

Win Lose Repeat My Life As A Gambler From Coin Pushers To Financial Spread Betting

Fate was a blessing when a dream brought Lyle into my life once more. He was forty-six years old and had never married. It had been eighteen years since we had seen each other. I was almost forty-two with three adult children and two ready to graduate high school. It is only once in a lifetime that a person is lucky enough to have true love. I had that with Lyle, and it is only with writing this book and reading his letters that I fully realize the depth of his being and his love for me. I heard this on a news program on marriage: It is rewarding to know someone has been a witness to your life. I am that witness to Lyle's life. Our love will endure through eternity. I hope that in reading this, you will appreciate the soft heart, humor, intelligence, and love that was Lyle. The love he had for his family, animals, and creation. He was a man of integrity and fine character and a good listener. The mark of a man is how a man lives his life and my husband was that man, a good man who had a great mother and father.

A Bike Ride through My Life chronicles the life of author Frank Clements with bicycles following the twists and turns that his life has taken in pursuit of his passion for riding. Clements is the younger brother of Ernie Clements, winner of several British Cycling Championships and a Silver Medal in the 1948 Olympic Games Bicycle Race. Despite his love of cycling, he first chose to join National Service in the RAF to establish a unique place for himself and spent virtually all of his final twelve months of service riding a bike. After his tour of duty ended, he began training to become the best cyclist in the world, his life's ambition since his success as a potential world class cyclist as a teen. Clements has had many ups and downs in his cycling life. At a young age, he came in second in the British under-eighteen championships and just missed being a member of the British Olympic Cycling team for the 1956 Olympics in Melbourne, Australia. He also designed, built, and loaned five special Cross country bikes to Roger Hammond and he won the World's Cyclo Cross Championship with them. This memoir follows Clements from youth to retirement, offering a fascinating trip through an amazing life.

Our sin nature is designed to talk us out of God's promises. To separate ourselves from our sin nature and follow the path God laid out for our lives, we will need to rely on faith. Finding Faith will share the keys of faith we need to use to unlock all of God's promises for our lives. Finding Faith is a guide to equip us with the knowledge and understanding of how God designed faith as a tool we can use to change the future of our lives. Faith is special to God, and it is the only currency we have to see His will done in our lives. When we find faith for God's will to be done in our lives we will not be worried about our circumstances because we are so confident in God to take care of all our troubles. In Finding Faith, John Simmons uses scripture and his engaging testimony to lay out a foundation for understanding the concepts of faith. John also outlines practical application that we can use today to mature in our faith. Finding Faith will answer all the basic questions about faith, but goes on to explore how: – Our level of faith is measured by how we see our future – We will find joy in our lives when we find faith – The faith we learn from our relationships will increase our faith in God – To overcome adversity, doubt, and our past through faith – To recognize if we are walking in faith – God answers our faithful prayers and much more

THE #1 NEW YORK TIMES BESTSELLER Millions of readers literally defined their lives through Gail Sheehy's landmark bestseller Passages. Seven years ago she set out to write a sequel, but instead she discovered a historic revolution in the adult life cycle. . . People are taking longer to grow up and much longer to die. A fifty-year-old woman--who remains free of cancer and heart disease-- can expect to see her ninety-second birthday. Men, too, can expect a dramatically lengthened life span. The old demarcations and descriptions of adulthood--beginning at twenty-one and ending at sixty-five--are hopelessly out of date. In New Passages, Gail Sheehy discovers and maps out a completely new frontier--a Second Adulthood in middle life. "Stop and recalculate," Sheehy writes. "Imagine the day you turn forty-five as the infancy of another life." Instead of declining, men and women who embrace a Second Adulthood are progressing through entirely new passages into lives of deeper meaning, renewed playfulness, and creativity--beyond both male and female menopause. Through hundreds of personal and group interviews, national surveys of professionals and working-class people, and fresh findings extracted from fifty years of U.S. Census reports, Sheehy vividly dramatizes these newly developing stages. Combining the scholar's ability to synthesize data with the novelist's gift for storytelling, she allows us to make sense of our own lives by understanding others like us. New Passages tells us we have the ability to customize our own life cycle. This groundbreaking work is certain to awaken and permanently alter the way we think about ourselves. "SHEEHY CLEARLY STATES IDEAS ABOUT LIFE THAT HAVE NEVER BEFORE BEEN AS CLEARLY STATED." --Los Angeles Times Book Review "AN OPTIMISTIC ANALYSIS OF ADULT DEVELOPMENT IN PESSIMISTIC TIMES. . . It is grounded in the economic and psychological realities that make adult life so complex today." --The New York Times Book Review

