

Mujeres Malqueridas Psicología Y Salud

Carballido's plays are a staple of the theatre scene in Mexico City and are also frequently staged in Europe, the United States, and throughout Latin America. He has written more than thirty full-length plays and more than sixty one-act pieces as well as movie scripts, adaptations, and works for children's theatre. More than fifteen years have passed since the last book appeared on Carballido's theatre, during which he has written a score of new plays.

The best-seller that helps you say: "I just said 'no' and I don't feel guilty!" Are you letting your kids get away with murder? Are you allowing your mother-in-law to impose her will on you? Are you embarrassed by praise or crushed by criticism? Are you having trouble coping with people? Learn the answers in *When I Say No, I Feel Guilty*, the best-seller with revolutionary new techniques for getting your own way.

A noted psychologist researches the make-up of love, citing three main ingredients--intimacy, passion, and commitment--that determine the success of a relationship and offers guidelines for enhancing personal relationships

Winner of the Booker Prize 2020 Winner of 'Book of the Year' at the British Book Awards 2021 Winner of 'Debut of the Year' at the British Book Awards 2021 'A heartbreaking novel' The Times 'An amazingly intimate, compassionate, gripping portrait of addiction, courage and love.' The judges of the Booker Prize 'Tender and unsentimental . . . The Billy Elliot-ish character of Shuggie . . . leaps off the page.' Daily Mail 'Douglas Stuart has written a first novel of rare and lasting beauty.' Observer It is 1981. Glasgow is dying and good families must grift to survive. Agnes Bain has always expected more from life, dreaming of greater things. But Agnes is abandoned by her philandering husband, and as she descends deeper into drink, the children try their best to save her, yet one by one they must abandon her to save themselves. It is her son Shuggie who holds out hope the longest. Shuggie is different, he is clearly no' right. But Shuggie believes that if he tries his hardest, he can be normal like the other boys and help his mother escape this hopeless place. Shuggie Bain lays bare the ruthlessness of poverty, the limits of love, and the hollowness of pride. For readers of Hanya Yanagihara, Emma Donoghue, Alan Hollinghurst and Frank McCourt, it is a heartbreaking novel by a brilliant writer with a powerful and important story to tell.

Mourning, Melancholia and Depression

A Dictionary of American Proverbs

The Heraclidae

Women Who Love Too Much

How to Use the Other 90% of Your Mind

Social Exchange Theory

Convention and Transgression

This book draws together the diverse strands of attachment theory into a coherent contemporary account. It examines the links between attachment and other central life tasks such as work, and the issues of conceptualisation and measurement.

A frightening and impressive portrait of evil by one of Latin America's leading contemporary novelists. 'A monumentally engrossing novel.' Los Angeles Times

The theme of the Heraclidae is how the children of Heracles, under the care of Iolaus and Alemena, were driven from city to city throughout Greece, fleeing the wrath of Eurystheus, king of Argos, who hated them for their father's sake.

You "run" on 10% of your mind. Imagine what you could do with the other 90%. TOTAL MIND POWER is a foolproof, effortless, step-by-step procedure for using the "idling" 90% of your mind to solve specific practical problems... Learn Quickly.Remember Names.Stop Smoking.Enjoy Sex.Lose Weight.Retard Aging.Improve Health. Increase Memory Control. Developed from the latest scientific research, TOTAL MIND POWER is not a theory, not a meditative program or self-help peptalk - it is practicing physician's proven method of focusing awareness for short period of time to achieve increased mind-power immediately. It works and it will work for you.

www.totalmindpower.com

Its Structure and Influence in Social Psychology

Conversation in the Cathedral

Music for Silenced Voices

The Theatre of Emilio Carballido

Human Aggression and Violence

Winner of the Booker Prize 2020

Kara Sevda - Amor Eterno

Contains over 15,000 proverbs used in the United States and Canada which have British, classical, Biblical, and European origins

Peral Vega explores the importance of Pierrot as a symbol of failure in matters of love in García Lorca's imagery and his literary and personal life.

