

”

I can be your choice,  
reason or priority but  
never your option.

— Unknown

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# Its Your Option

**Peter E. Shanaghan**



## **Its Your Option:**

*It's Your Choice* Peter E. Shanaghan, 1987      *It's Your Choice* Annie Capp, 2010-10 Subtitle Rapid powerful and effective strategies for health wealth and happiness Learn to use The Iceberg Process Emotional Freedom Techniques the Law of Attraction and more Only every once in awhile does something new come along that can really make a difference this is it don't miss it Whether your life needs a radical overhaul or just a little tweaking this book is for you Often it's the simplest things which we overlook that can create miraculous change Change doesn't have to be difficult given the proper tools and guidance When you let your language reflect your dreams and not your limitations you too can discover your brilliance and your natural power This book is filled with insightful effective and easy to use techniques and exercises Annie Cap explains clearly how to use her strategies The Iceberg Process or TIPs for rapid improvements in your life She offers you fresh new twists on using the very popular Law of Attraction and the transformative tool of EFT Emotional Freedom Techniques so you can use them successfully for yourself With her own tried and tested shortcuts and included worksheets you can expand your conscious awareness and uncover the opportunities surrounding you This will allow you to move forward unobstructed into an abundant life of wonderful experiences of your choice As you recognise your own personal icebergs and iceberg words it becomes your choice to change your destructive patterns and beliefs uncovering your intrinsic inherent brilliance Both individuals and fellow coaches will benefit from the many ideas and strategies presented here What if every day or even a hundred times a day your mind was clearly and concisely telling you what was keeping you from achieving your dream life having true abundance and vibrant health What if you knew your very words were contributing to your lack of success depression anxiety pain or even ME wouldn't you want to know about it so you could do change it A new amazing connection has been made between your language and the events in your life offering you the awareness and power to release yourself from vicious cycles of sabotaging negative patterns Your good and bad experiences beliefs intentions and expectations are continually being reflected in your everyday choice of words Becoming aware of these clues or signposts your mind is providing can dramatically improve your life Using this incredibly powerful discovery and the author's strategies referred to as The Iceberg Process TIPs you can easily isolate both effective and negative patterns subconsciously creating or shaping your behaviour and experience Then It's Your Choice to embrace or resolve them for good This book offers fascinating yet easy to apply concepts making transformation accessible and understandable to everyone It provides real opportunity for success healing and miraculous change Annie Cap's discovery bridges the gap between our human day to day experience and what's now being proven in science medicine modern energy psychology EP and spiritual universal communities in epigenetics quantum physics molecular biology neuro science Chinese Medicine Acupuncture You'll learn how to use popular EFT Emotional Freedom Technique aka tapping or MTT Meridian Tapping Techniques with Cognitive Therapy CBT and NLP Neuro Linguistics Programming made popular by Paul Mckenna and the universal concept the Law of Attraction for fast and

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**Consider Your Options** Kaye A. Thomas,2005 This is the 2005 edition of the most popular book on employee stock options It s a major revision from the previous edition with new design content and organization to make it even easier for employees to learn what they need to know about their equity compensation

**Heart Magick** Harmony Nice,2023-09-19 For modern day witches and those following a Wiccan lifestyle Heart Magick shows you how to find your authentic self connect with the earth and discover how to create beauty in every day Harmony Nice is at the heart of a growing community of modern day witches who practice natural magick to improve their own lives and the world around them Throughout this book she takes you on a healing journey offering advice on how to make positive change and expand your awareness through daily practices magic and rituals With a focus on the mind body and soul Harmony teaches us to truly enjoy life to the fullest Celebrating the smaller moments and illustrating how the Wiccan religion can help to create positive energy in all areas of our lives Features Spells Rituals Tarot spreads Recipes Journal prompts Heart Magick is as much for someone reapproaching their craft as it is for someone completely new to the Wiccan way of life Harmony has made the Wicca teachings accessible for anyone with each chapter containing practical rituals and questions that can be used to prompt both self reflection and self improvement She opens up the world of magick and shows that it is both a tool for connecting with the natural world and our internal selves

**Ebony** ,2001-07 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

*Racing Death* Daniel K. O'Neill,2018-07-09 I remember running in my very first race in July 1987 Lining up with over two hundred others to run

fifteen kilometres was exhilarating and daunting I hadn't really known how to train for a race but there I was To this day I still remember the nerves and the excitement After many races including marathons and triathlons I would discover that I was indeed pursuing life I was running for the small boy inside of me who was beat down by childhood sexual abuse I was running for the angry teenager in me who saw the hypocrisy of the world I was pursuing the man I knew I could be I was tired of running away This is not a how to book it's a to do book I have no magic formula or secret to help you live the life you desire The truth is that you'll need to do some work But the ultimate payoff is achieving your vision drawn from the life sustaining energy of the Spirit within you Living dead is not an option We are Racing Death in pursuit of a life that will give us abundance and eternal peace      *David Busch's Canon EOS R7 Guide to Digital Photography* David D. Busch, 2022-10-28

David Busch's Canon EOS R7 Guide to Digital Photography is your all in one comprehensive resource and reference for the exciting new APS-C format Canon EOS R7 Enthusiasts will appreciate this 33 megapixel camera's superior low light performance and action friendly 30 frames per second continuous shooting capabilities Image stabilization built into the R7's body integrates with lens based stabilization found in many lenses Three available adapters make it easy to supplement your RF mount lenses with a broad selection of legacy Canon EF and EF-S optics The R7 also has two memory card slots wireless connectivity to computers and smart devices and high definition 4K and Full HD movie making capabilities With this book in hand you can quickly apply all these advanced features to your digital photography while boosting your creativity to take great photographs with your Canon EOS R7 Filled with detailed how to steps and full color illustrations David Busch's Canon EOS R7 Guide to Digital Photography covers all this upscale camera's features in depth from taking your first photos through advanced details of setup exposure lens selection lighting and more and relates each feature to specific photographic techniques and situations Also included is the handy roadmap chapter an easy to use visual guide to the camera's features and controls Learn when to use each option and more importantly when not to use them by following the author's recommended settings for every menu entry With best selling photographer and mentor David Busch as your guide you'll quickly have full creative mastery of your camera's capabilities whether you're shooting on the job as an advanced enthusiast or are just out for fun Start building your knowledge and confidence while bringing your vision to light with the Canon EOS R7

**PC Mag**, 1988-12-13 PCMag.com is a leading authority on technology delivering Labs based independent reviews of the latest products and services Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology      **eBay Business All-in-One For Dummies** Marsha Collier, 2018-01-08 The selling marketing and business tips you need to succeed eBay is the perfect place to learn the ropes of what it's like running an online business It provides the tools technology and platform a would be entrepreneur needs to launch their first successful small business It takes some know how however to get that business off the ground and grow it into a success In eBay Business All in One For Dummies Marsha Collier shares the expertise she gained as one of eBay's first Power Sellers on how

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## **Its Your Option Book Review: Unveiling the Magic of Language**

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Its Your Option**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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