

# Stand Your Ground How To Cope With A Dysfunctional Family And Recover From Trauma

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*Stand Your Ground* - Evan H. Offstein 2009-01-30

Management professor and West Point graduate Evan Offstein approached leaders at the U.S. Military Academy and the Department of the Army with two primary questions: (1) How does West Point develop its leaders?; (2) Can other individuals and organizations apply these principles effectively? Two years and dozens of interviews later, he offers unprecedented access to the process of leadership development at West Point. With an explicit mission to produce "honorable" leaders, West Point invests heavily in mentoring, training, and evaluation to ensure the character development of its 4,000 cadets. From Robert E. Lee to Edwin E. "Buzz" Aldrin to basketball coach Mike Krzyzewski, West Point has groomed leaders whose contributions far exceed the successful management of their immediate charges. By illuminating the principles by which West Point teaches leadership, Stand Your Ground not only provides a unique tour behind the scenes at this revered institution, but, more generally, imparts lessons of honor and character-building that can be adopted by any aspiring leader.

"Stand Your Ground" Laws - United States. Congress. Senate. Committee on the Judiciary. Subcommittee on the Constitution, Civil Rights, and Human Rights 2015

Stand Your Ground - Dean Hardy 2007-04-01

My freshman year of college was a battle, writes Katie, a college student and a strong Christian. The transition from high school to college is one of the most pivotal times in a young person's life. After departing from under the protective wings of their parents, young adults often have trouble holding firm to the Christian faith. 'Stand Your Ground' is an introduction to apologetics for young adults in high school or college. The book includes thirteen chapters that confront the overwhelming intellectual attacks Christian college students face on university campuses. Dean Hardy takes readers on a spiritual and intellectual journey, addressing such issues as the nature of truth and reality, the investigation of other worldviews, the evidence for Christianity, critics' arguments against Christianity, and the relationship between apologetics and evangelism.

**Stand Your Ground** - Joel Penton 2010-09-30

In high school your friends are everything. You go to the football games together. Listen to music together. Deal with life, love and cafeteria food together. You're like family. But what happens when the people who used to have your back suddenly turn their backs on you? What happens when your best friends, the ones you can't live without, turn the entire school against you? What happens when it seems like you're the only one left who is trying to do what's right? Joel Penton lived this nightmare. But he also lived the dream that followed - a college football scholarship, a National Championship, the girl of his dreams, and oh, by the way, a new group of friends who really have his back. Is there something special about Joel? Not really. He is just an ordinary guy from a small town in Ohio. So how did he do it? That's what this book is about. The secret to Joel's success. And get this - it's something you can do, too. Like Joel, you can succeed. You can be different. You can do something significant in life. You can truly set yourself apart from the rest if you learn to do one simple thing: Stand Your Ground.

*Cope With It!* - Laura Schlessinger 2000

Excerpts from the author's radio programs include commentary on communication, parenting, self-esteem, and relationships.

Stand Your Ground - Nellie Odhuno-Shani 2010-05

Have you struggled with sins and addictions as far back as you can remember? Does it seem like an invisible curse follows members of your family? Do you wonder why bad things happen to good people? These questions and more are tackled in this engaging and easy-to-follow spiritual guide. That Christians are in a fierce battle cannot be overemphasized, and it is with an enemy we cannot see with our physical eyes. Many Christians live a life of defeat, harassed and bombarded by their arch enemy, Satan. They have not yet fully grasped that when Jesus Christ died on the cross, he completely and utterly defeated Satan! He took back the authority Satan used to deceive Adam and Eve, handing it to the Church. However, our strength is of no use if we don't know we possess it! This is the tragedy of our Lack of Knowledge. God is communicating the wonderful message that we are conquerors through Jesus Christ, and that He who is in us is greater than he who is in the world. God wants His children to live in freedom from the illegal bondage to Satan. You must Stand Your Ground. Jesus has passed the victory banner on to us like a relay runner passing on the baton to the one who will finish the race. Those who perish are those who lack knowledge. Author Nellie Odhuno-Shani was born in Kenya. She has since lived in Zambia, Mauritania, Senegal and the United States. She is a conference speaker and workshop leader. Publisher's website: <http://www.strategicpublishinggroup.com/title/StandYourGround.html>

Our Little Secret - Kevin Flynn 2010-05-04

The true story of a teenage killer and the silence of a small New England town. For twenty years Daniel Paquette's murder in New Hampshire went unsolved. It remained a secret between two high school friends until Eric Windhurst's arrest in 2005. What was revealed was a crime born of adolescent passion between Eric and Daniel's stepdaughter, Melanie- redefining the meaning of loyalty, justice, and revenge.