The New Black is Darian Leader's compassionate and illuminating exploration of melancholy What happens when we lose someone we love? A death, a separation or the break-up of a relationship are some of the hardest times we have to live through. We may fall into a nightmare of depression, lose the will to live and see no hope for the future. What matters at this crucial point is whether or not we are able to mourn. In this important and groundbreaking book, acclaimed psychoanalyst and writer Darian Leader urges us to look beyond the catch-all concept of depression to explore the deeper, unconscious ways in which we respond to the experience of loss. In so doing, we can loosen the grip it may have upon our lives. 'His orthodox, psychoanalytical approach, produces an unpredictable, occasionally brilliant book. The New Black is a mixture of Freudian text, clinical assessments and Leader's own brand of gentle wisdom'Herald 'Compelling and important . . . an engrossing and wise book'Hanif Kureishi 'There are many self-help books on the market . . . The New Black is a book that might actually help'Independent Darian Leader is a psychoanalyst practising in London and a member of the Centre for Freudian Analysis and Research and of the College of Psychoanalysts - UK. He is the author of The New Black, Strictly Bipolar, Why do women write more letters than they post?, Promises lovers make when it gets late, Freud's Footnotes and Stealing the Mona Lisa, and co-author, with David Corfield, of Why Do People Get Ill? He is Honorary Visiting Professor in the School of Human and Life Sciences, Roehampton University.

A mindbending new collection of short stories from the unique, internationally acclaimed author of Norwegian Wood and The Wind-up Bird Chronicle. THE SUNDAY TIMES BESTSELLER The eight masterly stories in this new collection are all told in the first person by a classic Murakami narrator. From nostalgic memories of youth, meditations on music and an ardent love of baseball to dreamlike scenarios, an encounter with a talking monkey and invented jazz albums, together these stories challenge the boundaries between our minds and the exterior world. Occasionally, a narrator who may or may not be Murakami himself is present. Is it memoir or fiction? The reader decides. Philosophical and mysterious, the stories in First Person Singular all touch beautifully on love and solitude, childhood and memory. . . all with a signature Murakami twist. A GUARDIAN AND SUNDAY TIMES 'BOOKS OF 2021' PICK

The Paper Palace

Juega bien tus cartas en el amor

The Work of Fire

A Man After God's Own Heart--A Devotional

A Novel

Shuggie Bain

A Young Man After God's Own Heart

Self-esteem is essential for our survival. Without some measure of self-worth, life can be enormously painful, with many basic needs going unmet. One of the main factors differentiating humans from other animals is the awareness of self: the ability to form an identity and then attach a value to it. In other words, you have the capacity to define who you are and then decide if you like that identity or not. The problem of self-esteem is this human capacity for judgment. It's one thing to dislike certain colors, noises, shapes, or sensations. But when you reject parts of your self, you greatly damage the psycho logical structures that literally keep you alive. Judging and rejecting your self causes enormous pain. Since its first publication in 1987, Self-Esteem has become the first choice of therapists and savvy readers looking for a comprehensive, self-care approach to improving self-image, increasing personal power, and defining core values. More than 600,000 copies of this book have helped literally millions of readers feel better about themselves, achieve greater success, and enjoy their lives to the fullest. You can do it, too!

_____ Is having 'somebody to love' the most important thing in your life? Do you constantly believe in Mr Right, and that being with him would guarantee you would no longer feel depressed or lonely? Are you bored with 'nice guys' who are open, honest and dependable? If being in love means being in pain, this book was written for you. Leading relationship and marriage therapist Robin Norwood describes loving too much as a pattern of thoughts and behaviour, which certain women develop as a response to problems from childhood. Many women find themselves repeatedly drawn into unhappy and destructive relationships with men. They then struggle to make these doomed relationships work. This bestselling relationship self-help book investigates and reveals how powerfully addictive these unhealthy relationships are - but also gives a very specific programme for recovery from the disease of loving too much, a problem that plagues women everywhere.

The in-depth practical companion to the hugely popular bestselling self-help book, Women Who Love Too Much. These meditation exercises will help readers feel happier within themselves, and will pave the way towards happy, successful relationships. In her bestselling self-help book, Women Who Love Too Much, Robin Norwood revolutionised the way we look at love, with a compassionate, intimate book offering a detailed psychological recovery programme for women who love too much - women who are attracted to the wrong men, who neglect their own interests and friends and who are unable to leave tormented relationships for fear of being 'empty without him'. It is a book that speaks to nearly every woman who has ever loved and lost. With multiple millions in sales throughout the world, Women Who Love Too Much remains an invaluable guide to a successful relationship and is an eagerly sought source of help to women and men everywhere. Norwood now enhances the practical wisdom of that book with years' worth of deep reflection and study. The result is a practical guide to relationships, containing a series of daily meditations that promote sane loving and serene living no matter what is - or isn't - happening in your personal life. Each page of Daily Meditations stimulates awareness, offers guidance and enables self-development. Whether you breeze through this charming book in one sitting or savour each meditation a day at a time, the pages of Daily Meditations of Women Who Love Too Much offer

fresh inspiration and insights with every reading. It is the ultimate how-to book for anyone in need of relationship help.

