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guidebook that offers
pause for thought for
every season of your

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unique spiritual
perspective offers you
a moment of pure
contemplation for
every day of the year,
whether you're
seeking to find a
moment of peace
before you begin the
day or recharge at the
end of it.

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Inspirations For Heart



A Deep Breath of Life was created to explore the evolution of realizing that life is deeper than what we allow and sometimes to step out of your daily normality is always a brilliant thing! I am starting this blog to help

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myself, but also to
hopefully help others.
We have been going
through a very difficult
time in 2020.

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~~—A Self Adventure~~
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of life, and consider
how it should be
lived." This quote from
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sets the tone for this

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Life, which offers
daily inspiration for
heart-centered living.
Alan Cohen has
touched the hearts
and lives of
thousands of people
seeking more
authenticity and
creative self-
expression in their
lives.

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unique spiritual
perspective offers you
a moment of pure
contemplation for
every day of the year,
whether you're

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seeking to find a
moment of peace
before you begin the
day or recharge at the
end of it. Each
meditation will take
you only a few
minutes to read, but
has wisdom ...

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WITH ALAN COHEN!

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scale the mountain of
your destiny. In just a
few minutes each
day, you can step
back from your
worldly activity and
draw in a deep breath
of spiritual renewal.

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of spiritual renewal.
You might like to
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in the morning to start
your day on a positive
keynote, and/or
review your day in the
light of the principles.

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A Deep Breath of Life,
New York, New York.

453 likes. Welcome!

Join me on an
adventure of self
discovery! Finding
myself and a life
worth romanticizing is
the journey, so hope
in! Its going to be a...

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966 likes. Life is a
journey; death is
returning home.

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hand to hold as you
scale the mountain of
your destiny. In just a
few minutes each

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day, you can step
back from your
worldly activity and
draw in a deep breath
of spiritual renewal.

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eBook by Alan Cohen
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Craniosacral therapy
is based on the belief
that functions of the
human system are
maintained and

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integrated by a
biodynamic force
known as 'primary
respiration,' or the
breath of life. Found
in the brain, spinal
cord, and bodily
fluids, this rhythmic
pulse promotes
healing and health.

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draw in a deep breath
of spiritual renewal.
You might like to
savor each message
in the morning to start
your day on a positive
keynote, and/or
review your day in the
light of the principles.
Each day's message
includes a theme, a
quote of wisdom, a
parable or real-life
anecdote, a prayer,

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and an affirmation.
After reading the
day's message, close
your eyes for a few
moments, and be with
the prayer and
affirmation. Take
these powerful ideas
into your
subconscious, and
allow the truth to
shine away any
darkness. The spirit
within you will expand

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miraculously as you
nourish your inner
being. There is no
limit to the healing,
inspiration, and
positive changes you
can enjoy through
applying the principles
contained between
these covers. March
on to the high calling
of your heart, and
your life will be a
testament to the

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The world began when God, the Creator of everything said, "Let there be light." As the wonder of the world came to life with all its intricate beauty, the most miraculous moment had yet to become reality. That's when

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God breathed into Adam and, with that one breath, shaped humanity. In this thoughtful and inspiring book, Daniel Kooman, the award-winning director of *She Has a Name and Dream: Find Your Significance*, shares the creation story in a way you have never experienced it before.

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examines three
breaths from God that
shaped humanity: The
first breath that
brought humanity to
life; a second breath
that redeemed
humanity from sin;
and a third breath that
continues to shape
the course of human
history as we know it.
Original and

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refreshing, it helps
readers rethink
something they take
for granted every
waking moment of the
day: the very breath in
their lungs.

Inspiration for a Life
Worth Living! Life is
most fully lived from
the inside out. For
many years,
bestselling author

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Alan Cohen has been guiding people to go out of their minds and return to their senses; to escape the circular tyranny of overthinking and find joy and wisdom in the depths of their heart. This reader-friendly companion to the soul culls the finest pearls of insights on this path and forms a

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compelling road map
home. Wisdom of the
Heart contains many
inspiring aphorisms
and condensed
lessons that make this
the perfect daily
companion for
yourself or a loved
one.

Rediscover the Power
of Perfect Breathing.
The seemingly simple

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Life of breathing often
goes unnoticed and
yet it is the most
immediately essential
process for sustaining
life. This informative
guide explores the
central role of breath
in all aspects of the
body, mind, and spirit.
Learn how it can help
improve health,
accelerate healing,
enhance mental

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focus, cognitive and
creative skills,
sharpen athletic
performance,
heighten sexual
enjoyment, and
deepen the meditative
experience. A variety
of exercises for deep,
intentional breathing
are provided to get
you started.

