

Reclaim
MY HEART

DONNA FASANO

USA Today Bestselling Author

Reclaim My Heart

Nafeez Imtiaz



Reclaim My Heart:

Reclaiming My Hope Dr. Ethel Madison Van Buren, 2023-02-25 I wrote this book through my own voice about my life experiences during the Jim Crow era when the concept of separate but equal permeated the entire Southland of our nation and the impact it made on my heart mind and soul In this memoir I give my description of how the ugly truths about segregation and discrimination during the early 50s and late 60s until the present day impacted my life I describe how the unforgettable day that shamed the nation unfolded before my very eyes and I include my accounts of unforgettable events leading up to that day and the aftermath The remainder of the book gives my personal reflections about hope for justice peace healing and reconciliation My words on the pages within are honest and straightforward I utilized the wisdom and the knowledge that I learned during my journey through life to convey my true feelings Being able to tell my story has helped me to move peacefully beyond the painful memories of the darkness of the past into the light of change I have learned how to fuel my thoughts with positive possibilities because divine order prevails in my mind and my life And I do believe that God is the source of all prosperity and I give thanks in advance knowing that my highest good is unfolding now I have moved beyond the mindset of powerlessness to seeing life through forgiving eyes Yet the memories of the ugly events of the past I will never forget Because on an underlying level racism still pledges our society

The Heart's Secret Lexy Timms, Sometimes the heart sees what is invisible to the eye Desperate to find Halle and win her back Nash finds himself in Los Angeles But the City of Angels has much more in store for both of them With new schemes on the horizon and new schemers who will come out on top Never mind the difficulties of trying to patch up a broken relationship Will Nash win Halle back or will he only be able to watch as she is dragged back into the world she thought she had escaped Unspoken Secrets Series The Perfect Heart A Heart's Journey The Heart's Secret Search Terms

Becoming a House of Prayer Eric Célérier, 2025-11-04 Pastor Eric Célérier guides us from obligatory prayer to an abundant intimate relationship with God as he unravels the mysteries of the Lord's Prayer and ushers us toward a life in which prayer is not just the words we say but a place where we dwell with God

Reclaim Your Superpowers Ava Miles, 2020-08-17 An exquisite exploration Dr Shawne Duperon Nobel Peace Prize Nominee A life changing journey Crystal Andrus Morissette S W A T Institute A must read Angela Polidoro former Editor for Random House's Ballantine Bantam Dell International Bestselling Author Ava Miles shows readers how to overhaul the false power ruining their lives and reclaim their true power their superpower to live their best life perfect for fans of Brene Brown Here are all the tools you need to save your own world cape supersuit and a new bad ass attitude implied Kathia Zolfaghari International Bestseller and Kung Fu Master Do you remember the last time you believed you could do anything When you were your own superhero strong and capable and in charge of your life Many of us were plugged into our true power in childhood but it was disconnected as we grew up and graduated as adults in our communities the work force and our relationships Now current events have kicked us in the gut and plunged us into new depths of powerlessness Never before

