

# Trust Your Vibes Sonia Choquette

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## DEON ALBERT

*You Are Amazing* Rowman & Littlefield

In this fascinating and informative book, Trust Your Vibes, spiritual teacher and psychic Sonia Choquette reveals the secrets you need to awaken your intuitive voice and .... Trust your vibes. Sharing real-life stories of those who've learned to tap into this sixth sense, you see first-hand how people have drastically changed and improved their lives. Be motivated to activate your own intuitive channel and experience the support it brings to all aspects of your life bringing you peace of mind and the innate sense of security, confidence and courage you deserve.

**The Answer Is Simple** Hay House, Inc

"When you balance your seven energy centers, you reclaim your natural rights and reestablish your natural order. You begin to undo the damage that was caused by living your life backward, from the head first, forgetting the body and spirit altogether. As with everything in nature, if your life isn't supported by a grounded source of energy, it will wither and lose its vitality. As you learn about the chakras, you will discover that balancing them isn't particularly hard, especially if you think of it as a process of not just living your life, but actually loving your life." -- From the Introduction How can we balance our time and energy when our days are so hectic? How can we find harmony in mind, body, and spirit? In True Balance, renowned intuitive and spiritual healer Sonia Choquette presents a step-by-step workbook for finding balance within our seven essential energy centers, or chakras. Drawing upon her deep personal experience and practice, she offers a wise and down-to-earth guide to achieving harmony. With supportive questionnaires, practical advice, and many specific remedies, Choquette leads us to a balanced life filled with creativity and blessings.

Own It. Love It. Make It Work.: How to Make Any Job Your Dream Job Hay House, Inc

We're all spiritual beings with a spiritual support system on the Other Side that oversees and helps guide our lives from the moment we're born to the moment we leave our physical bodies and return to Spirit. Not knowing this fact is a severe handicap, as the Universe is designed to care for and nurture all its creatures and help make our life's...

*Trust Your Vibes* Hay House, Inc

"If you want to create your dream job, this is a must read. Filled with inspiring stories, practical

tools, and strategies, this is your roadmap." —Ellen Latham, Founder and CEO of Orange Theory Is work WORKING for you? If you experience the "Sunday night scaries," count down the days to the weekend, or dread the thought of another day at work, maybe you can only see two options to escape your current misery: quit your job or stay and suffer. There is another option. In Own It. Love It. Make It Work., one of America's top productivity consultants, reveals why you don't have to rely on your company, nor your boss, for your professional fulfillment. Instead, you can take ownership of your career, your life, and your happiness—right now. Tate begins with a powerful premise: that "it takes two" to cultivate engagement—that both you and your employer need to have an equal voice in the process. She then outlines five fundamental strategies and tools to make your job work for you, including how to: Be recognized and rewarded for your knowledge, skills, and contributions Align your job to your strengths so you can focus on what you love to do Shape your work in a way that meets both your professional and personal needs and goals Build meaningful, impactful relationships so you can advance your career Develop new skills and knowledge so you can increase your value and impact Design your job to find meaning in your work Packed with actionable steps and inspiring, results-driven stories from Carson's consulting work, Own It. Love It. Make It Work. equips you with a complete toolkit for making a living and enjoying your life.

The Fool's Wisdom Oracle Cards Hay House, Inc

Mavericks and more, a celebration of feminine beauty, athleticism, wisdom, and skill when the surf is bombing—Women Who Surf profiles some of the world's most inspiring female surfers ranging from Bethany Hamilton to Wrenna Delgado. Each surfer tells her story, highlighting her personal challenges, accomplishments, and philosophy, as well as inspiring readers and providing them with practical how-to suggestions on maximizing not only their own potential in surfing but in life as they lead the charge and push their limits at infamous big-wave spots like Teahupoo in Tahiti, Waimea Bay, and Peahi/Jaws in the Hawaiian Islands. The profiles by accomplished author and editor Ben Marcus are complemented by stunning color photography by leading adventure photojournalist Lucia Griggi. Featured surfers: 1. Rochelle Ballard 2. Wrenna Delgado 3. Bethany Hamilton 4. Maya Gabeira 5. Keala Kennelly 6. Andrea Moller 7. Leah Dawson 8. Mercedes Maidana 9. Easley Britton 10. Alana Blanchard 11. Bianca Valenti 12. Paige Alms 13. Alison Teal 14. Sally Fitzgibbons 15. Rosy Hodge 16. Janet Macpherson 17. Pauline Ado

