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Lean Manufacturing Explained

The Book of Virtue

Kerry Sanderson's life is falling apart. He's crushing himself to fit into the boxes others have put him in: dutiful son, good boyfriend, real man. But even the small rebellions he's fought for himself-moving into a

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sketchy part of town and becoming an exotic dancer aren't giving him the freedom he needs. Ewyn Garrity, a security guard at the gay club where Kerry dances, has found himself in protecting others. Everyone thinks he's straight, but Ewyn doesn't fit into simple boxes, either. When he meets Kerry, he makes a not completely innocent offer of company after work. Ewyn and Kerry hit it off, each finding something he desperately needs in the other. But when Kerry is forced to confront the pain and self-doubt that keep him crushed in his boxes, he's afraid that no one, not even Ewyn, will be able to love who he is when he finally, truly becomes Kerry. (M/M, M/GQ)

Sociologists in Search of Their Intellectual Domain

This play is about the secrets that emerge when a family gathers to celebrate the 80th birthday of a crusty Oxford don. His daughters add fuel to the fire by bringing along partners who include a confused crime writer and a former gangster returning from the Costa del Crime. Mix in a dotty maiden aunt, a sad spinster and a mystery gunman and it adds up to a birthday party none of them will forget. "Insightful, touching, heart-warming and at times hilarious. Compelling viewing." The South Wales Argus Winner of the Award for Theatre Show 2014, presented by lifestyle and entertainment magazine Voice. Type: Drama Length: Full Cast: 4f 3m

Words of the Future

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Are you still the person who lived fifteen, ten or five years ago? Fifteen, ten or five minutes ago? Can you plan for your retirement if the you of thirty years hence is in some sense a different person? What and who is the real you? Does it remain constant over time and place, or is it something much more fragmented and fluid? Is it known to you, or are you as much a mystery to yourself as others are to you? With his usual wit, infectious curiosity and bracing scepticism, Julian Baggini sets out to answer these fundamental and unsettling questions. His fascinating quest draws on the history of philosophy, but also anthropology, sociology, psychology and neurology; he talks to theologians, priests, allegedly reincarnated Lamas, and delves into real-life cases of lost memory, personality disorders and personal transformation; and, candidly and engagingly, he describes his own experiences. After reading *The Ego Trick*, you will never see yourself in the same way again.

Dear Mum Word Search Book

Osho, one of the greatest spiritual thinkers of the twentieth century, explores the connections between ourselves and others in *Love, Freedom, and Aloneness: The Koan of Relationships*. In today's world, freedom is our basic condition, and until we learn to live with that freedom, and learn to live by ourselves and with ourselves, we are denying ourselves the possibility of finding love and happiness with someone else. Love can only happen through freedom and in conjunction with a deep respect for

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ourselves and the other. Is it possible to be alone and not lonely? Where are the boundaries that define “lust” versus “love” and can lust ever grow into love? In *Love, Freedom, and Aloneness* you will find unique, radical, and intelligent perspectives on these and other essential questions. In our post-ideological world, where old moralities are out of date, we have a golden opportunity to redefine and revitalize the very foundations of our lives. We have the chance to start afresh with ourselves, our relationships to others, and to find fulfillment and success for the individual and for society as a whole. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the *Sunday Times* of London as one of the “1000 Makers of the 20th Century” and by *Sunday Mid-Day* (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

Thesaurus Linguae Latinae Compendarius

The book consists of six stories 1. Sander (Novelette - 8K words) - a story about growing up in the asteroid belt and encountering a man who's a complex mixture of good and evil 2. Exceltor (Novella - 19K words) - a story considering how warfare might work in a future where wormholes allow sudden bridging of large distances in space 3. Macos (Short Story - 8K

