

The Pause Revised Edition The Landmark Guide

How many people do you know have a knack for connecting with others? Very few of us are born with it. The rest of us have to learn it. *How to Sell Yourself* explains in clear, simple, easy-to-understand terms the skills you need to get your message across in any speaking situation. The secret of winning communication is likability. Some people call it warmth. Some call it charm. Some call it charisma. But whatever name you give it, it can be learned. This book is about how to use your mind, your face, your body, and your voice to win, because, in the end, likability wins. Arch Lustberg, acclaimed public speaker, teacher, and coach, has filled this book with practical skills. He demonstrates how you can sell yourself, your ideas, and your organization. The elected officials he coaches learn that you can't sell your issues unless the voters like you. The Merrill Lynch financial consultants he trains learn that no one buys your product unless they like you. The National District Attorneys Association members he addresses learn that attorneys have a better chance of winning in court if they and their witnesses are liked by the jury. *How to Sell Yourself* is the last "how-to" you'll need to win over a boss, jury, voter, legislator, friend, colleague, family member, or any group to which you're talking.

Over 90% of children and adolescents play electronic or computerized games, and 25% play for three hours a day or even longer. Although some degree of video game playing is normal, excessive playing can negatively impact schoolwork, kids' social lives, and even their health. *Pause and Reset* is aimed at parents concerned about the role of gaming in their children's lives. In this informative, reader-friendly book, addiction expert Dr. Nancy Petry sheds light on what constitutes problematic video gaming and what does not, how to determine whether a child, adolescent or young adult may be "addicted" to gaming or developing problems with it, and when to seek professional help. Setting this book apart from others on the subject, the author also provides accessible explanations of the latest science behind how gaming addiction impacts children, adolescents, and families; she also explores the question of whether gaming may have positive effects in certain situations. Finally, Dr. Petry offers three simple, easy-to-implement steps parents can take to reduce and reverse the harmful effects of gaming: Record, Replace, and Reward. *Pause and Reset* also provides exercises and worksheets to support parents' efforts to help their kids.

ON PAUSE is a chronicle of the New York lockdown, with striking photographs of an empty Manhattan, coupled with experiences from New Yorkers, facts and debates of the Covid-19 pandemic.

Since its original publication in 1993, *The Pause* has become known as the authoritative guide to menopause--a previously overlooked topic of great importance to women. The significant amount of new research on menopause and perimenopause amassed in recent years has led bestselling author Lonnie Barbach to completely revise and update this groundbreaking classic. Important additions include eight entirely new sections on topics such as SERMs (selective estrogen receptor modulators), phytoestrogens, and the impact of menopause on the female immune system. This additional research is combined with new information about menopause and mood, weight gain during menopausal transition, breast cancer survivors taking estrogen, the positive effect of estrogen on dementia and Alzheimer's, and new alternatives to traditional HRT (hormone replacement therapy) for managing hot flashes, improving bone density, and assisting breast cancer survivors. All together, the latest edition of *The Pause* is a must-have resource for any woman facing the "next third" of her life.

We worry putting our family first means we'll be forced to abandon our careers. We're afraid if we pause our careers, we'll be forever off-track. This thinking is outdated—forget what you've heard about how pauses are career limiting, about how those who pause lack ambition, or that if you do pause you won't be able to re-enter the paid workforce. That's a flawed reality, one

that doesn't reflect the truth of the careers of some of the most successful women in this country. Author Lisen Stromberg knows this success firsthand. After the birth of her second child, she did something she never imagined she would do: she opted out to focus on her family. But her career didn't end there. Lisen paused then pivoted to become first a social entrepreneur and then an award-winning journalist writing about women, work, and life in Silicon Valley. Along the way, she learned she wasn't alone. Lisen met many highly successful women who told her they never "opted out" but who had, in fact, temporarily downshifted or paused their careers. Their hidden journeys revealed alternative nonlinear paths to the top that enabled them to achieve their personal and professional goals. In *Work PAUSE Thrive*, Lisen shares their stories. Deeply rooted in social science research, cutting-edge data collected from nearly 1,500 women, and through 186 first-person interviews, this book reveals how trailblazing women have disrupted the traditional career paradigm. What worked for them can work for you. In this book, you'll learn: Who pauses, how they do it, and why How pausing can enrich both your career and your life How to innovate your own nonlinear career path What we can—and need—to do as a society to make it possible for more people to achieve their personal and professional goals *Work PAUSE Thrive* also reveals new and exciting trends in the workplace and offers targeted solutions for companies to help ensure they have cultures that will enable you to lead the life you want, a life in which you can build both a career and a family, and ultimately your own version of a life well lived.