*You Are Amazing* Citadel Press

A prominent intuitive and spiritual teacher shows readers how to unleash their sixth sense in the workplace, which will help guide them in their career growth and help them become stress-free and satisfied in their current work environment. Reprint.

The Time Has Come#to Accept Your Intuitive Gifts! Hay House, Inc

52-Card Deck and Guidebook The Fool's Wisdom Oracle Cards are designed to accelerate personal empowerment and spiritual growth. The "Fool" is the universal archetype of our witness self, the eternally objective Divine voice who resides within all of us. He observes and comments on our lives as we journey through the human experience, pointing out what we sometimes refuse to acknowledge. He helps us recognize the folly of living from the ego's limitations when we're meant to live as holy and Divine creative beings. You can seek the Fool's wisdom on any subject at any time. Use these oracle cards to attain personal growth; deeper insights; and clarity into any situation, relationship, decision, interaction, or question you may have. The accompanying guidebook will help you interpret the cards' meanings and spark your own intuition. Consult the Fool's wisdom daily and it will shed light on all the blind spots and shadows that keep you from expressing your highest truth. Each of the Fools carves a pathway to a more authentic life. Through these oracle cards, you'll come to embrace and deeply value your own inner Fool—your Divine witness and wise self.

Trust Your Vibes At Work And Let Them Work For You! Crown Archetype

Awaken your intuition, trust your vibes, and create your best life with this revised and updated edition of the self-help classic by spiritual teacher Sonia Choquette. If you want an easier, more energetically uplifting, and satisfying way of life-it all comes down to trusting your vibes. Originally published in 2004, best-selling author, speaker, and spiritual teacher Sonia Choquette has updated the book to share new stories and tools used by those who learned to tap in to their intuition and positively change their lives. Your intuition supports your creativity, helps heal your emotional wounds, and calms your anxious and uncertain heart. It brings you peace of mind and shows you how to live in a higher, more harmonious way. To fully enjoy your life and to access the innate sense of security, confidence, and courage you deserve, trust your vibes. "Trust your vibes and read this book! The straightforward, practical advice will show you how to use your most valuable asset-your sixth sense." - Cheryl Richardson, the New York Times best-selling author of *The Art of Extreme Self-Care*

Soulful Parenting Hay House, Inc

In this fascinating book, spiritual teacher Sonia Choquette reveals the secrets you need to awaken your intuitive voice and ... trust your vibes. If you're ready to step into a Divine, more energetically uplifting experience and live an easier more satisfying life, you'll learn how to do so within these pages...

The Psychic Pathway ReadHowYouWant.com

Sonia Choquette discovered her psychic abilities as a young child. Gifted from birth, she was able to see beyond the veil of the inner workings of her family members', friends', and neighbors' lives. While still a teenager, she began to give readings, amazing her clients with her psychic insights. Seeking to deepen her skills, she studied with two master psychic/spiritual teachers and began to see beyond predictions of the future . . . into the causes of the future. With the help of a group of

spiritual guides who have been working with her since childhood, and combining this support with metaphysical law, Sonia developed the ability to see the soul plan that each of us is born with. It became her mission to put her clients' lives back on track, steering them through the tricky waters of romance, divorce, illness, high finance, sickness, and death. She became a soul guide for "happy endings." By pulling back the curtain and sharing her personal story, this revolutionary new teacher and world-renowned psychic shatters the myth that psychic implies psycho, and reveals the beauty and power the sixth sense holds for us all! A teacher, an author, and a storyteller, as well as a gifted psychic, Sonia Choquette is in international demand for her guidance, wisdom, and capacity to heal the soul. This is a story of the Evolution of the "6th Sense" fresh from a child's perspective. Also, this is "Just A Great Read!"