Poodle Mania had its beginnings in 1974 just as "love, peace and understanding" had run its course. Once it was decided the revolution John Lennon sang about was over, a new revolution began. The Poodles are the grandchildren of that revolution. Instead of "power to the people," it was "power to the pink." Before the day's end, the Poodles would know just how far the power of pink had come. The stage was set. The St. Percy Poodles vs. the Nugget State Tigers on homecoming week-end with the national championship at stake. Draglove, AZ was pink "ground zero" as 85,000 strong gathered at Poodle Stadium for the "Treat in the Heat".

A complete concordance or verbal index to words, phrases and passages in the dramatic works of Shakespeare. There is also a supplementary concordance to the poems. This is an essential reference work for all students and readers of Shakespeare. A leading management consultant outlines seven organizational rules for improving effectiveness and increasing productivity at work and at home.

Jupiter is an anthology of reports and fables from X.F. Pine that operate like a mixed tape. The first part concerns abysses and shelters of a few kinds, an old Maine storyteller, a man locked in a room with secrets, a gambling martial artist, an adaptive actresses, inside a famous comedy show, and cards dealt out to one's memories. The second part is about enemy tree houses, family curses, an alcoholic letter writer, visitations with spook fathers, women acting like cats, the end of the world, retirement swindles, confessions about killing a man who controls luck, the endless battle against resistance, ancient bar crawls, and personal spirals that lead to dust and bones.

There are now signs that, after decades of phenomenal growth, the era of unrestrained gambling liberalisation may be coming to an end. However, the power of the Gambling Establishment is formidable, and it will certainly fight back. Drawing on research and policy examples from around the world, the book provides a unified understanding of the dangerousness of modern commercialised gambling, how its expansion has been deliberately or inadvertently supported, and how the backlash is now occurring. The term Gambling Establishment is

defined to include the industry which sells gambling, governments which support it, and a wider network of organisations and individuals who have subscribed to the 'responsible gambling' Establishment discourse. Topics covered include the psychology of how gambling is now being advertised and promoted and the way it is designed to deceive gamblers about their chances of winning; the increased exposure of young people to gambling and the alignment of gambling with sport; understanding the experience of gambling addiction; the various public health harms of gambling at individual, family, community and societal levels; and how evidence has been used to resist change. The book's final chapter offers the author's manifesto for policy change, designed with Britain particularly in mind but likely to have relevance elsewhere. With detailed examples given of the ways a number of countries are responding to these threats to their citizens' health, this book will be of global interest for academics, researchers, policymakers and service providers in the field of gambling or other addictions specifically, and public health and social policy generally.

NATIONAL BESTSELLER A look at how our current crises are caused by too much government, and how Ayn Rand's bold defense of free markets can help us change course. The rise of the Tea Party and the 2010 election results revealed that tens of millions of Americans are alarmed by Big Government, but skeptical that anything can or will be done to stop the growth of the state. In *Free Market Revolution*, the keepers of Ayn Rand's legacy argue that the answer lies in her pioneering philosophy of capitalism and self-interest—a philosophy that more and more people are turning to for answers. In the past few years, Rand's works have surged to new peaks of popularity, as politicians like Paul Ryan, media figures like John Stossel, and businessmen like John Mackey routinely name her as one of their chief influences. Here, Brook and Watkins explain how her ideas can solve a host of political and economic ills, including the debt crisis, inflation, overregulation, and the swelling welfare state. And most important, they show how Rand's philosophy can enable defenders of the free market to seize the moral high ground in the fight to limit government. This is a fresh and urgent look at the ideas of one of the most controversial figures in modern history—ideas that may prove the only hope for the future.

THIS IS JUST THE BEGINNING... A journey of a thousand miles begins with one step, and no matter how small that step is, we are bound to take it in order to reach our destination. In this insightful and luminous work, Franck Johanssen shares his story and journey to achieving his dreams and purpose, while at the same time inspiring the non-dreamer to dream and the dreamer to dream even bigger. *Dreams of an Underdog* is a book that will bring the best out of you while redirecting you to the path of your purpose in hopes of redefining your situation, reinforcing your mindset and remaking history for yourself and for your generations to come. Your background and circumstances may influence who you are today, but you are solely responsible for who you become tomorrow.