Beautiful and meaningful gift for the great and true fans of the novel Turka Kara Sevda "Eternal love" entertaining, relaxing and artistic fun!

A Teen's Guide to a Life of Extreme Adventure

Stories

And more Stories from the Other Side of the Couch

A General History of Free-masonry in Europe

Coloring Book

Total Mind Power

Creativity and Learning

A creative journal designed by psychotherapist, Sue Patton Thoele, this book combines inspiration, courage and constancy with an interactive growth experience. The author mixes quotes from her books with lessons and exercises to guide the private words and thoughts of readers.

REESE'S BOOK CLUB PICK INSTANT #1 NEW YORK TIMES BESTSELLER THE PAPER PALACE IS: "Filled with secrets, love, lies and a summer beach house. What more could you ask?" "Parade "A deeply emotional love story—the unraveling of secrets, lies and a very complex love triangle." "Reese Witherspoon (Reese's Book Club July '21 Pick) "Nail-biting." "Town & Country "A magnificent page-turner." "Cynthia D'Aprix Sweeney, New York Times bestselling author "[An] irresistible placement of a complicated family in a bewitching place." "The New York Times A story of summer, secrets, love, and lies: in the course of a singular day on Cape Cod, one woman must make a life-changing decision that has been brewing for decades. "This house, this place, knows all my secrets." It is a perfect August morning, and Elle, a fifty-year-old happily married mother of three, awakens at "The Paper Palace"—the family summer place which she has visited every summer of her life. But this morning is different: last night Elle and her oldest friend Jonas crept out the back door into the darkness and had sex with each other for the first time, all while their spouses chatted away inside. Now, over the next twenty-four hours, Elle will have to decide between the life she has made with her genuinely beloved husband, Peter, and the life she always imagined she would have had with her childhood love, Jonas, if a tragic event hadn't forever changed the course of their lives. As Heller colors in the experiences that have led Elle to this day, we arrive at her ultimate decision with all its complexity. Tender yet devastating, The Paper Palace considers the tensions between desire and dignity, the legacies of abuse, and the crimes and misdemeanors of families.

Most previous books about Dmitri Shostakovich have focused on either his symphonies and operas, or his relationship to the regime under which he lived, or both, since these large-scale works were the ones that attracted the interest and sometimes the condemnation of the Soviet authorities. "Music for Silenced Voices" looks at Shostakovich through the back door, as it were, of his fifteen quartets, the works which his widow characterized as a "diary, the story of his soul." The silences and the voices were of many kinds, including the political silencing of adventurous writers, artists, and musicians during the Stalin era; the lost voices of Shostakovich's operas (a form he abandoned just before turning to string quartets); and the death-silenced voices of his close friends, to whom he dedicated many of these chamber works. Wendy Lesser has constructed a fascinating narrative in which the fifteen quartets, considered one at a time in chronological order, lead the reader through the personal, political, and professional events that shaped Shostakovich's singular, emblematic twentieth-century life. Weaving together interviews with the composer's friends, family, and colleagues, as well as conversations with present-day musicians who have played the quartets, Lesser sheds new light on the man and the musician. One of the very few books about Shostakovich that is aimed at a general rather than an academic audience, "Music for Silenced Voices" is a pleasure to read; at the same time, it is rigorously faithful to the known facts in this notoriously complicated life. It will fill readers with the desire to hear the quartets, which are among the most compelling and emotionally powerful monuments of the past century's music.

Pursuing God really is an adventure—one that can get extreme, one you'll never tire of. Becoming a young man after God's own heart is a lot like climbing a mountain. You'll find all sorts of challenges on the way up, but the awesome view at the top is well worth the trip. Real success in life—the kind that counts with God—starts by discovering God's priorities for you. These include... building your faith choosing the right kinds of friends getting along at home winning the battle over temptation making right choices about the future Once you get started on this journey, you'll never be the same! Includes new and revised content.

Encyclopedia of Feminist Theories

Triangle Of Love

Where are the coins?

