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Reclaim your heart pdf file

This is not just a self-help book. It's about the journey of life in and out of the sometimes devastating seas of life. It is a manual on how to strengthen the heart by freeing it from slavery of eternal disappointment and pain. It's about redemption, about hope, about renewal. It's a book about escaping life's most deceptive traps by providing a new perspective on love, loss, happiness and pain. Reclaim Your Heart was intended to help readers protect their most prized possession - the heart - and live in this life without letting this life own them.223 printed pages I decided to vote for my life. All the things about him: the tears, the pain and the wisdom I got. The things I see, I learn, and I get during my life need a voice. I want to give something back to what I've been getting all along in hopes of helping myself and others stay afloat. But it's not just about surviving alone. I don't want people just trying to survive the storm of their lives. I want them to survive and place in the storm of their lives. I wrote because, just like when we fall in life, we will rise again, too. That's the world. Life never gives you just one way to climb. Yes, there is pain. Yes. And lose. Even darkness. But the light will always be there. Hope. And beauty. And there will be love and happiness. A sack of BetelThings can be messy. Sometimes it's broken. Like many of you, my journey wasn't always easy either. The pain is very real. Also lost. Sometimes it feels easier to succumb to pressing burdens or memories of loss. Many of us experience life's hard struggles, and so many suffer in silence. It's hard. And it's hard not to give up when we're dealing with the disappointments in life so many times. Like some of you, I also know the importance of loneliness. I know what defeat is. Fall many times just to hunt mirages, and suffer wounds just for the sake of building a fading sandcastle engulfed in life. Sometimes it only takes a strong wave to destroy the life I've built up over the years. So I decided to vote for my life. All the things about him: tears, pain. And the wisdom I got. The things I see, I learn, and I get during my life need a voice. I want to give something back to what I've been getting all along in hopes of helping myself and others stay afloat. But it's not just about surviving alone. I don't want people just trying to survive the storm of their lives. I want them to survive and place in the storm of their lives. So I wrote, Go through my own storm. The words in this book became my voice and letter to the world. These words are my effort, to not only wake up from my downfall, but also to help others along the way. I wrote because, just like when we fall in life, we will rise again, too. That's the world. Life never gives you just one way to climb. Yes, there is pain. Yes. And lose. Even darkness. But the light will always be there. Hope. And beauty. And there will be love and happiness. Yasmin Mogahed [Mizan, Mizan Publishing, Inspirasi, Religion, Motivation, Youth, Adult, Indonesia]The Powerfulness of Our Feelings is an important indicator of how our state of mind is, whether positive or negative. With positive feeling automatic positive thinking will come together. And if the two synergize results will be devastating. We could have a positive mind. But in critical moments and in the face of pressure, all our positive thoughts are often lost. When you're jealous, for example, you can lose your mind, right? The turmoil of feeling is much faster and stronger than the mind. It's an icompeciuous sense of fuel for anyone. Without him, he couldn't move, nor could he be an active person. But emotions can lead to many things. It can bring disease, mental or clinical. Emotions can also feed attitudes and behaviors. With a fluid and entertaining review style, Dr. Elfiky describes how emotions evolve, what are the sources, and how to turn negative emotions into positive skills. Filled with insightful, richly captivating stories, accompanied by easy and fun steps. Published by the publisher Serambi Ilmu Semesta (Serambi Group) #MerayakanKartiniSerambi #PromoEbookHariKartini How often do we read quotes about happiness, and soon we are inspired, but eventually soon we return to old habits? It won't happen after you read this book. It's not just about reminding a quote Life is short; so be happy, but also provide practical daily steps to achieve this happiness. Written from an Islamic point of view but containing universal values, the book presents 365 tips for achieving happiness every day of the year. This book encourages you: take practical steps to achieve happiness, think positively about all things that happen to you, open your eyes to look at the beauty around you, become a better human being, instill love in your heart for God and others, and most importantly, remind you of your end-of-life goals. This work is a good companion for you in living day after day of happiness. It only takes a little time to read this book, can change your whole life. Published by the publisher serambi ilmu semesta (Serambi Group)99 Wisdoms: A Collection of Meaning Stories! this mortal realm, the single greatest lesson is to learn sincerely, submit, or not cling to anything.... Those who feel less will always be deficient, those that are sufficient are always sufficient.' Gobind Vashdev recorded his journey when he met the teachers in his life in 99 meaningful immersion. down in the wisdom of this book. Explore, enjoy and consider all the way to the niche. 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