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words) - a coming of age story wherein a young man finds his father is a completely different man than he had always imagined 4. Porter (Novelette - 14K words) - a young girl can open small portals from one location to another with her mind but-to her father's great disappointment-she just wants to play guitar 5. Billy Benoit (Novelette - 12K words) - a man who thinks it would be awesome to go back in time, finds out it isn't as cool as he'd hoped - not at all 6. Guitar Girl (Short Story - 4K words) - a cover band at a beach bar invites a pretty girl with a guitar to play a set with them - having no idea who she really is

A Soul in Search of Itself

Do you frequently find yourself asking, "Why?" This book will, prayerfully, prompt you to see God acting in every circumstance in your life, from the mundane to the monumental; to appreciate that the Creator does, indeed, cause "all things [to] work for good to them that love God, to them who are called according to His purpose." (Romans 8:28) Through prose and poems based on personal experiences, the author shares pieces of her journey through faith-building events. If you have trouble focusing on God and His agenda, this book will sharpen your vision and lead you to reconsider God's purpose for the events in which you may find yourself involved on a daily basis.

Zompoc Survivor

The object of these Word Search Puzzles is to provide endless entertainment to our influential senior

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citizens (a tribute to our lovely Mothers). Find and circle or cross-out all of the hidden words or phrases. Each puzzle has 24 words as challenges to be searched on board. These word search puzzles have been designed to suit any one inclusive of visually impaired, due to its large print lay-out and the high resolution of the interior set-up. ****Happy Puzzling****

Promptings

Sixteen-year-old Max and 10-year-old Tessa were fully prepared for another horrible summer vacation. While they always hoped to go somewhere fun like Disney World or Universal Studios, they usually went somewhere weird and cheap that their father, former boy bander Don Masters, found in an ad in a truck stop coupon magazine. But this year was different. Where they went couldn't be found on any map or in any truck stop coupon book. They passed through a portal to a place called Turtle Island, an alternate version of America that diverged from our history before the pilgrims landed at Plymouth Rock. It was there where they met world famous action movie star Jordie Paine -- star of such films as I Plan to Kill You Now and the sequel, I Plan to Kill You Now, Too, the ninja film, Chuck Butcher: Sword Wielding Jackal, as well as the light-hearted romp, Harry Hinklehoffer and the Giant Dancing Toad of East Nebraska -- who would be their guide in this strange new world. Jordie, they later learned, brought the Masters family to Turtle Island for a very specific reason. Because they look just like the ruthless first family of Turtle Island, the

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Masters are pawns in a coup to overthrow the dictator. But things don't go as planned and the Masters wind up in the Survival Games, Turtle Island's national pastime/system of justice where criminals competitors, or crimpetitors, compete for their freedom. In this scifi comedy, the stakes are very simple -- if they win, they rule, if they lose, they must suffer the consequences.

The Alter Ego Effect

'Julian Baggini's How the World Thinks is there to fill the Sapiens-size hole in your life' Observer's guide to Autumn in culture In this groundbreaking global overview of philosophy, Julian Baggini travels the world to provide a wide-ranging map of human thought. One of the great unexplained wonders of human history is that written philosophy flowered entirely separately in China, India and Ancient Greece at more or less the same time. These early philosophies have had a profound impact on the development of distinctive cultures in different parts of the world. What we call 'philosophy' in the West is not even half the story. Julian Baggini sets out to expand our horizons in How the World Thinks, exploring the philosophies of Japan, India, China and the Muslim world, as well as the lesser-known oral traditions of Africa and Australia's first peoples. Interviewing thinkers from around the globe, Baggini asks questions such as: why is the West is more individualistic than the East? What makes secularism a less powerful force in the Islamic world than in Europe? And how has China resisted pressures for

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greater political freedom? Offering deep insights into how different regions operate, and paying as much attention to commonalities as to differences, Baggini shows that by gaining greater knowledge of how others think we take the first step to a greater understanding of ourselves.