have we needed to relearn and reclaim our true power Ava worked with top leaders in the world's greatest power centers formulating plans to rebuild war zones and implementing them on the ground Through her work she learned true power creates a better life false power destroys it Her ring side seat to zero sum power led her to search for a new kind true instinctive personal power In Reclaim Your Superpowers Ava guides us through the steps she took to reclaim her own life going from a rat race professional to an international bestselling author living her dream life from zero to sixty This cutting edge guide gives you a practical blueprint on The ins and outs of real personal power Diving into your fears and misuses around power How to assess where you're using false power and getting nowhere Spotlight Tools to identify the origin stories holding you back Take Back Tools to reconnect you to your true power Super Tools to tease out your winning traits to plan and manifest what you really want It's time to take back your power your superpowers It's time to start living your best life Reclaim Your Superpowers is part of The Lost Guides to Living Your Best Life series a complete system to help us reclaim the nine superpowers essential to rocking life Ava Miles is the international bestselling author of powerful books about love happiness and transformation As a former conflict expert Ava rebuilt warzones in places like Lebanon Colombia and the Congo to foster peaceful and prosperous communities While rewarding Ava recognized she could affect more positive change in the world by addressing the real roots of conflict and unhappiness In becoming an author she realized her best life healing the world through books Her novels have received praise and accolades from USA Today Publisher's Weekly and Women's World Magazine in addition to being chosen as Best Books of the Year and Top Editor's picks However Ava's strongest praise comes directly from her readers who call her books life changing The Lost Guides to Living Your Best Life represent the culmination of her work as a conflict expert life coach and wellness expert Reviews Ava gives us the tools we need to reclaim our everyday joy and honest expression Rediscover my inner superpowers Yes please The Lost Guides are a world changer Well done Ava International Bestseller and Kung Fu Master Kathia Zolfaghari A life changing journey every woman will want to take Crystal Andrus Morissette Founder of the S W A T Institute Simply Woman Accredited Trainer Miles series is an exquisite exploration of internal discomfort and courage allowing you to reclaim your divine soul and fully express your womanhood I highly recommend Dr Shawne Duperon Project Forgive Founder Nobel Peace Prize Nominee on The Lost Guides Miles provides us with essential advice on how we can shed the beliefs that are making us miserable and find our way back to our inner goddesses She guides us through the sometimes turbulent waters of the issues that matter most to us relationships sex finances self expression self image etc This is must read Angela Polidoro former Editor for Random House's Ballantine Bantam Dell Pushing the envelope is edgy Change is never comfortable Ava Miles takes us out of our comfortable chitchat cocoon and shows us how to become those butterflies all women are destined to become no matter what they face in life The series is a must read Risa Shimoda Outdoor Leadership Consultant and President of The Shimoda Group on The Lost Guides Let your adventure begin and unleash by reading this series Anna Levesque author of Yoga for Paddling on The Lost

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Reclaim Your Heart Yasmin Moghadd, 2015-08 *Reclaim Your Heart* is not just a self help book It is a manual about the journey of the heart in and out of the ocean of this life It is a book about how to keep your heart from sinking to the depths of that ocean and what to do when it does It is a book about redemption about hope about renewal Every heart can heal and each moment is created to bring us closer to that transformative return *Reclaim Your Heart* is about finding that moment when everything stops and suddenly looks different It is about finding your own awakening And then returning to the better truer and freer version of yourself Many of us live our lives entrapped by the same repeated patterns of heartbreak and disappointment Many of us have no idea why this happens *Reclaim Your Heart* is about freeing the heart from this slavery It is about the journey in and out of life's most deceptive traps This book was written to awaken the heart and provide a new perspective on love loss happiness and pain Providing a manual of sorts *Reclaim Your Heart* will teach readers how to live in this life without allowing life to own you It is a manual of how to protect your most prized possession the heart

My Rock House Series #2 Karen Marie Schalk, 2015-12-10 A girl searching each place with wonder and amazement Joys found as a new story unfolds Close to home in her Rock House Far away as the jumping off place Arriving in Philadelphia on a hot July day moving to Florida in the Cape Canaveral Camelot days Beginnings of her working with clay at Merritt Island Pottery A sports car with top down An Endless Summer where she lives and abounds Mountains her pottery shop A mother of two sons Physicians wife An Ikebana flower girl Web sites writer Traveling to many lands Where shall I be at the beginning of another story and journey This is Karen Marie

My Heart's Desire Dr. David Jeremiah, 2004-03-30 Experience deeper intimacy with God by adopting a lifestyle of worship

