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If you are frequently depressed or feel as if you are on a careening roller-coaster ride of emotional ups and downs--a ride that sometimes indicates a bipolar-related disorder--your moods may well control you. But there is a better way. Mastering Your Moods explores depression and what you can do about it. No matter how deep your depression or drastic your mood swings--even if you've struggled for years--you can experience a fulfilling, joyful life. Thousands have struggled for years and then turned to these men for wisdom and direction--and found hope and a new way of living victoriously.

Awareness of the natural progression of life transforms chaos and crisis into opportunities for knowledge and personal growth. With insight and humor, Frank Natale shares his wisdom on the thirteen inevitable rites of passage and how The Circle of Life illuminates our path of spiritual development through four phases: Preparation, Initiation, Integration, and Realization. "Transformation is the essence of being alive," Natale writes. "These passages are the doorways to our power and spiritual evolution. The passages within the Circle of Life are so powerful that knowing what they are and when they will come is not enough to avoid them. The only possibility we have is to accept and extract value from them while consciously experiencing them." A native New Yorker, in 1967 Natale co-founded Phoenix House in New York, which became the largest residential treatment facility for chemical dependency in the United States. After twelve years as clinical director, Natale left to focus on successful, functioning personalities who want to experience new levels of creativity and aliveness. Working throughout the United States, Europe and Australia, Natale's teaching emphasized self-discovery, personal responsibility and choice as paths to conscious living and spiritual growth.

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The qualities of aliveness and consciousness in our relationships determine the quality of our life. Based on his popular Relationships seminar series, Natale reveals how to recognize and recreate the 20 vital qualities. "In seeking these qualities," Natale writes, "You will gain an opportunity for greater awareness of your self, which is the highest achievement any of us can accomplish at any given moment." These qualities are found in personal and romantic situations and are also evident or lacking in our relationships with money, religion, career and authority. They are the indicators of the status of our

relationship with everything that is our life. This book will influence the manner in which you experience your relationships, help you assess these qualities and make the choice to acquire them. Natale's 20 vital qualities of aliveness include: Responsibility; Service and Acknowledgment; Affinity and Trust; Effective Communication; Self Esteem; Honorable Sexuality; Health; Forgiveness; Laughter, Humor and Playfulness; Relatedness and the Presence of Love.

New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

She knew why he deserved it. He wasn't a good man. Not a good lover. Not a good father. Living with him daily confirmed he had not the knowledge or the heart to engage Christine on her level. She was a model of capability, mastering almost every area of her life, but secretly tormented by the fact that, once again, happiness in a crucial relationship had eluded her. Frank, well, Frank was damned too. Unable to fathom its design, the way of love seemed hopelessly beyond his grasp. Now free for the most part from the world's distractions, this unlikely pair, cuffed together for what seemed like an eternity, cautiously ventured into their retirement years. One had gained an unfair advantage over the other. With love no longer at stake and a shadow falling over their lives, one hatches a plot to fully exploit the other as a crowd of memorable friends and dysfunctional family slowly watches it all fall part.

What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself these questions but you may not have had much luck answering them. Until now. In The Way of the Superior Man David Deida explores the most important issues in men's lives from career and family to women and intimacy to love and spirituality to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise.

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