Turtle Island

Banish Fear, Encounter Love! Inspired, lively, and fun, Maria Felipe's real-world approach to living based on A Course in Miracles will guide you toward a life released from fear and doubt and filled with joy and power. In nine crystal-clear chapters, Maria shows you how to banish the "cuckoo voice of the ego" and connect with your internal teacher, accessing unlimited love and strength. Her stories, shared from her own life and from her students' experiences, demonstrate that with a willing attitude and an open heart, true happiness isn't just possible — it's inevitable!

Lamikorda

Trust Your Vibes

You have a source of power within, that is able to meet all your needs right now. The truth is that you are more than someone with problems – You are someone with infinite potential, on a path of return to the Divine source. Starting today, you can make changes in your life that will transform the nature of

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your reality. The Book of Virtue is a practical guide to achieving Self-Transformation. Through The Book of Virtue, you will learn: - To see Life as a Mirror of Our Inner World - Transform our negative karmic seeds into positive results - To utilize meditation as a practice of cultivating intuition - To activating your Highest Potential with positive affirmations - Utilization of vows to empower your life Many other techniques and concepts are covered in great detail. It is the goal of the Book of Virtue that the reader adopts a new life of Mystical Self-Transformation, achieving all their goals (including the Highest Goal of Oneness with the Divine.)

How the World Thinks

In this fascinating book, spiritual teacher Sonia Choquette reveals the secrets you need to awaken your intuitive voice and trust your vibes. If you're ready to step into a Divine, more energetically uplifting experience and live an easier more satisfying life, you'll learn how to do so within these pages

Life: A User's Manual

Remember to Love Me

The Virtues of the Table

The 10th anniversary edition of A New Earth with a new preface by Eckhart Tolle. With his bestselling

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spiritual guide The Power of Now, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived “in the now.” In A New Earth, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. Illuminating, enlightening, and uplifting, A New Earth is a profoundly spiritual manifesto for a better way of life—and for building a better world.

Welcome to Wimby's

Perfect for gifting to lovers of philosophy or mining intelligent ice-breaker topics for your next party, The Pig That Wants to Be Eaten offers one hundred philosophical puzzles that stimulate thought on a host of moral, social, and personal dilemmas. Taking examples from sources as diverse as Plato and Steven Spielberg, author Julian Baggini presents abstract philosophical issues in concrete terms, suggesting possible solutions while encouraging readers to draw their own conclusions: Lively, clever, and thought-provoking, The Pig That Wants to Be Eaten is a portable feast for the mind that is sure to satisfy any intellectual appetite.

A Genuine Search

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Dave Stewart has survived the inferno of Kansas City and come out the other side. To the rest of the world his fate is uncertain, and by now even Agent Keyes knows better than to assume he's dead. As Keyes and his rogue DHS agents continue their search for him, Dave knows that Plan A, as usual, won't work. His only chance is to keep moving until he can find a safe way to make contact with Nate Reid and figure out his next move. As Dave's odyssey across a zombie infested America continues, he encounters the best and the worst in his fellow survivors. He will find new allies, learn more about the true nature of the Asura virus, and his role in even bigger designs than he ever imagined. But, in a land filled with enemies both living and dead, is all the skill, wit and courage in the world enough to help him survive? Or will this be Dave Stewart's last journey?

The Pig That Wants to Be Eaten

Ponder this a moment: Before it was proved that the world was round, could you imagine trying to convince someone that they were really living on a huge round planet spinning around the sun? People would look at you like you were crazy! What if I told you that most of us are living immersed in a thought and belief system (the ego) that is completely running the show, that is completely responsible for our suffering in many forms? Crazy, right? What's crazy is the stress, anxiety, depression, anger, guilt, loneliness, etc. that this thought and belief system causes. Choose Spirit Now brings together the best of both the ancient practice and teachings of yoga and

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the spiritual teachings from A Course in Miracles to awaken us from the ego by shining the light on every nook and cranny where it is hiding out. Are you ready to begin the most fascinating exploration of your own self and in the process find what makes you truly feel whole again? Check out ChooseSpiritNow.com to experience this book as an online retreat and for continued support for living a life fully awake.

