

NEW LIFE NEWS

Vernon Howard Founder

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Frequently Asked Questions (FAQs)

Here are some frequently asked questions that we have heard over the years. The responses should help to give you a better understanding of these life-healing teachings. Take them in with a receptive spirit and many mysteries will be dissolved in the light of higher understanding.

Q: What is a helpful viewpoint to have toward these spiritual principles?

A: Know that spiritually accurate facts are friendly forces. They are not out to deprive you of something valuable but to take away the pain and give you real and lasting life. And here is one accurate fact to ponder: The battle has already been won by God and all you must do is join in the victory.

Q: Give me something encouraging to understand while I study these teachings.

A: In a recent class in Colorado, someone brought up a remarkable principle discussed by Vernon in Chapter 11 of his classic book **The Mystic Path to Cosmic Power**. He said that you receive thousands of both positive and negative impressions every day. They come from both the exterior world and the interior world. "You see a glittering lake, or overhear a gloomy remark" ... or "silently recall an incident from yesterday" – and there you have three separate impressions. He explains, "Impressions flow in a constant stream; you need do nothing to invite them and can do nothing to stop them. *But the kind of impressions admitted to your mind make your life what it is.*" When reaching a certain level of conscious awareness, you're given the power to only receive healthy impressions and reject negative ones before they can grab ahold of the mind and spirit. Sensing what this truism means for the inner life could lead us all the way out.

Q: You mean the higher nature has right command over the quality of the impressions allowed to enter the mind and emotions?

A: Yes! Although you can't stop negative impressions from trying to enter, you can stop them from actually being taken in and absorbed. The more alert and aware

you become of the operation of your inner parts, you'll realize that you are a receiver and not a sender. The ability to receive and welcome higher impressions is the essence of the true life.

Q: But with enough willpower, why can't I stop negative impressions from coming in? Self-will is a sign of personal strength, isn't it?

A: This effort has nothing to do with human willpower; forcing life to twist and bend through personal will is what causes so much suffering and frustration because our desires and demands are always going to be blocked and opposed by the personal wills of thousands of other people. Self-will is one of the stubbornly fixed cornerstones of the false nature that must yield to something higher to achieve any real peace.

Vernon Howard said many times, "It's God's will, not your will." In other words, reuniting with and being guided by the force that created us is the reason we have been given this temporary physical life in the first place. It's time to come home, where there is no blockage or interference, and everything flows freely.

("FAQs" continued on page 2)

The Bull in the Field

By Vernon Howard

A man and his son were crossing a field when a vicious bull appeared before them, half-hidden by some bushes.



The terrified boy started to run away, but his father calmly called him back. "See," said the father with a gesture, "the bull is chained. You were safe all along."

As they walked on, the father said, "Fear is a terrible emotion, which you need not suffer from. Learn to see a situation as *it is*, not as *you are*."

When you are truly transformed, so is your world, and that world contains no fear.

(This is from the book *Inspire Yourself*)

Points to Ponder

By Richard Wooldridge

It is essential that we see how incredibly important these teachings are. I was recently sitting in our class in Pagosa Springs and was reflecting on how nice it was to be there. It was uplifting and there was a right atmosphere and energy that was noticeable. We were learning and being reminded of our higher purpose here on earth. The class was above the chaos and madness going on in this country and across the planet and the constant bickering and fighting we see amongst human beings. We were in a truly safe place.

One of the students in our class saw something and made an excellent point. The whole purpose of what society is doing is to make us feel bad and to feel guilty about something even though we had nothing to do with its occurrence. In **Live Above this Crazy World**, Vernon Howard states, "Man's plans cannot cure human ills because his schemes are the very cause of social chaos." So nothing that human beings do on an earthly level will make things better. Only what happens spiritually with an individual can affect real change.

("Points to Ponder" continued on page 3)

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“Breathing Exercise”

Spiritual Exercise Transcribed by Regina Netherton from a class lecture

How many of you breathe? Live and breathe? Some of you could have fooled me. *(Laughter)*

I’m going to give you a very classic exercise which must be thousands of years old. An exercise in breathing. You say you already know how? Your unconscious parts know how to breathe.