Reclaiming My Position Paulina Cole-Hardy, 2018-05-21 This book *Reclaiming My Position* A Heroic Message to Young Women is a testament of Rev Hardys life struggles with peer pressure making quick and wrong decisions and being caught amid the national crisis However her resilience to bounce back after every setback and consequence from wrong choices made coupled with her steadfast obedience to the hands and the call of God upon her life has helped her to thrive Her story truly epitomizes a life that every young woman could go through and still own the courage to pull through life to pursue passion and fulfill a purpose This is a must read for every woman

My Heart's Blood Jacqueline Mc Elchar, 2013-09-12 Jack Boyton only grandson of one of the few Irish peers left in Ireland is summoned from his busy high

profile entertainment job in Dublin to his family's sedate country estate in the tight knit community of Milltown Donegal where everybody knows everyone's business. When his adopted uncle becomes seriously ill, Jack soon realizes he is happiest when surrounded by family and his childhood friends TJ and Marie who keep him grounded in the real world. As it dawns on Jack that his family should be his priority, he enlists the help of his friends to do just that, although his growing feelings for Marie complicate matters, especially when he tries to find out if she likes him as much as he does her and wonders what tension this would cause between TJ and himself. After all, Marie is TJ's twin sister. To some village life could feel stifling, but Jack knows when the chips are down, the community will look out for each other, no matter the old feuds, fights, or differences, and their help seems more worthy now that his uncle is dying. When Jack is left a daunting task from beyond the grave by his late uncle to retrieve a mythical spear and keep it from the power-hungry hands of the notorious recluse Maximilian Elstrom, he finds trying to put things right for his uncle has led his family and friends into grave danger. The cozy life he envisaged is about to be shot to pieces when he realizes that life as he knew it, growing up full of wealth and privilege, had also been full of lies and deceit.

The Doctor Is Sick Idayu Maarof, Mohd Firdaus Raih, 2016-06-01. General practitioner Dr Idayu Maarof thought she was just suffering a run of the mill fever. So she never expected to be diagnosed with a stroke causing heart tumour. Thus began a roller coaster of emotional highs and lows through what seemed like a never-ending battery of tests and finally major surgery. Yes, doctors get sick too. Upon reflection, her ordeal provided an opportunity for post-traumatic growth. The illness opened her eyes, mind, and heart to the real priorities in life. She also provides a medical practitioner's insights and points of view of what it is like to be on the hospital bed and not beside it, taking notes and asking questions. This book chronicles the traumatic journey that began with her diagnosis, followed by treatment and the path towards recovery, accompanied by a loyal husband, her loving children, and her supportive family and friends.

Dreamways of the Iroquois Robert Moss, 2004-12-16. Explores the ancient Iroquois tradition of dreams, healing, and the recovery of the soul. Explains Native American shamanic dream practices and their applications and purpose in modern life. Shows how dreams call us to remember and honor our soul's true purpose. Offers powerful Active Dreaming methods for regaining lost soul energy to restore our vitality and identity. The ancient teaching of the Iroquois people is that dreams are experiences of the soul in which we may travel outside the body across time and space and into other dimensions or receive visitations from ancestors or spiritual guides. Dreams also reveal the wishes of the soul, calling us to move beyond our ego agendas and the web of other people's projections into a deeper, more spirited life. They call us to remember our sacred contracts and reclaim the knowledge that belonged to us on the levels of soul and spirit before we entered our present life experience. In dreams, we also discover where our vital soul energy may have gone missing through pain or trauma or heartbreak and how to get it back. Robert Moss was called to these ways when he started dreaming in a language he did not know, which proved to be an early form of the Mohawk Iroquois language. From his personal experiences, he developed a spirited approach to dreaming.

