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2021-04-08 Daily Meditations with Cannabis for Deep Sacred Experiences Discover 420 accessible meditations that have been designed to enhance your

spiritual journey and integrate the insights and healing energies of cannabis. 420 Meditations provides daily prompts for contemplation, self-inquiry, and reflection, as well as chants, mantras, breathwork techniques, and more. Learn how to work with the energy of stones and essential oils, explore recipes for engaging your sense of taste, and listen to the songs and natural sounds that author Kerri Connor recommends for your sessions. In addition to daily cannabis meditations, this book provides meditations corresponding to moon phases, sabbats, elements, chakras, and auras. With tips for reaching peak experiences and integrating all your senses into your practice, this book supports your quest for a life of mindfulness and peace. With tips for reaching peak experiences and integrating all your senses into your practice this book supports your quest for a life of mindfulness and peace

2019-04-09 A healthy cookbook to share with a partner, featuring more than 100 recipes designed to nourish your bodies and souls. An Epicurious Best Cookbook for Spring • "Healthier Together focuses on real whole foods and bringing community together."—Kelly LeVeque, celebrity nutritionist and bestselling author of Body Love Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food

again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage—proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner—near or far—and get ready to get healthy. Praise for Healthier Together "This cookbook is one you'll be reaching for time and time again when you need healthy food that is satisfying and delicious."—Tieghan Gerard "Liz Moody offers heaps of tasty recipes packed with great ingredients."—Real Simple "Healthier Together is a brilliant concept! Cooking with a friend/partner/mom is so much better than cooking alone, plus having a partner will keep you both accountable on your healthy eating journey."—Gina Homolka "Liz does an amazing job helping you make delicious food in a way that is both feasible and fun."—Rachel Mansfield "Liz's book overflows with food made to share, healthy but with all the comfort and flavor that brings happy people around the table."—Daphne Oz "Liz's

message is profound, yet so simple . . . you need to have both whole foods and whole, real relationships to truly be healthy and happy. This book makes eating healthy a celebration, not a sacrifice, and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat!"—Jeanine Donofrio This book makes eating healthy a celebration not a sacrifice and it brings an arsenal of fresh and flavorful recipes that are fun to make and eat Jeanine Donofrio

2011-08-01 Sweeping the ashes out of the fireplace at my first job as a cleaning lady, I was overwhelmed. My husband of 23 years had left me for another woman, and I was thrust into the role of a struggling single mom. At that time my mother died of cancer, my house went into foreclosure, my car was repossessed, and I was forced into unexpected bankruptcy. In frustration, I lifted my hands up to the Lord and cried out, God, I feel like Cinderella! He answered me right away. He said, You are Cinderella, and I will redeem you! I had already experienced the supernatural power of prayer, healings and miracles. I was visited by an angel and prayed for a man that was raised from the dead. So when I heard God answer me in those ashes, I knew I had to trust him like never before. LuAnne's life testimony proves that God can take a life that has a dysfunctional childhood, an abusive marriage, and a seemingly helpless situation, and transform it into a life of joyful fulfillment. Dr. Bill Hamon The stories of God's intervention and his power, the

working of the gifts of the Spirit and the miraculous divine appointments are encouraging and amazing. Randy Clark I cried as I read between the lines of my friend's life, but I rejoiced as I saw how faithful God is. You will be encouraged as you read this book of LuAnne's childlike faith and God's supernatural power. Dr Sharon Stone This book will teach you the power of forgiveness. Barbara Wentroble LuAnne Mast and her husband are senior pastors at Destiny Christian Church in Dover, DE. Their traveling ministry is Eagle Fire Ministries; speaking in churches and conferences internationally. They are ordained by Dr. Bill Hamon of Christian International. You will be encouraged as you read this book of LuAnnes childlike faith and Gods supernatural power Dr Sharon Stone This book will teach you the power of forgiveness

2020-08-18 The Vagina Book is an essential guide packed with invaluable information about sexual health that everybody should know, but might be too afraid to ask. With sections on anatomy, periods, hormones, sex, contraception, fertility, hair care, and so much more, this fun-to-read guide helps readers make healthy decisions for their bodies. Compelling personal essays from a diverse group of luminary figures—including Margaret Cho, Roxane Gay, and Blair Imani—are sprinkled throughout, enriching the pages with beauty, strength, and honesty. • From OB/GYN Dr. Jennifer Conti and the team behind the beloved Thinx

period products • Dispenses with taboos and misinformation about vaginas and bodies • Provides the latest health research in easy-to-digest entries Advice includes yoga poses to help with PMS and cramping, a cheat sheet for making sense of contraception options, why you should care about your pelvic floor (plus easy strengthening exercises!), and the illustrated history of feminine hygiene products, from ancient Egypt through today. This groundbreaking guide is a perfect gift for every modern woman and a vital addition to every modern bookshelf. • A must-have handbook for anyone with a vagina • Presented in a luxe, cushioned case filled with more than a hundred vibrant illustrations • Perfect unique gift for anyone who is passionate about sexual health, feminism, and learning more about their body, as well as readers of Refinery29 and GOOP • Add it to the shelf with books like *Come as You Are: The Surprising New Science that Will Transform Your Sex Life* by Emily Nagoski PhD;, *WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source* by Alisa Vitti; and *Pussy: A Reclamation* by Regena Thomashaue. The *Vagina Book* is an essential guide packed with invaluable information about sexual health that everybody should know but might be too afraid to ask