*Organizational Behavior* - John R. Schermerhorn, Jr. 2011-11

We've Got You Covered for your Organizational Behavior course. Wiley provides the most current content, comprehensive resources and flexible format options to help teachers teach and students learn. Our commitment to Currency, Global Issues, Sustainability and Learning Outcomes translates into a suite of teaching and learning options that seamlessly integrate into your management courses. Organizational Behavior 12e connects OB concepts with applications and is the clearest, most current and applicable OB text today - helping students understand how they can thrive in the world of work. Through experiential exercises and activities that ask students to evaluate themselves as leaders and colleagues, students are encouraged to reflect, grow and understand how they can contribute their professional and social environments. Known for sound pedagogy, research, and a rich framework of personal and organizational skills, OB 12e presents students with a full portfolio of concepts and applications. In addition, the 12th Edition continues to emphasize global business issues important for future generations, including ethics, leadership, and sustainability.

Stand Your Ground - Katherine Mayfield 2016-11-11

Dysfunctional family dynamics can ruin a person's life, health, career, and self-esteem. "Stand Your Ground" reveals how deeply dysfunctional family dynamics can affect us, offers advice on the best ways to deal with difficult relatives and family bullies, and provides a simple four-step plan to help readers recover from the trauma of growing up in a dysfunctional family and rebuilding self-esteem. This revised edition includes an appendix with exercises designed to help readers understand and overcome negative conditioning, family patterns, and self-defeating beliefs. Written by the award-winning author of *Bullied: Why You Feel Bad Inside and What to Do About It?* and *The Box of Daughter,* *Stand Your Ground* will help readers let go of sadness, fear, and anger, and create a workable plan for dealing with family issues and reclaiming the authentic self.

**Mastering Trading Stress** - Ari Kiev 2008-03-14

In *Mastering Trading Stress*, author Ari Kiev—a psychiatrist who specializes in stress management and works extensively with traders—offers examples, transcripts of conversations, and personality profiles of real-life traders to illustrate how stress affects their ability to perform at their best. Drawing on his vast experience, Kiev describes a variety of practical techniques that can be used to handle destructive emotions and out-of-control feelings, including his “Most Basic” stress busters, and tells what to do if a breakdown should occur.

*Lose Weight, Live Healthy* - Joyce D. Nash 2011-04-01

Incorporating the latest mindfulness and acceptance-based therapy approaches to weight management and health, this guide helps readers tailor nutrition, exercise, stress management, and emotion regulation to their own needs and lifestyle. This is not a diet book or a step-by-step program, but rather a guide that helps readers discover what works for them and to implement change strategies based on their own personal values and goals. Backed by research and based on well-established behavior change principles, this book offers the latest information on increasing motivation, overcoming binge eating, utilizing social support, meeting the challenges of changing, and considering bariatric surgery. Helpful tips for using smartphone technology and web-based programs are featured throughout the book.

**How To Overcome Messed-Up Syndrome** - Bishop, Dickson John O. 2008

Readers will find an interesting story set in history, discussing issues relevant to today and for soldiers returning from a preemptive war in Iraq. Déjà vu our leaders use similar language; poor kids still fight our wars; society is polarized; and returning veterans will face similar reception. While others have told stories about the Vietnam experience, few have told how Vietnam veterans developed understanding of world complexities, dealt with disillusionment and loss of innocence, and then quietly arose to responsibility and respectability. In all groups there are extremists and troubled individuals, but most Vietnam veterans live normal and challenging lives and possess experience and knowledge that appears to be sorely needed at this moment in history. *Youth In Asia* is a good read

The Ethics of Self-defense - Christian Coons 2016

The fifteen new essays collected in this volume address questions concerning the ethics of self-defense, most centrally when and to what extent the use of defensive force, especially lethal force, can be justified. Scholarly interest in this topic reflects public concern stemming from controversial cases of the use of force by police, and military force exercised in the name of defending against transnational terrorism. The contributors pay special attention to determining when a threat is liable to defensive harm, though doubts about this emphasis are also raised. The legitimacy of so-called "stand your ground" policies and laws is also addressed. This volume will be of great interest to readers in moral, political, and legal philosophy.