Science is now proving what sages have said for millennia...meditation is the key to greater health, well-being and happiness. Author Eric Vance Walton, shares lessons learned from twenty-three years of meditation practice and teaching to allow you to easily integrate meditation and mindfulness into your life. Leon Logothetis (of the *Kindness Diaries* on Netflix) declares, "There is a new world being built, person by person, instead of brick by brick. This world is comprised of kindness, wisdom, gratitude, and love. Read this book carefully and become one of its lucky inhabitants." *The Perfect Pause* will give you the tools necessary to design a meditation practice that suits your schedule and your life. A notes section is included after each chapter that allows you to track your progress and begin to experience the benefits of meditation right away.

A love letter to odd humour, *Awkward Pause* is a mix of joy and sorrow, both soft and sharp. The book includes over 50 comics, which range in topic from mental health to time travel, murder, and butts. Absurd and strange in ways that will warm even the coldest of hearts. *Maternity Discrimination* is an ever increasingly important area of the law around the world, affecting both women and men as they juggle parenthood and the workplace. *Pregnant Pause* provides readers with a better understanding of the issue of maternity discrimination and inequality by looking at the primary role of legislation, and its impact on the court process at both national and international levels for those suffering maternity discrimination. It also discusses the two most important trade agreements of our day - namely the North American Free Trade Agreement and the European Union Treaty - in a historical and compelling analysis of maternity discrimination and employment. By providing a detailed examination of the relationship between maternity issues in the workplace and the law, the book will be an important read for all those concerned with equality.

Terry Hershey, popular speaker and frequent retreat leader, understands that life is busy and getting busier. However, he also knows from personal experience that there is an inevitable price to pay if we don't regularly take time simply to pause and let our souls catch up with our bodies. In *The Power of Pause*, Hershey counters the cultural decree that says we must always be busy if life is to be fulfilling. Through 52 short chapters featuring powerful stories, inspiring quotations, and everyday opportunities for simplicity, we learn to relish the

practice of resting as we take back the life we were always intended to have. Introduces a practical approach to parenting that explains how to overcome the stresses and anxieties of parenting by learning how to relate to children in a calm, cool, and connected way.

Pausing gives us the space to notice new possibilities and appreciate life's beauty and potential. Do Pause illuminates the benefits of pauses and provides practical ways to incorporate mindful pauses into everyday life.

The PausePositive Approaches to Perimenopause and MenopausePlume Books
A book filled with 15 different mindful meditations for children ages 5-13. Mindful tips and additional tools available.

We live and lead in an increasingly volatile, uncertain, complex, and ambiguous world. But paradoxically, Kevin Cashman contends that leaders today must not merely act more quickly but pause more deeply. He details a catalytic process to guide you to step back in order to lead forward in three critical growth areas: personal leadership, development of others, and fostering of cultures of innovation. You and your organization will learn to move from management speed and transaction to leadership significance and transformation.

