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Desde pequeños nos enseñan conductas de cuidado personal respecto al físico: lavarnos los dientes, bañarnos, arreglarnos las uñas, comer, aprender a vestirnos... Pero ¿qué hay del cuidado psicológico y la higiene mental? ¿Les prestamos suficiente atención? ¿Los ponemos en práctica? ¿Resaltamos la importancia del autoamor? Una buena autoestima, quererse profundamente, incrementa las emociones positivas. Además, permite alcanzar mayor eficacia en las tareas, mejorar las relaciones interpersonales, establecer vínculos más equilibrados y ganar independencia y autonomía. La propuesta de este libro es a la vez simple y compleja: enamórate de ti, sé valiente, comienza el romance contigo mismo en un «yo sostenido» que te haga cada día más feliz y más resistente a los embates de la vida cotidiana. Sé feliz reconociéndote y amándote antes de amar a alguien más.

Enamórate de ti : el valor imprescindible de la autoestima

Enamórate de Ti

El Valor de la Autoestima (Aprendiendo a Quererse a Si Mismo) Oceano De Mexico

No puede haber mejoramiento personal sin autoestima. Para el terapeuta cognitivo Walter Riso, autor de algunos de los libros de psicología práctica más influyentes de los últimos años, amarse a uno mismo constituye un factor imprescindible para el desarrollo de nuestro potencial como individuos. No sólo contribuye al crecimiento interior, sino que se convierte en un elemento clave para alcanzar la felicidad, el bienestar y la salud. Pero esto no es todo: también representa el punto de referencia que nos permite amar a los demás y recibir amor de ellos. Este libro, nueva edición corregida del clásico Aprendiendo a quererse a sí mismo, está dirigido a todos aquellos cuya visión negativa de su propia persona los ha llevado a creer que son poco dignos de aprecio e incapaces de grandes logros. Frente a ello, Riso nos invita a reconocer, sin vergüenza ni falsa modestia, las fortalezas y virtudes que poseemos, nuestro valor como individuos y el derecho que tenemos a amar y ser amados.

Enamorate de ti Grupo Planeta Spain

Desde pequeños nos enseñan conductas de cuidado personal respecto al físico: lavarnos los dientes, bañarnos, arreglarnos las uñas, comer y aprender a vestirnos. Pero ¿qué hay del cuidado psicológico y la higiene mental? ¿Le prestamos suficiente atención? ¿Lo ponemos en práctica? ¿Resaltamos la importancia del autoamor? Una buena autoestima, quererse profundamente, incrementa las emociones positivas. Además, entre otras cosas, permite alcanzar mayor eficacia en las tareas, mejorar las relaciones con las personas, establecer un vínculo más equilibrado con los demás y ganar en independencia y autonomía.

How to Improve Your Self-Esteem

24 steps to fall in love with you and improve your self-esteem. By Walter Riso. PHRONESIS S.A.S.

“Activating your self-love is the first step towards any type of psychological growth and personal improvement. Of course I am not talking about the dark side of self-esteem, which leads to narcissism and fascination with the ego, but rather about having a genuine ability to, fearless and unashamedly, recognize your strengths and virtues, integrate them into the development of your own life...” In this guide, Dr. Walter Riso teaches us about the tools we need to help bolster our self-esteem; he teaches us to feed our self-love, freeing us from dependencies and stripping away all those things that weigh heavily on us. This, in turn, enables us to build our own happiness.

How To Overcome Emotional Dependency

13 Steps to love with independence and freedom PHRONESIS S.A.S.

Being emotionally independent does not mean that you have to stop being loving, It is about being the master of your own feelings, faithful to your own principles and never handing over your personal dignity to someone else in exchange for something, not even in the name of love. Do I you love or do I depend? If this is a question you ask yourself, then this guide, based on the bestseller, To Love or to Depend? is for you. In it, Walter Riso teaches us, in a practical manner and without too much theory involved, the steps we need to take in order to be able to love without being emotionally dependent. He provides ideas and processes that will help you develop the right skills to deal with emotional dependency, prevent it and/or create a lifestyle aimed at emotional independence and affective detachment.