The Courage to Be Yourself Journal

Indigenous Women, Law, and Political Struggle in Latin America

Shostakovich and His Fifteen Quartets

The Nine Hundred

Draws together over two decades of research by the author into activism and legal pluralism as practiced and understood by Indigenous women in Latin American countries, analyzing the struggles of indigenous women in Mexico, Guatemala, and Colombia to secure justice and equal rights. The ethnographic approach taken in the book analyzes activism and legal pluralism at the local, state, and international scales and synthesizes the author's experiences interacting with activists at those different levels. The manuscript draws on critical discourse and feminist theories to address the tensions and struggles indigenous women activists face in

Latin America.

In 1917, Barcelona's infamous Raval district is alive with outlandish rumours. A monster is abducting and murdering young children. The police are either powerless to prevent his terrible crimes, or indifferent to them, since they concern only the sons and daughters of prostitutes. But Inspector Moisès Corvo is determined to stop the outrages, and punish their perpetrator. His inquiries take him on a tour of the Catalan capital, through slum, high-class brothel and casino, and end in a stomach-turning revelation.

Growing as a man after God's own heart happens one step at a time. Bestselling author Jim George shares quick, focused devotions that will enable you to make every step count. You'll discover great advice for... making forward progress in your spiritual growth staying strong when life gets tough managing your responsibilities with wisdom leading and loving your wife and children living with maximum impact in all you do Along the way you'll experience the satisfaction that comes from living as the kind of man God designed you to be.

"... Dozens of real-life case examples, detailed descriptions of self-help action steps ... [to help] overcome anxiety, depression, rage, self-hate, or self pity ... "--Cover.

Self-Esteem For Dummies

Self-Esteem

When I Say No, I Feel Guilty

The Extraordinary Young Women of the First Official Jewish Transport to Auschwitz

Contexts, Processes and Support

atadas a relaciones destructivas y sin futuro

Mujeres malqueridas

This is a book about women's sexuality and sexual fulfilment that crosses several disciplines and paradigms, and is truly innovative and radical. The book is written for a popular audience--women (and men) who wish to explore the deep roots of their own sexuality in order to find more ease, creativity, and satisfaction in their sexual relations. Included are numerous examples from the author's long experience as a gynecologist who found she had to go beyond the limitations of her Western medical training in order to explain the recurrent gynecological ailments of her women clients. She found successful perspectives and remedial practices through Chinese medicine, psychoanalysis, and a transgenerational approach.

The path-breaking Encyclopedia of Feminist Theories is an accessible, multidisciplinary insight into the complex field of feminist thought. The Encyclopedia contains over 500 authoritative entries commissioned from an international team of contributors and includes clear, concise and provocative explanations of key themes and ideas. Each entry contains cross references and a bibliographic guide to further reading; over 50 biographical entries provide readers with a sense of how the theories they encounter have developed out of the lives and situations of their authors.

Hay mujeres que lo dan todo a cambio de nada. Y son muchas más de las que pensamos. A todas ellas dedica Mariela Michelena este libro que, como en el caso de Mujeres malqueridas -más de 25.000 ejemplares vendidos- y de Me cuesta tanto olvidarte, dice las verdades que no queremos escuchar, pero que lo hace con sensibilidad, tacto, sentido del humor y ganas de ayudar. ■ Si todavía te sientes atada a tu ex ■ Si haces de «madre» de tu pareja y te empeñas en perfeccionarle ■ Si dejas tu vida en «pausa» para esperar por él ■ Si parece que solo te interesan los hombres que te hacen sufrir ■ Si te has sacrificado -y endeudado- para luego ser abandonada sin ninguna explicación ■ Si estás enamorada de un celoso patológico ■ Si has perdonado una infidelidad, y dos y... ■ O si pensabas que estas cosas solo le ocurren a las otras podrás identificarte con estas mujeres que mantuvieron correspondencia con la autora para confiarle sus historias. Mujeres que, como tantas, no han sabido jugar bien sus cartas en el amor, porque han elegido el sacrificio y el heroísmo a la felicidad. No cabe elegir nuestras cartas, nos vienen —bien o mal— dadas de serie. Lo que sí podemos es sentirnos libres para decidir cómo jugarlas, sin trampas, con honestidad. ¡Es tu turno! ¡Te toca jugar a ti!

