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New York Times bestselling author of The End of Faith

# WAKING UP

A Guide to Spirituality
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**Ross G White** 

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includes your worldview Powered by faith by beliefs you can t prove it dictates how you see everything and everyone all the time Believing is seeing Are your beliefs true or untrue Is your faith enlightened or misguided The answers to those questions reveal whether your current worldview is dangerous or dependable As Dr Guillen explains in the pages of this book what you believe is not just a matter of what s true or not true it s a matter of life and death Christian Kracht's Aesthetics Susanne Komfort-Hein, Heinz Drügh, 2023-07-07 The contributions to this volume are devoted to Christian Kracht's aesthetics under two main aspects On the one hand with regard to sometimes irritatingly twisted actualizations of that self reference and reservation which since Kant is to be evaluated as a central mode of the aesthetic on the other hand with regard to interferences with areas that are usually perceived as extra aesthetic but which can be evaluated as ferments of contemporary aesthetics Stagings in the field of the literary establishment the aesthetic under media and market conditions and in the focus of canonization and criticism Kracht's Frankfurt Poetics Lectures which were intensively commented on by the media form the background to this discussion **The Tree that Bends** Ross G White, 2024-08-29 A smart engaging and best of all incredibly practical guide to winning in life without losing yourself along the way Damian Hughes co host of the High Performance Podcast Modern life urges us to push relentlessly for what looks like success and to be resolute in avoiding anything less But at what cost Burnout and disillusionment are on the rise What if there is another way One that allows us to both do well and feel well an approach that transforms our striving into thriving For clinical psychologist Ross White a Tanzanian proverb The wind does not break the tree that bends signals the solution During more than fifteen years as an expert in Acceptance and Commitment Therapy ACT he has supported countless high performance clients to develop their psychological flexibility to anchor themselves in the present lean into their emotions and make choices in line with their personal values If you juggle competing demands take pride in what you do and want to achieve your personal goals without sacrificing yourself then high performance applies to you too With perspective shifting insights and practical strategies The Tree that Bends will help you to develop a flexible mind so that you can thrive whatever storms life may throw at you At last a truly practical realistic doable guide to building a better life and taking good care of yourself while also performing at your peak Highly recommended for anyone who wants to move from striving to thriving in any area of their life Russ Harris author of The Happiness Trap and ACT Made Simple Braille Book Review ,2016 Talking Book Topics, 2015-11 The End of Faith: Religion, Terror, and the Future of Reason Sam Harris, 2005-09-17 Harris offers a vivid historical ,2022 tour of mankind s willingness to suspend reason in favor of religious beliefs even when those beliefs are used to justify harmful behavior and sometimes heinous crimes The End of Faith Sam Harris, 2006 Harris offers a vivid historical tour of mankind s willingness to suspend reason in favor of religious beliefs even when those beliefs are used to justify harmful behavior and sometimes heinous crimes Letter to a Christian Nation Sam Harris, 2006 A criticism of Christianity from the secularist point of view The Publishers Weekly ,2005 Subject Guide to Books in Print ,1991 Liaht .1912

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