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businesses How to identify what are you doing well What are you doing less well and how might you improve You Can Create an Exceptional Life Louise Hay, Cheryl Richardson, 2011-09-20 For countless people the words of Louise Hay have served as a beacon leading them out of the darkness of despair and into the light of a better life Cheryl Richardson is one of the many individuals whom Louise has greatly influenced before going on to become a best selling author herself So what happens when these two combine their collective wisdom into one book The result is what you re now holding in your hands As Louise and Cheryl engage in a series of empowering and intimate conversations you ll feel as if you re simultaneously having lunch with your best friends and also attending a master class put on by two leaders of the self empowerment movement As they travel throughout North America and Europe together Louise and Cheryl discuss a wide range of topics including the importance of loving ourselves and our bodies aging consciously bringing true prosperity and abundance to the world manifesting positive relationships both with family and friends and in the workplace and facing death in a dignified and peaceful way These two amazing women are living proof that the spiritual principles they discuss in these pages really work Transnational Popular Psychology As you read you ll discover that you too have the ability to create an exceptional life and the Global Self-Help Industry Daniel Nehring, Emmanuel Alvarado, Eric C. Hendriks, Dylan Kerrigan, 2016-04-08 Self help books aim to empower their readers and deliver happiness and personal fulfilment but do they really live up to this This book offers a fresh perspective on self help culture and popular psychology Research on this subject matter has generally focused on the USA and the Global Northwest In contrast this book explores the production circulation and consumption of self help books from an innovative transnational perspective Case studies on Trinidad Mexico the People's Republic of China the UK and the USA explore the roles which self help s therapeutic narratives of self and social relationships play in the contemporary world In this context the book questions the extent to which self help fulfils its promise of individual autonomy and contentment At the same time it addresses debates about contemporary political change under transnational processes Analysing Media Discourses John E. Richardson, Joseph D. Burridge, 2014-02-25 The of cultural standardization continual growth in the significance of mass mediated communication makes it essential that we are able to reflect upon and critically appreciate the semiotic processes that are involved in their impact upon social and cultural life This edited collection showcases a range of diverse approaches to the analysis of various forms of mediated communications including varying degrees of attention to their associated textual discursive and social practices Individual contributions are devoted to exploring in analytical depth multiple dimensions of each of the following media newspaper articles magazines both historical advertising and contemporary editorial discourse television both situation comedy and reality TV programmes books covers and content in two genres political leaflets and a flight simulation computer game The collection will be an important resource for scholars and students within disciplines including communication studies sociology media studies cultural studies discourse studies and journalism studies This book was published as a special issue of Social Semiotics Your

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She Without Sin JP Barry, 2024-09-04 When wildly popular psychotherapist author and Podcaster Doctor Nicholas Nick Winters suddenly vanishes late one night his wife famous broadcast journalist Jillian Winters becomes the main suspect in a heated FBI investigation With no solid leads evidence or witnesses Jillian scrambles to do what the authorities can t find Nick Sorted details of the couple's fractured marriage make for explosive tabloid headlines causing Jillian to lean on her producer Liam Stevens for help As Jillian's life and reputation begin a rapid downward spiral Nick is held captive by serial abductor and psychopath Warren Lessor Trapped with no way out Nick attempts to plot an escape Relying on previous journalistic field experience Jillian pieces the daunting puzzle together Going in blind trusting gut instinct Jillian and Liam are on a mission to expose Lessor find Nick and clear her name **How to Have a Great Life** Paul McGee, 2018-09-04 35 ways to success fulfillment and happiness How to Have a Great Life starts with you your strengths and amazing potential and how to develop those It helps you understand how to tap into your ability to grow while equipping you with insights inspiration and practical tools to deal with whatever life throws your way in order to achieve success and live a happy and fulfilled life You already have many of the tools you need to succeed you just need to know which ones to use and how best to use them With no frills funny and emotionally intelligent advice Paul McGee will make you think make you laugh and make you take action to live your greatest life possible Tap into your ability to grow Find insight and practical tools to deal with whatever life throws your way Slow down and live a more balanced life Re gain time and brain space Improve the quality of your relationships with others We are living faster and more frantic lives than ever before and there s no time like the present to catch your breath and live your best life possible

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