"LIFE IS A RACE MARKED BY A START AND A FINISH IT IS WHAT WE LEARN DURING THE RACE, AND HOW WE APPLY IT, THAT DETERMINES WHETHER OUR PARTICIPATION HAS HAD PARTICULAR VALUE. IF WE LEARN FROM EACH SUCCESS, AND EACH FAILURE, AND IMPROVE OURSELVES THROUGH THIS PROCESS, THEN, AT THE END, WE WILL HAVE FULFILLED OUR POTENTIAL AND PERFORMED WELL" -Ferdinand

Anton Ernst Porsche, Austrian technical automobile designer and automaker-entrepreneur
Heart disease is the #1 killer of women--and yet, the deeper causes are often overlooked or dismissed. Linda Penkala's own momentous experience with heart disease led her to create the Wise Heart Health program. Drawing on a vast wealth of knowledge from her experience as a massage therapist, Linda generously shares the life lessons she has learned by helping women to sink joyfully into relaxation on the massage table. She also shares powerful analogies from her years of riding racehorses, illuminating parallels between an extraordinarily demanding sport and the dangerous pace and speed of women's lives. With holistic suggestions for self-care ranging from essential oils to simple techniques to enhance deep sleep, Linda's balanced approach will leave you feeling positive and hopeful. If you're ready to become educated and empowered to enhance your quality of life, this book is the compass you need to navigate the rocky terrain of modern life and arrive at the garden of tranquility and longevity.

Declan seems to have it all: a family that loves him, friends he's known for years, a beautiful girlfriend he would go to the ends of the earth for. But there's something in Declan's past that just won't go away, that pokes and scratches at his thoughts when he's at his most vulnerable. Declan feels as if nothing will take away that pain that he has buried deep inside for so long. So he makes the only decision he thinks he has left: the decision to end it all. Or does he? As the train

approaches and Declan teeters at the edge of the platform, two versions of his life are revealed. In one, Declan watches as his body is destroyed and the lives of those who loved him unravel. In the other, Declan pauses before he jumps. And this makes all the difference. One moment. One pause. One whole new life. Highly designed and vibrantly colourful, this collection of scripts from BBC Radio 2's Pause for Thought showcases the incredible insights that the different faiths in the UK today offer to people of all religions - and to those of none. Together, these pieces provide a guide to finding happiness and achieving psychological wellness, despite all the challenges we face. In both the selection of pieces and in the contemporary design, the emphasis is on pausing - on stopping readers in their tracks and offering new ways of perceiving and connecting with each other. The book features an exciting range of commentators with great public profile, such as comedians Shazia Mirza and Paul Kerensa and ex-Communard Richard Coles, with a Foreword by the show's presenters, Chris Evans and Vanessa Feltz. Each of the book's seven chapters has a theme, reinforcing the overall inspirational and positive message of the book: Live Boldly, Challenge Perceptions, Understand, Connect, Love, Be Thankful, Let Go. A superb gift as well as an inspiring self-purchase.

A leading-edge guide to how well-being drives success across all aspects of life CEO, executive wellness coach, and thought leader Naz Beheshti distills the most valuable lessons she learned from her first boss and mentor, Steve Jobs, into a holistic method to live your best life. Presenting the highly effective framework that Beheshti has used with clients for over a decade, this book is a guide for self-discovery, better choices, and purposeful growth. Now more than ever, when stress and burnout are ubiquitous, we must access our authentic self by closing the gap between leading with our head and our heart. When we integrate every aspect of our life (career, relationships, self-care, and self-development) and fuel that ecosystem as a whole, we can both be well and do well. Rooted in neuroscience, mindfulness, and positive psychology, *Pause. Breathe. Choose.* offers more than eighty proven strategies to improve yourself and your workplace and achieve sustainable success. When you become the CEO of your well-being you will:

- master mindfulness to access your authentic self and make better choices
- strengthen emotional intelligence to cultivate stronger connections
- upgrade your mindset and behavior to take charge of your life
- manage stress and build resilience to bounce forward and thrive
- connect your head and your heart to lead with passion and purpose
- gain greater energy, clarity, and creativity to navigate change and growth with confidence
- improve leadership effectiveness, employee well-being and engagement, and company culture

Identifies the symptoms of menopause and perimenopause, discusses the risks and benefits of hormone-replacement therapy, and offers advice on adjusting to life after menopause.