Beautifully crafted stories of psychotherapy-told for the first time from the perspective of the therapist In her long career as a psychotherapist, acclaimed author Lillian Rubin occasionally encountered patients who demanded a very special, even unorthodox, therapeutic approach. For the first time, Dr. Rubin tells the stories of her most fascinating, most challenging case,'from the other side of the couch,' focusing not just on the patient, but on her own inner process as she confronts the issues each case raises. Each of the seven stories she tells is a moving journey into the human psyche, from the secret life of 'The Woman Who Wasn't' or the extreme regression

of The White Hat' to the smoldering rage of The Man with the Beautiful Voice.' Through these captivating tales, and in a thought-provoking introduction, Dr. Rubin illuminates the process of therapy and how it works, especially when rules need to be bent or even broken. For anyone who has been in therapy, or even wondered what happens behind those tightly sealed doors, this book offers a gift of insight.

First Person Singular

Mujeres que lo dan todo a cambio de nada

How to Make Yourself Happy and Remarkably Less Disturbable

The Man with the Beautiful Voice

Adult Attachment

Barcelona Shadows

Woman Desired, Woman Desiring

Boost your self-esteem and truly believe that you are perfectly awesome Looking to get your hands on some more self-esteem? You're not alone. Thankfully, Self-Esteem For Dummies innovative, and compassionate methods that help you identify the causes of low self-esteem—as well the lowdown on the consequences. Packed with trusted, hands-on advice to help you boost your self-worth, Self-Esteem For Dummies arms you with the proven tools and techniques for learning how to think and behave with more self-assurance at work, in social situations, and in relationships. Self-esteem is shaped by your thoughts, relationships, and experiences. When you were growing up, your successes, failures, and how you were treated by your family, teachers, coaches, and authorities, and peers determined how you feel about yourself. But you can shift your thinking and reclaim your self-worth with the help of Self-Esteem For Dummies. Helps you understand the causes of low self-esteem and the benefits of promoting self-esteem Arms you with the tools to learn how to think and behave with more self-assurance Covers the importance of mental well-being and more Shows you how to improve your self-image, increase personal power, and feel better about yourself If you're looking to boost your sense of self-worth, Self-Esteem For Dummies is your path to a more confident, awesome you.

Confucius taught us that the only person who can always be happy is the one who knows how to be happy with everything. Similarly, if we avoid passive conformism and false resignation, the password to open the doors of personal fulfilment is made up of a single syllable: YES. YES. To life, just as it is. To ourselves, just as we are. To others, just as they are. To our parents and as they were, as the providential vehicles of our existence and much more. This is the message that Joan Garriga Bacardí unveils in this book—poetic, thought-provoking, and confronting a basic issue that concerns us all: the process of assuming our origins, our family legacy, and of thereby finding our place in the world. The text celebrates life without taking away its harshness, thereby distancing itself from artificial, positivist psychology. Where are the Coins? offers new perspectives for the soul, both for those who suffer when they think of themselves and those who do so with gratitude. It speaks the language of reconciliation and peace. It shows the power of love and how to integrate and overcome the wounds that get in the way of happiness. Snuggle up with your favorite animal stories and rhymes and explore into the magical worlds of beloved characters. This beautifully illustrated storytime treasury padded keepsake book is a treasure of talents of illustrators from around the world with well-loved stories and rhymes both kiddos and their grown-ups will enjoy. Find new stories and adventures to fill your imagination with animal tales to explore.

This book focuses on the relations and connections between creativity and learning in different contexts. By shifting the focus from individual psychology to a sociocultural framework, it explores the multidimensional nature of the processes under study, resulting in a 'bigger picture' of creativity and learning and their interdependence. The book examines the sociocultural definition of learning in the contexts of children's education and adult education, as well as workplaces and organisations. It offers insights concerning the frameworks and practices developed to promote learning in different applied contexts. This collection brings together experts from across the globe and combines theoretical understandings, recent empirical findings and practical experiences of researchers, students and teaching staff, as well as practitioners, educators and managers. The book is a comprehensive, research-based volume on creativity and learning and their interconnection in various spheres of our life.