Diary of a Psychic ARE Press

A renowned spiritual teacher guides readers through the seven energy centers known as chakras to show how to establish true balance in body, mind, and spirit. She uses Western terms, anecdotes, and case studies to explain the reasons chakras could be out of balance, and then suggests remedies.

Soul Lessons and Soul Purpose Hay House

Make work simple by using the tools and tactics that are right for you Your time is under attack. You just can't get enough done. You find yourself wondering where the hours go. You've tried every time-management system you can get your hands on—and they've only succeeded in making your work more complicated. Sound familiar? If you sometimes feel you spend more time managing your productivity than doing actual work, it's time for a change. In *Work Simply*, renowned productivity expert Carson Tate offers a step-by-step guide to making work simple again by using the style that works best for you. Tate has helped thousands of men and women better manage their time and become more productive. Her success owes partly to the realization that most of us fit into one of four distinct productivity styles: Arrangers, who think about their projects in terms of the people involved; Prioritizers, who are the definition of "goal-oriented"; Visualizers, who possess a unique ability to comprehend the big picture; and Planners, who live for the details. In this book, you'll learn How to identify your own productivity style as well as the styles of those around you—bosses, coworkers, staff, and family. How to select your "tools of the trade" to maximize your effectiveness, from the style of pen you use to the way you decorate your office. When face-to-face conversations are more effective than e-mails—and vice versa. What it takes to lead the perfect meeting. Why a messy desk is right for some, but a disaster for others—and how to tell. After reading *Work Simply*, you'll come away with a productivity system that truly and fundamentally fits you—and you'll never feel overwhelmed again.

Guidebook for the Trust Your Vibes Oracle Cards Harmony

Life was falling apart. Within the space of three years, Sonia Choquette had suffered the unexpected death of two close family members, seen her marriage implode and been let down by trusted colleagues. In order to regain her spiritual footing, Sonia turned to the age-old practice of pilgrimage and set out to walk the legendary Camino de Santiago, an 820-kilometre trek over the Pyrenees and across northern Spain. Eventually, mortification of the flesh gave way to spiritual renewal, and she rediscovered the gifts of humility and forgiveness that she needed to repair her world. Sonia shares

the intimate details of her gruelling experience, as well as the unexpected moments of grace, humour, beauty and companionship that supported her through her darkest hours. While her journey is unique, the lessons she learned - about honouring your relationships with others as well as with your own higher self, and forgiving all else - are universal.

The Wise Child Hay House Incorporated

In *The Psychic Pathway*, third-generation psychic Sonia Choquette reveals her practical twelve-week programme for expanding awareness, reconnecting to your intuition and imagination and discovering a route to your true self. Published for the first time in the UK, this is a key text in her backlist that her fans will greatly appreciate. This guidebook covers everything you'll need to start living an inspired, spiritual life. With these simple steps, you'll be able to connect closely with your psychic self - the still voice within that is a direct conduit to the divine. Drawing on spiritual traditions and psychic practices from across the world, Sonia's playful style will offer you an easy route to inner growth. Inside you'll learn to:

- Notice and understand the psychic impact of others
- Discover the soul's true desires
- Clear away negativity
- Understand and use psychic tools (the pendulum, the Tarot deck, the I-Ching and more)

**Work Simply** New World Library

In this fascinating and informative book, spiritual teacher and psychic Sonia Choquette reveals the secrets you need to awaken your intuitive voice and . . . trust your vibes. If you're ready to step into a Divine, more energetically uplifting experience and live an easier, more satisfying way of life, you'll learn how to do so within these pages. In this work, Sonia presents real-life stories of those who learned to tap into their intuition to drastically change and improve their lives; see what they do, how they think, the choices they make, and the attitudes and perspectives they own. In modeling yourself after sixth-sensory people, you too can activate your own intuitive channel. Your intuition supports your creativity, helps heal your emotional wounds, and calms your anxious and uncertain heart. It brings you peace of mind and shows you how to live in a higher, more harmonious way. To fully enjoy your life and to access the innatesense of security, confidence, and courage you deserve, learn to . . . trust your vibes!