Life!

Reflections on Your Journey *ReadHowYouWant.com*
In LIFE! Reflections on Your Journey, Louise L. Hay brings you a truly moving and inspirational book that will help you identify and heal a number of the pressing issues that you encounter on your path. Among other topics, Louise deals with growing up, relationships, work, health, spirituality, aging, death ... and many of the problems, fears, and challenges that these passages bring about. No matter what obstacles lie before you, Louise continually reminds you that the magnificent, frightening, delightful, ridiculous, astounding phenomenon that you experience between birth and death is what LIFE is all about!

How to Take the Suffering Out of Love

39 Reflections and experiences that allow you to develop strategies and resistant "lovesickness" affective schemes. By **Walter Riso**. *PHRONESIS S.A.S.*
I have written this guide in order to help you create a space for reflection within your life and as a result develop emotional and cognitive strategies that can make you more resistant to love-sickness. Once you learn exactly why we absurdly equate love to suffering, you'll know how to avoid falling into the trap and learn to foster more adaptive schemes of behaviour. Through the concepts of philosophy, psychology and his 30 years plus of experience as a therapist, in the 39 chapters of this book, Walter Riso guides us through a model or scheme of reflection to help us understand the characteristics of a love that is good (healthy, coherent, constructive) and one that is bad (sick, incoherent, destructive).

Heal Your Mind

Your Prescription for Wholeness through Medicine, Affirmations, and Intuition *Hay House, Inc*
"A much-needed guidebook . . . a treasure chest of insights." — Caroline Myss, M.D. "[A] brilliant new work . . . profound healing advice." — Brian L. Weiss, M.D.Many of us grapple with how to stay happy, calm, and focused in a world that seems to get more complex by the minute. How do we keep our wits about us, our mood stable, and our memory intact when our brains and bodies are bombarded with information and influences from every side? This one-of-a-kind resource combines cutting-edge science with compassion and wisdom to offer answers we can really use.Heal Your Mind continues the three-pronged healing approach that Dr. Mona Lisa Schulz and Louise Hay pioneered together in All Is Well: Heal Your Body with Medicine, Affirmations, and Intuition. Here, it's applied to aspects of the mind ranging from depression, anxiety, and addiction to memory, learning, and even mystical states. You'll learn what's going on in your brain and body when you feel sad, angry, or panicked; you have trouble focusing, reading, or remembering; a past trauma is clouding your mind in the present; and more. And in each chapter, you'll get a "virtual healing experience" through case studies in the All Is Well Clinic, where Dr. Mona Lisa uses medical intuition to pinpoint issues in a wide range of prototypical client histories and she and Louise offer solutions and affirmations to help restore well-being. Today, we tend to think our minds and bodies need an endless array of expensive, ever-changing pharmaceutical interventions. In truth, medicines are just one approach to healing the mind; nutritional supplements also support mind-body health; and affirmations restore us to balance by changing the way we think.Heal Your Mind puts all these tools at your disposal to help you choose your own path.

Stern Men

A Novel *Penguin*
The "wonderful first novel about life, love, and lobster fishing" (USA Today) from the #1 bestselling author of Eat Pray Love, Big Magic and City of Girls Off the coast of Maine, Ruth Thomas is born into a feud fought for generations by two groups of local lobstermen over fishing rights for the waters that lie between their respective islands. At eighteen, she has returned from boarding school-smart as a whip, feisty, and irredeemably unromantic-determined to throw over her education and join the "stern men"working the lobster boats. Gilbert utterly captures the American spirit through an unforgettable heroine who is destined for greatness-and love-despite herself in this the critically acclaimed debut.

