



*Reclaim*  
MY HEART

**DONNA FASANO**

*USA Today Bestselling Author*

# Reclaim My Heart

**R Pring**



## **Reclaim My Heart:**

**Reclaiming Your Heart** Denise Hildreth Jones, 2013-02-18 Have you ever wondered where the abundant life Scripture promises is and how you seem to have missed it Do you ever catch yourself saying Those were the best years of my life A failed relationship a health crisis a job loss the death of a loved one all can cause us to hide out go numb give up Before we even know it we re simply coping with life instead of living it to the fullest It happens to most of us at one point or another For author and Bible study teacher Denise Hildreth Jones it happened in the wake of her devastating divorce But she fought desperately to reclaim her God designed heart and now in her transparent authentic style Denise challenges you to do the same Sharing stories from her own journey and others she s walked alongside Denise will help you identify ways you ve given your heart to lesser gods like performance people pleasing and control and how to find your way back to God s design for your life to laughing loving and living life to the fullest "I Could Not Speak My Heart" University of Regina. Canadian Plains Research Center, 2004 This anthology of 19 articles documents the pain misunderstanding that lesbian gay bisexual transgendered people have experienced in the very recent past and demonstrates the real progress both in theory in practice that has been made in the struggle for equity social justice The articles include autobiography testament fiction poetry and traditional personal analytic essays from authors with different intellectual perspectives human rights social reform human justice feminist liberationist and queer theory 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 s 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 **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 Guides This series delivers empowering advice without pulling any punches Liza M Shaw MA Licensed Marriage and Family Therapist of PowerToThrive com on The Lost Guides Ava Miles is a courageous fellow writer whose

mission is to empower all women Aspen Matis author of the internationally bestselling memoir *Girl in the Woods* Ava gets to the heart of why some of us do toxic or hang around drama while helping us all realize we can have happy and loving relationships that don't clutter up our space or make us sick Courtney Cachet Celebrity Designer TV Personality If you enjoy books by Brene Brown Gabrielle Bernstein Rachel Hollis Jen Sincero Mark Manson Shawn Achor Michael Singer Tony Robbins Deepak Chopra Shauna Niequist Gary Chapman John Leland and Gretchen Rubin you will love Ava's self help books

**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 *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

40 Days to Reclaiming Your Soul Cindy Trimm, 2014-03-18 Take back your life in 40 Days Beloved I pray that you may prosper in all things and be in health just as your soul prospers 3 John 2 Activate the skills you need to succeed and take back your life This companion devotional to Reclaim Your Soul from Dr Cindy Trimm will lead you on an interactive 40 day journey to becoming a resilient person Over the next 40 days you will Identify destructive relationships in your life and break free from their harmful impact Avoid unhealthy emotional attachments and shield your soul from possible damage Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose Successful people are resilient people Get ready to practice 40 disciplines that will lead you into a more resilient life where success and freedom become your new normal

*Narcissism Has No Face* Sue Barker, 2023-09-08 Narcissism has recently become a household topic It seems as though everyone knows someone that can be called a narcissist But do they really understand what narcissism is Discover the truth behind the mask in *Narcissism Has No Face* Unveiling the captivating depths of narcissistic behaviour this book takes you on a journey of understanding healing and empowerment Dive into the intricacies of human psychology as you navigate the complexities of narcissism unravelling its impact on relationships self worth and personal growth With profound insights and practical guidance *Narcissism Has No Face* offers a beacon of hope for those seeking to break free from the chains of narcissistic influence Step into a world of self discovery and reclaim your authentic self With engaging stories expert analysis and practical wisdom you will learn to navigate narcissistic relationships recognize the signs and set healthy boundaries Empower yourself with knowledge healing and personal growth Remember *Narcissism Has No Face* is a guide not a diagnostic tool Seek professional guidance for personalized support Please note that ongoing research is continually expanding our understanding of this topic The information presented in *Narcissism Has No Face* is not intended for diagnostic purposes but rather as a comprehensive guide to comprehending the intricacies of personality disorders and their impact on our daily lives This book serves as a valuable resource to enhance your understanding foster self awareness and navigate the complexities of these disorders in a meaningful way Always consult qualified professionals for personalized guidance and diagnosis

**On the Edge of Perception** CD Thornton, 2018-10-12 Inside these pages are an eclectic collection of short stories and poetry inspired by love loss and my travels throughout the Western United States From the great national parks to the small back roads of this rugged landscape please begin your journey with me and enjoy *On the Edge of Perception*

