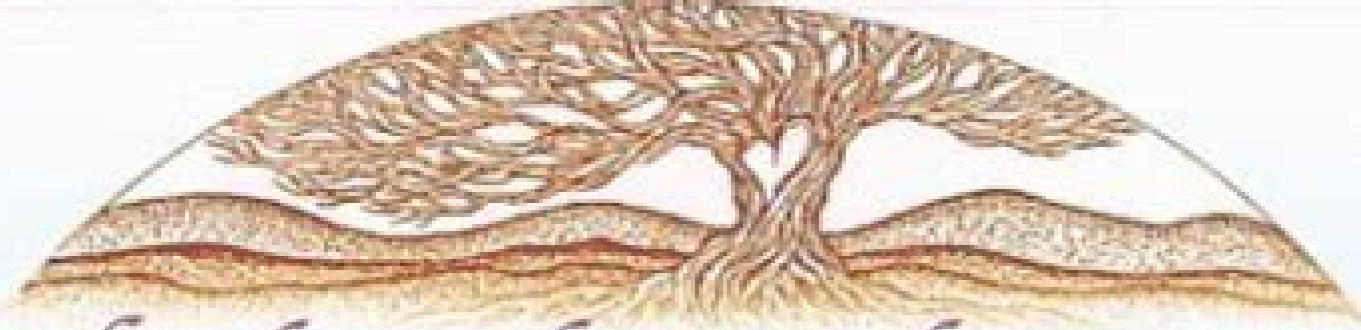




Healing from the Core

A JOURNEY HOME TO OURSELVES

The complete guide to learning how to feel fully alive:
grounded, energized, relaxed, with healthy boundaries.

Suzanne Scurlock-Durana

A MINI Series

*Discover how to bring more joy
into your daily life*

- | | |
|------------------|---|
| Session 1 | Overview and The Five Principles of Living Joyfully |
| Session 2 | The Basic Relaxation and Energizing Exercise |
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NEW SESSION #1

**NOW HAS THE
FIVE PRINCIPLES OF
LIVING JOYFULLY**

The first three sessions from the comprehensive ten-session series based on the course
"Healing from the Core: Grounding and Healthy Boundaries"

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I Am Diosa Christine Gutierrez, 2022-02-08 This raw and relatable guide to radical self care and self love empowers readers to embrace the powerful Diosa within In this fiercely inspiring book psychotherapist Christine Gutierrez welcomes women to join her in healing the wounds from past hurt or trauma to reclaim their worth and come back home to their true self and soul Diosa is the Spanish word for Goddess A diosa is anyone who honors the primal feminine energy in the world and within themselves According to Gutierrez diosas face obstacles in their lives but are always ready and willing to go to their core to reclaim their inner worth and self esteem They are the ones that rise from the ashes and dare to piece themselves back together bone by bone and soul piece by soul piece From stories of resilience from both Gutierrez and members of her Diosa Tribe to mantras meditations and guided journaling prompts this book gives women the tools they need to honor their sacred feminine and become who they were always meant to be I Am Diosa will inspire women to give themselves permission to feel to be seen to be heard and to return to their truest selves **Toon Art** Steven Withrow, 2003 Digital technology has opened up the world of cartoon and comic book art to a new generation of writers and artists Toon Art is the complete guide to this growing phenomenon and an essential read for aspiring Web cartoonists or anyone with an interest in the future of cartoon and comic book art Book jacket **Make: Volume 92** Dale Dougherty, 2025-02-04 Wow it s been 20 years since Make magazine hit newsstands and mailboxes We wouldn t be here without you To celebrate we got the original magazine team back together to give a behind the scenes look at creating the very first issue and asked Fab Labs guru Neil Gershenfeld and visionary tech publisher Tim O Reilly to look back at 20 years of the Maker Movement Plus check out all 90 Make magazine covers But that s not all Our annual Digital Fabrication deep dive explores the coolest high tech tools for your workshop New laser cutters CO2 diode and fiber have more power and lower prices than ever See our breakdown of what cuts what to pick the right type for your cutting needs Then check out innovative new 3D printers and CNC machines or build your own handheld CNC router that automatically helps you cut the right path Plus 23 projects including Use a heat gun flour sifter and pizza pan to build the ultimate DIY coffee roaster 3D print lace fabrics for making garments or decor no 3D modeling skills required Build a rugged water turbine for 50 and generate 200 watts of any time power Use our new Oxocard Connect microcontroller to build a timed Smartphone Safe and take a break from your screen Hack a clever toy and a robot arm to make a bubble blowing companion robot And much more Working Mother , 2003-10 The magazine that helps career moms balance their personal and professional lives Los Angeles Magazine , 2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is

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