*Stand Your Ground* - Caroline Light 2017-02-14

A history of America's Stand Your Ground gun laws, from Reconstruction to Trayvon Martin After a young, white gunman killed twenty-six people at Sandy Hook Elementary School in Newtown, Connecticut, in December 2012, conservative legislators lamented that the tragedy could have been avoided if the schoolteachers had been armed and the classrooms equipped with guns. Similar claims were repeated in the aftermath of other recent shootings—after nine were killed in a church in Charleston, South Carolina, and in the aftermath of the massacre in the Pulse nightclub in Orlando, Florida. Despite inevitable questions about gun control, there is a sharp increase in firearm sales in the wake of every mass shooting.

Yet, this kind of DIY-security activism predates the contemporary gun rights movement—and even the stand-your-ground self-defense laws adopted in thirty-three states, or the thirteen million civilians currently licensed to carry concealed firearms. As scholar Caroline Light proves, support for “good guys with guns” relies on the entrenched belief that certain “bad guys with guns” threaten us all. *Stand Your Ground* explores the development of the American right to self-defense and reveals how the original “duty to retreat” from threat was transformed into a selective right to kill. In her rigorous genealogy, Light traces white America's attachment to racialized, lethal self-defense by unearthing its complex legal and social histories—from the original “castle laws” of the 1600s, which gave white men the right to protect their homes, to the brutal lynching of “criminal” Black bodies during the Jim Crow era and the radicalization of the NRA as it transitioned from a sporting organization to one of our country's most powerful lobbying forces. In this convincing treatise on the United States' unprecedented ascension as the world's foremost stand-your-ground nation, Light exposes a history hidden in plain sight, showing how violent self-defense has been legalized for the most privileged and used as a weapon against the most vulnerable.

**The Mental Strategies of Top Traders** - Ari Kiev 2009-12-21

An honest depiction of the challenges of trading and a clear explanation of what it takes to succeed Trading tends to be a winner-take-all activity where a small number of traders are very successful, while the majority either lose money or generate relatively small profits. In *The Mental Strategies of Top Traders*, author Ari Kiev identifies and analyzes the characteristics of successful traders and shows you how to cultivate these same characteristics. Successful trading, Kiev asserts, requires an unusual and sometimes contradictory blend of intellectual and psychological abilities, including the willingness to take risks, but in a very controlled manner; the discipline to develop high-conviction trading ideas in the face of unpredictable markets and incomplete information; as well as a strong drive to win, but also accept failure. Here, you'll discover how to achieve all this, and much more. Provides advice and solutions for traders struggling with today's volatile and stressful markets Authoritatively identifies key mental strategies of top traders Written by Ari Kiev, a highly respected figure in the professional trading community Analysis is supported by comments from contemporary traders and portfolio managers, many of whom struggled with the markets of 2008 Designed with the serious trader in mind, this book will put you in a better position to excel in today's tumultuous markets.

**Your Script for Hope** - Petra Frese 2020-01-07

Tender-hearted and inspiring, *Your Script for Hope* is a reliable guide to navigate a difficult time. Petra U. Frese helps people who have received a devastating, ultimate diagnosis through this uncertain time with self-determination and love. In *Your Script for Hope*, Petra pulls from her experience as a scientist and hypnotherapist and years of coaching clients in the USA and Europe to guide those out of despair and into a place of comfort. Within *Your Script for Hope*, readers are counseled on how to: Calm their fears about death so they don't keep you up at night anymore Master their physical and emotional pain so that they don't miss out on the joys of life any longer Awaken their self-healing powers and work their wonders so that they are not stuck in despair Take back the reins on their life so that they don't feel overrun by others Prepare for a peaceful transition so that they don't lose their dignity and love

