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She is the author of many internationally renowned

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End the Struggle and Dance with Life by Susan Jeffers

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End the Struggle and Dance with Life We live in a difficult world. But life does not have to be a struggle. In this extraordinary book of inspirational advice, Susan Jeffers teaches us how to feel calmer, more in control, and excited about life--despite what is happening around us.

Susan Jeffers

End the Struggle and Dance with Life; What listeners say about End the Struggle and Dance with Life.

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With wisdom, humour and clarity, she opens our eyes as to what pulls us down and what lifts us up. End the Struggle and Dance with Life is an invaluable source of insight and practical guidance that inspires us to create a life filled with peace and joy. ©1996 Susan Jeffers (P)1996 Audio Renaissance More from the same

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Susan J. Jeffers (Paperback, 1996) at the best online prices at eBay! Free delivery for many products!

A collection of inspirational advice helps readers overcome adversity and cope with the challenges and painful aspects of life, offering tools that show how to attain peace of mind and embrace the world

One of the Boston Globe ' s Best Sports Books of the Year: “ Incisive, heartbreaking, important and even

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“The World Gets You Down” (Jeremy Schaap, New York Times – bestselling author of Cinderella Man). The people of Brazil celebrated when it was announced that they were hosting the World Cup—the world’s most-viewed athletic tournament—in 2014 and the 2016 Summer Olympics. But as the events were approaching, ordinary Brazilians were holding the country’s biggest protest marches in decades. Sports journalist Dave Zirin traveled to Brazil to find out why. In a rollicking read that travels from the favelas of Rio de Janeiro to the fabled Maracanã Stadium to the halls of power in Washington, DC, Zirin examines Brazilians’ objections to the corruption of the games they love; the toll such events take on impoverished citizens; and how taking to

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The streets opened up an international conversation on the culture, economics, and politics of sports. “ Millions will enjoy the World Cup and Olympics, but Zirin justly reminds readers of the real human costs beyond the spectacle. ” —Kirkus Reviews

Dance Dance Dance—a follow-up to A Wild Sheep Chase—is a tense, poignant, and often hilarious ride through Murakami ’ s Japan, a place where everything that is not up for sale is up for grabs. As Murakami ’ s nameless protagonist searches for a mysteriously vanished girlfriend, he is plunged into a wind tunnel of sexual violence and metaphysical dread. In this propulsive novel, featuring a shabby but oracular Sheep

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Man, one of the most idiosyncratically brilliant writers at work today fuses together science fiction, the hardboiled thriller, and white-hot satire.

All of her life, Irish-American Moira Doherty has relished her mother's descriptions of Ireland. When her mother dies unexpectedly in the summer of 1920, Moira decides to fulfill her mother's wish that she become the teacher in Ballymann, her home village in Donegal, Ireland. After an arduous voyage, Moira arrives to a new home and a new job in an ancient country. Though a few locals offer a warm welcome, others are distanced by superstition and suspicion. Rumors about Moira's mother are unspoken in her

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The World Goes Your Down presence but threaten to derail everything she's journeyed to Ballymann to do. Moira must rely on the kindness of a handful of friends--and the strength of Sean, an unsettlingly handsome thatcher who keeps popping up unannounced--as she seeks to navigate a life she'd never dreamed of . . . but perhaps was meant to live. Jennifer Deibel's debut novel delights the senses, bringing to life the sights, sounds, smells, and language of a lush country and a colorful people. Historical romance fans will embrace her with open arms.

Author of Feel The Fear And Do It Anyway From the multi-million bestselling author of Feel the Fear and Do



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**The World Gets You Down**  
It Anyway comes a powerful and healing book designed to offer a safety net in a world of never-ending change. It may be one of the most comforting and life-affirming books you will ever read. With her invaluable insights and exercises, Susan Jeffers gives you the tools you need to deal with all the uncertainty in your life with a sense of peace and possibility. You will learn: - Forty-two exercises to help make your life an exciting adventure instead of a continuous worry - How to lighten up and put problems into a life-affirming perspective - The amazing power of the word "maybe" - And much more. You will discover that there is a wondrous, joyous, and abundant life that can exist in the presence of uncertainty. The question is, "What do

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The World Gets You Down" And the answers abound in Embracing Uncertainty..

A stunning new young adult adventure set in the kingdoms of the Remnant, by the author of the New York Times-bestselling Remnant Chronicles and the Jenna Fox Chronicles. A formidable outlaw family that claims to be the first among nations. A son destined to lead, thrust suddenly into power. Three fierce young women of the Rahtan, the queen's premier guard. A legendary street thief leading a mission, determined to prove herself. A dark secret that is a threat to the entire continent. When outlaw leader meets reformed thief, a cat-and-mouse game of false moves ensues,

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bringing them intimately together in a battle that may cost them their lives—and their hearts. The Remnant Chronicles The Beauty of Darkness The Heart of Betrayal The Kiss of Deception Praise for Dance of Thieves: "Pearson is a gifted storyteller and spinner of eminently satisfying romances and fantasy. Fans will thrill at these newest protagonists, especially the women warriors, who are equal partners in the play for power." —Publishers Weekly "This novel has it all—romance, conflict, danger, and humor. A must-have for all fantasy YA shelves." — School Library Journal

#1 NEW YORK TIMES BESTSELLER • OPRAH 'S  
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Award-winning author of *Between the World and Me*, a boldly conjured debut novel about a magical gift, a devastating loss, and an underground war for freedom.