This book represents a bible of true knowledge on how to succeed in every important aspect of your life. As a local or a foreigner, you must push to always be above average and excel. Choosing the easy path or doing what other people are doing is not going to drive you anywhere but failure. In this book, you will learn my secrets on how I became above average and successful in every important pillar of a human being's life.

In celebration of Sir Wilfrid Laurier's 175th birthday -- November 20th, 2016 is "Sir Wilfrid Laurier Day" -- this is the first time his most important and iconic speeches will be published in book form, annotated and with essays by a stunning array of politicians, journalists, and acclaimed academics. "Sunny ways my friends, sunny ways." These were the words used in triumph by Prime Minister Justin Trudeau the night he was elected Canada's 23rd Prime Minister. They were also the words Sir Wilfrid Laurier used to call Canadians to greatness a century before. *Canada Always* brings together the most significant speeches of one of Canada's greatest leaders on the 175th anniversary of his birth. Readers will follow Laurier from his earliest years in Canadian politics, through his history-making fifteen-year Premiership, and then again as his generous vision of Canada is sorely tested by the flames and fire of the First World War. Edited by veteran political speechwriter and PM historian Arthur Milnes, *Canada Always* features essays of commentary by seven of Laurier's living successors as Prime Minister of Canada. They are joined by Mr. Justice Thomas Cromwell of the Supreme Court of Canada; past Prime Ministerial chiefs-of-staff like Thomas Axworthy, Edward Goldenberg, Nigel Wright, Derek Burney, and Hugh Segal; journalists André Pratte, Steve Paikin, Jane Taber, Lawrence Martin, and Andrew Cohen; past and sitting Premiers Rachel Notley, Christy Clark, Jean Charest, Roy Romanow, Alison Redford, and Bob Rae; distinguished academics including David Asper; former US Ambassador to Canada David Jacobson (on Laurier's legacy in Canada-US relations); while the Rt. Hon. Tony Blair considers Laurier from his unique position as a past Prime Minister of the United Kingdom. As Canada stands on the cusp of her 150th birthday, *Canada Always* will be an essential part of the library of any Canadian seeking a further understanding of the words that defined our nation: Laurier's words.

Growing up as a child of a sharecropper family in South Georgia paints an image of hard times but my memories are just the opposite. We ate three good meals every day and slept in a comfortable bed at night. My parents loved me and taught me a code of conduct that I still strive to live by. I was taught; don't lie, cheat, say ugly words or talk bad about your neighbors. Go to Sunday school on Sunday and stay for church. Say yes sir and no sir to your elders and do not talk with food in your mouth. I was also taught to look people in the eye when talking to them. Daddy said that people with shifty eyes were not trustworthy. When I was assigned to the White House Communications Agency as a Staff Officer during my military career, my upbringing became a source of strength that saw me through some demanding situations. I learned at a very early age that God loved me. When I became a Christian at the age of fifteen, Jesus made sure my very own angel was there to lift me out of numerous deep holes I dug for myself. This book is memories of growing up in the mid forties and fifties and my twenty-three years in the U. S Army. These were challenging times for America and I consider myself fortunate to have lived through the period. World War II was over and millions of military men and women were returning home to pick back up their lives with the same energy and determination that won the war. The world today has changed dramatically from the world I grew up in. We have improved our standard of living with technologic advancements we only dreamed about. However, the world appears to have lost its ethical compass and is digressing back to the moral decay of the Roman Empire period of time. My prayer is that America will once again find its bearing and be a principled compass for the world to follow.

Understanding Loss to Relieve the Anguish delves into the question of whether a loss is really a loss and if it is necessary to suffer as a result or just an overemphasized reaction to what is conventionally believed to be a loss. Your author supports and writes about how profoundly effective the power of belief and feelings are in any state of mind and how one can save a lot of lifes precious time mourning in misery with the gloom-and-doom of loss by exchanging that energy for creative energy, which bypasses the gloom-and-doom state of mind and creates reason to use loss as a possible catalyst for offsetting the misery of loss and becoming more inspired to feel better. The book is about turning sorrowful feelings into creative accomplishments as the ongoing order of the day for a more meaningfully rewarding life.