A New York Times
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Bestseller A
Washington Post
Notable Nonfiction
Book of 2020 Named
a Best Book of 2020
by NPR “A
fascinating scientific,
cultural, spiritual and
evolutionary history of
the way humans
breathe—and how
we’ve all been doing
it wrong for a long,
long time.” —Elizabeth

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Gilbert, author of Big
Magic and Eat Pray
Love No matter what
you eat, how much
you exercise, how
skinny or young or
wise you are, none of
it matters if you're not
breathing properly.
There is nothing more
essential to our health
and well-being than
breathing: take air in,
let it out, repeat

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twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. Journalist James Nestor travels the world to figure out what went wrong and how to fix it. The answers aren't found in pulmonology labs, as we might expect,

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but in the muddy digs
of ancient burial sites,
secret Soviet facilities,
New Jersey choir
schools, and the
smoggy streets of
São Paulo. Nestor
tracks down men and
women exploring the
hidden science
behind ancient
breathing practices
like Pranayama,
Sudarshan Kriya, and

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Tummo and teams up
with pulmonary
tinkerers to
scientifically test long-
held beliefs about
how we breathe.
Modern research is
showing us that
making even slight
adjustments to the
way we inhale and
exhale can jump-start
athletic performance;
rejuvenate internal

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organs; halt snoring,
asthma, and
autoimmune disease;
and even straighten
scoliotic spines. None
of this should be
possible, and yet it is.
Drawing on
thousands of years of
medical texts and
recent cutting-edge
studies in
pulmonology,
psychology,

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biochemistry, and
human physiology,
Breath turns the
conventional wisdom
of what we thought
we knew about our
most basic biological
function on its head.
You will never breathe
the same again.

Handle with Prayer
offers a wealth of
insights into

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deepening our prayer
and bringing our
dreams to life. In a
comfortably friendly
yet profoundly moving
way, Alan Cohen
guides readers to
create real and lasting
changes in their
health, prosperity,
relationships, and
spiritual paths.
Prayer, we discover,
is a magnificent

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manifesting miracles
and creating the life of
our heart's desire. In
this inspiring book,
Alan gives you the
formula for making
your dreams come
through, teaching you
that enthusiasm
generates creativity.
His formula is: Desire
+ Belief = Results. He
says, "Desire is the

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engine that drives spontaneous visioning. When you are enthusiastic, you are linked with the divine. Joy is the pipeline to heaven, and if you keep your channel open and flowing, you will bring heaven to earth." He reminds us that Jesus said, "It is done unto you as you believe."

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Those new to prayer,
as well as
inspirations for
experienced
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practitioners, will be
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bolstered and
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illuminated by this
fresh and timely text,
which takes prayer
out of the domain of
rote obligation, and
delivers it to its rightful
place as our most
powerful and practical
tool to manifest our

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The in-your-face, no-hype guide to getting happy... Your life sucks if... • You routinely make someone or something more important than you • The life you are living on the outside doesn't match who you are on the inside

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- You say yes when you mean no
 - You try to fix other people
 - You've forgotten to enjoy the ride
- When your life sucks, it's a wake-up call. Now self-help guru and bestselling author Alan Cohen invites you to answer that call, change your course, and enjoy the life you were meant to

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life. In ten compelling
chapters, Cohen
shows you how to
stop wasting your
energy on people and
things that deaden
you—and use it for
things you love. With
great humor, great
examples, and
exhilarating
directness, Why Your
Life Sucks doesn't
just spell out the ways

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in which you
undermine your
power, purpose, and
creativity—it shows
you how to reverse
the damage. Here is
an encouraging but
loud-and-clear
reminder that in every
moment we generate
our own experience
by the choices we
make, and that today
is the best day to

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begin your new life.

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"A mystical mediation on creation and death in which a man (a thinly disguised Clarice Lispector) infuses the "breath of life" into his creation [and] forms a dialogue between the god-like author and the speaking, breathing, dying creature herself:

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Josh doesn't like people looking at him and he's in the school play Can Miss Button help him to be brave? And can Miss Button be brave when she is faced by something she doesn't like? This

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series introduces
young children to
different aspects of
our emotions and
behaviour. A fictional
story is backed up by
suggestions for
activities and ideas to
talk about, while a
wordless storyboard
encourages children
to tell another story.

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