Dream Psychology

Saffron is about to have her entire world turned upside down. Not only has she recently started a new job, but she's also finding herself uncontrollably attracted to her coworker, Francine. When the two of them end up staying late in the office, it is the start of a whole new adventure for Saffron, as she is drawn into Francine's world of lust, unashamed sensuality and sexual punishment. This is the first omnibus of "Saffron's Erotic Encounters," containing the first three stories: Saffron After Hours, Saffron's Punishment and Saffron Gets Wet. The stories in this collection have themes of lesbian desire, passion and sexual punishment, and as such they contain graphic descriptions of sexual acts between consenting adults.

Que Me Veux-tu?: Claude Cahun's Photomontages

In The Book, Alan Watts provides us with a much-needed answer to the problem of personal identity, distilling and adapting the Hindu philosophy of

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Vedanta. At the root of human conflict is our fundamental misunderstanding of who we are. The illusion that we are isolated beings, unconnected to the rest of the universe, has led us to view the “outside” world with hostility, and has fueled our misuse of technology and our violent and hostile subjugation of the natural world. To help us understand that the self is in fact the root and ground of the universe, Watts has crafted a revelatory primer on what it means to be human—and a mind-opening manual of initiation into the central mystery of existence.

The Book

The Ego Trick

Equality 7-2521 finds himself out of step with the collectivist society of the future, and discovers a means to freedom in Ayn Rand’s fable of the individual in conflict with society. First published in 1938, *Anthem* takes place in a dystopian future world in which humanity is enduring a new dark age, human life is regimented in every respect and personal identity has been all but snuffed out by a totalitarian government. The narrator, writing his story in secret, realizes he is a criminal simply for having thoughts of his own. Exploring the ruins of a previous civilization he discovers relics, conducts forbidden experiments and learns enough to question the very structure of his society. Can he share this knowledge with his fellow citizens? The author strips the relationship of

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humanity to civilization down to its bare essence in this modern parable that starkly illuminates the challenge an oppressive government presents to individuality. With an eye-catching new cover, and professionally typeset manuscript, this edition of Anthem is both modern and readable.

Choose Spirit Now

The Alplai have lived in peace and prosperity for centuries, spreading beyond their homeworld's single continent into floating cities on its vast oceans, and colonizing the planets and moons of their solar system. Now, a massive alien vessel has come, carrying over a million colonists in cryogenic stasis from a devastated world. Ganak, the recently appointed Commissioner for Space Exploration, advocates that the Terai be allowed to settle in the newly prepared Eastern Sector of the planet Totrana. The proposal is approved, and the avian-descended Alplai work with this strange mammalian species to help them build a new home. But not all the Alplai welcome these creatures. Many are concerned about their warlike past, and when a new disease erupts on Totrana, the aliens are quickly blamed. Despite their contributions, the Terai face discrimination and harassment. How far can Ganak use his influence to help, and what leaders will emerge amongst them as they strive to build a new life?

Love, Freedom, and Aloneness

This volume is a primer on Freudian psychoanalytical

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dream interpretation.

Ego

Lean manufacturing methodology provides a standard for operational excellence. Lean strategy enables you to change for the better, ensuring your processes are as streamlined as possible and costs are kept to a minimum, while quality and speed of production are maintained. Lean Manufacturing Explained will consider how lean principles can be applied specifically in relation to the manufacturing industry. It is in manufacture that the lean methodology has its roots - with the central tenets first developed by automotive industry giants Toyota and Ford. Manufacture is also the arena of business in which lean methodologies are most widely incorporated and well established.

Anthem

Discourses by an Indian religious leader, March 1976.