When is the last time you ever consciously thought of the fact that you inhale and exhale? Twenty years? Have you ever thought of it? You’ll do it now as a start with this exercise. You will now be conscious of your breathing.

that because you’re only thinking one thought at a time. It may go so fast (like a millionth of a second) that you think you’re thinking ten things at a time, but you’re not.

You can, by continuing with this exercise, isolate that one thought. You must do this to separate it from all others, so that it does not become the first domino that you knock over which starts the next domino, the next domino — dominos in a row falling down. That process is cancelled because you did not go into agitation, worry, over the first thought that you became conscious of. Not thinking about it, you simply know it is there. And when you know it is there, you’re able to let it go. Like the breath comes in, you’re conscious of that and it goes out. It’s really one double process, isn’t it? The breath goes out and it’s gone.

That bothersome, worrisome, self-centered, painful scary thought — when you can become aware of it, conscious of it then that consciousness is stronger than that one thought. And your awareness of it is what allows it to go out as it should go out in a healthy mind. It will go away.

All right, evil is persistent. Of course it is. It’s always shooting harmful bullets. So, the next one comes in. What? A different kind of worry. You’ve run out of the first thing to worry about, so you invent something else to worry about.

But regardless of the nature of the harmful thought, the kingdom of Heaven is eternal, and it is all-powerful. And a clear conscious awareness is one of the parts of the kingdom of Heaven. When a



“You will now be conscious of your breathing.”

You breathe in and you breathe out. And in a moment you’re probably going to forget all about it. But bring

yourself back to the fact that you breathe.

Now what’s spiritual about learning to breathe? You just see — because you’re going to take this breathing exercise home with you. When you’re conscious that you’re breathing, that doesn’t mean that you’re thinking about it. You’re not counting “in breath, out breath, in breath, out breath.” You don’t have to gasp. You are quietly, consciously knowing that you’re breathing.

What an exercise! It’s with you all the time. You can refer to it and practice it any time you want. There it is, right there. You simply know that the breath is going in. You know that the breath is going out. What’s spiritual about that? Because it’s the first stage in you getting a higher understanding of you being conscious of something. Not thinking about it, not frantically worrying about it, but you just know what is happening with your breath.

Next step. “Oh, that’s pretty good. I’ve been trying that for a few days, and I just know I’m breathing. I don’t have to think about it. It’s just happening and there’s a consciousness in me. It is not thought. It just knows that it is happening.”

Now take this exercise into your mind. Don’t think about your thinking. Just know that you’re thinking. And when that first thought comes up, know it was there and let it go, just as you let your breath go when you exhaled. Then you watched the next inhale, the next exhale.

Thoughts are the same. All kinds of thoughts, thousands a minute, colliding inside your mind. What you want to do now, because you’ve learned with your breathing exercise, is to be able to single out that one thought out of the thousands a minute. And you can do that. You can do

Spiritual Exercise (continued)

wolf-thought tries to trick you to bring it in and be your friend, your awareness makes it clear to you. And then the very awareness that it is a wolf-thought is also what makes you want to let it go away, trot away, of course, and leave you alone.

It’s not you handling evil anymore. It’s allowing Heaven itself to be your strength, to tell you what to do.

FAQs (continued)

Q: Why does it sometimes seem as if I’m spinning my wheels in seeing positive differences in my inner life?

A: We have to remember two things. First, our false mental self is almost completely entrenched inside of us. It fiercely resists any attempt to dislodge it. So, it’s important to become much more aware of it either defending or promoting itself — which it is constantly trying to do. Watching myself in action — this is the key! This thought self which so tyrannizes and attacks us has been building itself up since we physically came into this world, so it’s going to take more awareness to catch it in action.

