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Welcome to Never Broken. An emotional fitness destination that gives you the tools you need to create change in your life. So many people have been asking me about the 20 principles in the back of my book, Never Broken, and if there were specific exercises I created to cultivate positive change.

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New York Times bestselling poet and multi-platinum singer-songwriter Jewel explores her unconventional upbringing and extraordinary life in an inspirational memoir that covers her childhood to fame, marriage, and motherhood. When Jewel's first album, *Pieces of You*, topped the charts in 1995, her emotional voice and vulnerable performance were groundbreaking. Drawing comparisons to Joan Baez and Joni Mitchell, a singer-songwriter of her kind had not emerged in decades. Now, with more than thirty million albums sold worldwide, Jewel tells the story of her life, and the lessons learned from her

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experience and her music. Living on a homestead in Alaska, Jewel learned to yodel at age five, and joined her parents' entertainment act, working in hotels, honky-tonks, and biker bars. Behind a strong-willed family life with an emphasis on music and artistic talent, however, there was also instability, abuse, and trauma. At age fifteen, she moved out and tasked herself with a mission: to see if she could avoid being the kind of statistic that her past indicated for her future. Soon after, she was accepted to the prestigious Interlochen Arts Academy in Michigan, and there she began writing her own songs as a means of expressing herself and documenting her journey to find happiness. Jewel was eighteen and homeless in San Diego when a radio DJ aired a bootleg version of one of her songs and it was requested into the top-ten countdown, something unheard-of for an unsigned artist. By the time she was twenty-one, her debut had gone multiplatinum. There is much more to Jewel's story, though, one complicated by family legacies, by crippling fear and insecurity, and by the extraordinary circumstances in which she managed to flourish and find happiness despite these obstacles. Along her road of self-discovery, learning to redirect her fate, Jewel has become an iconic singer and songwriter. In *Never Broken* she reflects on how she survived, and how writing songs, poetry, and prose has saved her life many times over. She writes lyrically about the natural wonders of

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Alaska, about pain and loss, about the healing power of motherhood, and about discovering her own identity years after the entire world had discovered the beauty of her songs.

When a bomb blast buried Corporal Hannah Campbell alive while she was serving in Iraq it was the start of an incredible journey of self-discovery. From the collapse of her marriage, to suffering horrific post-traumatic stress disorder, becoming morbidly obese, addicted to prescription drugs and suicidal, she went to hell and back. Hannah, who left her toddler at home to go to war, then made the extraordinary decision to amputate her own badly damaged leg so she could learn to live again and be a mum to her four-year-old daughter Milly. Within hours of waking up from the amputation she announced she would fulfil her dream of running the London Marathon even though at that time she was unable to walk. Just two months later she put on her first of many prosthetic legs and crossed the finishing line, running into the arms of her beloved young daughter. This spurred her to lose half her body weight before spending her army compensation on a \$52,000 cosmetic makeover which led her to find love again. In an amazing transformation of fortune, she became pregnant with miracle baby Lexi-River, astounding her doctors as this was a child she was told her she'd never have due to her blast injuries. Hannah's story

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is one of true heroism and triumph over seemingly insurmountable adversity. But simply it's also a story about how a mother's love for her children can conquer all.

Having virtually inhaled innumerable self-help books, courses of therapy, human development workshops plus intensive rabbinical studies, Rebba Raine Teller found what had been missing thanks to the Life Coaching she received from Robyn Jamison. Her delight was so great that she took on writing a book about it. She envisioned a book that people could read about her personal journey and gain access to the actual coaching process. To that end, she invited Robyn to write it with her. This book is the realization of that vision. In it, we walk you through each of the sixteen sessions of Transformational Life Coaching Raine underwent, with notes and insights from the coach's perspective and deeply moving sharing from Raine's life as she went through the coaching. You are likely to see yourself in Raine's sharing - in her challenges, her insights and her breakthroughs. You can even walk yourself through the sessions by reading and applying them and doing the Follow-Up practices—rendering this a book that changes your life. I Was Never Broken in my professional assessment will become a sacred and pragmatic manifesto for decades. The melodic, but candid heart-wrenching recounting of