**Dealing With Difficult People In A Week** - Naomi Langford-Wood 2012-07-06

The ability to deal with difficult people is crucial to anyone who wants to advance their career. Written by Brian Salter and Naomi Langford-Wood, leading experts on dealing with difficult people as both coaches and practitioners, this book quickly teaches you the insider secrets you need to know to in order to overcome the barriers presented by difficult colleagues or customers. The highly motivational 'in a week' structure of the book provides seven straightforward chapters explaining the key points, and at the end there are optional questions to ensure you have taken it all in. There are also cartoons and diagrams throughout, to help make this book a more enjoyable and effective learning experience. So what are you waiting for? Let this book put you on the fast track to success!

The Meandering Muse - Katherine Mayfield 2017-09-03

This unique and inventive Dave Barry-esque collection of essays, poems, CNF, and short fiction by award-winning author Katherine Mayfield will make you laugh as you ponder the infinitely enigmatic workings of the Universe and widen your perspective on life, nature, and human beings.

**Creative Coping Skills for Teens and Tweens** - Bonnie Thomas 2019-06-21

This photocopyable activity book helps teens and tweens who are feeling voiceless, ineffective or fearful in response to events at a world, community or individual level. It incorporates exercises using art and craft, nutrition, mindfulness, yoga and other movement based activities. This book offers dozens of suggestions, interventions, and activities for ways that tweens and teens can care for their physical and mental health, including managing life's stressors, how to recognize 'red flags' in a relationship, and listening to their body's intuition more often. Ideal for mental health counselors, social workers, program coordinators, and other providers working with this age group, it can also be used by parents.

NIV, Once-A-Day: Nurturing Great Kids Devotional - Dan Seaborn 2014-10-21

We strive to do what is best for our family, but there are lots of opinions on how to be a good parent. Truly successful parenting begins with focusing on God and making him the center of all we do. The Once-A-Day Devotional for Nurturing Great Kids helps you to bring God into your parenting by providing 365 daily devotionals written specifically for parents who are seeking to build a stronger relationship with their kids and put God first in their family. These devotionals will inspire you as a parent to embrace the role that God has given you, while equipping you with the tools you need to be a strong Christian role model for your children.

Emma's Gift - Katherine Mayfield 2018-10

Packed with amazing insights about our current civilization and the human-animal bond, this heartwarming memoir describes how the author's lifelong loving relationships with cats who return again and again taught her to love herself after a difficult childhood, understand her deepest self, and reconnect with her soul and the energy of the Universe

**Standing Our Ground** - Lucy McBath 2018-09-11

From the national spokesperson for Everytown for Gun Safety and a mother who “turned her sorrow into a strategy and her mourning into a movement” (Hillary Clinton) comes the riveting memoir of a mother’s loss and call to action for common-sense gun laws. Lucia Kay McBath knew deep down that a bullet could one day take her son. After all, she had watched the news of countless unarmed black men unjustly gunned down. Standing Our Ground is McBath’s moving memoir of raising, loving, and losing her son to gun violence, and the story of how she transformed her pain into activism. After seventeen-year-old Jordan Davis was shot by a man who thought the music playing on his car stereo was too loud, the nation grieved yet again for the unnecessary loss of life. Here, McBath goes beyond the timeline and the assailant’s defense—Stand Your Ground—to present an emotional account of her fervent fight for justice, and her awakening to a cause that will drive the rest of her days. But more than McBath’s story or that of her son, Standing Our Ground keenly observes the social and political evolution of America’s gun culture. A must-read for anyone concerned with gun safety in America, it is a powerful and heartfelt call to action for common-sense gun legislation.