Drink and be Sober

A top performance expert reveals the secret behind many top athletes and executives: creating a heroic alter ego to activate when the chips are down. There's only one person in the way of you untapping your potential: You. There's also one person who can move you out of the way so you can perform at your peak. That person is already inside you. You just need to unlock them. This other part of you is your Alter

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Ego. After twenty-one years of working with elite athletes, performers and leaders, Todd Herman has discovered how you can use your alter ego to achieve the seemingly impossible. It all clicked for Todd when he met Bo Jackson. When Herman met Bo Jackson, the professional athlete told him, “Bo Jackson never played a down of football in his entire life.” Bo explained that when he was young, he’d get into trouble because chaos caused by his anger issues. Then, he saw Friday the 13th and became fascinated by the cold, calculating nature of Jason Vorhees. In that moment, he resolved to stop being Bo Jackson, and start being Jason the moment he stepped on the field. In this transformative guide, Herman teaches you how to create and control an Alter Ego like Bo—and the thousands of other athletes, business leaders, entrepreneurs, and entertainers who have used this simple tool to change their lives. Herman also shares his own story: he knew that inside was a confident, self-assured, intelligent person who could help others get better results in their lives. When he started using superman’s classic trick—putting on a pair of glasses—he learned to trigger the specific traits he needed to achieve his goals. The Alter Ego Effect is not about creating a false mask—it’s about finding the hero already inside you. It’s a proven way of overcoming the self-doubt, negativity, and insecurity that hold you back, and empowering you to ultimately become your best self.

A New Earth (Oprah #61)

How we eat, farm and shop for food is not only a

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matter of taste. Our choices regarding what we eat involve every essential aspect of our human nature: the animal, the sensuous, the social, the cultural, the creative, the emotional and the intellectual. Thinking seriously about food requires us to consider our relationship to nature, to our fellow animals, to each other and to ourselves. So can thinking about food teach us about being virtuous, and can what we eat help us to decide how to live? From the author of *The Ego Trick* and *The Pig that Wants to be Eaten* comes a thought-provoking exploration of our values and vices. What can fasting teach us about autonomy? Should we, like Kant, 'dare to know' cheese? Should we take media advice on salt with a pinch of salt? And can food be more virtuous, more inherently good, than art?

Healing the Shame and Guilt around Sexuality

Presents three sociological approaches in Sweden: empirical-statistical, theoretical and applied research.

Live Your Happy

Six Bits

Prisoner of the Mind - Spiritual Self-Improvement Personal Development We have the largest prison population in the world in America today, but how many men and women were locked up in their minds before they got to prison? *Prisoner of the Mind* by Jeff

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Hairston is much more than a self improvement book- it's a personal development tool that can help you overcome your fears and FINALLY live your life as God intended. "Prisoner of the Mind" by Jeff Hairston is a thought provoking book aimed at helping you find a spiritual balance in life and to break free of the prison of negative thoughts and emotions that your mind has created over the years. Jeff artfully guides you through the many aspects of life that plague our minds today intertwining important lessons with examples from his own life story. Fear is one of the most important emotions when experienced in the right way. It can help us in life threatening situations by keeping our mind on high alert. but what happens when fear comes into contact with the ego? That very same fear that is there to save you can also stop you from living a normal, healthy life -and in some cases even kill you! It's all about using the fear to your advantage and being consistent and persistent against it. Many of the issues plaguing our mind are created by past life events that are left unresolved. "Prisoner of the Mind" asks the important spiritual questions and expertly tackles negative personal issues to help you better understand and overcome the prison that your own mind had created. Break free from the personal prison that your own mind created - order your copy of "Prisoner of the Mind" by Jeff Hairston today!

Saffron Omnibus

Becoming Kerry

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How should I live? What is my purpose? Can I find happiness? Ever felt as though life would be simpler if it came with an instruction manual? There are no easy answers to the big questions. And life does not follow a straight path from A to B. Since the beginning of time, people have asked questions about how they should live and, from Ancient Greece to Japan, philosophers have attempted to solve these questions for us. The timeless wisdom that they offer can help us to find our own path. In this insightful, engaging book, renowned existential psychotherapist and philosophical counsellor Antonia Macaro and bestselling philosopher Julian Baggini cover topics such as bereavement, luck, free will and relationships, and guide us through what the greatest thinkers to ever walk the earth have to say on these subjects, from the Stoics to Sartre. Discover advice from the world's greatest thinkers on questions like: Is there a right way to grieve? What is free will? How can we learn from past mistakes? Do we make our own luck?