Get Your Sh*t Together

How to Stop Worrying About What You Should Do So You Can Finish What You Need to Do and Start Doing What You Want to Do *Little, Brown*
The New York Times bestseller from the author of The Life-Changing Magic of Not Giving a F*ck and You Do You. The no-f*cks-given, no-holds-barred guide to living your best life. Ever find yourself stuck at the office-or even just glued to the couch -- when you really want to get out (for once), get to the gym (at last), and get started on that "someday" project you're always putting off? It's time to get your sh*t together. In The Life-Changing Magic of Not Giving a F*ck, "anti-guru" Sarah Knight introduced readers to the joys of mental decluttering . This book takes you one step further -- organizing the f*cks you want and need to give, and cutting through the bullsh*t cycle of self-sabotage to get happy and stay that way. You'll discover: The Power of Negative Thinking Three simple tools for getting your sh*t together How to spend less and save more Ways to manage anxiety, avoid avoidance, and conquer your fear of failure And tons of other awesome sh*t! Praise for Sarah Knight: "Genius." -- Cosmopolitan "Self-help to swear by." -- The Boston Globe "Hilarious... truly practical." -- Booklist

Enamorate de ti

el valor imprescindible de la autoestima

Love Yourself, Heal Your Life Workbook *Hay House, Inc*
The Love Yourself, Heal Your Life Workbook directly applies Louise's techniques of self-love and positive thinking to a wide range of topics that affect us all on a daily basis, including: health, fears and phobias, sex, self-esteem, money and prosperity, friendship, addictive behavior, work, and intimacy. As Louise says, "These exercises will give you new information about yourself. You will be able to make new choices. If you are willing, then you can definitely create the kind of life you say you want."

Emotional First Aid

Healing Rejection, Guilt, Failure, and Other Everyday Hurts *Penguin*
Prescriptive and unique, Emotional First Aid is essential reading for anyone looking to become more resilient, build self-esteem, and let go of the hurts and hang-ups that are holding them back. We all sustain emotional wounds. Failure, guilt, rejection, and loss are as much a part of life as the occasional scraped elbow. But while we typically bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understocked—it's nonexistent. Fortunately, there is such a thing as mental first aid for battered emotions. Drawing on the latest scientific research and using real-life examples, practicing psychologist Guy Winch, Ph.D. offers specific step-by-step treatments that are fast, simple, and effective.

How to be Assertive and Avoid Being Manipulated

14 Steps to Avoid submission, sable express Disagreements (say "no") and sable Assertiveness, all in a socially acceptable manner. *PHRONESIS S.A.S.*
When you are assertive, you are actively exercising and/or defending your rights: saying no, expressing disagreement, giving a contrary opinion and/or expressing concrete negative feelings without submissively allowing yourself to be manipulated or aggressively violating the rights of others. If you are afraid of hurting other people's feelings by being honest, if you are not able to express your anger or a conflicting opinion in a way that is socially acceptable, or if you feel that others humiliate and manipulate you.

Believe It to Achieve It

Overcome Your Doubts, Let Go of the Past, and Unlock Your Full Potential *Penguin*
From the bestselling author of Eat That Frog!, a motivational guide to using the Psychology of Achievement to banish negative thoughts and behaviors and unlock your full potential for success. Letting go of negative thoughts is one of the most important steps to living a successful, fulfilling life, but also often the most difficult. In this practical, research-based guide, bestselling authors Brian Tracy and psychotherapist Christina Stein present their "Psychology of Achievement" program to help you identify and overcome detrimental patterns and ideas preventing you from achieving your goals or feeling happy and satisfied in your life. Whether this negativity stems from a past relationship that ended badly, a childhood trauma, a business or career failure, or general insecurity, Tracy and Stein help you recognize how conscious--and more oftentimes unconscious--negativity affects your personality, your outlook and your decisions. Along the way, they show you how to regain control of your thoughts, feelings, and actions, turn negatives into positives, and learn to accept unexpected life changes without falling back into old negative patterns. Essential reading for anyone feeling stuck, BELIEVE IT TO ACHIEVE IT offers an important roadmap to conquer negativity and embrace the power of positive thinking to live a happy, successful life.