**Stand Your Ground** - William W. Johnstone 2014-08-05

When terrorists escape from a Texas prison, an Army Ranger and his team must go rogue to stop them in this action thriller by the authors of Border War. After the President closes Guantanamo Bay, some terrorists are relocated to Hell’s Gate Prison in West Texas—where a sleeper-cell of shock troops launch an assault to “liberate” their jailed comrades. Soon after going free, they take the high school football team hostage. The team will be executed, one by one, if the terrorists’ demands aren’t met. Army Ranger Lucas Kincaid assembles a ragtag band of survivors and aging cons into a lethal fighting force to keep the unholy warriors from their deadly mission. But everyone from the President down orders Kincaid to give in to the terrorists’ demands. Outnumbered and outgunned, Kincaid and his team refuse to back down. Now only one thing’s for sure: when the enemy gets to Hell, they’ll know America sent them. But warrior Lucas Kincaid, out-numbered and out-gunned, won't back down. One thing's for sure: when the enemy gets to Hell, they'll know America sent them.

*Uptight and In Your Face: Coping with an Anxious Boss, Parent, Spouse, or Lover* - Nina W. Brown 2010-11-02

Dealing with uptight, high-stress people in your workplace, family, or home can be an enormous challenge, but this book provides invaluable insight and practical advice enabling readers to handle these "problem"

personality types successfully. • Exercises provided give readers practical help in identifying troubling behaviors and attitudes of the uptight person, recognizing how and when they may be helping to cause their own distress, and developing insulating and coping skills

**Stand Your Ground** - Greg Tutwiler 2007-12-01

40 devotional style readings from one man's journey to a restored heart. These stories are designed to give the reader encouragement, hope, and faith. Jesus came to give us Life, and set us free. And you are free indeed. But, you will have to fight for that freedom. These are stories from the battle; stories of challenge, stories of thought, and rescue, and victory. Stories just like yours. Journey with author and Christian Life Coach, Greg Tutwiler, as he explores the battle front facing all of us.

Striking the Balance - Matthew Lippman 2016-12-22

Award-winning professor and author Matthew Lippman enhances teaching and learning with his newest text, Striking the Balance: Debating Criminal Justice and Law. Organizing the book around clashing points of view on contemporary issues in criminal justice and criminal law, Lippman puts each debate into context for students to help them develop a better understanding of the issue. Designed to develop the reader’s critical thinking skills, the text offers students summaries of contrasting views from original sources, questions for classroom discussion, and engaging “You Decide” activities. Additionally, chapter topics are independent of one another, giving instructors the flexibility to customize the material to their individual course organization. Edited to minimize technical legal terms, the text is the perfect companion to any criminal law or introductory criminal justice textbook.

*Stand Your Ground* - Douglas Brown, Kelly 2015-05-05

**9 Words to Live By** - Tony Wiest 2022-11-22

Galatians 5:22-23 reveals the nine words that are the fruit of the spirit—words that every Christian must make a priority if they want to walk closer to the Lord. The words are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. In this study, the author examines each of those pieces of fruit in detail, so believers, new believers, and even nonbelievers can apply wisdom from Scripture in their lives. Throughout each chapter, you’ll find blank pages so you can write down your thoughts and notes to refer to later. The author also includes up to five life-application questions, so you can apply the truths of each fruit to your own life. The author emphasizes that the Holy Spirit is alive and working in us and through us. Seeing God’s love for us is amazing and absolutely remarkable.

**Stand Your Ground** - Victoria Christopher Murray 2015-06-30

Janice Johnson's 16-year-old son was murdered and the shooter hasn't been arrested. Shelly Vance's husband is facing murder charges for shooting a teenager who he says attacked him in a parking lot. This tragedy is magnified by the racial divide it has created. She wants to stand by her man, but she's keeping a secret that could blow the case wide open. Alax Wilson is the jury foreman. Faced with a dramatic trial that has turned into a media frenzy, Janice, Shelly and Alax are forced to face their own prejudices.

**African American Novels in the Black Lives Matter Era** - E. Lâle Demirtürk 2019-08-09

This book explores revisions of black male vulnerability in contemporary literature, examining how an everyday life determined by racialized social control can be transformed. It shows how transformative change takes place in black male characters’ efforts to work through the criminality-as-vulnerability script in order to make a social impact.

