

## Have You Felt Like Giving Up Lately David Wilkkerson

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### Have You Felt Like Giving

You are dissatisfied with the current approach to charitable giving primarily because you aren't sure whether your investments make a difference. Is that correct? If yes, let's start with an article ...

### What if you're dissatisfied with giving?

Spending money on others has been linked to numerous emotional and physical health benefits. Here's how to give in ways that give the most back to you.

### Why Giving to Causes You Care About Is Good for Your Health

Leon recently told Interview Magazine that she thinks her mother Madonna is a "control freak" who has "controlled" her whole life.

### 7 things Lourdes Leon and her mom Madonna have said about their relationship

YouTube subscribers! With the extended giveaway we put together to celebrate this whole thing, it felt like a long road. But it's been really awesome to get to give so much stuff away as we've neared ...

### 200,000 YouTube subscribers: a quick thank you [VIDEO]

From brain fog to irritability, here are some subtle signs that your inflammatory arthritis is causing fatigue.

### 11 Signs You're Dealing with Fatigue from Inflammatory Arthritis (and Are Not Just Super Tired)

A MAN has revealed how a horrific crash left him needing to have his penis and one of his testicles amputated. Paul Berry, 29, lost control of his car while driving under the effects of alcohol ...

### I had my penis CUT OFF and have been left with a stump after horror car crash – but I feel like more of a man than ever

According to the Asthma and Allergy Foundation of America, 1 in 13, or 8%, of Americans have asthma. This respiratory condition known for causing mild to severe shortness of breath is a fairly common ...

### 17 Books About Asthma That Will Make You Feel Less Alone and Give You Some Creative Coping Tools

"When our adoptive parents do not properly prepare us for a racialized world, we are left playing a game of catch-up." ...

### Like Colin Kaepernick, I Wish My Adoptive Family Had Talked About Race

The road to burnout is paved with good intentions. You want to perform at the highest level and you care very deeply about your work.

### Feel like you're headed for burnout? 6 ways to help prevent it

Prescott wore a walking boot Sunday night and will get an MRI on Monday, but says he could've kept playing had he needed to vs the Pats. | From @ToddBrock24f7 ...

### Cowboys' Dak Prescott downplays calf injury, walking boot, MRI: 'Have fun with it this week'

Launching and running a successful business requires time, energy and seasoned insight, but many budding entrepreneurs shy away from spending money on a consultant.

### 10 Clear Signs You May Need To Hire A Consultant To Help Your Business

I'm at a complete loss right now. I am an asexual person in my late 30s. I am in a five-year relationship and am currently in school pursuing a degree. About six weeks ago, another adult classmate of ...

### Ask Amy: I never meant for us to be more than friends. So why do I feel dumped?

People are always surprised when I tell them I'm not good at certain beauty practices. They assume that because I'm a beauty editor, surely I must be at least passably adept at things like painting my ...

### The St. Tropez Ultimate Glow Kit Made Me Feel Like I'm Actually Good at Applying Self-Tanner

The best mattress toppers from The White Company, Eve Sleep, Soak and Sleep and more for comfy snoozing all night long ...

### 12 best mattress toppers that make you feel like you're on cloud nine

You don't have to make any excuses for how you feel because of what you are going through is very profound. " SAN DIEGO (AP) — The remains of five people and the wreckage of a U.S. Navy helicopter that ...

### Man shares advice in book after father killed in VB crash: 'You don't have to make excuses for how you feel'

Approximately one in three people ages 65 to 74 has hearing loss, and nearly half of those older than 75 have difficulty hearing, according to the National Institute on Aging.

### Senior Living: Age-related hearing loss is more common than you may think

You Season 3 featured a dramatic finale. Showrunner Sera Gamble breaks down the final episode of You Season 3 and discusses Season 4 of

You.

### Every Question You Have About the 'You' Season 3 Finale. Answered

Take one look at Justine Skye and her flawless skin is what we can't stop staring at. In a recent interview with Essence Magazine and an announcement on Instagram of her partnership with Mele Skincare ...

### Justine Skye's Must-Have Products To Achieving Flawless Skin

Andrew Chambliss and Ian Goldberg break down the season seven premiere and tease what's ahead for the rest of the season.

### 'Fear TWD' showrunners talk Victor's darker turn, confirm we'll see Alicia again soon, and tell us whether or not you should give up hope on a potential Madison return

But I think for you to get intentional grounding, from the pocket, you have to be under duress. I didn't really feel like we were under duress in this situation. And just so you guys know that ...

Everyone experiences times of sadness, trials, and pain. But what happens when grief and depression seem so overwhelming that we feel like giving up? As the founder of World Challenge, Inc., David Wilkerson worked with troubled people of every type: students, parents, alcoholics, delinquents, businessmen, pastors, teachers, and drug addicts. In this hopeful and encouraging book, Wilkerson examines the universal problem of discouragement. He shows readers how to let God heal their wounds, restore their faith, and give them genuine, lasting peace.

