord Lyceum; the Last Days of John Brown.

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Do you wonder if you have an important call with destiny? That you have been selected for something? A cause of a higher purpose? Well you have been chosen and the why, when, where and how is the subject of this book. Explore Your Destiny is divided into four sections. Each section supplies one more piece of the puzzle for you to place, so you can look at your life's arc with new insights. 1.Why - Why are we here and why must we live what we are living through right now? It's the age old expression, that we all say at one time or another, "Why me?" Well there is a reason and it will be explained to you. 2.When - In what period along your souls timeline is all of this happening? Yes, there is a greater context of your soul, which you may not be aware of. Knowing your relative position in the path to perfection will guide you to understanding your current life. 3.How - How does all of this occur? How does the entire process affect your destiny and actions? What are the rules of the game? Knowing the structure and comprehending the basic laws that direct your life provides you with a point of view that will put everything into perspective. 4.Where - Where is this world that plans our destiny? Are there good places to be and are there bad? Where does the earth fit into the logical structure? You will see where the regions that you are striving to attain are and where you may be living in your not-to-distant future.

By committing himself to relieve pain and mental agony, the graduated pain therapist of the German Society for Naturopathy and Energetic Pain Therapy, ayurvedic life coach and author, Hans Georg van Herste travelled through half Europe, South Africa and

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East Asia. In South Korea, he asked to be instructed in the Korean massage, which may release even the most severe muscle agglutinations. In South Africa, he ran the opportunity to look over a midwife's shoulder, who taught him how to conduct the birth preparation of the two trees. Over the course of many years, he traveled to India in order to experience and learn the original Ayur Veda. Lakshmi and Shakti, two old-established healers, chose him as their student, drove him through his own, frequently turning out to be painful self-awareness, allowed him to have a look behind the curtains, explained to him the world by means of the ayurvedic point of view, taught him amazing and amazingly simple healing methods and finally rewarded him with a many century-old palm leaf. This honor is only reserved to very few people and made him to one of the happiest people on Earth. With this book, Hans Georg van Herste reveals his knowledge and invites the reader to take part in his adventures and experiences. The curious reader will find out much more, than the price of a pack of coffee. Whether as instructive inner examination or just as interesting reading - this book opens gates and conjures up the spirit of ancient knowledge and makes it appear in a new life. A life of peace, happiness and calmness is in your power. Do you find yourself constantly stressed about the little things? Do you feel like you get attached to people too quickly? Are you easily annoyed or irritated by others? The path to acceptance, release and liberation is here. This book is your complete guide on how to live a happier more meaningful life. **FREE BONUS** Included Right After Conclusion - **HURRY**

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before it's gone! Publisher's Note: This expanded edition of Letting Go includes FRESH NEW CONTENT to better help you discover the peace to happiness and harmony. This book contains proven steps and strategies on how to release stress, manage attachments and how to live a fuller and healthier life. These vital teachings will make you enormously better equipped to take on all that life throws at you, and ultimately lead a life of happiness and fulfilment. Have you wondered why we hold on to problems and memories which serve no good purpose other than reminding us of how sad, lonely and hopeless we are? We hoard the memories which have no significant value other than giving us the feeling of failure. Replaying past mistakes which remind us of the pain, shame and regret take up most of the space in our brain. We have an attachment to hold on to all the frustration and worry in our lives. We often equate worry with responsibility, as if because we have responsibility we automatically have to worry. This book will lead you to the path to finding yourself, developing a fresher outlook on life and to understand how to deal with stress, anger and attachments. Learn what it takes to fully embrace life and let go of the self-created frustrations. Discover techniques to handle some of the challenging situations with a clear, calm mind and make conscious and reliable decisions. This book will not only let you feel more comfortable in your skin, but will also make you a happier person. Most importantly, you will have the ability to let go of non-beneficial thoughts and move on with a renewed sense of living. Here is a Preview of What You'll Learn... How to Unveil the Best in Ourselves Understand What