An unpausable new romance from New York Times bestselling, Audie Award

winning author Kylie Scott! When Anna wakes up from a coma after a car crash, she discovers life has gone on without her. Her husband has been unfaithful-with her best friend-and she's been long since replaced at work. While her old life is a distant memory, her new life feels like an empty shell. Then she meets the stranger who saved her life during the crash, and he changes everything. Leif Larsen-tattooist, joker, and player-has his own scars thanks to the crash that put Anna in a coma. Helping her move on from her failed marriage, and create a new life, sounds like a perfect distraction. So when he needs a new roommate, he invites Anna to begin her new life with him. Although their lives may have been put on pause, together they just might find a way to heal.

From its publication in 1992 *Pause and Effect* has become a cornerstone of the study of punctuation across the world. Described as 'magisterial' by Lynne Truss in her best-selling *Eats, Shoots and Leaves*, this book has stimulated interest and scholarly debates among writers, literary critics, philosophers, linguists, rhetoricians, palaeographers and all those who study the use of language. To celebrate this extraordinary achievement, *Pause and Effect* has been republished in September 2008, coinciding with the publication of the author's new work, *Their Hands Before Our Eyes*. The first part of *Pause and Effect* identifies the graphic symbols of punctuation and deals with their history. It covers the antecedents of the repertory of symbols, as well as the ways in which the repertory was refined and augmented with new symbols to meet changing requirements. The second part offers a short general account of the principal influences which have contributed to the ways in which the symbols have been applied in texts, focusing on the evidence of the practice itself rather than on theorists. The treatment enables the reader to compare usages in different periods, and to isolate the principles which underlie the use of punctuation in all periods. The examples and plates which are at the core of the book provide the reader with an opportunity to test the author's observations. The examples are taken from a wide range of literary texts from different periods and languages. Latin texts are accompanied by English translation intended to illustrate the use of punctuation in the originals in so far as this is possible.

Will commercial fame crush a tween's hopes of serious stardom? Isabel Marak Flores has appeared in dozens of independent films and recently received glowing reviews for her role in a small Off-Broadway show. When an agent sees her on stage and suggests she go out for some commercial work, Isabel declines. How can a serious actress appear in television commercials for cupcake-scented deodorant and other silly products? However, when Isabel's parents tell her that they can't afford the tuition for the world-famous dramatic academy she has her heart set on, a few commercial auditions don't seem so bad. She just has to make sure her new crush, the adorable but slightly smug, Preston Banner III, doesn't find out about any of it. If he does, he might not be waiting for her in the wings after they play their scene from *Romeo and Juliet* for the Actor's Studio benefit. Isabel books a spot for a new energy drink which will

only air in Japan. Seems perfect, but then she learns that the energy drink, HappyWow, is coming to America—and her face is about to be plastered on billboards, displayed in magazines, and looped endlessly on television. Can this serious actress learn how to enjoy life and not take everything quite so seriously during her brief dramatic pause?

Dear Dr. Rosie, I feel like I'm on fire with hot flushes and I'm having trouble sleeping. I'm irritable, can't lose this extra weight, and my 'crown jewels' feels more like a crown of thorns! What the heck is happening? Is this menopause? Help! Join Dr. Rosie Ross and Joanne Vines as they explore the weird and wonderful - it's not all bad, they promise! - experiences common to many of us as we approach menopause and emerge into our wonder years. Told through a series of candid letters between Joanne and her GP friend Dr Rosie, *Approaching the 'Pause* is an entertaining and easy-to-understand account of the journey to, through, and beyond menopause. Drawing extensively on up-to-date medical and scientific research, *Approaching the 'Pause* offers straightforward answers to all the questions you might have about this new stage in your life, making it easier to manage your expectations, relationships, and health choices. Full of practical, reassuring tips and advice, *Approaching the 'Pause* will help you understand the 'why' of what's going on in your body, and how you can survive - and thrive - before, during, and after menopause. Dr. Rosie and Joanne have written this book to help women navigate their way through the 'pause with grace, dignity, and knowledge - while keeping their humour and sanity intact!