Babies And Their Mothers *Da Capo Lifelong Books*

The Secret of the Seven Seeds

A Parable of Leadership and Life *John Wiley & Sons*

The Four Agreements

A Practical Guide to Personal Freedom *Hay House, Inc*
In The Four Agreements, bestselling author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. • A New York Times bestseller for over a decade • Translated into 46 languages worldwide “This book by don Miguel Ruiz, simple yet so powerful, has made a tremendous difference in how I think and act in every encounter.” — Oprah Winfrey “Don Miguel Ruiz’s book is a roadmap to enlightenment and freedom.” — Deepak Chopra, Author, The Seven Spiritual Laws of Success “An inspiring book with many great lessons.” — Wayne Dyer, Author, Real Magic “In the tradition of Castaneda, Ruiz distills essential Toltec wisdom, expressing with clarity and impeccability what it means for men and women to live as peaceful warriors in the modern world.” — Dan Millman, Author, Way of the Peaceful

Warrior

The 5 AM Club

Own Your Morning. Elevate Your Life. HarperCollins

Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, The 5am Club will walk you through: How great geniuses, business titans and the world’s wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed “Insider-only” tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, The 5am Club is a work that will transform your life. Forever.

Enamórate de ti (Edición mexicana)

El valor imprescindible de la autoestima Planeta México

Desde pequeños nos enseñan conductas de cuidado personal respecto al físico: lavarnos los dientes, bañarnos, arreglarnos las uñas, comer, aprender a vestarnos... Pero ¿qué hay del cuidado psicológico y la higiene mental? ¿Les prestamos suficiente atención? ¿Los ponemos en práctica? ¿Resaltamos la importancia del autoamor? Una buena autoestima, quererse profundamente, incrementa las emociones positivas. Además, permite alcanzar mayor eficacia en las tareas, mejorar las relaciones interpersonales, establecer vínculos más equilibrados y ganar independencia y autonomía. La propuesta de este libro es a la vez simple y compleja: enamórate de ti, sé valiente, comienza el romance contigo mismo en un "yo sostenido" que te haga cada día más feliz y más resistente a los embates de la vida cotidiana.

You Always Change the Love of Your Life

[For Another Love or Another Life] Hachette UK

A beautifully illustrated interactive roadmap for getting over a broken heart A broken heart can feel like the end of the world, but bestselling author and illustrator Amalia Andrade knows this simply isn't true. Change is not a defeat or a surrender, but rather a promise. Because if the "love of your life" doesn't work out, there is always a chance for something new-a new love, or a new life. When Amalia was faced with her own heartbreak, she knew she couldn't let herself get lost in despair. With her sunshiny outlook, electrifying energy, and unique sense of humor, she constructed the ultimate first aid kit: an interactive guide to getting over someone through reflections, recipes, and lots of ingenious ideas for transforming a negative experience into a liberating one. In these pages, you'll find the secret code for interpreting text-message read receipts, loving odes to Beyoncé, the ideal playlist for crying in the shower, and much, much more. You Always Change the Love of Your Life reveals the secret to mending your heart and maybe even opening it up again: in love and in lovelessness, we are never alone.

Wayward Witch Sourcebooks, Inc.

The witches of New York are back! In the epic conclusion to the award-winning series, the final Mortiz sister's story is told. Infused with Latin American tradition—the Brooklyn Brujas series follows three sisters—and brujas—as they develop their powers and battle magic in their hometown and worlds beyond. Rose Mortiz has always been a fixer, but lately she's been feeling lost. She has brand new powers that she doesn't understand, and her family is still trying to figure out how to function in the wake of her amnesiac father's return home. Then, on the night of her Deathday party, Rose discovers her father's memory loss has been a lie. As she rushes to his side, the two are ambushed and pulled through a portal to the land of Adas, a fairy realm hidden in the Caribbean Sea. There Rose is forced to work with a group of others to save Adas. Soon, she begins to discover the scope of her powers, the troubling truth about her father's past, and the sacrifices he made to save her sisters. But if Rose wants to return home so that she can repair her broken family, she must figure out how to heal Adas first. Brooklyn Brujas Series: Labyrinth Lost (Book 1): Alex's story—set in the mythical fantasy world of Los Lagos Bruja Born (Book 2): Lula's story—urban fantasy set on the streets of Brooklyn Wayward Witch (Book 3): Rose's story—set in the magical fairy realm of Adas Perfect for those looking for: A fantasy witch series Latinx books Dark fairy tales Young adult fantasy Books about sisters