2020-07-14 You know your diet should be rich in plants for optimal health. So

shouldn't the products you apply to your skin, which are absorbed into your body, also be filled with plants? If you've ever looked at the back of your so-called natural facial moisturizer or body cream and seen a list of complicated additives you couldn't recognize or pronounce, then you know firsthand that mass-produced synthetic beauty products can be something of a mystery. With *Plant-Powered Beauty: The Essential Guide to Using Natural Ingredients for Health, Wellness, and Personal Skincare* (with 50-plus Recipes), harness the power of plant-based energy to maintain your natural beauty and let your skin glow like never before. Natural beauty experts Amy Galper and Christina Daigneault show readers how to deconstruct beauty labels, parse ingredients lists, make informed choices about the products they use—and, most important, better understand how their skin works. At the heart of *Plant-Powered Beauty*, you will find more than 50 easy-to-follow recipes to make your own plant-based skincare and beauty products, such as: Almond Milk Facial Cleanser Anti-aging Facial Scrub Blemish Gel Choc-o-Mint Lip Balm Coconut Whip Makeup Remover Vitamin-Rich Hair Health Serum Quick and Fresh Cucumber-Thyme Body Scrub Moisturizing Body Oil for Super-Dry Skin Natural Mouthwash Plus, in this updated edition of *Plant-Powered Beauty*, meet the hottest wellness and beauty ingredient: cannabidiol, a very unique molecule within the Cannabis sativa plant. Research shows that CBD has a

remarkable effect on the skin, including supporting tissue repair, evening skin tone, and promoting a youthful glow. New CBD recipes—for men and women!—include a salve to reduce pain, bath soak to address inflammation, facial serum for balancing, roll-on for stress relief, body butter, and more. Plant-Powered Beauty unlocks sought-after wisdom for all aspects of plant-based personal skincare and celebrates the shift in beauty trends, bringing us back to natural beauty and reconnecting us with plants and healthy choices. At the heart of Plant Powered Beauty you will find more than 50 easy to follow recipes to make your own plant based skincare and beauty products such as Almond Milk Facial Cleanser Anti aging Facial Scrub Blemish Gel Choc o Mint Lip Balm

2019-10-24 Baby Victoria was born at six o'clock in the morning on Sandra and Russ Bearor's fourth anniversary. They didn't know it was the beginning of a chapter in their lives that would forever change how they saw themselves. Coming was the pinnacle point that would carve out the place in life God meant for them if they chose to follow his word and have faith in his plan for their lives. In *When Jesus Carried Me*, Sandra tells a true story of the greatest of loves, the worst kind of loss, and how she survived the everyday pain of sorrow by the power, love, and grace of the Lord. This memoir, presented in journal format, shares the grief and sadness the family experienced when Victoria died at birth. Sandra chronicles how

she grew as a person, a wife, and a mom, as she explains with a direct line through the Holy Spirit, the hurt, heartache, and the peace the Lord shared with her. She discusses her journey, with a newfound understanding and healing, to help others find discernment in a world no one should have to live through. In *When Jesus Carried Me* Sandra tells a true story of the greatest of loves the worst kind of loss and how she survived the everyday pain of sorrow by the power love and grace of the Lord

2012 Why do so many clergy burnout in midlife, leaving ministries they've diligently shepherded? The phenomenon has become an epidemic, with an estimated 1,500 pastors leaving the ministry each month in the United States alone. Bishop Trevor Walters draws on his more than three decades as an Anglican priest and counselor, to show how so many professionals (not just clergy) burnout at around age 50. Contrary to popular assumption, the author explains that the primary cause of burnout is not stress, as we thought . . . Rather, burnout is the result of an internal conflict. (Many high-stress professions have relatively low burnout rates.) Lacking affirmation from parents (particularly fathers) during their formative years, many professionals seek to get affirmation from those they serve, a path to inevitable burnout. With collaboration from psychiatrist Jim Stanley, M.D. Walters offers hope by demonstrating that recognizing this source of burnout, far from being a fatal diagnosis, is the first necessary