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Attachments Are & How We Can Release Them Explore Our Attachment to People, Relationships and Situations How Frustration Develops & Techniques to Release Tension How Our Perspective Shapes Our Reality How to Identify Harmful Environments & Methods to Change Them Proven Strategies to help us Become More Present How to Release Anger Effectively Fundamental building blocks in How We Become a New Person Much, much more! Check out What Others Are Saying.. "This is one of the best self-help books I've read. It actually made sense and addressed what it said it would do, which in my opinion is a rarity in these types of books. Like any self-help book, you must read it smart and not take everything the author says as gospel, but see how much of it really applies to what you are looking for. I highly recommend it for anyone hanging on to a lot of old hurts and struggling to get past certain portions of their life. If you have 'stuff' back there that is hindering the here and now, then I highly suggest it.- Audrey, August 2015 Live the life of happiness, peace and fulfilment that you deserve. LIMITED TIME BONUS OFFER: A sneak preview of Bestselling book 'Mindfulness for Beginners' included for FREE! Why wait? Click on the orange 'Buy Now with One Click' button on the top right hand corner of the page to purchase your copy today!

To thrive spiritually we need to learn from the trees. Each part of the tree, its roots, trunk, branches, leaves, and seeds, gives valuable insights into the Christian life. The roots, which are critical to the tree's health and invisible to the naked eye, refer to the

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need to develop the inner life of the Christian. The root system shared among neighboring trees highlights the importance of communal living among Christians. The trunk, which is mainly used for wood and has rings in it, points to the need for Christians to live sacrificially and to review their lives periodically. The branches instruct Christians to draw strength from Christ by abiding in him. The leaves call on Christians to be thankful and to seek rejuvenation of their souls when they enter a dry patch in their spiritual lives. The seed that falls to the ground and dies challenges Christians to stay put and wait on God in order to gain a foothold in their spiritual lives. This book will convince us to look at trees in a different light. We begin to appreciate trees, which we have taken for granted, for their silent wisdom.

For anyone feeling too busy or too stressed seeking to simplify their life, this guide maps out several routes to simplicity. For over 300 years, the Quakers have lived out of a spiritual center in a way of life they call "plain living". Their accumulated experiences and distilled wisdom have much to offer anyone seeking greater simplicity today. Imagine you are doing less but being more productive. Imagine consuming less or owning less but being more content. Imagine having more time to do more meaningful things. Imagine being right there where you want to be without fretting and rushing about. Imagine living a simpler, lighter and happier life. We have lost sight of the art of simple living. The good news? It's always there and it doesn't take a moon mission to get there. This book is purely designed to guide you there Society has become

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increasingly complex. Each day we run through multiple tasks, maintain different relationships with our peers and family, sift through massive amounts of information and take quick decisions that in some way affects our future. We are doing more but we are not necessarily more productive. We are consuming more but we are not necessarily richer or healthier. We are experiencing more but we are not any wiser. We are constantly on the move but not getting anywhere in particular. We own more stuff but perhaps not happier. So what's the point? You can start learning the art of simple living or minimalist living today and change your life dramatically. Minimalist living means decluttering your life from all the stuff that is inessential to your life purpose and happiness. A simple life is not one where you renounce all things in life but one where you create more space to accommodate the real and meaningful things essential to your life progress. In this book you will learn: How to get rid of those things that are inessential to your life and that are just weighing you down - The simplest life-changing thing ever! How to let go of the mental blockers and beliefs that are holding you from simplifying your life and aligning with your life purpose (Very powerful!) How to simplify and declutter you living and working space - an effective how to guide How to manage your time more effectively - little practical secrets that always work like a charm How to organise yourself in super effective routines that will minimize work and clutter to a bare minimum How to focus on what is essential for yourself and loved ones - Live without needless worries, hassle and problems Discover effective ways to simplify your work

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and business through smart use of technology and leveraging on other people's skills!  
How to stay focused and avoid distractions from information overload Learn how to simplify your decision making and make elegant choices effortlessly How to focus on things that are in line with your purpose and getting more done with less work and effort How to smartly prioritise your tasks at work or business and keep on top of things with less stress A smart approach to manage your email and avoid letting your inbox take over you Understand the simple but powerful rules of creating healthy & loving relationships How to bring simplicity into parenting - a guide to help you simplify parenting & understand what is best for your children

"Philip Gulley invites us into a bracing encounter with the rich truths of Quakerism-- a centuries-old spiritual tradition that provides not only a foundation of faith but also vision for making the world more just, loving, and peacable by or presence. In *Living the Quaker Way*, Gulley shows how Quaker values provide real solutions to many of our most pressing contemporary challenges. We not only come to a deeper appreciation of simplicity, peace, integrity, community, and equality, we see how embracing these virtues will radically transform us and our world."--P.[4] of cover.

