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## Good life project podcast stitcher

What you need to know about hormonal health with Leisha Drews, RN, FDN, now I'm joined by Leisha Drews, RN, FDN, to talk about what hormones are and why they matter, how to know how things might be out of whack and how to understand, support and treat your body better so you can feel better and find freedom from any adverse reactions or disturbances you've been dealing with. The note show, for now, can be found at [kelseyvankirk.com/podcast/79](https://kelseyvankirk.com/podcast/79) intimate and unfiltered motivational conversations about fully engaged, wildly connected and meaningful life, from iconic world-class blenders such as Elizabeth Gilbert, Brene Brown, Sir Ken Robinson, Seth Godin and Gretchen Rubin to every daily quest matter. Listen now, 4.6 stars rating & review out of 3,682 excellent rating - Thank you Jonathan Field. Greetings from Kwa Zulu Natal South Africa 🇿🇦 Pippasgeakie via Apple Podcast!!! - Each heart-warming story. I just don't want them to end you very much Janer@108 Apple's podcast - Published 12/31/20, there is something about the sound of Mark Nepo that puts me at ease. He has been immersed in the path of spiritual inquiry for more than forty years, teaching around the world, writing more than twenty books, including the best-selling #1 New York Times, a more energetic book. Published 12/28/20, we are on a quest to help you live a more meaningful, connected and important life. Every week we share inspiring, intimate and unfiltered conversations about the use of fully engaged, wildly connected and objectively engaged lives. We've been on a mission to find out. The teacher who's at the center, and... Published 12/26/20 Time Parenting Stories and Tits! Now that Jens tells the story from his childhood, we talk about parental fatigue, illegal nipples and what to discuss in the next podcast. Let us follow ig @projectgoodlifefamily and send us your questions for our first Q&A episode! Happy holidays! We are seeking to help you live a more meaningful, connected and important life. Every week we share inspiring, intimate and unfiltered conversations about the use of fully engaged, wildly connected and objectively engaged lives. We have been seeking to find out. Teacher center, and co-create in depth. Often, deeply moving and clever conversations are fierce. From world shake-ups such as Brené Brown, Matthew McConaughey, Austin Channing Brown, Elizabeth Gilbert, Bishop Michael Curry, Julian Castro, Dr. Yusef Salaam, Seth Godin and Gretchen Rubin to all daily guests. We also like to create useful and effective program and training tools designed to help people live more engaging, connected and important lives.com. How do you figure out what kind of work will fill you with purpose and meaning, give you full expression, gift your passion and skills, and put you into an unparalleled flow state that you know deep down, are you doing the work you put on the world to do? This is what I believe... We're all born with some seal for the work that keeps us alive. The work that helps us wake up in the morning and know deep down we are doing what we are here to do. The work that makes us shine with purpose and fully illustrated in a healthy way becomes a meaningful line, a path to an unparalleled flowing state and a gateway to connectivity and happiness. Alternatively, it works at sparking us, you may find a pleasant external expression of thousands of this deeper seal. I believe that this is what people talk about when they use the word passion, and why a person can have an equally satisfying shop for this deeper driver, but much to my surprise every time I delve into the depths of the dna source code, I come back not for a unique answer to millions of answers, but to make a simple set of 10 imprints or archetypes for meaning and functionality. I call these Sparketypes ™ ( curved for work that sparks you. This is not what Woo Woo. It actually works, real-time, easy-to-check through your own experience and everything about real-world applications. It's about giving you the tools to reveal, then live in a profound sense of purpose, potential and possibility. And today I've recorded a special hour podcast that will take you to the world of Sparketypes, introduce you to the world of Sparketypes, introduce you to all 10 of them, explain how each of you expresses in your life, and how we can tap this wisdom to instill purpose, meaning, happiness, and ultimately freedom and flow. But you don't have to pay for that. Over the past year, we've worked fiercely behind the scenes to develop, test and optimize proprietary Sparketype assessments ™ to expose your Sparketype (actually two scenes) in minutes. The Sparketype assessment ™ is ready for you to receive It opens your eyes in a big way, and it could change your life, so listen to the podcast. Make a Sparketype assessment, then share your personal Sparketype podcast and Sparketype assessment with everyone you know who needs a little help finding the work they're here to do ----- thank you to our great brand partner. If you like shows, please support them - they help podcasts go for 66 minutes | His book Deep: Freediving, Renegade Science and What Ocean Tells Us About Ourselves is a finalist for the 2015 PEN/ESPN Awards for sports writing, literature, Amazon's best science books in 2014, and more. Nestor's new book Breath: The New Science of Lost Art ( is a myth-busting and paradigm shift, looking at how we breathe, what it does to us, and how to control breathing to change our health and our lives. You can find James Nestor at: instagram: When you hear energy pills, what do you think? You've heard about incredible results after almost everything fails, but you can't wrap your head on how it works, leave it alone if it works. Is it true? This week, we sat down with Jill Blakeway, a L.Ac, a licensed and accredited acupuncture acupuncture candidate from the Board and Herbal Clinic, to explore research applications and scientific bases for this fast-growing modal treatment . She is also a co-author of Baby Making: A Proven 3-Month Program for Maximum Fertility, Sex Again: Charging Your Libido and her latest book, Energy Medicine: Science and The Mystery of Healing (, Check Out Our Proposals and Partners: Circle: Now our listeners get a limited offer of \$30 from Circle Home Plus when you visit meetcircle.com/goodlife and enter GOODLIFE in the checkout process.com. Get 20% discount on your first order with code GOODLIFE FabFitFun: Discover new beauty, fashion, home, fitness and wellness products, use the GOODLIFE code to get \$10 from your first box at FabFitFun.com! Matthew McConaughey just kept Livin' five days into filming his first film - Dazed & Confused - some 28 years ago, Matthew McConaughey's father, a towering force in his life, died suddenly, Matthew must find a way to constantly pop up, his mantra becomes just a livin collection, which has become the guiding ethos of the sort of lens in which he lives. Now, nearly three decades later, the actor, who won an Academy Award for industry icon, married father of three, is a raconteur professor, entrepreneur, philanthropist and creator of endless moments and adventures, Matthew lives as an eternal amateur. Fiercely, in all parts of his life, curious and open, he seeks experiences, wisdom and insights, always asked, always sought, always seeking, which makes him similar in understanding what makes life worthwhile. Most of his journeys take on his fatherhood life, showing his love, family and contributions, being offered in his beautiful and moving memories of his new greenlight. It's a philosophical and poetic window into the experiences and moments that keep him in shape and still wakes him to the most important thing drawn from 50 years of living, and some 36 years of diary quests - to find out what a good life looks like - is what we both have in common, and it may be that the reason why in today's conversation we jump into the deep end of the pool quickly explores everything from nature and family to solitude, love, character struggle, the sacred nature of being in the space of destruction and wild success, how the moment we all change the future and what is called to make us all look like. As we speak Matthew sat at his desk reading glasses and pens and paper in hand. You can find Matthew McConaughey at: Instagram ( Check out offers and partners: Plushcare: PlushCare.com/GOODLIFE.Glossier: Glossier.com/podcast/GOODLIFE - 10% discount on your doctor's first order: airdoctorpro.com - GoodLIFE Code - 35% off

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