Secondly, any preconceived ideas we may have about “progress”, “improvement”, “change” ... can of themselves block the dissolution of the unnecessary mental self. They may simply be ideas, and what we really want is above all mental constructs, both what we call “bad” and what we may call “good”. Working to apply right spiritual principles is like planting seeds — they will grow and work for us if we allow them to. When placed in the nourishing soil of Truth, the spirit grows healthy and thrives. We’ve been given an unlimited number of ways to do right work on ourselves — we just have to stay the course!

Q: I have been hit hard by a very distressing situation in my life and feel as though I’ve been abandoned by God.

A: God never abandons you! In a time of trouble, you are choosing to be overwhelmed by your chaotic thoughts and raw emotions when you have within you the capability of turning to only the Higher Power itself. Vernon Howard gave a stunning talk on June 10, 1988 (Vernon Howard’s Higher World, Vol. 20, Talk 19) in which he emphatically warned us, “Do not curse the storm” but during the crisis, “put your mind and your spirit on God and God alone.” The higher can’t reach you when you are shaking yourself apart, only when you have given up your desperate demands and have begun to understand that there is a profound lesson

(“FAQs” continued on page 5)

Points to Ponder (continued)

We must begin to see things as they are and to stop living in a fantasy world. I was eating breakfast recently in a local eatery and the owner had to waitress because one of the people who was supposed to be there didn't show up for work. And of course, the place got very busy and she wasn't happy about the situation. She was doing her best to get caught up and take care of all the customers. I had to wait longer than usual to place my order, but I decided to stay and to watch myself to see if impatience or something else negative would rear its ugly head.

The owner didn't have the benefit of this work to help her. She didn't realize that she need not suffer or be angry about the waitress missing her shift. Life is constantly throwing curve balls at us but we don't have to allow them to fluster us. With the help of these truth principles, we can start to handle things differently. Yes, there will be “so-called” difficult situations that come up, but we don't have to make them a problem. “Over and over we must remind ourselves that the problem is not out there, but in here.”¹

We must ask ourselves, “Am I free of all torment?” “Do I still suffer in any way whatsoever?” “Am I liberated from all problems?” “Do stories in the news still upset me?” “Can other people set me off?” “Is there irritation or annoyance when something doesn't go the way I think it should?”

If we answer yes to any or all these questions, then there's work that needs to be done. This is all good news because it shows there is a bit of self-honesty there, which is a necessary ingredient on the road to self-awakening. If you follow any kind of sports, you'll frequently see that when players run into difficulty or are struggling as a competitor, they are reminded either by a coach or maybe even by themselves to return to the basics or fundamentals. It should be the same with the spiritual journey.

Truth constantly reminds us that only the present moment exists. “Problems cannot be escaped by running to *there* and *tomorrow*, for there is never anything but *here* and *now*.”²

Another morning, I was at a restaurant and waiting for my food when I was given the opportunity to observe a group of four young men who were discussing the Bible and what Christ taught. They were very engrossed in conversation. They all spoke with false assuredness, conviction and dogmatism. They had no awareness about themselves whatsoever. They spoke as if

they personally knew Christ and could speak for him. They were explaining to each other that this is what Christ meant. They were knowers.

There is perception and understanding but it doesn't come from memory. It comes from inside of you, not from something you read in a book or an interpretation of what you read. It's a direct perception or the seeing of something from yourself. You can read a description about what a peach tastes like but until you actually taste the peach yourself you don't know what a peach tastes like.

Perfect proof that the young men didn't know what they were talking about was when one of them asked the owner of the restaurant if they were being too loud. One of them had said something which caused an outburst of laughter by all four of them simultaneously and the volume of noise in the restaurant went up perceptively. If someone is aware he would know if they were being too loud or not. He would also know how others in the room were reacting.

Those who unconsciously believe they know more than the teacher or more than someone who genuinely has more insight, insist that they are the ones who understand and see more. The greater the insecurity or self-deception the less someone actually knows. The less there is of you and the more egotism and negativity we see through in ourselves and voluntarily give up, the more we'll be given insights from the higher. God is not fooled.