“ This potent book about America ’ s most disgraceful sin establishes [Ta-Nehisi Coates] as a first-rate novelist. ” —San Francisco Chronicle

IN DEVELOPMENT  
AS A MAJOR MOTION PICTURE • Adapted by Ta-  
Nehisi Coates and Kamilah Forbes, produced by MGM,  
Plan B, and Oprah Winfrey ’ s Harpo Films  
NOMINATED  
FOR THE NAACP IMAGE AWARD • NAMED ONE OF  
PASTE ’ S BEST NOVELS OF THE DECADE • NAMED  
ONE OF THE BEST BOOKS OF THE YEAR BY Time •  
NPR • The Washington Post • Chicago Tribune •  
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The Town & Country • The New York Public Library •  
Kirkus Reviews • Library Journal Young Hiram Walker  
was born into bondage. When his mother was sold  
away, Hiram was robbed of all memory of her—but was  
gifted with a mysterious power. Years later, when  
Hiram almost drowns in a river, that same power saves  
his life. This brush with death births an urgency in  
Hiram and a daring scheme: to escape from the only  
home he ' s ever known. So begins an unexpected  
journey that takes Hiram from the corrupt grandeur of  
Virginia ' s proud plantations to desperate guerrilla cells  
in the wilderness, from the coffin of the Deep South to  
dangerously idealistic movements in the North. Even as  
he ' s enlisted in the underground war between slavers

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The World Outside You Dream

and the enslaved, Hiram's resolve to rescue the family he left behind endures. This is the dramatic story of an atrocity inflicted on generations of women, men, and children—the violent and capricious separation of families—and the war they waged to simply make lives with the people they loved. Written by one of today's most exciting thinkers and writers, *The Water Dancer* is a propulsive, transcendent work that restores the humanity of those from whom everything was stolen. Praise for *The Water Dancer* “Ta-Nehisi Coates is the most important essayist in a generation and a writer who changed the national political conversation about race with his 2015 memoir, *Between the World and Me*. So naturally his debut novel comes with slightly

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unrealistic expectations—and then proceeds to exceed them. *The Water Dancer* . . . is a work of both staggering imagination and rich historical significance. . . . What ' s most powerful is the way Coates enlists his notions of the fantastic, as well as his fluid prose, to probe a wound that never seems to heal. . . . Timeless and instantly canon-worthy. ” —Rolling Stone

The National Book Award-winning novel of a young girl ' s coming of age, from the author of *Send Me Down a Miracle*. Twelve-year-old Miracle McCloy never liked the story of her remarkable birth, but her grandmother Gigi has always loved telling it. An expert in occult magic, Gigi insists that when Miracle was saved from

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her dead mother's womb, it was an omen of greatness to come. But how can Miracle become a prodigy like her father when sometimes she feels like she doesn't even exist? When her father suddenly vanishes without a trace, Miracle's life starts feeling less miraculous by the day. The only time she feels whole is when she's dancing—an activity her grandmother strictly forbids. But shortly after her thirteenth birthday, a life-threatening incident puts her whole world in a harsh new light. And though she does not emerge unscathed, Miracle might finally see the truth about her past, her family, and herself. “Extraordinary . . . Nolan does a masterful job of drawing readers into the girl's mind and of making them care deeply about her chances for



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With Life How To Build Yourself Up When  
the future.” —School Library Journal (starred review)

“ Elaborately drawn characters that will surprise  
readers at every turn . . . Compelling. ” —Booklist  
(starred review)

A renowned biologist's cutting-edge and unconventional  
examination of human reproduction and embryo  
research Scientists have long struggled to make  
pregnancy easier, safer, and more successful. In The  
Dance of Life, developmental and stem-cell biologist  
Magdalena Zernicka-Goetz takes us to the front lines of  
efforts to understand the creation of a human life. She  
has spent two decades unraveling the mysteries of  
development, as a simple fertilized egg becomes a

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complex human being of forty trillion cells. Zernicka-Goetz's work is both incredibly practical and astonishingly vast: her groundbreaking experiments with mouse, human, and artificial embryo models give hope to how more women can sustain viable pregnancies. Set at the intersection of science's greatest powers and humanity's greatest concern, The Dance of Life is a revelatory account of the future of fertility -- and life itself.

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