This collection of writings by Mark Fisher, author of the acclaimed *Capitalist Realism*, argues that we are haunted by futures that failed to happen. Fisher searches for the traces of these lost futures in the work of David Peace, John Le Carré, Christopher Nolan, Joy Division, Burial and many others.

10 Insider Secrets to a Winning Job Search offers a complete step-by-step roadmap on how to get the job you want--fast--even in tough times! This book will motivate you, increase your self-confidence, and show you how to sell yourself so companies want to hire you. You'll have an unfair advantage when searching for a job! Todd Bermont shares with you the secrets he has learned to find a job in any economy, secrets that he used to get six job offers his senior year of college, to land three job offers in one week during a recession, and to earn numerous job promotions since. Additionally, having also been a hiring manager, Todd gives you a behind-the-scenes look into the hiring process that will give you another unfair advantage. With this book you'll: Develop and maintain a winning attitude throughout your job

search. Convince companies to hire you...even when no positions are available. Write attention-grabbing resumes and cover letters. Network and market yourself to maximize your job opportunities. Be prepared for any job interview. Learn how to negotiate your job offers to receive top dollar.

The secret to getting exactly what you want from life — from the man who has! A businessman who has built up, owned and sold software companies, a nightclub, a bed and breakfast (plus a couple of alehouses), author Robin Nixon knows that worldly success has little to do with the world. It begins with one's self—and one's deepest thoughts. When altered, your thoughts have the ability to impact your behavior and immediate universe, and, indeed, your destiny. Known as "Creative Visualization," this powerfully simple tool has adherents as well known as Oprah Winfrey. In *Creative Visualization For Dummies*, Robin Nixon gives you the practical tools for pinpointing your goals, becoming more assertive and self-confident, and increasing energy levels and creativity—while on a new journey of self-fulfillment. Includes useful visualization techniques and exercises that help you tune into the mind/body connection Offers psychological approaches that allow you to take real steps towards success and happiness For those interested in finding a new direction or finally creating their own luck, this tell-all guide—from the man who's capitalized on its secrets—will offer an inspiring game plan for a new beginning.

All of the famous tales about the New York Rangers (including Lester Patrick in goal; the 1940 Stanley Cup; Rod Gilbert's first big game; Mark Messier's "guaranteed" win; the 1994 Cup-winning heroics of Brian Leetch and Mike Richter, and Wayne Gretzky's goodbye to the NHL) are referenced here. Stories from 24 New York hockey legends take fans inside the Rangers locker room and inside the heads of the players themselves. It is an anecdotal history of the biggest games in the history of the New York Rangers, one of the most popular teams to ever play on Broadway.

Win. Lose. Repeat. My Life As A Gambler, From Coin Pushers to Financial Spread-Betting

NO CHILD IN MY LIFE is for the reader who grieves the absence of a child, whether the loss was due to conscious choice or the result of a tragic circumstance. Whatever the reason for the loss - giving up a child for adoption, infertility, miscarriage, loss of custody, or even death - the grieving reader will find practical guidance and spiritual nourishment in this book.

Practical strategies for conducting successful negotiations--and sustaining the results.

When living becomes harder than dying, what option is there to end the suffering other than suicide? For men who are both proud and ashamed, we do not ask for help and often simply do not want it. But there is no question we need it. The afflictions from which we suffer leave us exhausted and defeated, barely hanging on to manage keeping our jobs, sustaining a marriage, or hoping to raise children without doing more damage than good. Anxiety and depression are brutal punishers that come and go without invitation, and our quest to control and defeat them can take us to the brink of sanity just as much as the afflictions themselves already do. Thoughts that are irrational appear rational, and options that are terrible can appear to be acceptable. "Perhaps if I was no longer here, I could end my suffering and finally rest. I could end the suffering of those around me and no longer be a burden that neither they nor I will ever overcome."

Suicide. Why are so many choosing it? As COVID-19 ravages the emotional health of millions of people around the globe, the isolation and disruption are pushing those of us suffering from anxiety and depression even closer to the edge, if not completely over it. But death is not the answer, and suicide is not the only choice. Through my story, I hope to help you, the reader, find relatability and claw your way to a point of resolve that will allow you to take steps toward saving yourself. For the sake of yourself and those you love, preserving your life can be done. Please don't give up. Whether you are currently a Christian or not, it does not matter. You can be saved.

