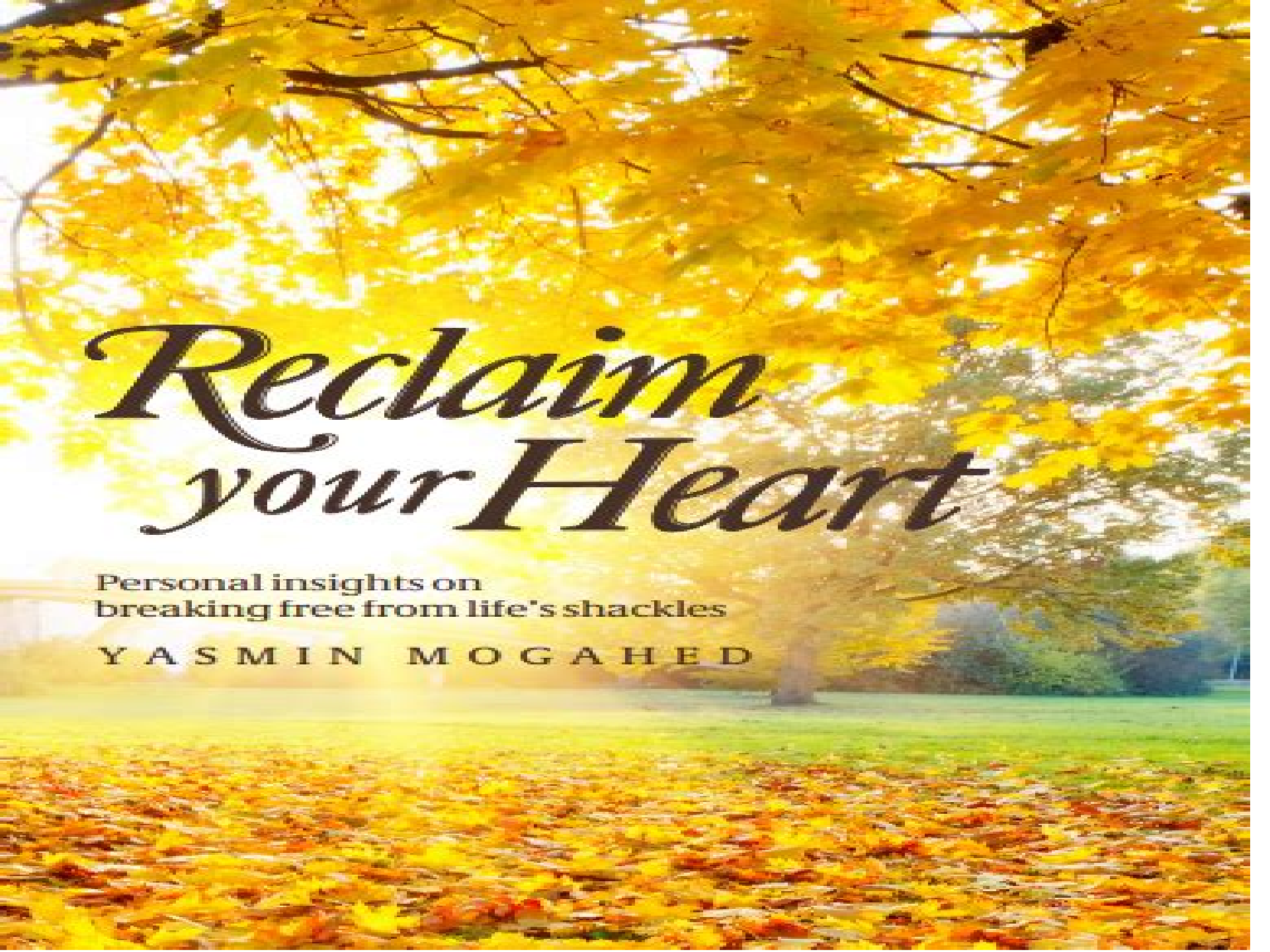




Reclaim your Heart

Personal insights on
breaking free from life's shackles

Y A S M I N M O G A H E D

Reclaim Your Heart

Denise Hildreth Jones



Reclaim Your Heart:

Reclaim Your Heart (Edisi Diperkaya) Yasmin Mogahed, 2023-08-22 Dunia itu seperti samudra dan hati kita adalah kapal. Kalau kita biarkan air laut masuk kapal kita akan karam. Demikianlah yang terjadi kalau kita bebaskan dunia merasuki hati kita. Reclaim Your Heart membawa kita menempuh berbagai perjalanan: perjalanan hidup pribadi, perjalanan penulisnya, perjalanan Nabi Muhammad Saw dan perjalanan Al Qur'an yang kesemuanya dapat kita refleksikan ke dalam perjalanan hidup kita sendiri. Ia menyoroti saat-saat naik-turunnya iman, saat-saat kita tertimpa nestapa dan mengalami kekecewaan juga tentang keterikatan kita pada dunia. Melalui buku ini Yasmin Mogahed mencoba menyentuh berbagai aspek kehidupan dengan terus mengingatkan akan tujuan dan makna sejati hidup. Tak kalah penting dia juga menyinggung tentang duka dan kepedihan hidup yang merupakan pelajaran dan tanda dari Allah untuk kita. Bukan itu saja Yasmin Mogahed juga menunjukkan bahwa terdapat kasih sayang Allah di balik semua kepedihan itu dan mengajak kita melihatnya melalui kacamata kesyukuran. Dengan bab-bab yang singkat Reclaim Your Heart memberi keleluasaan pembacanya melakukan refleksi, mendapatkan persepsi baru tentang hidup, duka, cinta, bahagia, persepsi baru yang akan menghindarkan kita dari tenggelam ke dalam jebakan pesona dunia.

Reclaim Your Heart Yasmin Mogahed, 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.

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

Summary of Yasmin Mogahed's

Reclaim Your Heart Everest Media, 2022-05-27T22:59:00Z Please note This is a companion version not the original book
Sample Book Insights 1 We all love gifts We love the blessings that beautify our lives But what happens when a gift becomes more than just a gift When a want becomes a need a favor becomes a dependency and a gift is no longer only a gift 2 The tragedy of our choice is that we chain our necks with attachments and then ask why we choke We put aside our Real air and then wonder why we can't breathe We give up our only food and then complain when we're dying of starvation 3 The true purpose of the gift is to bring us to God We will suffer the moment we turn our wants into needs and our one true need into a commodity we think we can do without 4 The foundation of Islam is tawheed or Oneness but tawheed is not just about saying that God is One It is about the Oneness of purpose of fear of worship and of ultimate love for God It is about the oneness of vision and focus

Reclaiming YOU Sharon K. Ball, LPC-MHSP, Renée Siegel, LISAC, ACC, 2022-07-05 Reclaiming YOU offers a path to healing heartache through being trauma and Enneagram informed The pandemic has brought to light the heartaches that may have gone unnoticed and has highlighted the need for owning one's trauma recovery and finding resilience In being trauma and Enneagram informed one can find their journey to resilience and hope Reclaiming YOU provides individual stories and facts of heartache Enneagram type vulnerabilities and their resilience journey Reclaiming YOU looks at various types of trauma through individual stories Each type is represented in one of the stories After their story is shared Facts about that type of trauma are given Resilience for that type is described Vulnerability and resilience for each of the types is provided Finally a simple practice is offered With Reclaiming YOU readers can find their story in the heartache and in the resilience by gaining understanding through the facts

Reclaiming your personal power Marcello Cotrim, 2023-03-22 We are born free without conditioning we can do every thing and deserve everything but the education acquired kidnaps the free soul and fits you into appropriate rules and postures dictates norms of conduct to be accepted by the world and prohibits you from manifesting your individuality The time has come to continue reclaiming your personal power breaking with conditioning freeing your mind and making new subconscious programs in favor of success love and abundance By this method you will apply the necessary steps to acquire emotional intelligence and mastery over metaphysical laws such as self knowledge about who you are in essence the application of the law of forgiveness and the break with the past the correct use of the creative visualization application of the laws of surrender and gratitude etc

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 Your Life Jerry Kevin Cooke, How Pornography Shapes Your Mind Relationships and Emotional Health and What You Can Do About It is a practical guide to understanding the profound effects pornography can have on mental health relationships and emotional well being In today's digital age pornography is more accessible than ever often shaping thoughts behaviors and intimacy in ways that can go unnoticed This book explores the psychological and emotional toll pornography takes on individuals and couples offering real solutions for breaking free from its influence With actionable steps personal insights and expert guidance author Jerry Kevin Cooke helps readers overcome addiction rebuild intimacy and restore emotional health Whether you're struggling personally or supporting a loved one this book provides the tools needed to reclaim your life rebuild relationships and find lasting emotional freedom