Everyday we deal with the unplanned and the unexpected – from a broken toaster to losing (or gaining) a major client. Our natural ability to improvise gets us through. But we feel as if we're winging it, rather than acting with courage and conviction. Robert Poynton teaches an acclaimed method to some of the world's biggest brands and companies. Improvisational skills that an actor might use on stage are honed and applied to the everyday business of work and life. The end result is a new approach that embraces change as a natural process and has creativity and innovation at its heart. With killer games to put the theory into practice, *Do Improvise* will help you: Become more productive without trying harder; Overcome creative blocks and generate new ideas; Respond fluently to circumstances beyond your control; Inspire and motivate others. Not sure what to do next? *Improvise*.

WANT A PEACEFUL HOME? This practical, effective guide for parents with kids of all ages introduces proven principles for overcoming the stress and anxiety of parenting, forged in the personal trenches of countless *Screamfree* families. If you're like most parents, what you want right now is pretty simple: an effective plan for getting your kids to behave and be happy. You're probably looking for something else as well – something a little deeper. Like many other parents all over the world, you want to know you're doing a good job. You want to feel like you can handle anything. You want to feel confident, competent, and hopeful for the future, for both your kids and yourself. (Oh, and along the way, you'd like a little peace, quiet, and respect as well.) All of the

above are possible, even probable, if you can learn to become "Screamfree." You can have the structured, rewarding home life you've always craved, with respectful kids who are responsible for their own actions. All you have to do is learn to pause, so you can respond more and react less. It really is that simple. Once you learn to control your own emotions and behavior, your children will soon learn how to control theirs. Now is your chance to join thousands of other parents in a movement of calmer parenting. The new, revised edition includes updated practical applications of the foundational Screamfree principles, a new chapter on parenting in the digital age, and a comprehensive Q&A section dealing with everything from behavioral problems to allowances and chores. A peaceful home is closer than you think.

THE SUNDAY TIMES BESTSELLER 'A unique and thoughtful musical memoir' Observer 'Gritty coming-of-age story . . . plenty of anecdotes to keep us hooked, and his memories of Joy Division's Ian Curtis are poignant' Daily Mirror Before he was responsible for some of the most iconic drumming in popular music, Stephen Morris grew up in 1960s and '70s industrial Macclesfield, on a quiet road that led seemingly to nowhere. Far removed from the bright lights and manic energy of nearby Manchester, he felt stifled by suburbia and feared he might never escape. Then he joined Joy Division - while they were still known as Warsaw - a pioneer of the rousing post-punk sound that would revolutionise twentieth-century rock. Following two landmark albums and widespread critical acclaim, Joy Division were at the height of their powers and poised to break the US, when lead singer, Ian Curtis, committed suicide. Part memoir, part scrapbook and part aural history: Stephen Morris's innate sense of rhythm and verve pulses through Record Play Pause. From recollections of growing up in the North West to the founding of New Order, Morris never strays far from the music. And by turns profound and wry, this book subverts the mythology and allows us to understand music's power to define who we are and what we become.

"Danielle Marchant is a beguiling leader - a refreshing mix of pragmatic and soulful. She facilitates with a light hand and an engaged heart" Queen of Retreats Pause is an important message ready to be heard. We check our phones an average of 221 times a day, we have apps that help us sleep and remind us to be mindful while we secretly measure our success in 'likes'. Time is our luxury and yet with technology we are never able to leave the office, even when we aren't there. The fear of missing out makes us rush from one thing to the next, not really taking any of it in. Pause allows you to finally put yourself, your feelings and your intuition first. Learning to say no, doing the things that make you feel good, and not doing the things that don't make you feel good - these are not self indulgent. Listening to your own heart and wisdom doesn't make you selfish, slowing down to appreciate your life isn't lazy or unambitious. It is an ancient message, but still just as strong; when you pause to take care of yourself and your own life, you become the person you're meant to be. This book gives you the space and the practices so that you can learn how to benefit from the power of the pause. It uses nature, creativity and your inner spirit to allow the energy to flow freely once again. There are exercises to ground you, give access to your intuition, to breathe deeply and allow your monkey mind to settle. It gives you time to explore what is big in your life right now, to know deep down what matters. It opens you up, allowing you to freely experience all the pain, the joy and the twists and turns of life. It gives you back your courage, your fire and your connection.

