



Ponder This

Shannon Payette Seip



Ponder This:

Present Moment Awareness Shannon Duncan, 2011-02-09 Filled with powerful but easily accessible concepts and exercises Present Moment Awareness shows readers how they can drop their emotional baggage calm their worries about the future and start enjoying the peace and joyfulness that can only be found in the Now Author Shannon Duncan reveals how opening to the present moment can allow us to discover the limiting perceptions emotional turmoil and habitual reactions that so often dictate our experience of life He shows how we can discover the true causes of our stress and discontent transform our emotions from rulers into advisers and start appreciating the gift of life right here and now

Momnesia Shannon Payette Seip, 2009-05-01 Lack of sleep hormone overload and a tiny human being that requires constant attention it all conspires to extinguish a new mom's brain What rises in its place is a brain that's fuzzy and focused only on the basics food poop and sleep That my friend is a case of momnesia This hilarious how to guide full of coping tips brain boosters diagrams and anecdotes can help moms reclaim their brains More important Momnesia also maintains a mom's sense of humor as she leaves her car keys in the freezer forgets her husband's name or accidentally runs over the diaper bag again Momnesia is a sweet and funny gift that's perfect for celebrating baby showers and congratulating new moms Momnesia is packed with small bits of baby themed humor tips quizzes cartoons lists and more that empathize with the ups and downs of motherhood It's a great companion book to the author's work about breastfeeding cleverly titled If These Boobs Could Talk It's a fact momnesia happens In early 2008 CNN reported a study that found 82 percent of women claimed some type of absentmindedness during pregnancy and shortly after giving birth including memory loss and an inability to concentrate

The Healing Battle Leticia Sablan, 2025-01-03 Embark on my transformative journey of faith with The Healing Battle a devotional story about how my spiritual struggles and darkness from pain trauma and betrayal turned to triumph and a deeper connection with God Scriptures reflections personal stories and powerful prayers are included to empower you with biblical wisdom to overcome life's most painful challenges Discover the strength within you as you connect with God's presence during the darkness of pain and how moving forward towards healing grace and peace is possible

Linguistic Creativity in Japanese Discourse Senko K. Maynard, 2007-07-13 Using theoretical concepts of self perspective and voice as an interpretive guide and based on the Place of Negotiation theory this volume explores the phenomenon of linguistic creativity in Japanese discourse i e the use of language in specific ways for foregrounding personalized expressive meanings Personalized expressive meanings include psychological emotive interpersonal and rhetorical aspects of communication encompassing broad meanings such as feelings of intimacy or distance emotion empathy humor playfulness persona sense of self identity rhetorical effects and so on Nine analysis chapters explore the meanings functions and effects observable in the indices of linguistic creativity focusing on discourse creativity style mixture borrowing others styles genre mixture rhetorical creativity puns metaphors metaphors in multimodal discourse and grammatical

creativity negatives demonstratives first person references Based on the analysis of verbal and visual data drawn from multiple genres of contemporary cultural discourse this work reveals that by creatively expressing in language we share our worlds from multiple perspectives we speak in self s and others many voices and we endlessly create personalized expressive meanings as testimony to our own sense of being

Transactions of the National Association for the Promotion of Social Science National Association for the Promotion of Social Science (Great Britain),1872 The volume for 1886 contains the proceedings of the Conference on temperance legislation London 1886

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