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“ We've all had situations in our lives where we just couldn't see how we'd make it through another day. With this book, you'll be encouraged and lifted up by Rachel, a friend who understands how to seek God's strength and healing in the midst of the pain! ” —Lysa TerKeurst, author of *It's Not Supposed to Be This Way* Learn to overcome obstacles—one step at a time through your faith in God. Life often sends hard things our way: illness, financial struggles, broken relationships, and so many kinds of loss. Sometimes we can't imagine a way forward. So how do we keep going when everything is going wrong? Rachel Wojo has learned that hope rises to greet us when we find the strength to take One. More. Step. Like you, Rachel has faced experiences that crushed her dreams of the perfect life: a failing marriage, a daughter's heartbreaking diagnosis, and more. In this book she transparently shares her pain and empathizes with yours, then points you to the path of God's Word, where you'll find hope to carry you forward. One More Step gives you permission to ache freely—and helps you believe that life won't always be this hard. No matter the circumstances you face, through these pages you'll learn to:

- run to God's Word when discouragement strikes
- replace feelings of despair with the truth of Scripture
- persevere through out-of-control circumstances and gain a more intimate relationship with Jesus

Rachel identifies the reasons you may be tempted to quit and shows you where to find the courage to keep going, one step at a time. You're not alone. So don't give up. God won't let you down. That's a promise.

So many things have the power to change our lives dramatically--loss, fear, betrayal, failure. When everything goes wrong in life, it's so easy to give in to the pain, frustration, and anger that threaten to overwhelm us. Though we may feel like giving up, there is life--abundant, exciting, and fulfilling--after our world gets turned upside down. In fact, says John Westfall, it's often in the face of fear and loss that we truly learn to live with courage, faith, and surprising joy. Westfall speaks from experience. He may have pretended everything was fine, but inside he was beaten down, burdened, and aching for freedom from the depression that gripped him after a sudden loss. Through his own story, the stories of others, and wisdom from Scripture, Westfall shares with readers the peace of acceptance, the pleasure of release, and the power of risk. Joy can be ours, even after devastating events. This book lights the way to a bright and new beginning.

Don't wait another day to live the life you deserve! Instead, get it done while you're depressed. Many people experience the hardships of depression and tend to struggle with productivity. This self-help book offers you 50 strategies to break the cycle of unproductivity and live the life you want to live. Join us in learning how to overcome depression symptoms and take back your livelihood. When facing depression daily, it can be tough to do day to day tasks without it seeming like a giant chore. You won't be able to change this by choosing to feel better but rather by implementing strategies to create a daily structure. Inside the pages of this self-help book from DK Books, you will learn:

- How to create creativity
- How to wait until your work is complete before you judge it
- How to think like an athlete
- How to know when your brain is lying to you and so many more strategies for keeping your life on track

This insightful book provides strategies to keep your life on track. These strategies are easy to follow and practical for anyone trying to live a more productive life. Our second edition even includes strategies on how to manage social media during depressive outbursts. Additionally, it has scripts on how to communicate with people in your life about your depression. Don't let depression limit what you're capable of achieving. It's time to be proud of yourself and your abilities by getting things done while you are depressed.

As *The Giving Tree* turns fifty, this timeless classic is available for the first time ever in ebook format. This digital edition allows young readers and lifelong fans to continue the legacy and love of a household classic that will now reach an even wider audience. Never before have Shel Silverstein's children's books appeared in a format other than hardcover. Since it was first published fifty years ago, Shel Silverstein's poignant picture book for readers of all ages has offered a touching interpretation of the gift of giving and a serene acceptance of another's capacity to love in return. Shel Silverstein's incomparable career as a bestselling children's book author and illustrator began with *Lafcadio, the Lion Who Shot Back*. He is also the creator of picture books including *A Giraffe and a Half*, *Who Wants a Cheap Rhinoceros?*, *The Missing Piece*, *The Missing Piece Meets the Big O*, and the perennial favorite *The Giving Tree*, and of classic poetry collections such as *Where the Sidewalk Ends*, *A Light in the Attic*, *Falling Up*, *Every Thing On It*, *Don't Bump the Glump!*, and *Runny Babbit*. And don't miss these other Shel Silverstein ebooks, *Where the Sidewalk Ends*, and *A Light in the Attic!*

"The Snowball Effect is a powerful book with incredible insight." -Laura Contreras-Rowe, award-winning author of *Aim High: Extraordinary Stories of Hispanic & Latina Women* "I highly recommend this book...the lessons provide specific and precise tools for people wanting to

clear out the negative and learn to focus on the positive gifts in life." -Marney A. White, PhD, MS, Associate Professor of Psychiatry, Yale University School of Medicine "Enjoy it. Live it. Share it." -William P. Magee Jr., DDS, MD, Cofounder-CEO Operation Smile." "The Snowball Effect offers a unique perspective on what it takes to move forward through life in the most productive and positive way" -Chrisanna Northrup, New York Times bestseller, author of The Normal Bar Imagine Imagine feeling inspired, motivated, and hopeful about your situation and your future. Imagine being able to let go of resentment, harsh self-judgments, and explosive reactions. Imagine having better relationships with others. Imagine having the courage to face your fears and live your dreams without becoming overwhelmed. Imagine living every day with gratitude, being able to fully appreciate the moment. That's the snowball effect in action! This book is about improving and building self, one baby step at a time.

'For When You Feel Like Giving Up' is a poetry book about finding the strength in the midst of struggle to keep fighting and find your way to healing. Alyssa Karr's beautiful words fill the reader with inspiration and hope to turn darkness into light.

A distinguished bioethicist examines the life-enhancing benefits of compassion, generosity, kindness, and caring, establishing a link between doing good and physical health, longevity, well-being, life-satisfaction, and more, and outlines a personalized plan for creating a more generous life that finds an outlet and style of giving that suits one's personality and lifestyle. Reprint. 15,000 first printing.

#1 New York Times Bestseller Over 1 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F\*\*k positivity," Mark Manson says. "Let's be honest, shit is f\*\*ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. The Subtle Art of Not Giving a F\*\*k is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f\*\*k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, The Subtle Art of Not Giving a F\*\*k is a refreshing slap for a generation to help them lead contented, grounded lives.

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