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The Little Book of Self-Help Ivette Smith,2025-12-18

How to Beat Insomnia and Get a Restful Night's Sleep Digital World,2025-10-21 Everyone has trouble sleeping from time to time While this can be inconvenient it is usually temporary When occasional sleepless nights turn into a regular occurrence of many nights in a row with interrupted sleep you may have a sleep problem If your sleep difficulties are occurring because you are stuck in a cycle of sleepless nights or your insomnia is due to your inability to achieve a state of inner peace necessary to be able to sleep this book is for you Here you ll find healthy options to try before taking potentially harmful habit forming aids In this book you will learn about Preparing the perfect sleep environment Relaxation techniques The role of exercise and diet in your sleep health How to calm your mind to promote good sleep Beneficial natural supplements By following the tips in this book you ll have all the tools you need to stop tossing and turning at night and start enjoying a full night s sleep naturally

Rhetoric of the Protestant Sermon in America Jonathan J. Edwards,Eric C. Miller,2020-01-20 In *Rhetoric of the Protestant Sermon in America* Pulpit Discourse at the Turn of the Millennium ten scholars analyze notable sermons from the fifty year span between 1965 and 2015 during which the Protestant sermon has undergone significant change in the United States Contributors examine how this turbulent time period witnessed a variety of important shifts in the arguments evidences and rhetorical strategies employed by contemporary preachers Because religious practice is inextricably tangled in the culture politics and economy of its historical situation the public expression of a faith is certain to move with the times In their treatment of race sex gender class and citizenship sermons apply ancient texts to current events and controversies often to revealing effect This collection thoughtfully edited by Eric C Miller and Jonathan J Edwards demonstrates how the genre of the Protestant sermon has evolved or resisted evolution across the years Scholars of religion rhetoric communication sociology and cultural studies will find this book particularly useful

The Self-Help Book B.J. Jerremy,2013-11-20 A one of a kind work *The Self Help Book* is the ultimate spiritual personal development and personal growth guide to finding your true self It is a unique book of secrets that gives simple steps to help achieve the things we hope for by simply changing the way we think This work provides many of the secrets that can help one lead a life filled with the many things that we aspire to achieve by addressing areas such as love happiness overall well being success confidence and much more In *The Self Help*

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