*Trust Your Vibes* National Geographic Books

'The Intuitive Way' will be your companion as you progress through the stages of intuition development. 'The Intuitive Way' will guide you through this process using various tools.

Angel Medicine Hay House, Inc

Intuition is a birthright, but many have lost touch with it. If embraced and followed, intuition can be an accurate force that permeates all facets of life. Shakti teaches readers how to tap into their inner knowledge and use it to enhance their lives and attain their goals. Chapters explore the role of intuition in health, creativity, work, and prosperity. Exercises based on Shakti's workshops and seminars help readers listen to their inner guide but also evaluate the worthiness of such knowledge in the context of the real world. Stories from her clients and her own life illustrate the practical advice she gives.

**The Intuitive Way** NYLA

Devastated by the unexpected end of her decades-long marriage, renowned spiritual teacher and intuitive guide Sonia Choquette undertook an equally unexpected move and relocated to Paris, the scene of many happy memories from her life as a student and young mother. Arriving in the aftermath of the Charlie Hebdo massacre, she found a Paris as traumatized by this unforeseen event as she had been by her divorce. Together, over the following years, she and the city she loves began a journey of healing that involved deep soul-searching and acceptance of a new, sometimes uncomfortable, reality. In this follow-up to *Walking Home*, Sonia shares her intimate thoughts and fears, as well as the unique challenges of setting up a new life in a foreign land. From moving into a freezing, malodorous apartment, to a more pleasant—yet haunted—flat across the Seine, to her current light-filled home, Sonia shares how these changes parallel her inner transformation. Along the way, Sonia regales readers with vivid stories of her unfortunate encounters with French hairdressers and beauticians, her adventures in French fashion, and her search for the perfect neighborhood café. Her companion throughout is the city of Paris—a character unto itself—which never ceases to fill her with wonder, surprise, and delight, and provides her with the spiritual strength to succeed in establishing her new life.

**Spirit Junkie** Hay House, Inc

Grounded Spirituality for the Real World Sonia and Sabrina are sisters and best friends. Trained by their mom, a world-renowned spiritual teacher and visionary guide, they know how to move through life with trust and confidence using their intuition and their intellect. They also have super regular problems, like *What the heck is bad vibing me right now?*, or *Where does my soul want to lead me next?* They love chic restaurants and Beyoncé. They talk astrology and psychology. They listen to what their Spirits love and they build their lives around what they love, instead of trying to shove their Spirits into their lives. In this book, they share with you their successes and failures. They teach you how to become your own best friend, trust your vibes and your heart, quiet that jerk who lives in your head, and move through life with confidence, trust, and creativity, even if you're not totally sure where you're going. Deep and real, yet silly and fun, Sonia and Sabrina invite you to become part of their tribe so you can create the life you want!

*Trust Your Vibes at Work and Let Them Work for You!* Harmony

We are all born with psychic abilities and use them every day, whether knowingly or not. The skill is in recognizing those abilities and knowing how to cultivate them to understand our innate potential. In *Develop Your Psychic Abilities*, world renowned clairvoyant and medium, Litany Burns will guide you step by step in simple but powerful techniques that will allow you to work toward realizing your own vast psychic potential. You will learn to:

- Listen to your gut response and trust your intuition
- Communicate with your spirit guides
- Sense the presence of nonphysical energy
- Explore eight different psychic abilities
- Remember your dreams and understand their deeper meanings

In this book Litany Burns will help you exercise your psychic muscle and help you develop a richer and fuller life by developing a balanced relationship between your body and spirit.