It is imperative to begin to see what we're like underneath the mask, the facade. The dictionary defines facade as a false appearance that makes someone or something seem more pleasant or better than they really are. Beneath the facade of most human beings is a tremendous amount of hostility. “God does not want you to think people are nice. He wants you to see thru human evil.”³ “Your exploration of human society reveals many surprises ... Gone are all your dangerous delusions that people are basically nice and will express love if just given a chance.”⁴

In their self-absorbed sleep state, people always cause problems for other people. The other day Lynne, Judith and I went shopping at a grocery store in Durango. When we exited the store and started to load our groceries into our vehicle, a woman in a van drove up and parked in a spot fairly close to the entrance of the store. There really wasn't enough room for her to park where she did, as I noticed that she had parked so close to the car on her passenger side, there was no room for that person to be able to get into their car. So I pointed out the problem to her,

not in an angry or scolding way, but to save the person in the blocked car some trouble. I could tell she wasn't very happy about what I said. She replied, “I'm within the lines.” I did not reply to her, but she reluctantly got back in the van and re-parked. But there still wasn't enough room for the person on her passenger side to be able to enter their vehicle.

There weren't that many customers at 10 AM and you could see there were at least 50 other empty parking spots that hadn't been taken and many with no vehicles on either side of the spaces. She could have easily moved to one of those but would have had to walk a little further. I did not say anything more to her, as it would have done no good and I couldn't explain to her in a million years all the things she was doing that were wrong. If I had pointed out that she was irritated and self-absorbed, what do you think her reaction would have been?

She was completely in her own world inside herself. She was very hostile, was in a hurry and her mind told her that it was necessary for her to have the parking spot closer to the entrance of the store. I would guess she was in her early 30's. It wouldn't have hurt her to have had to walk a little further.

This in one tiny little incident that occurred, and it explains what's wrong with us, with her, with Colorado, with the U. S., with Europe, with Russia and with almost every person on this planet. This is not an exaggeration. This incident provides a

Points to Ponder (Continued on page 5)

Banquet Invitation

New Life Foundation has been having banquets for over 40 years. These special weekends were established by Vernon Howard for the purpose of teaching unique spiritual lessons. So many elements of both the spiritual and physical are brought together in one congenial setting.

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Saturday • September 9

(Additional classes on Wed and Sun)

(For more details call or visit our website.)

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Frequently Asked Questions (continued)

to be learned in the very storm you're railing against. The lesson is twofold. You will know that "God first approves, then He proves" and you will rest in the certainty that "The spiritual ship of life is stronger than any storm." Turn all of your resolve into knowing that God does exist and when you succeed at this, "the storm will be gone and you will be healed."

Q: You say that spiritual principles alone can save us. Please explain.

A: Once you have been introduced to the principles of heavenly flight, you cannot stop. You must determine to go all the way.

By reading, by studying, by pondering, by applying the exercises in daily life, by praying to and inviting something outside the circle of self to come in, by remembering to stay in the present moment, by catching negative emotions and letting them go, and by persistence, the grace of God becomes active and begins to change you through understanding. When negativity is booted out, a vacant space is created that allows something else to enter.

Q: Vernon Howard is the first person I ever heard who uses the term "mental movies" to describe how the mind works. What does he mean by a mental movie?

A: Much of our energy and attention are taken away by running scenes of past or future events through the mind. These scenes, which are projected on the flickering screen of the mind, can engross and preoccupy us all day long. They keep us chained to the past or future and block the clarity needed to awaken to higher possibilities. Mental movies continually distract us and serve as a mechanism by which we avoid facing our real predicament: that we are refusing to listen to anything but the acquired memorized life. Habitually counting on mental movies to keep us busy and entertained and to fill up space and time is a refusal to turn to God for real help. We're wandering around in the wilderness, pretending to have it made. Work to let go of these scenes when they appear, and they will start to be replaced by a fresh, clearer perspective.