Causes, Manifestations, and Consequences

Daily Meditations for Women Who Love Too Much

A proven program of cognitive techniques for assessing, improving and maintaining your self-esteem

365 Animal Stories and Rhymes

Taking Your Life to a Higher Level Through Releasing Emotional, Physical, and Energetic Toxins

Pierrot/Lorca

Based Upon the Ancient Documents Relating To, and the Monuments Erected by this Fraternity from Its Foundation in the Year 715 B. C. to the Present Time

Maurice Blanchot is arguably the key figure after Sartre in exploring the relation between literature and philosophy. Blanchot developed a distinctive, limpid form of essay writing; these essays, in form and substance, left their imprint on the work of the most influential French theorists. The writings of Barthes, Foucault, and Derrida are unimaginable without Blanchot. Published in French in 1949, The Work of Fire is a collection of twenty-two essays originally published in literary journals. Certain themes recur repeatedly: the relation of literature and language to death; the significance of repetition; the historical, personal, and social function of literature; and simply the question what is at stake in the fact that something such as art or literature exists? Among the authors discussed are Kafka, Mallarmé, Hölderlin, Baudelaire, Rimbaud, Sartre, Gide, Pascal, Valéry, Hemingway, and Henry Miller.

Violence and aggression have existed as long as mankind, and the need to understand and control these forces has only continued to grow throughout history. Thanks to the advance of psychological research within the social and behavioral sciences, as well as several other scientific disciplines, we have more knowledge than ever before about the genetic, developmental, interpersonal, and cultural causes of aggression. Yet these findings have not been integrated into meaningful discussions about how to transform aggression research into practical applications. With so many answers to the question "What makes a person violent?" there is surprisingly little insight into "How do we prevent violence?" In this comprehensive book, editors Phillip R. Shaver and Mario Mikulincer have assembled chapters from international experts to provide a broad-based and multidisciplinary analysis of aggression and violence, their negative consequences, and promising interventions. Five sections examine major theoretical perspectives, genetic and environmental determinants, and the psychological and relational processes underlying human violence and aggression. The tone of the book is realistic in its investigation of violence as an inherent part of human genetics and interaction, but hopeful in its exploration of researched-based interventions aimed at reducing violence in future generations. In its assessment of aggression and violence across individual, relational and societal levels, this book will engage a broad audience.

'Books such as this are essential: they remind modern readers of events that should never be forgotten' - Caroline Moorehead On March 25, 1942, nearly a thousand young, unmarried Jewish women boarded a train in Poprad, Slovakia. Filled with a sense of adventure and national pride, they left their parents' homes wearing their best clothes and confidently waving good-bye. Believing they were going to work in a factory for a few months, they were eager to report for government service. Instead, the young women-many of them teenagers-were sent to Auschwitz. Their government paid 500 Reichsmarks (about £160) apiece for the Nazis to take them as slave labour. Of those 999 innocent deportees, only a few would survive. The facts of the first official Jewish transport to Auschwitz are little known, yet profoundly relevant today. These were not resistance fighters or prisoners of war. There were no men among them. Sent to almost certain death, the young women were powerless and insignificant not only because they were Jewish-but also because they were female. Now, acclaimed author Heather Dune Macadam reveals their poignant stories, drawing on extensive interviews with survivors, and consulting with historians, witnesses, and relatives of those first deportees to create an important addition to Holocaust literature and women's history.

Work with the Angels to Detox Your Body and Energy! Detoxing with the help of your angels is a gentle way to release impurities from your body, reduce fatigue, and heal addictions. Best-selling author Doreen Virtue and naturopath Robert Reeves teach you simple steps to increase your energy and mental focus, banish bloating, feel and look more youthful, and regain your sense of personal power. In the process, you'll rid your life of physical toxins, as well as negative emotions and energies. *Angel Detox* guides you step-by-step on how to detox your diet, lifestyle, and relationships. You'll learn how to minimize or eliminate cravings for unhealthy food and substances, feel motivated, and enjoy wellness in all areas of your life. This book also includes 7-Day Detox Plans for those wanting to quit smoking or drinking, or to flush out environmental pollution. From *Angel Detox*' Letting go of addictions, unhealthy lifestyle habits, and unbalanced friendships heightens your connection to the angelic realm, as you'll release the psychic fog created by toxins. This fog stems from chemicals and negative energies, so the angels urge you to let this go. By working with the angels, you'll find that your appetite for healthy, nutritious foods will increase, and you'll become aware of how your body reacts to artificial substances . . . 'Sometimes you may accidentally ignore the angels' guidance, so definitely ask them for help in hearing the messages you're supposed to take to heart. Or, you can ask them how your detox can be more successful. You'll find that they will reply with dietary or lifestyle advice. The angels know how you can benefit most right now, and by following their messages, you'll be led to a path of absolute joy.' Doreen and Robert

The New Black

Trainer's Guide for the Art of Helping

Angel Detox

White Carnival of Black Desire

Multiple InJustices