The 21-Day Burnout Reset: Reclaim Your Energy, Focus, and Joy Without Quitting Your Job Langston Hayes ,2025-08-30 You don't have to quit your job to reclaim your life You just need a reset The 21 Day Burnout Reset is a practical soul centered guide for professionals who feel exhausted disconnected and stuck but aren't ready to walk away from their careers Whether you're working remotely leading a team or quietly unraveling behind your screen this book offers a daily rhythm of recovery that fits inside your real life Inside you'll discover 21 restorative rituals to rebuild energy clarity and emotional resilience Guided prompts to help you reconnect with your body boundaries and values Sensory resets and micro joy practices to calm your nervous system A blueprint for healing without quitting ghosting or burning bridges This isn't a productivity hack It's a healing ritual It's for the high achiever who's tired of pretending It's for the quiet leader who's ready to feel again It's for you If you're ready to stop surviving and start restoring without blowing up your life this is your reset

Reclaim Your Self Jessica Nuñez-LaMarre,2022-09-17 Reclaim Your Self is for high achievers who continue to push themselves and end up being last on their priority list Do you feel behind and overwhelmed Or guilty when you spend time on yourself You're not alone If you struggle to calm your mind and emotions If burnout has become your norm and all

you do is never enough If you want to learn how to manage stress how to deal with emotions how to know your worth and If you re ready to boost your self esteem gain self trust and confidence and create time for your Self then Welcome I wrote a self help book just for you Reclaim Your Self is your guide on your journey back to YOU Have you canceled your appointments to accommodate others Do you overwork feeling like all you do is never enough Are thoughts to do lists and previous or future conversations running through your mind Do you resent your partner because they get to do what they want Are you easily irritated or agitated and take it out on your kids or yourself Is it hard to have compassion for yourself especially when you make a mistake Are your emotions shoved down with I m fine or boiling over with passive aggressive comments Do you want to learn how to shift your mindset by changing the way you think Does overcoming obsessive thoughts sound intriguing to you Are you aware of emotional intelligence yet can t seem to get emotions mastered Is it hard to forgive others especially yourself Are you an overachiever A Type perfectionist or controlling If you answered yes to any of the questions above Reclaim Your Self is for you It s the working mom s essentials for How to know your worth How to manage stress How to deal with emotions How to feel bliss This book is written for working moms feeling guilt ridden easily irritated and overwhelmed The high achievers who ve strived for the next achievement are now burned out and uncertain about what they want and who they are It was clear once Then work motherhood and life happened pushing desires dreams passions and needs and wants to the back burner Not a mom yet these words ring true for you Then this is still your book Mother or not Reclaim Your Self helps you with negative self talk overwhelming emotions and stress Gain self love and self esteem and start feeling like you again Overwhelmed overworked and burned out As a working mom I knew those feelings all too well To the outside world I had it all but inside I felt empty until I found the key to unlock what was missing from my life Reclaim Your Self gives you everything you need to embark on your journey of self discovery This book contains Proven techniques to build your self esteem and release limiting beliefs Thought provoking prompts to dig deep into what s been holding you back so you can enjoy the life you want Inspirational activities to support you to step into your power and embrace the incredible person you are A Three Step Rediscovery Process to overcome guilt self criticism stress and intrusive thoughts and start feeling like yourself again If you ve been questioning who you are and what you want Reclaim Your Self will help you find the answers you need within

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

Your True Colours Sinead Moylett, 2024-10-25 An invitation to embrace your True Colours and begin your journey of healing and enlightenment Designed as both a tool for yoga teachers and a daily guided mindfulness practice True Colours offers readers the opportunity to set an Intention engage with a Reflection and journal about their experience celebrating the beauty of their True Colours Drawn from the author s own experiences of growth and transformation each offering is both

personal and universal highlighting our connectedness with all living beings By creating and holding sacred space for internal work these intentions and reflections encourage you to look at the parts of yourself that need healing and care showing up without shame or judgement Celebrate every day with a grateful heart Cultivate your connection to social justice Re discover the value of stillness and self love and the power of each individual s energy to change the world A passionate offering of love light and reflection Your True Colours Intentions and Reflections to Deepen Self Awareness offers a pathway to heightened spirituality a greater sense of self worth and a joyful life **Compassion** Christina Feldman,2016-08-01 Do you turn away from your own physical and emotional pain Do you withhold empathy or give yourself away when witnessing another s pain Do you lash out or withdraw when you feel that someone has harmed you Is it possible to learn to respond to rather than react against what feels unbearable Drawing on her experience as a Buddhist practitioner and teacher Christina Feldman asserts that it is possible but only if we turn time and again toward compassion which she describes as the innate natural condition of our hearts She says You do not need to be a saint to find the grace and transformative power of compassion you need only to be willing to pay attention to pain and its cause and to commit yourself to its end She offers techniques for developing the capacity to hold adversity loss and pain with love Her guided meditations will teach you to cultivate and sustain compassion for the blameless for those who cause suffering for those whom you love and for yourself