and living that he calls Active Dreaming Dreamways of the Iroquois is at once a spiritual odyssey a tribute to the deep wisdom of the First Peoples a guide to healing our lives through dreamwork and an invitation to soul recovery **Reclaim Your Soul** Alyson Quinn, 2014-01-23 Heal Trauma How to Feel It Unlock Patterns and Release It is a powerful companion for anyone wanting to work through past trauma Trauma when activated can produce a wide range of symptoms including increased anxiety and depression body pain loss of memory and concentration difficulties sleeping flashbacks nightmares the desire to isolate socially and a wide range of intense feelings to name a few It can also trigger a wide range of behaviours that are often bewildering to comprehend and to allay Heal Trauma will serve as a guiding light in these dark times helping readers to understand the intense feelings they experience and help them process and release emotion that has been triggered The book will also help illuminate patterns of behaviour for instance procrastination perfectionism and obsessive rituals and link the pattern to past trauma The vignettes on patterns will also guide the reader into taking action to undermine the pattern and find alternative ways to respond The section on releasing trauma engages the reader through a process of creating a visual drawing that reflects their present experience of trauma activation and will help guide a process to release traumatic memory and associated embodied emotion This book is intended to be medicine in the moment and a trusted resource throughout ones life it is a book to pick up repeatedly when another layer of trauma surfaces and the desire to heal is strong **Be Yourself** Nicky Kassapian, 2016-03-18 We like to think that the world is coming at us It is not The world is actually coming from us Be Yourself presents the keys to stepping up and being your authentic self Nicky Kassapian empowers others to bloom drawing from parts of her own walk and sharing the gifts practices and techniques shes used along the way Chapter by chapter addressing all areas of life Nicky serves as a personal guide and mentor assisting you to see what is possible in life and how to achieve it Through practical easy to follow actions and insightful guidance Be Yourself helps and encourages you to go beyond yourself and who and what you think you are Praise for Be Yourself In Be Yourself The Art of Stepping Up Nicky Kassapian has provided a clear map for navigating your inner world She does this through the insights gleaned as an energy worker and master of self reflection Nicky shines the light upon all the dark places and in doing so she illuminates the optionsthe path of fear or the path of love Her close attention to the unfolding spiral of life invites you into an intimate and gentle dance with all that you are living beauty Deborah Carlyon Spiritual Guidance Counselor and Author Mama Kuma Grounded in authenticity this inspirational book is full of empowering guidance and practical tools to help readers cultivate self awareness and self realization Nicky Kassapian is a genuinely gifted soul healer and teacher who by tapping into her deep well of wisdom and thought provoking insights sheds fresh light on matters of the heart and spirit Rebecca Walker Founder The Wellness Nomad *Choosing Divorce* Dr. Cassie Seal PT DPT, 2025-04-07 There is an unwritten rule in our culture that to divorce someone means that we no longer Love them Yet I am convinced the question we should be asking ourselves in the face of divorce is not whether we still Love this person but rather HOW CAN I