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

The Entrance of His

WORD Dr. Marlene Groomes, 2025-07-29 Be Healed Be Transformed Step Into Your Kingdom Identity Are you ready to embrace your Kingdom identity and experience true healing You were created to live whole free and victorious but soul wounds trauma lies and brokenness can keep you bound and depleted In The Entrance of His Word Dr Marlene Groomes reveals a supernatural pathway to restoration and transformation through the Light and Sound of God the Frequencies of Heaven and the power of His Living Word You are the Bride of Christ encoded with His Divine Signature step into your true identity and authority free from fear limitations and past pain Today is the day to embrace your wholeness and live the prosperous good Plan God destined for you This groundbreaking book weaves together powerful biblical teaching revelatory insights supernatural encounters miraculous testimonies and cutting edge science to show how God Binds up the brokenhearted and heals emotional wounds and infirmities Renews the mind and rewires the brain for a neurological reset Repairs cellular memory and reprograms DNA Restores destiny through His Light Sound and frequency binaural wave technology It s more than just a book it s a multi media experience With every chapter immerse yourself in Holy Spirit inspired music tuned to 444Hz specific binaural beats and prayers of intercession designed to connect your heart mind and spirit with God s healing Love Activate your transformation with the 21 Day Spiritual Jump Start Program Applying these powerful strategies will recalibrate your mind and emotions align your thoughts with God s Truth and prepare you for breakthrough Rewrite your story today Dr Marlene Groomes is a retired Professor of Psychology seasoned counselor dynamic speaker and ordained minister with over 40 years of experience A devoted student of God s Word and a passionate believer in the supernatural she skillfully integrates psychological insight and cutting edge science with biblical truth to bring healing hope and freedom to the broken She lives by her philosophy Lift as you climb With a heart for transformation she empowers individuals to break free from limitations renew their minds and embrace a life of wholeness restoration and prosperity spirit soul and body **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 *Raven* Helen Hardt, 2021-11-21 To be worthy of her love he must make the ultimate sacrifice Katelyn Brooks has finally reclaimed her happiness She s confronted the person who betrayed her landed a coveted executive assistant role and fallen deeply in love with the irresistibly handsome Luke Johnson But Luke harbors a dark secret and he s convinced he s unworthy of Katelyn s love His entire existence is built on a lie and until he confronts his past and attempts to right his wrongs he believes he has no future with her She deserves a man free of shadows Determined to cleanse his soul Luke returns to his former life only to discover Katelyn s present intertwined with his

dark past Now he faces an agonizing choice one that could lead to deadly consequences *The Gifted Ones* Joan H Parks,2025-09-03 The adventures continue Dalil realizes his vocation as a story teller and also as a wanderer who collects stories before they vanish in the great destruction He gains a worthy mate as he gains his vocation Alimah the singer of songs and dancer studying in Egypt meets a man of the far north at that school Danger and violence pursue them both they flee and have many adventures until he goes back to his home land She stays and bears their child and mates with Kaliq as she meant to do Nahid the jeweler goes to the far mountains of Badakhshan for lapis returns and finds that the Kin are leaving Mesopotamia for a remote mountain valley near the Great Green Sea He driven by his dreams must go to Amarna where Thutmose made his great art He does so and acquires the mysterious Rabiah as his mate Fleeing Egypt as so many have they return to the Kin in their mountain valley in the hills of Lebanon **To My Heart** It Ra,2023-07-14 To My Heart celebrates the art of slow unfurling guiding you through the growth and transformation that comes with embracing life's challenges Each poem acts as a poignant love letter to the beauty of growth the joy of rediscovery and the empowerment gained from speaking your own truth Don't miss your chance to immerse yourself in this remarkable collection of poems that speaks directly to your heart and soul Order your copy of To My Heart today and embark on a transformative literary journey that will leave you inspired and empowered *Eat Pray Love Made Me Do It* Various,2016-03-29 A New York Times Bestseller True stories inspired by one of the most iconic beloved bestselling books of our time Eat Pray Love by Elizabeth Gilbert Elizabeth Gilbert's Eat Pray Love has become a worldwide phenomenon empowering millions of readers to set out on paths they never thought possible in search of their own best selves Here in this candid and captivating collection nearly fifty of those readers people as diverse in their experiences as they are in age and background share their stories The journeys they recount are transformative sometimes hilarious sometimes heartbreaking but always deeply inspiring Eat Pray Love helped one writer to embrace motherhood another to come to terms with the loss of her mother and yet another to find peace with not wanting to become a mother at all One writer reeling from a difficult divorce finds new love overseas another a lifelong caregiver is inspired to take an annual road trip solo A man leaves seminary embraces his sexual identity and forges a new relationship with God A woman goes to divinity school and grapples with doubt and belief One writer's search for the perfect pizza leads her to New Zealand and off the grid homesteading while another in overcoming an eating disorder redefines her relationship not only with food but with herself Some writers face down devastating illness and crippling fears and others step out of their old lives to fulfill long held dreams of singing acting writing teaching and learning Entertaining and enlightening *Eat Pray Love Made Me Do It* is a celebration for fans old and new What will Eat Pray Love make you do

**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

**Essential Musical Intelligence** Louise Montello,2002-04-01  
Music fills our lives From TV commercials to the car radio we rarely live one single day without hearing a song But what if you could consciously use music to foster self awareness creativity and ultimately deep healing of the body mind and spirit Through her clinical practice and research Dr Louise Montello has discovered what she calls Essential Musical Intelligence our innate ability to use music and sound to bypass the defenses of the conscious mind and move directly into the emotional soul centers where true healing can occur This groundbreaking book draws from the wisdom of Eastern philosophies and guides us through a systematic musical journey where we learn a series of clinically proven EMI exercises to balance and harmonize all five levels of consciousness the body breath energy mind imagination intellect and the realm of bliss leading to deep and lasting change Essential Musical Intelligence is a powerful new system of self healing which is deeply intuitive creative spiritually arousing and fun

**The Magic of Hebrew Chant** Shefa Gold,2013 Rabbi Shefa Gold beloved teacher of chant Jewish mysticism prayer and spirituality introduces you to this transformative spiritual practice as a way to unlock the power of sacred texts and take prayer and meditation into the delight of your life

The dramatic works of Jean Racine  
Jean-Baptiste Racine,1910

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