**To Live Is Christ** - Beth Moore 2008-03-01

In To Live Is Christ, best-selling author Beth Moore travels on a spiritual odyssey through the life of one of Christianity’s most fervent journeymen, the apostle Paul, tracing his story from childhood to martyrdom. Proclaiming his faith as a benchmark in New Testament Scripture, Beth writes, "I have accepted many of Paul’s words as a personal challenge. ‘I want to know Christ’ has become my plea. ‘To live is Christ and to die is gain’ has become my hope. And to borrow his words once more, ‘Not that I have already obtained all this . . . but I press on.’" Paul’s undying passion for Christ continues to inspire and challenge those with a deep spiritual hunger for the things of God. Readers will be greatly refreshed by the obvious mercy of God that causes those who have failed him to repent and serve him wholeheartedly and effectively.

**Daily Words of Encouragement To Live By** - Dr. Jim Bostic Th. DS. 2013-01-03

Life for many people does not offer much to be celebrated. Finances are tight, relationships have gone badly, health concerns have risen, children are becoming unmanageable, and it has caused many people to feel defeated. The Daily Words of Encouragement will lift the broken hearted, give hope to the hopeless, and bring healing for your soul.

**Stand Your Ground** - Victoria Christopher Murray 2015-06-30

From the #1 Essence bestselling and award-winning author of *The Personal Librarian* comes *Stand Your Ground*, a novel about two mothers who must grapple with their faith and belief in justice in the midst of a highly charged murder trial involving the death of an African-American teenage boy. A black teenage boy is dead. A white man shot him. Was he standing his ground or was it murder? Janice Johnson is living every black mother's nightmare. Her seventeen-year-old son was murdered and the shooter has not been arrested. Can the D.A. and the police be trusted to investigate and do the right thing? Should Janice take advantage of the public outcry and join her husband alongside the angry protestors who are out for revenge? Meredith Spencer is married to the man accused of the killing and she sees her husband and the situation with far more clarity than anyone realizes. What she knows could blow the case wide open, but what will that mean for her life and that of her son? Will she have the courage to come forward in time so that justice can be done? #1 national bestselling and award-winning author Victoria Christopher Murray's *Stand Your Ground* is a pulse-pounding meditation on race, motherhood, marriage, and vigilante justice that will have readers spellbound until its shocking end.

**Stand Your Ground** - Steve Jones 2014-04-18

What does the Bible say about the right to self-defense? While the 2nd amendment to the U.S. Constitution protects the right of individuals to keep and bear arms, Christians are guided by a higher law - the law of God. The Bible is certainly not silent on this subject. "Stand Your Ground" lays out the foundation for self-defense found in the Old Testament, the New Testament and the example of Jesus in a concise, yet thorough manner. At the same time, common objections to Christian self-defense are considered and overcome.

**Standing Your Ground** - Paul K. Huth 2009-08-20

Through an examination of 129 territorial disputes between 1950 and 1990, Paul Huth presents a new theoretical approach for analyzing the foreign policy behavior of states, one that integrates insights from traditional realist as well as domestic political approaches to the study of foreign policy. Huth's approach is premised on the belief that powerful explanations of security policy must be built on the recognition that foreign policy leaders are domestic politicians who are very attentive to the domestic implications of foreign policy actions. Hypotheses derived from this new modified realist mode are then empirically tested by a combination of statistical and case study analysis. ". . . a welcome contribution to our understanding of how and why some territorial disputes escalate to war."--American Political Science Review Paul Huth is Associate Professor of Political Science and Associate Research Scientist, Center for Political Studies, Institute for Social Research, University of Michigan.

**Spiritual Encouragement** - Christina R Jussaume 2010-09-16

This is my seventh collection of poetry. It is the second book in a series I am writing with the theme, "Spiritual Healing of Mind, body, and Spirit." The first book in the collection was "Spiritual Enlightenment." Within this collection you will find poetry in many styles, most accompanied by a Bible verse that inspired. There are approximately 90 styles in this collection. There is a detailed glossary explaining each style I used and its origin. I seem to be on a journey to write daily using Bible verses as the focal point of a subject always giving praise and honor to God, our Creator. This collection is meant to uplift anyone from the pit of despair bringing you the feeling of tranquility. All my writing I dedicate to God; for I write to bring him the glory. It is He that has given me the gift of expression in poetry. I hope you will enjoy this newest collection. It is written with the intent to raise your spirits giving you the feeling of peace, contentment and hope.