LOVE THIS PERSON MORE By the time I started asking these questions it was undeniable that something was deeply wrong with our marriage Neither of us were happy and neither of us knew what to do about it Armed with two choices stay or leave and a commitment to loving him more I set out to uncover the path that was right for me I discovered that the problem in our marriage wasn't that either one of us had done something wrong It was that we didn't know what Love is More than anything this book is a journey to discover Love It is the dismantling of what we have learned Love to be conditional and co dependent and the rebuilding of a relationship structure that is built on a foundation of Love that is unconditional and whole I am not advocating for more divorce I am advocating for more Love I do not care whether you are married or divorced I care whether you are living breathing and being in a state that is Love [Reclaiming Your Land](#) Shari Lordi, 2017-06-29 As I was approaching my mid forties I was as weary and broken as a human being could be Living in bondage for several years had taken its toll on me I was barely existing Although the Spirit of God was always with me I was unable to gain a breakthrough until I finally and totally surrendered ALL to the Lord Jesus Christ When I let go of everything regardless of what the outcome could or would be was when the miraculous began to take place and happen in my life The Holy Spirit used simple and practical elements in nature to impart deep and life changing revelation into my soul One of the most powerful breakthroughs I received was given to me through the revelation of the metamorphosis process that butterflies go through It was through that journey that the blinders began to slowly fall off Born into a fallen world we must have a transformation experience through the redemption and shed blood of Jesus Christ Just as the butterfly goes through that very painful transition from what was to what is to be from the old man to the new creation we as children of God must also go through this process Liberation is beautiful and so worth the process Remember once a caterpillar transforms from crawling on the ground to a beautiful butterfly soaring through the air he can never go back He is a new creation Not a perfect creation but a new creation You can be Free Jesus really does love You [Decluttering Strategies for Creatives - A Step-by-Step Guide to Reclaim Your Focus](#) Nafeez Imtiaz, Drowning in Inspiration Yet Stuck in a Rut Do your overflowing shelves whisper forgotten dreams Does the chaos around you stifle your creativity instead of sparking it You're not alone Countless creatives struggle with the paradox of needing inspiration while being overwhelmed by clutter Nafeez Imtiaz a seasoned artist and productivity coach understands this struggle firsthand Years spent buried under a mountain of maybe laters and half finished projects left him creatively stagnant But through trial and error he discovered the transformative power of minimalism for creatives Decluttering Strategies for Creatives is your step by step guide to reclaiming your focus and reigniting your creative spark Learn how to identify the hidden creativity blockers in your workspace Discover the surprising link between a cluttered environment and mental fog Master the art of letting go effective decluttering techniques for creatives Craft a minimalist workspace that inspires and empowers your unique process Develop organizational systems to keep your inspiration flowing freely Learn to declutter your digital life for enhanced focus and productivity Embrace the power of less is more to unleash

your full creative potential Discover how a minimalist lifestyle can free up time and energy for your passion If you want to stop feeling overwhelmed by clutter and start feeling inspired by possibility then scroll up and buy this book today Decluttering your space is just the first step Decluttering Strategies for Creatives will show you how minimalism can empower you to simplify your life silence the noise and finally get back to creating the work you were meant to make **The Holy Wild** Danielle Dulsky,2018-08-10 Ode to Our Wild Feminine Souls This provocative book invites you to create your own spiritual path based on often suppressed ancient principles and contemporary practices Using the elements earth water fire air ether rather than traditional patriarchal hierarchies this holy book is designed to connect each individual to their universal but often denied powers Wild woman Danielle Dulsky takes you deep as she explores and embraces sacred feminine archetypes such as the Mother Goddess the Crone and the Maiden Join her as she guides you to envision and explore a world that enriches and supports your spirit body and mind as well as our global community and the Earth **Minor Poets of the Caroline Period ...: Shakerley Marmion: The legend of Cupid and Psyche. Sir Francis Kynaston: Leoline and Sydanis; Cynthia's, or Amorous sonnets. John Hall: Poems. The first book; Divine poems. The second book. Sidney Godolphin: Poems. Philip Ayres: Luric poems; Emblems of love. John Chalkhill: Thealma and Clearchus; Coridon's song; Oh, the brave fisher's Life. Patrick Carey: Ballads; Triolets. William Hammond: Poems. William Bosworth: Arcadius and Sepha; Hinc lachrimae** George Saintsbury,1906 **Minor Poets of the Caroline Period ...: Shakerley Marmion: The legend of Cupid and Psyche. Sir Francis Kynaston: Leoline and Sydanis; Cynthia's, or Amorous sonnets. John Hall: Poems. The first book; Divine poems. The second book. Sidney Godolphin: Poems. Philip Ayres: Lyric poems; Emblems of love. John Chalkhill: Thealma and Clearchus; Coridon's song; Oh, the brave fisher's life. Patrick Carey: Ballads; Triolets. William Hammond: Poems. William Bosworth: Arcadius and Sepha; Hinc lachrimae** George Saintsbury,1906 **Minor Poets of the Caroline Period ...: Shakerley Marmion: The legend of Cupid and Psyche. Sir Francis Kynaston: Leoline and Sydanis** George Saintsbury,1906

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