Pitch black velvety eerie sky that night, not a sound anywhere. I was rejected, betrayed, abused, and left for dead. Three days from nowhere, I thought my life was over, but the Lord rescued me. I ran twenty-five hundred miles away from one nightmare and wound up in another far worse. The man followed me for years. Despite my attempts to rid myself of this fearful specter, he was always there. Deep in my fear, God saved me once again. Up on that high, rigid Verdes Cliff with the raging water beneath me, death was all around. On the verge of insanity, the Lord stepped in and rescued me. He gave me back my life. This is my story of how, despite fearful circumstances, God is always there. No matter where you are, no matter what midnight hour you face, remember you are more than a conqueror in Christ Jesus.

ON COURSE: STRATEGIES FOR CREATING SUCCESS IN COLLEGE AND IN LIFE, 8th Edition, empowers you with the tools you need to take charge of your academic and lifelong success. A self-assessment at the beginning of the text helps you identify behaviors and beliefs you may wish to change in order to achieve more of your potential in college and in life. Through short articles and distinctive guided journal entries, the author encourages you to explore and develop eight keys to your success: personal responsibility, self-motivation, self-management, interdependence, self-awareness, lifelong learning, emotional intelligence, and self-esteem. As you develop these skills, you'll find yourself making more effective choices and achieving greater success in college and in life. In addition, the Toolbox for Active Learners provides extensive coverage of study skills that will help you excel in all of your college courses. Another self-assessment before and after the Toolbox for Active Learners will show you how much you've learned about being an effective learner. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

"Early to bed, early to rise, work like hell and advertise!" These words of fatherly advice helped shape Ted Turner's remarkable life, but they only begin to explain the colorful, energetic, and unique style that has made Ted into one of the most amazing personalities of our time. Along the way - among his numerous accomplishments -- Ted became one of the richest men in the world, the largest land owner in the United States, revolutionized the television business with the creation of TBS and CNN, became a champion sailor and winner of the America's Cup, and took home a World Series championship trophy in 1995 as owner of the Atlanta Braves. An innovative entrepreneur, outspoken nonconformist, and groundbreaking philanthropist, Ted Turner is truly a living legend, and now, for the first time, he reveals his personal story. From his difficult childhood to the successful launch of his media empire to the catastrophic AOL/Time Warner deal, Turner spares no details or feelings and takes the reader along on a wild and sometimes bumpy ride. You'll also hear Ted's personal take on how we can save the world...share his experiences in the dugout on the day when he appointed himself as manager of the Atlanta Braves....learn how he almost lost his life in the 1979 Fastnet sailing race (but came out the winner)...and discover surprising details about his dealings with Fidel Castro, Mikhail Gorbachev, Jimmy Carter, Bill Gates, Jack Welch, Warren Buffett, and many more of the most influential people of the past half

century. Ted also doesn't shrink from the darker and more intimate details of his life. With his usual frankness, he discusses a childhood of loneliness (he was left at a boarding school by his parents at the tender age of four), and the emotional impact of devastating losses (Ted's beloved sister died at seventeen and his hard-charging father committed suicide when Ted was still in his early twenties). Turner is also forthcoming about his marriages, including the one to Oscar-winning actress, Jane Fonda. Along the way, Ted's friends, colleagues, and family are equally revealing in their unique "Ted Stories" which are peppered throughout the book. Jane Fonda, especially, provides intriguing insights into Ted's inner drive and character. In CALL ME TED, you'll hear Ted Turner's distinctive voice on every page. Always forthright, he tells you what makes him tick and what ticks him off, and delivers an honest account of what he's all about. Inspiring and entertaining, CALL ME TED sheds new light on one of the greatest visionaries of our time.

"As of right now, we are no longer married." These were the words I heard from my husband when he came to pick me up at the Ottawa International Airport after a week away. He sat me in a corner and said, "I can't live with you anymore. I took away your house key. I closed our joint accounts. Here is \$500 for you to use. You can stay at a friend's house or a hotel, but you are not coming home. You can see the kids tomorrow." While this might sound like a scene from a novel or a movie, this actually happened to Jennifer Green on Valentine's Day in 2015. In less than 5 minutes, she learned that her previous life was over. What followed was an almost two-year journey from betrayal, anger, and despair to peace, inner strength, and a new beginning. While often a painful process, Jennifer now celebrates the growth that allowed her to realize, "I was not falling apart; I was falling in to place." Filled with honesty and insight, *Winning While Losing: The Upside of Heartbreak* is a must-read book for anyone going through the searing pain of separation, divorce, or betrayal. In it, Jennifer shares her own experiences through blogs she wrote during her journey, her knowledge as a life coach, and tips and exercises to move past the pain into self-appreciation, mindfulness, and gratitude.