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two intertwining paths of strangers, Robyn Jamison (a Professional Life Coach) and Rebba Raine Teller (a Rabbi and Teacher), that mushroomed into a beautiful, yet powerful transformation work of literature, will challenge and inspire every area of your life. Just as Rabbi Teller's personal challenges became trophies of courage, you too will find your voice and demand more of your time, talent, and resources to conquer the crevices of stagnation by identifying and cleaning up any messy components that send mixed messages into the universe that cancel out personal progress. This book offers informative tools to help you gain emotional strength to eradicate excessive debris of thought and practices and develop a deeper spiritual awareness of your Divine Completeness because you were never broken. - Dr. Janice Hollis, author, and media executive

My open journal on how I found growth through heart break, burdens, and self-love. This is volume two, which takes you down the heartache first until you reach the healing. The complete story even though I'm forever evolving.

Poems for accepting all that you are—including those parts of yourself that you wish you could disown “Give yourself permission to rest, and be silent, and do nothing. Love this aloneness, friend.

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Fall into it. (Don't worry. You won't disappear. I am here to catch you.) Invite warm, curious attention deep inside your weary bones. Until there is no loneliness, only radical self-love." –Jeff Foster "There was never anything wrong with me, and there is never anything wrong with you." So writes spiritual teacher Jeff Foster, who has traveled through his share of darkness—but also knows the light that lies on the other side. In *You Were Never Broken*, he presents a collection of poetry that embraces the full spectrum of human experience, from the seemingly mundane to moments of transcendent realization. Each verse is an invitation to stop and meditate on a different facet of personal transformation. Amid these verses, Foster provides his signature straight talk and accessible teachings on the value of stillness and silence, the pitfalls of the spiritual path, and what it means to surrender completely to the beauty of the present moment. For him, the winding path to self-acceptance started with nonjudgmental observation of his darkest thoughts—and here he shares his world-renowned expertise on how to begin your own journey. For Foster, every moment contains infinite possibilities. With *You Were Never Broken*, you'll discover not just raw and inspirational poetry, but also a guide for completely surrendering to the beauty and possibility of the present moment.

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As the composer of some of Ireland's best-loved songs, not to mention a host of global hits, Phil Coulter has been a mainstay of Irish cultural life for decades. But this is a position that has been hard won, often in the face of extraordinary personal and political upheaval, most of which has, to date, been kept hidden from public view. Heartfelt and wry, meditative and entertaining, *Bruised, Never Broken* is the story of the author's remarkable rise from modest beginnings on the streets of post-war Derry to the summit of the global charts, as a composer and confidante to a host of the era's biggest stars, such as Van Morrison, Luke Kelly, Cliff Richard and Sandie Shaw. Poignantly, it is also a hymn to the place that made him, a city as complex and troubled throughout Ireland's middle decades as any on Earth, yet a source of constant inspiration and consolation.

For many years after that night, my memories of what happened after he held the blade to my throat and threatened my life were fragmented... difficult to piece together. It was too extreme, too violent for me to understand. Violently gang-raped when she was thirteen years old, and raped three more times before the age of eighteen, Madeleine has experienced more trauma in her life than most ever will. Living in a state of shock and self-loathing, it took her

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years of struggle to confront the buried memories of that first attack and begin to undo the damage. Yet, after growing up with a burden no teenager should ever have to shoulder, she found the heart to carry out the best revenge plan of all: leading a fulfilling and happy life. But the road to piecing her life back together was long and painful. For Madeleine, forgiveness was the key. True forgiveness takes genuine effort. It is the ultimate act of courage. In *Unbroken*, Madeleine tells her moving and empowering story, as she discovers that our lives are not defined by what knocks us down - they are defined by how we get back up.