step to seeking the healing available through the Great Physician Jesus Christ. The author looks as a pattern for relationships to the example of the Heavenly Father's relationship with Jesus during his Incarnate Son's earthly ministry. When earthly fathers fall short, real injury is imparted to their children. But seeing, understanding, and acknowledging the injury can set the course for genuine healing and genuine forgiveness. Dr. Stanley, a Stanford University and Yale Medical School trained psychiatrist, affirms that the author's observations and therapy are consistent with current practices in psychiatry, and that they hold true for highfunctioning professionals in a variety of fields. While the insights offered are vital for counselors and psychiatrists treating those suffering from External Affirmation Syndrome (EAS), the book is also valuable, and very accessible, for lay people seeking to understand their own struggles or those of a loved one. While the insights offered are vital for counselors and psychiatrists treating those suffering from External Affirmation Syndrome EAS the book is also valuable and very accessible for lay people seeking to understand their own

1998-11 Conventional medical practitioners have long been confounded by the success of Bach Flower Remedies in healing rheumatism, fatigue, ulcers, depression and a wide range of illnesses. Bach's theory--that disease must be cured by restoring the patient's inner balance to allow the body itself to reject illness--is based on

years of research and medical practice. Detailed here, Bach's remedies use simple-to-prepare tinctures of flowers, trees, and herbs for a variety of specific ills. Conventional medical practitioners have long been confounded by the success of Bach Flower Remedies in healing rheumatism fatigue ulcers depression and a wide range of illnesses

2007-12-01 Born in Anguilla, ROBERT ATHLYI ROGERS (d. 1931) spent a significant part of his youth traveling throughout Central and South America, the Caribbean, and the United States, preaching an Afrocentric gospel. Passionately and spiritually committed to the chosen status of the sons of Ethiopia, Rogers wrote The Holy Piby to call together all Africans in praise and prayer. In it, Rogers also pays tribute to civil rights crusader and advocate for African pride Marcus Garvey, and the work would go on to become one of the primary foundational works for the Rastafarian movement. In it Rogers also pays tribute to civil rights crusader and advocate for African pride Marcus Garvey and the work would go on to become one of the primary foundational works for the Rastafarian movement

2020-09-29 In Cannabis Is Medicine, medical cannabis specialist Bonni Goldstein, MD, explains the science behind the use of this amazingly therapeutic plant and describes in easy-to-understand detail the recently discovered endocannabinoid system, involved in almost every human physiological process. Over 4 million people

in the US are healing difficult-to-treat illnesses with cannabis medicine, and although 33 states have medical cannabis laws, many physicians remain reluctant to discuss how this plant may be beneficial to health. this book is the comprehensive resource for patients and their loved ones who have not found answers with conventional medicines. Dr Goldstein has helped thousands of suffering patients -- including children -- find relief with cannabis. In her revelatory book, she explains the current state of scientific research on more than 28 chronic medical conditions that have responded positively to treatment with cannabis, and offers actionable advice on using various forms of medical cannabis, including CBD, to treat a range illnesses, navigating the medical cannabis industry, and detailed information on safety and legality. As medical cannabis laws continue to evolve, it is more vital than ever for suffering patients to understand the benefits of this plant from an honest, medicine-based perspective. Educational, practical, and comprehensive, Cannabis Is Medicine reveals the truth behind cannabis so patients can make informed decisions and improve the quality of their lives. Over 4 million people in the US are healing difficult to treat illnesses with cannabis medicine and although 33 states have medical cannabis laws many physicians remain reluctant to discuss how this plant may be beneficial to health this

2007 It was 1972, a time of social upheaval and the rise of hippie cults' and

communal living across the USA. The Source Family was an Aquarian tribe, a secretive but outlandish group of beautiful young people dressed in robes and diaphanous gowns, who lived in a mansion in the Hollywood Hills and operated the famous Source restaurant, serving organic meals to admirers John Lennon, Warren Beatty, Marlon Brando and many others. This is the extraordinary story of the Family and the untimely demise of Father Yod told through photographs and first-hand accounts by family members.' This is the extraordinary story of the Family and the untimely demise of Father Yod told through photographs and first hand accounts by family members

2020-04-07 That's not a weed--it's herbal medicine! Learn to use wild plants and herbs for food and DIY remedies in this illustrated guide from two expert herbalists. Millions of people are interested in natural and holistic health, yet many are missing out on the key ingredient: Nature itself! Rekindle your connection with the earth as you craft your own herbal medicine with 75 delicious recipes and powerful healing remedies. Herbalists Rosalee de la Forêt and Emily Han expertly guide you through the benefits of two dozen of the most important and commonly found wild plants-many of which you can easily grow in your own garden, if foraging isn't right for you. Detailed illustrations and beautiful photography ensure that you won't make a plant-identification misstep as you learn how to tend and properly harvest the plant medicine

growing right in your own neighborhood. After reading *Wild Remedies*, you'll never look at your backyard, a public park, or any green space in the same way again. Instead of weeds, you'll see delicious foods like Dandelion Maple Syrup Cake, Nettle Frittata, and Chickweed Pesto. You will revel in nature's pharmacy as you make herbal oils, salves, teas, and many more powerful remedies in your own kitchen. That's not a weed its herbal medicine Learn to use wild plants and herbs for food and DIY remedies in this illustrated guide from two expert herbalists