The Power of Positive Thinking

The Importance of the Impact Thoughts Have on Our Lives

Positive thinking is defined by Remez Sasson as a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is referred to as a mental attitude that expects good and favorable results. A positive mind anticipates happiness,

joy, health and a successful outcome of every situation and action. What the mind expects, it finds. Think positive and your life will change completely!In this book you will be guided to happiness just by changing your mind!

Love Yourself Like Your Life Depends on It HarperCollins

THE SELF-PUBLISHED PHENOMENON —NOW FULLY REVISED AND EXPANDED I almost didn't publish Love Yourself Like Your Life Depends on It. Here I was, a CEO who'd fallen apart after his company failed, writing a book about how loving himself saved him. I thought I'd be a laughingstock and my career would be finished. But I stepped through the fears and shared my truth with the world. The book went viral. Amazing people all over bought copies for friends and family. For some, this book saved their lives. For others, it was the first time they ever loved themselves. Many readers reached out and asked questions. This taught me that, to create lasting impact, I had to go deeper. So, seven years later, here it is. All the questions I received, resolved. My intention is that by the time you finish this new edition, not only will you be committed to loving yourself, you'll know exactly how to do it. And, most importantly, how to make it last.

Making Toast

A Family Story Harper Collins

“A painfully beautiful memoir...Written with such restraint as to be both heartbreaking and instructive.” —E. L. Doctorow A revered, many times honored (George Polk, Peabody, and Emmy Award winner, to name but a few) journalist, novelist, and playwright, Roger Rosenblatt shares the unforgettable story of the tragedy that changed his life and his family. A book that grew out of his popular December 2008 essay in The New Yorker, Making Toast is a moving account of unexpected loss and recovery in the powerful tradition of About Alice and The Year of Magical Thinking. Writer Ann Beattie offers high praise to the acclaimed author of Lapham Rising and Beet for a memoir that is, “written so forthrightly, but so delicately, that you feel you’re a part of this family.”

Interior Freedom Scepter Publishers

Interior Freedom leads one to discover that even in the most unfavorable outward circumstances we possess within ourselves a space of freedom that nobody can take away, because God is its source and guarantee. Without this discovery we will always be restricted in some way and will never taste true happiness. Author Jacques Philippe develops a simple but important theme: we gain possession of our interior freedom in exact proportion to our growth in faith, hope, and love. He explains that the dynamism between these three theological virtues is the heart of the spiritual life, and he underlines the key role of the virtue of hope in our inner growth. Written in a simple and inviting style, Interior Freedom seeks to liberate the heart and mind to live the true freedom to which God calls each one.

The Strange Case of Sir Arthur Carmichael

A Short Story Harper Collins

Previously published in the print anthology The Golden Ball and Other Stories. When Sir Arthur Carmichael, the young and healthy heir to a large estate, starts behaving strangely, psychiatrist Edward Carstairs is summoned to assess the situation. Sir Arthur appears to be behaving like a cat—only days after his mother killed a grey Persian!

Fearproof Your Life

How to Thrive in a World Addicted to Fear Mango Media Inc.