Poems for accepting all that you are—including those parts of yourself that you wish you could disown At one time, Jeff Foster wanted to die. After a lifetime of self-loathing, crippling fear, and attempts to numb his own feelings, he was left on the verge of suicide. It was only when he opened himself completely to his emotions—both the unbearable and the wonderful—that he stopped seeking death and started truly living. In *You Were Never Broken*, Foster explores this transformation through poetry so raw and vulnerable that you too will feel the full triumph of his journey. Whether exploring life's uncertainties or the joy of personal realization, Foster's poems embrace the full spectrum of human

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experience. Amid these verses, Foster provides his signature direct teachings on meditation, the great value of stillness and silence, and what it means to surrender completely to the beauty of the present moment. For Foster, the winding path to self-acceptance started with nonjudgmental observation of the thoughts that plagued him—and here he shares his world-renowned expertise on how to begin your own journey. With *You Were Never Broken*, Jeff Foster shares the true heart of his inspiring, revelatory path to awakening. In his own words, these are poems to make you stand up and cry, “Yes, I am broken . . . but I am unbreakable!”

“Jewel is a truth-teller...this is a book that lingers in your heart.”
– Brené Brown *The New York Times bestseller* New York Times bestselling poet and multi-platinum singer-songwriter Jewel explores her unconventional upbringing and extraordinary life in an inspirational memoir that covers her childhood to fame, marriage, and motherhood. When Jewel’s first album, *Pieces of You*, topped the charts in 1995, her emotional voice and vulnerable performance were groundbreaking. Drawing comparisons to Joan Baez and Joni Mitchell, a singer-songwriter of her kind had not emerged in decades. Now, with more than thirty million albums sold worldwide, Jewel tells the story of her life, and the lessons learned from her experience and her

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music. Living on a homestead in Alaska, Jewel learned to yodel at age five, and joined her parents' entertainment act, working in hotels, honky-tonks, and biker bars. Behind a strong-willed family life with an emphasis on music and artistic talent, however, there was also instability, abuse, and trauma. At age fifteen, she moved out and tasked herself with a mission: to see if she could avoid being the kind of statistic that her past indicated for her future. Soon after, she was accepted to the prestigious Interlochen Arts Academy in Michigan, and there she began writing her own songs as a means of expressing herself and documenting her journey to find happiness. Jewel was eighteen and homeless in San Diego when a radio DJ aired a bootleg version of one of her songs and it was requested into the top-ten countdown, something unheard-of for an unsigned artist. By the time she was twenty-one, her debut had gone multiplatinum. There is much more to Jewel's story, though, one complicated by family legacies, by crippling fear and insecurity, and by the extraordinary circumstances in which she managed to flourish and find happiness despite these obstacles. Along her road of self-discovery, learning to redirect her fate, Jewel has become an iconic singer and songwriter. In *Never Broken* she reflects on how she survived, and how writing songs, poetry, and prose has saved her life many times over. She writes lyrically about the natural wonders of Alaska, about pain

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and loss, about the healing power of motherhood, and about discovering her own identity years after the entire world had discovered the beauty of her songs.

The deluxe eBook edition of *Never Broken* includes more than an hour of audio tracks and video footage, including live performances, exclusive a cappella recordings of each song featured in the book, and a rare recording of the audition that Jewel made at age fifteen for Interlochen Arts Academy. These additions, along with photographs of handwritten lyrics, personal artwork from Jewel's archives, behind-the-scenes tour footage, and more, enrich the heartfelt emotion and sense of adventure already so present in Jewel's words. New York Times bestselling poet and multi-platinum singer-songwriter Jewel explores her unconventional upbringing and extraordinary life in an inspirational memoir that covers her childhood to fame, marriage, and motherhood. When Jewel's first album, *Pieces of You*, topped the charts in 1995, her emotional voice and vulnerable performance were groundbreaking. Drawing comparisons to Joan Baez and Joni Mitchell, a singer-songwriter of her kind had not emerged in decades. Now, with more than thirty million albums sold worldwide, Jewel tells the story of her life, and the lessons learned from her experience and her music. Living on a homestead in Alaska, Jewel learned to yodel at age

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