1975

2019-06-14 After arriving from South Asia approximately a thousand years ago, cannabis quickly spread throughout the African continent. European accounts of cannabis in Africa—often fictionalized and reliant upon racial stereotypes—shaped widespread myths about the plant and were used to depict the continent as a cultural backwater and Africans as predisposed to drug use. These myths continue to influence contemporary thinking about cannabis. In *The African Roots of Marijuana*, Chris S. Duvall corrects common misconceptions while providing an authoritative history of cannabis as it flowed into, throughout, and out of Africa. Duvall shows how preexisting smoking cultures in Africa transformed the plant into a fast-acting and easily dosed drug and how it later became linked with global capitalism and the slave trade. People often used cannabis to cope with oppressive

working conditions under colonialism, as a recreational drug, and in religious and political movements. This expansive look at Africa's importance to the development of human knowledge about marijuana will challenge everything readers thought they knew about one of the world's most ubiquitous plants. In *The African Roots of Marijuana* Chris S Duvall corrects common misconceptions while providing an authoritative history of cannabis as it flowed into throughout and out of Africa

2011-01-04 Teresa Strasser made her baby a spleen and some eyebrows. He got her a book deal. Everyone loves babies-and pregnant women-so TV and radio personality Teresa Strasser decided to use this obsession to her advantage. She came up with a way to provide for her newfound family and help other mommies-to-be with this down- and-dirty memoir about first-time pregnancy. An award-winning writer, Teresa is achingly honest about the motherhood she begins experiencing at age thirty-eight. With a biting sense of humor and heart, she portrays the tribulations that come with each trimester, from nausea, weight gain, and bladder infections to dealing with those other kinds of pregnant women. (You know the ones. The ones who glow-and gloat about it.) *Exploiting My Baby* is a must-read for anyone pregnant, trying to get pregnant, or who is just more crazy than baby-crazy. Hopping on a trail pioneered by such lions as Laura Ingalls Wilder, Erma Bombeck, and Tori Spelling, Teresa has no problem using her

pregnancy, childbirth and difficult relationship with her own mother for material. It's her blunt and plain-spoken approach to exploiting her family for literary success that sets her apart. Watch a Video Teresa Strasser made her baby a spleen and some eyebrows He got her a book deal Everyone loves babies and pregnant women so TV and radio personality Teresa Strasser decided to use this obsession to her advantage

2016-04-12 "A humorous and informative trip through the drug's various medicinal compounds, a timeline of the its history, and recipes that take you beyond the standard pot brownie—with pro tips from cannabis-friendly celebrities sprinkled throughout."—Vanity Fair Once literally demonized as "the Devil's lettuce," and linked to all manner of deviant behavior by the establishment's shameless anti-marijuana propaganda campaigns, cannabis sativa has lately been enjoying a long-overdue Renaissance. So now that the squares at long last seem ready to rethink pot's place in polite society, how, exactly, can members of this vibrant, innovative, life-affirming culture proudly and properly emerge from the underground—without forgetting our roots, or losing our cool? In *How to Smoke Pot (Properly)*, VICE weed columnist and former High Times editor David Bienenstock charts the course for this

bold, new, post-prohibition world. With plenty of stops along the way for pro tips from friends in high places, including cannabis celebrities and thought leaders of the marijuana movement, readers will learn everything from the basics of blazing, to how Mary Jane makes humans more creative and collaborative, nurtures empathy, catalyzes epiphanies, enhances life's pleasures, promotes meaningful social bonds, facilitates cross-cultural understanding, and offers a far safer alternative to both alcohol and many pharmaceutical drugs. You'll follow the herb's natural lifecycle from farm to pipe, explore cannabis customs, culture and travel, and discover how to best utilize and appreciate a plant that's at once a lifesaving medicine, an incredibly nutritious food, an amazingly useful industrial crop, and a truly renewable energy source. You'll even get funny and informative answers to burning questions ranging from: How can I land a legal pot job? to Should I eat a weed cookie before boarding the plane? In two-color, with charts and illustrations throughout, *How to Smoke Pot (Properly)* is truly a modern guide to this most revered herb. In *How to Smoke Pot Properly* VICE weed columnist and former High Times editor David Bienenstock charts the course for this bold new post prohibition world

1977