The Extraordinary Pause is a keepsake testament of the pandemic of 2020-2021, a tribute to the simple and remarkable efforts people made in the face of the unexpected and unknown, and a tool to discuss how it is affecting kids as they start heading back to school. This book is a wonderful tool for reflecting on the physical, mental, and emotional impact of this extraordinary event. The text is complimented with thoughtful and poignant illustrations with a minimal color palette and plenty to explore for the young audiences, as well as a few talking points to help kids reflect and remember this experience. This book will have a place in a child's permanent collection of childhood favorites. It will be a place to return to as we reflect with our kids on the challenging period we experienced during the extraordinary pause and help us all to grapple with the social, physical, and mental parts of the journey. If you purchase an ebook you can receive a coupon code for a discount on shipping for a hardcover copy by going to Eifrig Publishing.

Conflict Resolution

Approaching the 'Pause is all about asking "what's up", and learning the facts about our respective journeys so our expectations, conversations, and medications can be managed better.

The first accessible guide to examine Sensory Processing Disorder, *The Out-of-Sync Child* touched the hearts and lives of thousands of families. Carol Stock Kranowitz continues her significant work with this companion volume, which presents more than one hundred playful activities specially designed for kids with SPD. Each activity in this inspiring and practical book is SAFE—Sensory-motor, Appropriate, Fun and Easy—to help develop and organize a child's brain and body. Whether your child faces challenges with touch, balance, movement, body position, vision, hearing, smell, and taste, motor planning, or other sensory problems, this book presents lively and engaging ways to bring fun and play to everyday situations. This revised edition includes new activities, along with updated information on which activities are most appropriate for children with coexisting conditions including Asperger's and autism, and more.

"I don't want you to rehabilitate me," Philip Roth said to his only authorized biographer, Blake Bailey. "Just make me interesting." Granted complete independence and access, Bailey spent almost ten years poring over Roth's personal archive, interviewing his friends, lovers, and colleagues, and listening to Roth's own breathtakingly candid confessions. Cynthia Ozick, in her front-page rave for the *New York Times Book Review*, described Bailey's monumental biography as "a narrative masterwork ... As in a novel, what is seen at first to be casual chance is revealed at last to be a steady and powerfully demanding drive. ... under Bailey's strong light what remains on the page is one writer's life as it was lived, and?almost?as it was felt." Though Roth is generally considered an autobiographical novelist—his alter-egos include not only the Roth-like writer Nathan Zuckerman, but also a recurring character named Philip Roth—relatively little is known about the actual life on which so vast an oeuvre was supposedly based. Bailey reveals a man who, by design, led a highly compartmentalized life: a tireless champion of dissident writers behind the Iron Curtain on the one hand, Roth was also the Mickey Sabbath-like roué who pursued scandalous love affairs and aspired "[t]o affront and affront and affront till there was no one on earth unaffronted"—the man who was pilloried by his second wife, the actress Claire

Bloom, in her 1996 memoir, *Leaving a Doll's House*. Towering above it all was Roth's achievement: thirty-one books that give us "the truest picture we have of the way we live now," as the poet Mark Strand put it in his remarks for Roth's Gold Medal at the 2001 American Academy of Arts and Letters ceremonial. Tracing Roth's path from realism to farce to metafiction to the tragic masterpieces of the American Trilogy, Bailey explores Roth's engagement with nearly every aspect of postwar American culture. "Abbie is riding the hormonal roller coaster and hanging on for dear life. She finds herself in a body she no longer recognizes, a marriage that feels overwhelming, and she questions her very sanity. Her existence has become one big hot flash inflamed by killer moods. A chance meeting seems to give her the escape she's desperate for but at what cost? Accused of murder she finds herself in a jail cell accompanied by her regrets and the gnawing fear that her life may be changed forever. It's a kind of mental pause that Abbie has never imagined, in a story that offers no letup from start to satisfying finish. Change of life, anyone? *Mental Pause* promises to take you way beyond."--Back cover.