Sensual Love Secrets for Couples Al Link,Pala Copeland,2007 Is it possible to stir up passion after the flames of romantic love die down How can one maintain a loving relationship that satisfies and stimulates year after year Sensual Love Secrets for Couples offers one simple solution for stoking the fires of lifelong intimacy awakening and uniting the Body Mind Heart and Soul These four freedoms the essence of human nature have the power to transform a lusterless partnership into a divine union sparkling with limitless pleasure and unconditional love Featuring over one hundred exercises and fun activities this practical guide helps readers explore the physical senses establish trust cultivate emotional intimacy achieve sacred sex embrace commitment pledge selfless intentions and build spiritual bonds to last a lifetime **3am Songbook** Brian Joseph Jeffries,2019-01-29 3am Songbook is a collection of lyrical poems about positivity inspiration and new beginnings These poems tell stories of life s journeys focusing on love faith music and many more uplifting themes *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 The Haunting of Sister Mary Francis Part I ALESSANDRO PAOLO. PERUCCI,2012-08-07 Alessandro Paolo Perucci s latest work is a spellbinding horror novel THE HAUNTING OF SISTER MARY FRANCIS PART I which tells of a young lonely Catholic schoolgirl named Mary Francis who is teased by the popular girls in her school called the Click for being meek and awkward Mary Francis has six pitbull terrier pups named Gentle Soul Lion Sickie Justice Terror and Three Eyes who are as meek as she After being tormented to a boiling point she meets a charismatic defrocked priest named Father Gregory Martin who persuades her to join the world of the occult He shows her the evil Infernal Book of Wisdom and a frightening sword called the Cadaver Sword which can give her tremendous powers She is swept away by Father Gregory Martin and sells her soul to the Devil uses the sword s power and thereby transforms into the gouged out eyed demon nun spectre Sister Mary Francis who wears a sentient birdlike nun s habit that is an omen of the Demon Nun s presence Her Pitbull Terriers are also transformed into monstrous sized Demon Dogs who have a penchant for terror Now she will get revenge on anyone and everyone who hurt her Watch out the demon nun spectre Sister Mary Francis will get 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

Reclaiming Your Inner Child Nina Mongendre, 2025-06-10 A quest to make peace with your past release the burdens you carry for your ancestry and embrace the gifts of the present How we treat our inner child reflects on every aspect of our lives It is the foundation of our habits and of our self worth When we deny reject or criticize our own innocence and vulnerability we hinder our capacity for authenticity and connection We are desperate for a semblance of control because we felt powerless as a child and we attempt to protect ourselves by directing arrows of judgment criticism and negativity towards ourselves and others Political hatred discrimination and crime can all be traced to childhood wounding These harmful behaviors along with depression anxiety and self doubt are the inner child's desperate call for help Our younger selves are still trying to get their needs met and it is now our responsibility to meet these needs Nobody else can Until we meet our own needs we blame our parents our partners and the world We are stuck in a triangle of disempowerment in which only three roles are available victim villain and rescuer We cycle through all three of these roles depending on the circumstance In each one of these roles we are looking for self worth outside ourselves and feel resentful and powerless This book teaches us how to step out of this triangle and the layers of story we have been telling ourselves becoming our own guide on an epic inner quest It is an invitation to write a new story to finally meet our needs and take full responsibility for our lives To do this we step outside of linear time and journey back to significant moments of our childhood bringing our adult self along with all of our acquired life experience to offer the support that was needed at the time

Secrets over Sweet Tea Denise Hildreth Jones, 2013-02-18 Secrets can be funny things We think they keep us safe but more often than not they spill out when we least expect and make a mess out of everything It's a truth Scarlett Jo Newberry knows all too well a truth Grace Shepherd and Zach Craig are about to learn the hard way As the lives of this boisterous pastor's wife polished news anchor and beleaguered divorce attorney intersect in the tree lined streets of Franklin Tennessee scandal threatens to topple their carefully constructed worlds Grasping at survival they embark on a journey of friendship and courage desperate to find a way back to laughter love and life

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