Start with No offers a contrarian, counterintuitive system for negotiating any kind of deal in any kind of situation—the purchase of a new house, a multimillion-dollar business deal, or where to take the kids for dinner. Think a win-win solution is the best way to make the deal? Think again. For years now, win-win has been the paradigm for business negotiation. But today, win-win is just the seductive mantra used by the toughest negotiators to get the other side to compromise unnecessarily, early, and often. Win-win negotiations play to your emotions and take advantage of your instinct and desire to make the deal. *Start with No* introduces a system of decision-based negotiation that teaches you how to understand and control these emotions. It teaches you how to ignore the siren call of the final result, which you can't really control, and how to focus instead on the activities and behavior that you can and must control in order to successfully negotiate with the pros. The best negotiators: * aren't interested in "yes"—they prefer "no" * never, ever rush to close, but always let the other side feel comfortable and secure * are never needy; they take advantage of the other party's neediness * create a "blank slate" to ensure they ask questions and listen to the answers, to make sure they have no assumptions and expectations * always have a mission and purpose that guides their decisions * don't send so much as an e-mail without an agenda for what they want to accomplish * know the four "budgets" for themselves and for the other side: time, energy, money, and emotion * never waste time with people who don't really make the decision *Start with No* is full of dozens of business as well as personal stories illustrating each point of the system. It will change your life as a negotiator. If you put to good use the principles and practices revealed here, you will become an immeasurably better negotiator.

"An exquisite exploration..." Dr. Shawne Duperon, Nobel Peace Prize Nominee "A life-changing journey..." Crystal Andrus Morissette, S.W.A.T. Institute "A must-read..." Angela Polidoro, former Editor for Random House's Ballantine Bantam Dell International Bestselling Author Ava Miles shows readers how to overhaul the false power ruining their lives and reclaim their true power—their superpower—to live their best life, perfect for fans of Brene Brown. "Here are all the tools you need to save your own world—cape, supersuit, and a new bad-ass attitude implied." —Kathia Zolfaghari, International Bestseller and Kung Fu Master Do you remember the last time you believed you could do anything? When you were your own superhero—strong and capable and in charge of your life? Many of us were plugged into our true power in childhood, but it was disconnected as we grew up and graduated as adults in our communities, the work force, and our relationships. Now current events have kicked us in the gut and plunged us into new depths of powerlessness. Never before have we needed to relearn and reclaim our true power. Ava worked with top leaders in the world's greatest power centers, formulating plans to rebuild war zones and implementing them on the ground. Through her work, she learned true power creates a better life; false power destroys it. Her ring-side seat to zero-sum power led her to search for a new kind: true, instinctive personal power. In *Reclaim Your Superpowers*, Ava guides us through the steps she took to reclaim her own life, going from a rat-race professional to an international bestselling author living her dream life from zero-to-sixty. This cutting-edge guide gives you a practical blueprint on: · The ins and outs of real personal power · Diving into your fears and misuses around power · How to assess where you're using false power and getting nowhere · Spotlight Tools to identify the origin stories holding you back · Take Back Tools to reconnect you to your true power · Super Tools to tease out your winning traits to plan and manifest what you really want It's time to take back your power—your superpowers. It's time to start living your best life. *Reclaim Your Superpowers* is part of *The Lost Guides to Living Your Best Life* series, a complete system to help us reclaim the nine superpowers essential to rocking life. * * * Ava Miles is the international bestselling author of powerful books about love, happiness, and transformation. As a former conflict expert, Ava rebuilt warzones in places like Lebanon, Colombia, and the Congo to foster peaceful and prosperous communities. While rewarding, Ava recognized she could affect more positive change in the world by addressing the real roots of conflict and unhappiness. In becoming an author, she realized her best life: healing the world through books. Her novels have received praise and accolades from USA Today, Publisher's Weekly, and Women's World Magazine in addition to being chosen as Best Books of the Year and Top Editor's picks. However, Ava's strongest praise comes directly from her readers, who call her books life changing. *The Lost Guides to Living Your Best Life* represent the culmination of her work as a conflict expert, life coach, and wellness expert. *** Reviews "Ava gives us the tools we need to reclaim our everyday joy and honest expression. Rediscover my inner superpowers? Yes, please! *The Lost Guides* are a world changer. Well done, Ava." ~ International Bestseller and Kung Fu Master Kathia Zolfaghari "A life-changing journey every woman will want to take." ~ Crystal Andrus Morissette, Founder of the S.W.A.T. Institute (Simply Woman Accredited Trainer) "Miles' series is an exquisite exploration of internal discomfort and courage, allowing you to reclaim your divine soul and fully express your womanhood. I highly recommend." ~ Dr. Shawne Duperon, Project Forgive Founder, Nobel Peace Prize Nominee, on *The Lost Guides* "Miles provides us with essential advice on how we can shed the beliefs that are making us miserable and find our way back to our inner goddesses... She guides us through the sometimes turbulent waters of the issues that matter most to us (relationships, sex,