Overcome Your Fears Are you feeling overwhelmed by fear? It's time for you to overcome fear and take back control of your life, your mind, and your future. Don't let fear rule your life. Throughout time, we have sought peace and safety by trying to outguess the unknown. By reading article after article, flipping from news station to news station, we've made ourselves addicted to fear. You do not have to be crippled by the fear this world so easily pushes onto you. You do not have to live life scared anymore! Enjoy your journey to freedom. Fearproof Your Life guides you with core principles enabling you to discover who you truly are. Author Joseph Bailey takes you through a process of knowing, listening to, and honoring your unique True Self. Learn how to find your truth and how to live your truth without the approval of those around you. This book teaches you how to be truly free and confident. If you find yourself feeling overwhelmed, remember the relatable principles from this book. Fearproof Your Life gives you what you need to finally live in freedom! If you enjoyed books like Hello, Fears; What to Say when you Talk to Your Self; or Rewire your Anxious Brain, you'll love Fearproof Your Life.

We Are One: How the World Adds Up Candlewick Press

The whole is greater than the sum of its parts--and unity and connection are most important of all--in a beautifully illustrated counting book with a timely message. One can be one thing all on its own--one star, one stream, one stick, one stone. But those on their toes, those using their smarts, know one can be more than the sum of its parts. Consider the two slices of bread that make up one sandwich, or the three lines of poetry that form one haiku, or even the ten years that form one decade. From one to ten, from sandwiches to centuries, every part is necessary to the whole. In this fascinating concept book, a simple rhyming narration aimed at younger children is complemented by informational panels about subjects like the four compass points, the five acts in Shakespeare, the seven colors of a rainbow, or the nine innings in baseball. Award-winning author Susan Hood and debut children's book illustrator Linda Yan offer a mind-expanding look at early math concepts such as part/whole relationships, fractions, and

addition--while underlying themes of cooperation, peace, and kindness make this beautiful volume one to be enjoyed by anyone at any age.

Many Lives, Many Masters

The True Story of a Prominent Psychiatrist, His Young Patient, and the Past-Life Therapy That Changed Both Their Lives *Simon and Schuster*

Describes the case of a young woman suffering from anxiety attacks, explains how hypnosis revealed her memories of past lives, and discusses the usefulness of regression therapy

Active Operations Management

The playbook for service operations in the agile age *Practical Inspiration Publishing*

Practiced by tens of thousands of people across more than 40 countries, Active Operations Management (AOM) is one of the most successful methods for managing performance in service operations. Now the people who developed the method tell you exactly how you can do it for yourself.

Aztec Autumn *Macmillan*

After the Aztec empire falls to the Spaniards, a young Aztec named Tenamaxtli begins recruiting from among his fellow survivors of the Conquest to once again challenge the Spaniards and restore the Aztec empire.

The Go-Getter *Simon and Schuster*

In The Go-Getter, Bill Peck, a war veteran, persuades Cappy Ricks, the influential founder of the Rick's Logging & Lumbering Company, to let him prove himself by selling skunk wood in odd lengths-a job that everyone knows can only lead to failure. When Peck goes on to beat his quota, Rick hands Peck the ultimate opportunity and the ultimate test: the quest for an elusive blue vase. Drawing on such classic values as honesty, determination, passion, and responsibility, Peck overcomes nearly insurmountable obstacles to find the vase and launch hia career as a successful manager. In a time when jobs are tight and managers are too busy for mentoring, how can you maintain positive energy, take control of your career, and prepare yourself to ace the tests that come your way? By applying the timeless lessons in this compulsively readable parable, employees at all levels can learn to rekindle the go-getter in themselves.

The Gospel According to Paul

Embracing the Good News at the Heart of Paul's Teachings *Thomas Nelson*

From master-expositor and Bible teacher John MacArthur, a revelatory exploration of what the apostle Paul actually taught about the good news of Jesus The apostle Paul penned a number of very pithy, focused passages in his letters to the early church that summarize the gospel message in just a few well-chosen words. Each of these key texts has a unique emphasis highlighting some essential aspect of the Good News. The chapters in this revelatory new book closely examine those vital gospel texts, one verse at a time. John MacArthur, host of the popular media ministry Grace to You, president of the Master's University and Seminary, and longtime pastor at Grace Community Church, tackles such questions as, What is the gospel? What are the essential elements of the message? How can we be certain we have it right? And how should Christians be proclaiming the Good News to the world? As always, the answers John MacArthur gives are clear, compelling, well-reasoned, easy to grasp, and above all, thoroughly biblical. The Gospel According to Paul is written in a style that is easily accessible to lay people, including those who know very little about the Bible, while being of great value to seasoned pastors and experienced ministers.