An illustrated A to Z reference containing over 600 entries providing information on the theology, people, historical events, institutions and movements related to Protestantism.

The Quakers in America is a multifaceted history of the Religious Society of Friends

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and a fascinating study of its culture and controversies today. Lively vignettes of Conservative, Evangelical, Friends General Conference, and Friends United meetings illuminate basic Quaker theology and reflect the group's diversity while also highlighting the fundamental unity within the religion. Quaker culture encompasses a rich tradition of practice even as believers continue to debate whether Quakerism is necessarily Christian, where religious authority should reside, how one transmits faith to children, and how gender and sexuality shape religious belief and behavior. Praised for its rich insight and wide-ranging perspective, *The Quakers in America* is a penetrating account of an influential, vibrant, and often misunderstood religious sect. Known best for their long-standing commitment to social activism, pacifism, fair treatment for Native Americans, and equality for women, the Quakers have influenced American thought and society far out of proportion to their relatively small numbers. Whether in the foreign policy arena (the American Friends Service Committee), in education (the Friends schools), or in the arts (prominent Quakers profiled in this book include James Turrell, Bonnie Raitt, and James Michener), Quakers have left a lasting imprint on American life. This multifaceted book is a concise history of the Religious Society of Friends; an introduction to its beliefs and practices; and a vivid picture of the culture and controversies of the Friends today. The book opens with lively vignettes of Conservative, Evangelical, Friends General Conference, and Friends United meetings that illuminate basic Quaker concepts and theology and reflect the group's diversity in

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the wake of the sectarian splintering of the nineteenth century. Yet the book also examines commonalities among American Friends that demonstrate a fundamental unity within the religion: their commitments to worship, the ministry of all believers, decision making based on seeking spiritual consensus rather than voting, a simple lifestyle, and education. Thomas Hamm shows that Quaker culture encompasses a rich tradition of practice even as believers continue to debate a number of central questions: Is Quakerism necessarily Christian? Where should religious authority reside? Is the self sacred? How does one transmit faith to children? How do gender and sexuality shape religious belief and behavior? Hamm's analysis of these debates reveals a vital religion that prizes both unity and diversity.

Alex Fitzpatrick, transplanted Jersey girl, has recently moved to Sherman, Nebraska and opened her own pub. Sherman is on the map, but sometimes Alex feels she's living in a time warp. The little boys have crew cuts and the residents smile and say hello to strangers. No one locks their doors. Then, on a cold October night, Book Ends, a wonderful Main Street bookstore, burns down with the owner, Alex's friend Barb, inside. As Alex grieves, her initial unease about the fire deepens into a conviction that it was arson. She digs into Barb's past and finds enemies there: an abusive ex-husband-a farmer embittered by their divorce-and closer to home, God's Warriors, a secretive local men's group: think Promise Keepers meets Ku Klux Klan. Becoming a detective was not Alex's game plan and sometimes she feels like a Miss Marple impersonator. But

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Alex is determined to discover who set the fire. Humor helps her keep things in perspective. She's also helped by her wisecracking friend Kathy (her instructor in Nebraska 101) and Chris, a beautiful photographer to whom she is secretly, unwillingly attracted. But someone wants them to stop, and pranks escalate into threats. To discover the arsonist, Alex must decode the often mystifying culture of Sherman, Nebraska, whose sunny surface conceals more darkness than she'd bargained for. Ultimately, her investigation will force her to confront this question: does a Jersey tomato belong in Nebraska dirt? This is the first book in the Alex Fitzpatrick mystery series.

A tool to help gain momentum and clarity in the sometimes-confusing maze called life and work. The book covers subjects as diverse as parenting, finances, relationships, career, and more.

This book provides historical context to how Quaker process has evolved, shares common practices and variations used by contemporary Friends, and gives real-life examples of model Quaker process in action.

The Religious Society of Friends (Quakers) is small by anyone's definition, with only about 300,000 members worldwide, but its impact has been widely felt. Unlike other historical dictionaries, the authors present a series of worldwide essays on Quaker theology, history, and practice as well as the lives of individuals who have made this faith their life. The entries prove the variety among Friends today and also gives a clear