The availability of high-speed digital computers has led to the widespread study of computer programming and numerical analysis in Indian universities and technological institutes. This book presents the theory and applications of numerical methods for the solution of various types of computational problems in science and engineering.

Life moving too fast? Press pause! You don't need to live your life feeling frazzled. *Press Pause* is a gentle reminder that we all need to honor self-care. Each page is a guide into just how to give ourselves what we need in refreshing ways. *Press Pause* goes beyond bubble baths to help you find ways to support your physical, mental, and spiritual health that feel comfortable for you—and fit into your real life. -Over 120 pages of ideas and inspiration to help you slow down and find renewed energy -Get the little secrets with powerful promises for a stronger, healthier you -Give yourself the gift of minutes a day—devoted to your care and well-being! Ready to reduce stress, improve your health and happiness, and feel you're at your best? Start with *Press Pause*! Poems about animals we live around, nature and its affects on us, also other things to pause and think about. Contains color pictures. this is a paperback with thirty-six pages, twenty-eight poems.

Pause and Reverse offers a detailed explanation of how to look 7 - 10 years younger than your actual age with specific surgical and non-surgical treatments and remedies.

Dr. Kotlus' second book is the ultimate "user manual" for looking your best.

Feeling overwhelmed, burned out, or stuck? Discover the power of the pause.

Sometimes life throws you for a loop. You're stressed out at your job; you're torn between work and family; your motivation and productivity are taking a nosedive. Your impulse might be to lean in and tough it out, but what you may really need to do is take a step back. Reassess your life with a clear head and dive back in with purpose and poise. In this enlightening book, Rachael O'Meara guides you through the steps of your own pause journey: - The signs that you're in need of a meaningful break - Planning your optimal pause—whether it's as short as a day or as long as an epic journey - Reentering the world with renewed clarity and purpose. Incorporating the latest findings from psychology and neuroscience and peppered with inspiring stories of successful pauses, this book will show you that the fastest way to happiness is to slow down. Whether you pause by taking a five-minute walk outside, spending a day unplugged

from digital devices, or taking a few weeks off to yourself, Pause will give you the tools to find what “lights you up” and the ability to lead the most satisfying and fulfilling life you choose. As seen in *The Washington Post*.

This powerful, prayerful, and practical guide teaches groups a whole new way of conducting meetings and reaching consensus. Rooted in scripture, Grounded in God energizes and inspires.

Our lives are full of words. We rarely pause to attend to them, much less take time for personal retreat. This book encourages you to stop and revel in the sights, sounds, and meanings of what we say about God. Rachel Hackenberg offers the word-weary, the word-lover, and the spiritually hungry to explore the words of faith anew and thereby meet The Word afresh. Through twelve deceptively light-hearted chapters on letters and definitions, grammar and poetry, this book sparks spiritual inspiration even as it provides practical exercises for an enlivening personal retreat experience! Rachel G. Hackenberg is an ordained United Church of Christ minister and author of *Writing to God* and *Writing to God: Kids' Edition*. She facilitates workshops on prayer & worship, clergy renewal, and congregational vitality. She blogs at faithandwater.com. "Rachel Hackenberg invites us to reconsider and re-engage with the words we typically use to describe, rather than to fully express, our faith. *Sacred Pause* is a book to savor. It's as much a devotional as it is a guide for a creative retreat that will change the way you'll encounter Scripture and live the Gospel." —Meredith Gould, PHD, author of *Service as a Spiritual Practice* "This book will awaken you to a sensational faith, encompassing all your senses and enabling you to experience the holiness of God in the quotidian adventures of life. An antidote to spiritual stagnation, this text will get you out of your chair and onto your feet, dancing with God, singing with the Spirit, and jumping for joy with Jesus." —Bruce Epperly, author of *Holy Adventure*

[Copyright: 9f158cb3400cc3906c6ddfba97f50b75](https://www.amazon.com/dp/B075555555)