finances, self-expression, self-image, etc.). This is must read..." ~ Angela Polidoro, former Editor for Random House's Ballantine Bantam Dell "Pushing the envelope is edgy. Change is never comfortable. Ava Miles takes us out of our comfortable chitchat cocoon and shows us how to become those butterflies all women are destined to become no matter what they face in life. The series is a must-read." ~ Risa Shimoda, Outdoor Leadership Consultant and President of The Shimoda Group, on The Lost Guides "Let your adventure begin and unleash by reading this series." ~ Anna Levesque, author of Yoga for Paddling, on The Lost Guides "This series delivers empowering advice without pulling any punches." ~ Liza M. Shaw, MA, Licensed Marriage and Family Therapist of PowerToThrive.com, on The Lost Guides "Ava Miles is a courageous fellow writer whose mission is to empower all women." ~ Aspen Matis, author of the internationally bestselling memoir Girl in the Woods "Ava gets to the heart of why some of us do toxic or hang around drama while helping us all realize we can have happy and loving relationships that don't clutter up our space or make us sick." ~ Courtney Cachet, Celebrity Designer & TV Personality

A to Z about Body Language is written by an expert on body language and deception detection with over 25 years of teaching and deception detection experience. The writer's expertise and deception detection services are often sought after by enforcement agencies, including the Royal Malaysian Police Force in Malaysia. This book is useful for anyone who wishes to avoid being deceived or for those seeking to benefit from their own body language. Written in two parts, it can help anyone learn simple ways to read body language, detect deception, and take advantage of their very own body language. The author includes a chapter on his observation of the video clip and body language of Captain Zaharie Ahmad Shah, who piloted the missing MH 370. The clip in the airport at the time of his departure, 7th March 2014, gives convincing and dramatic body language signs and later clues to the disappearance of MH 370. The author's further research on the ill-fated flight, points to the disappearance of MH 370 to Captain Zaharie Ahmad Shah. The writer also rebuts author Florence de Changy's latest book that MH370 was shot down into the sea, and that the disappearance was a massive cover-up by the Malaysian authorities. The book benefits you in more ways than you ever thought about body language, by learning to spot body language and using it in the best ways for your own advantage. You will also learn more about your body language and the subconscious mind and how to use its power to make you a better person. Crossing your arms may be viewed somewhat negatively by some, but not if you know its significance and its benefits. If you change the way, you use your arms, and if you understand your habit mind, which is your subconscious mind, you can be a better person. If you are a school teacher, you can use body language to help your class of boisterous children to be calm and focused. By requesting these children to cross their arms and legs for just two to three minutes, these children's anxieties and restlessness would vanish, and they would be as calm as after the storm. The second part of the book teaches you simple ways to escape from been deceived or scammed out of your hard-earned money, betrayed by a trusted friend, colleague, relative, or even your spouse. The simple lie detection skills highlighted within are the most valuable aids this book will provide you. It is a treasured skill, as you can never be guaranteed if people are lying, until you ask the right questions, observe and listen to the how-to that is taught in this book. It is not hard to determine truths, analyze body language and verbal language if you know what you are looking and listening for. This is what is precisely taught in this beneficial 13-chaptered book that generously features a grand total of 266 photographs, images, tables, drawings, and illustrations, to help you interpret correctly the hidden messages you see, hear, feel, smell and taste every day.

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