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NOTES TO MYSELF

MY STRUGGLE TO BECOME A PERSON



“Read it as if you wrote it and use it as a road map of life.
Then write your notes and heal your life.”

—Bernie S. Siegel, M.D., author of *Love, Medicine, & Miracles*

HUGH PRATHER

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Notes to Myself Hugh Prather, 1983-10-10 Reading Notes To Myself is one of those rare experiences that comes only once in a great while The editor who discovered the book said When I first read Prather s manuscript it was late at night and I was tired but by the time I finished it I felt rested and alive Since then I ve reread it many times and it says even more to me now The book serves as a beginning for the reader s exploration of his or her own life and as a treasury of thoughtful and insightful reminders

Spiritual Notes to Myself Hugh Prather, 1998-01-01 This follow up to Notes to Myself touches on gossip money marriage parenting prayer and dying with thoughtfulness and humorous practicality Library Journal As an author minister and counselor Hugh Prather had extensive experience sharing wisdom on worldly and other worldly topics His book Notes to Myself offers a treasury of thoughtful and eye opening insights and reminders And this spiritual themed follow up book masterfully accomplishes the same goal of guiding readers to greater awareness Throughout the book Prather offers countless tidbits of wisdom Each line is packed with powerful insight and inspiration that is sure to leave a lasting impact on readers Though his words are written as notes to self Prather s gaze looks to and reflects on the outside world and so he draws us all into his thoughts Through this inner dialogue we see the world more clearly Spiritual growth can be a slow but rewarding process if we devote the time to it Prather s words throughout this spiritual book remind us that we are not alone on our journey and that it is through realizing our oneness with all living things that we find our way Check out Hugh Prather s classic and find A simple easy to read guide for greater spiritual and self awareness Powerful words of wisdom on each page A resource to return to again and again in your spiritual journey We all need to converse with the spirit It is the only true guide we have Read and then start taking notes Bernie Siegel MD 1 New York Times bestselling author of *Love Medicine* and *Miracles* A collection of brief musings some lovely others humorous Publishers Weekly *Love and Courage* Hugh Prather, 2001-10-01 The best selling author of Notes to Myself uses stories from his personal life to explore friendship love partnership jealousy pain fear and confusion among other important life topics Original 30 000 first printing Notes of a Native Son Hugh Prather, James Baldwin, 1983-11 Originally published in 1955 James Baldwin s first nonfiction book has become a classic These searing essays on life in Harlem the protest novel movies and Americans abroad remain as powerful today as when they were written He named for me the things you feel but couldn t utter Jimmy s essays articulated for the first time to white America what it meant to be American and a black American at the same time Henry Louis Gates Jr

Shining Through Hugh Prather, 2004-10-01 Find happiness and inner peace in just a few minutes every day for thirty days with this guide by the author of Notes to Myself On our journey to a happy life sometimes we need a little help Author Hugh Prather steps in to take the role of our compassionate and thoughtful guide in this course for finding happiness He spent his life not only as an author but as a minister and counselor and so lends the wisdom and comfort that he provided in those roles to readers of this inspirational book Prather s signature way of writing makes this book a potent and refreshing source

of truth amidst the troubles we face in our daily lives His reflections on how to be happy are rooted in human experience and call on us to consider our connection with others His words call on the spiritual and yet remain relatable to all people seeking personal growth particularly as it relates to our happiness Inside you ll discover more about Reflections on Prather s own pain observations and ways of coping with modern lifeThe art of happiness and how we can find itLife changing practices that can shift how we face tragedies and fears Praise for Shining Through Prather s wisdom will lift your spirits rejuvenate your soul and plant your feet on solid ground Judy Ford author of Single The Art of Being Satisfied Fulfilled and Independent Wise words important reminders guided meditations from Hugh Prather that can set you free open your heart and let love come shining through David Marell author of Be Generous Previously published as Quiet Answers Unmasked Paige Dehart,2007-03 Begun as a journal assignment in high school Unmasked One Soul s Journey from Anonymity to Identity is a twenty six year chronicle of one woman s journey from addiction mental illness bulimia decadence and self hatred to transformation and redemption through an intimate relationship with God With candid transparency Paige DeHart takes the reader deep within her recovery process that was influenced by institutions such as Alcoholics Anonymous Unity Church and the mainstream Christian Church while sharing quotes of great thinkers from many diverse fields such as religion science psychology and philosophy Because of the diversity of her experience Unmasked will appeal to anyone who has ever pondered the deep meanings of existence With the honesty of Koren Zailckas Smashed and the direct revelation of Neale Donald Walsch s Conversations with God Unmasked will both inspire and educate the reader on topics ranging from the nature of drug and alcohol addiction to the beautiful universal truths of life and love that are familiar to all In her own words Paige s desire for this project is that all who read the words of these many pages will be unmasked themselves *Morning Notes* Hugh Prather,2005-09-25 Daily reflections to kickstart your day and put you on the path to living a more loving and fulfilling life by the author of The Little Book of Letting Go Start each morning this year with the words of bestselling author counselor and minister Hugh Prather Prather asks readers to consider the holistic nature of our lives noting that how we start our day affects everything from our mind and spirit to our family and work If we start in an agitated mood we face the day with a combative spirit But when we begin in a peaceful mood we open the door to welcome in more opportunities and graces With each page of this spiritual book you are invited to live as if you think our world and the people in it are worth caring about and worth making time for Because when we realize that they are and that we are all united in a unique relationship ourselves others and God we wake up to our own responsibility for what happens to us These daily meditations ask us to reflect on the spiritual task ahead of us Learn more about The benefits of beginning each day with a peaceful mindset and a spiritual goal in mindMindfulness meditations that awaken the mind and replenish the spiritHow to start over and become a better person You Are Loved Ronnie Lee Johnson,2021-07-28 You Are Loved is like chatting with God on a summer day Just lounging in the shade with an occasional gentle breeze The more you read the book the more you will