The Knight in Rusty Armor

While searching for a way to remove the armor that has become stuck on him, a knight finally discovers the true qualities of knighthood.

Be Your Own Best Friend

How to Achieve Greater Self-Esteem, Health and Happiness *Piatkus Books*

Happiness is feeling good about yourself. When you don't feel good about yourself, you don't feel good about anything. This important book by health guru Louis Proto is for everyone who suffers from low self-esteem which can lead to health problems and difficult personal and work-based relationships.

Reinventing yourself *Plataforma*

At the oracle in Delphos, at the entrance to Apollo's temple in ancient Greece, there was a stone which had some strange signs written on it. It was an invitation to begin one of the most fascinating adventures that a human being can undertake. In other words, the adventure of self-discovery. This book is a map which will accompany us on this trip inside ourselves. Little by little the secret of how people create the eyes through which we observe and perceive the world, will be revealed. It is with the same eyes that so often make us focus on our guiltabout the past rather than on future opportunities. Reinventing yourself does not mean becoming someone different from how we really are but rather bring our REAL SELF to the surface. It is in this new area of possibilities where creativity fl ows, along with the wisdom and energy to completely transform our experience, bringing with it more calm, desire and confi dence into our lives. The key lies within ourselves, in the exercising of our personal freedom, taking choices that slowly but surely lead us to transform our outlook. Marcel Proust said that, "the real act of discovery does not consist in going out to look for a new land but in learning to see the old land with new eyes." It is with our new eyes that we will be able to see what before we were blind to. It is also these new eyes which will lead us to discover how to reach what before had seemed unattainable.

The Key to Personal Peace *Thomas Nelson*

People are seeking the answer to the confusion, the moral sickness, the spiritual emptiness that oppresses the world. We are all crying out for guidance. For comfort. For peace. Is there a way out of our dilemma? Can we really find personal peace with God? Yes! But only if we look in the right place. The Key to Personal Peace not only includes trusted Biblical insights from renowned evangelist Dr. Billy Graham, but also includes the full gospel of John, making the book a perfect gift for evangelism or outreach. The Key to Personal Peace offers a look into how to live life in the fullness of God. Sections include: The Great Quest Our Dilemma What is God Like What Did Jesus Do for Us? Finding the Way Back Peace at Last Heaven, Our Hope Note: Must be ordered in multiples of 50.

Invencible (Unstoppable Spanish edition)

Cómo descubrí mi fuerza a través del amor y la pérdida *Simon and Schuster*

Latin Grammy Award-winning singer-songwriter and author of the New York Times bestseller Forgiveness returns with a new memoir that shares the triumphs, hardships, and lessons of life after her mother’s, Jenni Rivera, death. Now available in Spanish. Bringing her signature warmth, humor, and positivity to the page, Chiquis Rivera picks up where her memoir Forgiveness left off. Reeling from her mother’s tragic death, Chiquis finds herself at a major crossroads. As a new parent to her younger brother and sister, she struggles to balance her family’s needs with her dreams of becoming a successful singer and entrepreneur. Stepping out of the shadow of her mother’s legendary career and finding her own identity as a singer is challenging...but navigating unhealthy relationships proves to be even harder. When she meets and marries the person she believes is the man of her dreams, it seems like life is finally falling into place. But a dark secret unravels their relationship, and Chiquis emerges stronger as a single woman. In the end, nothing can keep Chiquis down. Her life philosophy says it all: “Either I thrive or I learn.” Filled with life-affirming revelations, Chiquis ultimately shares her greatest gift with her fans—the accessible lessons that have made her unstoppable.