**StarScope** - Sarah Delamere Hurding 2016-06-30

StarScope with psychic to the stars Sarah Delamere Hurding She correctly predicted the final line up of the pop band Six, Bono called her in when he was setting up his Kitchen nightclub at The Clarence and according to Louis Walsh she's 'the woman who knows everything'. Now Ireland's top psychic has decided to share her gift in probably the only horoscope guide you will ever need to buy. For the inside track on where your love, life, career and health are heading keep this by your bedside. Which celebrity shares your birthday? What lies ahead for you this year? Are you in the right relationship or are you and your partner completely incompatible? Are you in the right career? Where should you go on holiday? Get your life in balance with Sarah and StarScope

**Live Victoriously Take Authority over the Devil and Take Back Your Power** - Dr. Sylvia Black, PhD 2019-04-05

I didn't realize I had the power to defeat the devil and take authority until I got sick and tired of him defeating me. That's when I said enough is enough. I was beating myself up for past mistakes. I was ashamed for what was done to me. I was letting people run all over me and I failed to protect that little girl inside of me. Taking authority gives us the authority not be or feel powerless. To be in full control of our lives, situation and circumstances and not be used as a door mat. Taking authority means staying in full control of our ability to resist the devil. Taking authority gives us the power to command the Devil and all his workers of iniquity to flee and do what we tell them to do and not let them do what they want to do to us. God gives us power to trample on serpents, but we don't trample? God gives us the power to get wealth. Why are we broke? God gives us power to heal all manner of sickness and disease. Why is your body racking with pain? Get a copy of this book and learn to take authority.

**Self-esteem: The Lazy Person's Guide!** - Theresa Francis-Cheung 2002-04-25

Change how you think and feel about yourself - and change your life. You've had a glance at the vast array of self-esteem books on the shelves and been thoroughly daunted. It all seems so complicated. You don't have time to wade through pages and pages of technical jargon, therapeutic approaches, discussions, case studies or quizzes. You don't want to have to take up yoga or tai chi, let alone swim with dolphins or nurture your inner child. You just want to feel better about yourself - and fast! Enter *The Lazy Person's Guide!* In no time at all this little guide will help you understand and improve the way you think and feel about yourself. It will give you all the essential information and advice you need and will help you change your life for the better, right now. *The Lazy Person's Guide!* is a series of popular, cheerful yet thoroughly grounded, practical and authoritative books on various health issues and conditions. Other titles in the series include *Beating Overeating*, *Detox*, *Exercise*, *Improving Your Memory*, *Midlife*, *Quitting Smoking* and *Stress*. **Self-esteem: The Lazy Person's Guide!:** Table of Contents PART ONE: Self-Esteem Self-esteem Do you have it? Why haven't you got it? How can you get it? PART TWO: Eight Secrets to Better Self-Esteem Get to know yourself Don't believe it because you think it Manage your emotions Improve your communication skills Make decisions Take care of yourself Manage stress Enjoy yourself PART THREE: Extra Help Extra help, if you need it Confidence-boosting tips Afterword

**Wow, Your Mom Really Is Crazy** - Carol Gray 2012-10

When Carol Gray moved to an upper-middle class neighborhood, she found that it wasn't just her living space that was bigger; her physical and mental problems were also growing. Most people who suffer from autoimmune diseases are usually sick an average of ten years with various ailments before getting the correct diagnosis. Carol was no exception, and she struggled to maintain the façade of normality among the neighborhood's stay-at-home moms, green lawns, and white-collar dads. In this guidebook about coping with autoimmune and thyroid disease, she recalls her struggles and shares stress-coping tips, nutritional advice, alternative therapies, and insights on dealing with friends and family who want to see evidence of an invisible disease. She also explores how to deal with mood swings and other symptoms not yet fully explored by the scientific community. Millions of people suffer from autoimmune and thyroid diseases, but they remain misunderstood. Find the answers you're looking for, and discover how to keep your sense of humor in *Wow, Your Mom Really Is Crazy*.