understand what real divine love is all about God will give you something to hold on to in this book That something is His inconceivable love and compassion for you God does not just love the world He loves you intimately Ronnie is a caring and compassionate gentleman with a wealth of life experience We would all greatly benefit from reading and implementing his ideas and counsel In every book there are nuggets that should not be overlooked I pray you find a few of those nuggets in this work that will be to your profit Steve Veteto PhD Director Rocky Mountain Campus Gateway Seminary It has been my privilege to know Ronnie Johnson for most of my life I know firsthand of his background education and experiences which have all qualified him to write this book Most of all I know of his Christ motivated love for family friends and for those who have yet to know the love of God I also know of his love for Christ and that Christ s love for him is his example and his purpose in life Leon Shelton Life long friend Ogden UT [Standing on My Head](#) Hugh Prather,2003-12-01 The author of the bestselling classic *Notes to Myself* explore how a small shift in thinking can change your life for the better In this little volume Hugh Prather shares universal life lessons gleaned from his own personal experiences From mundane recollections to aphorisms and mantras Prather examines things from a point of view that is both enlightening and refreshing No matter where you are in your life journey this book is packed with motivational thoughts that can lead to growth and change A simple shift in perspective can go a long way toward adapting our thinking and bringing about personal transformation Prather introduces various phrases throughout his book that carry a great truth in a simple way such as I have to act the way I am before I can become something else **Discovering Your Authentic Power** Michael Reid Davis,2009-04 *Discovering Your Authentic Power* was written and designed to give readers a fresh new look at self improvement and to assist them in their quest to live happier simpler and more meaningful lives **Students as Real People** Robert T. Anderson,2020-02-13 A teacher of communication expresses his concern for thousands of students who are cheating themselves out of a worthwhile education by falling into the accepted role of nonperson uninvolved in the education process In this book the author fosters a belief that success or failure in college depends on communication interdependent efforts of people in a relationship to generate common meaning He proposes to get students to realize that their education is something other students can help them develop as much as teachers The author uses a personal style of writing to talk with the students He uses examples from the students immediate campus environment in challenging them to question their roles in the educational process Written for and tested in interpersonal communication courses the book is also appropriate for teacher education courses orientation to college life courses and for college counseling centers *How to Live in the World and Still Be Happy* Hugh Prather,2002-11-15 Discover how to combat gloomy days in this self help guide packed with wisdom and inspiration guaranteed to bring your smile back There are a lot of things in life that we worry and stress about Our jobs relationships and possessions are important to us and because of that we look to them for happiness But when they ultimately disappoint us they act as obstacles to attaining that very happiness we thought they would bring In this

motivational book author Hugh Prather urges readers to let go of attitudes that hold us back from experiencing happiness. When we recognize and address the obstacles in our lives we open the door for happiness to come in. But it doesn't happen without putting in the work. During his years of counseling Prather learned and developed an actual program for being happy. Through following this program and examining our own lives we can learn how to actively work towards achieving the happiness we all long for. In *How to Live in the World and Still Be Happy* learn how to find your happy life with the help of concrete exercises about the obstacles that may be standing in your way. The benefits of an inspirational guide that you can return to again and again. Perfect for readers of *Resisting Happiness* *How to Be Happy Or at Least Less Sad* *A Year of Positive Thinking* or *Get Out of Your Own Way* [The Little Book of Letting Go](#) Hugh Prather, 2017-01-19 Offers a three step thirty day program for letting go of preconceptions prejudices and pre judgements in order to face each day with a fresh and positive outlook *Illusion and Disillusion* John F. Crosby, 1985 [The Adult Years](#) Frederic M. Hudson, 1999-06-29 Drawing widely from psychology and adult development theories the revised edition of the bestselling guide to the adult years presents a compelling vision of maturity as an opportunity for renewal reorientation and positive change **Balanced Living** Mark R. Pitstick, 1998 **Healers on Healing** Richard Carlson, 1989-02-01 In thirty seven original essays written for this book some of the world's leaders in healing explore their personal and professional experiences in order to uncover the underlying principles on which all healing rests. Rather than focusing on diverse techniques the writers seek the golden thread that ties together the wide range of approaches to healing. In simple direct language the contributors explore the complex nature of healing from many viewpoints. We hear from physicians psychologists nurses metaphysical healers and shamans. Their topics include what healing really is and how it takes place the power of the healer within what to look for in a healer the function of spirituality in healing the dramatic effects of the healing relationship the role of attitudes and emotions love as a healing force healing and death. The result is a grand synthesis of heartfelt thinking that offers a treasury of profound insights for people in the healing professions people who seek to develop their own healing capacities people who wish to benefit from healers and anyone interested in the magical properties of human relationships *Together* John Stewart, Gary A. D'Angelo, 1988 *Alternatives in Print*, 1977 [Bringing the Excitement of Science to the Classroom](#) W. Stevenson Bacon, 2000 Tells the story of a highly successful ten year experiment in science education from the standpoints of the scientists teachers students and administrators of *Partners in Science* publ notes

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