According to Claudia

Improvisational Youth Groups and the Search for Identity

All's not well at the Wimby School of Arts Arcana. Rumors swirl of enemies gathering beyond school grounds. Whispers spread that the newest student at Wimby's may be none other than the Misfit King, a powerful enemy prophesied to destroy the magicians and the world they've built. If only they knew the

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truth. If only they knew Quinn couldn't cast a spell to save his life. If only they knew he cheated his way into Wimby's to escape his horrible foster home. If only the talented magicians knew a darker, more sinister evil plotted their demise Hiding in a world not his own, Quinn must fool the strongest, most powerful magicians in the magical world. He'll befriend dwarves and yetis and odd outcasts. He'll walk through doors that lead to different worlds and speak to paper men who live in books, all to discover the dangerous secret that could give Quinn the magic he so desperately desires. All's not well at the Wimby School of Arts Arcana. Rumors swirl of enemies gathering beyond school grounds. Whispers spread that the newest student at Wimby's may be none other than the Misfit King, a powerful enemy prophecied to destroy the magicians and the world they've built. If only they knew the truth. If only they knew Quinn couldn't cast a spell to save his life. If only they knew he cheated his way into Wimby's to escape his horrible foster home. If only the talented magicians knew a darker, more sinister evil plotted their demise Hiding in a world not his own, Quinn must fool the strongest, most powerful magicians in the magical world. He'll befriend dwarves and yetis and odd outcasts, walk through doors that lead to different worlds, and speak to paper men who live in books, all to discover a dangerous secret known only to the strongest magician at Wimby's-a man who also happens to be his principal. Hiding in a world not his own, Quinn must fool the strongest, most powerful magicians in the magical world. He'll befriend dwarves and yetis and odd outcasts, walk through doors that lead to different worlds, and speak to

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paper men who live in books, all to discover a dangerous secret known only to the strongest magician at Wimby's-a man who also happens to be his principal.

Prisoner of the Mind

"A brilliant debut novel full of romance and heartbreak, that pulls tight at your heartstrings and ensnares you with magical prose and lyrical beauty." 1900 - Annabelle yearns for nothing more than motherhood and her duty to provide an heir to devoted husband Richard Hardwick, successor to a wealthy family fortune. Her younger sister Emily, engaged to Lance Corporal James Wright, imagines only wedded bliss, but as darkness falls in the shape of War, James is deployed to South Africa, leaving her alone with an uncertain future. As melancholy festers, Emily escapes taking solace by the sea. As the distance stretches between the sisters, so too does the life-thread of family. 1997 - As her 21st birthday approaches, April reluctantly moves closer to her Grandmother Sarah, to her mother's childhood home of Bury St Edmunds, in the heart of the Suffolk countryside. As she struggling to adjust, pining for her seaside upbringing, she takes solace in the bond she shares with her grandmother. In a visit to the attic one December afternoon, she discovers more than just dusty tea chests and old suitcases. She encounters an ancestor that has remained, a ghostly apparition whispering secrets in the shadows. Confronted with visions and dreams; memories of a lost time, grave secrets, sisterly love, romance and

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family loyalties that stretch beyond even love's limits. April is thrown into turmoil, living moments in two eras, experiencing love and loss in both. Piecing together snippets of another life, giving peace back to the house and laying ghosts to rest; she unfolds the mystery of her family's Supernatural legacy.

The Search

The Self-seeker and His Search

This transcript is based on an in-depth counseling session around the healing of sexuality issues and their cause — the belief in separation.

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