Q: I do sometimes sense that I'm missing higher messages because my restless and noisy mind is blocking them.

A: The mind is addicted to its wandering and restless movements, but have you noticed that even with all that activity, there is never a final resolution that results in lasting contentment, quiet and security? That's why one of the most valuable spiritual tools we have been given is full awareness of this present moment. Though they don't put it into practice or even really understand what it means, people throw this out as a catch phrase nowadays in an attempt to sound spiritual and profound. But the Reality of what is behind "being in the present moment" or in "keeping your mind where the body is" can absolutely free the spirit. The past is gone, and the future hasn't been revealed yet, so the present moment is the only place where life occurs, where the true self can awaken and come alive.

Q: What is an exercise I can use to strengthen my connection with what is true inside?

A: Remember to "Relax and receive." Vernon explained that when you relax, receptivity is increased. We can relax by releasing physical tension and we can also make an aim to relax the frantically churning mind by simply allowing the thought self to go quiet. The silence is what provides self-release and self-relief.

Q: What is the best way to spark someone's interest in these teachings?

A: Vernon explained that you can give people the basics, but you cannot force them to be interested. Once they know a little, the rest is up to them to either pursue or turn away. The best way to encourage others in your life is to work on yourself and show them by example the massive benefits of trying to be more conscious.

However, we have to remember that people are very resistant to even beginning to question their current way of living. Their egotism springs up and says, "I am already working on myself and what makes you think that these teachings will help any

more than what I'm currently pursuing?" That's why there must be more than idle curiosity there when an introduction to Truth is given. A person has to be able to admit that their present ways aren't leading them to what they may even feel in their heart is possible. It could be just a faint feeling, but if you have felt it, then you cannot ignore the energy behind it which is trying to lead you home.

Q: If there is an opening, what is one fundamental explanation to start with?

A: We have not been left without a way out, a way to rise above the world's chaos. A fact stressed by every true teacher can become a shining star of guidance for us in this respect; it is the quality of the inner life that is important, not the exterior circumstances. It is the inner that determines the outer, not the other way around. What good is it going to do me to strive for recognition, money, power, and everything else I've been told is important for happiness if my inner life is a wreck? Happiness does not reside in outer activity but is simply a state of inner freedom. It is freedom from everything that now makes us unhappy.

Points to Ponder (continued)

microcosm of what people are actually like inwardly and how that nature translates itself into outward behavior. No wonder we are in the shape and place we are, and the planet as a whole is in the disastrous shape that it is.

We cannot change the world and we cannot change other people, but we can do something about our own negative reactions. I need to work on myself and to forget about everyone else. Vernon gave a talk once which helps explain many things. It's entitled "Why You Should Not Help Other People." It would remove a tremendous weight from all of us if we fully understood what Vernon was talking about. I cannot do another person's work for them, and no one else can do my work for me. Personal effort is really the only solution.

1, 3, 4 From **Live Above This Crazy World**
(On sale, see page 4)

2 From **The Power of Esoterics**, Chapter 9

Vernon Humorisms

Here are two funnies from dated talks Vernon Howard gave:

Two men were talking. One says, "I'll see you later." The other replies, "Not if I see you first." (From MP3 CD - Volume 6)

"People sow their wild oats and then pray for a crop failure."

(From MP3 CD - Volume 14)

"Your best friends are those who make life difficult for you. They help you see yourself as you really are, and not as you like to think you are."

— Vernon Howard





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**FAQs, Points to Ponder,
Spiritual Exercise,
Quotes, Special Offers
and much more inside**

Praises

E-mail from lady in Switzerland:

I'm sending my heartfelt gratitude for your eternal work. Mr. Howard's teachings are a shining light which spreads warmth for the well-being and regeneration of all. They leave no question unanswered and are therefore harmonious ... how wonderful this is! Through all of his work — this newsletter and all the printed books and booklets, the videos and talks and the beautiful website — he speaks to anyone in confusion or hindered by blocked views. His concentrated work gives me a clear sense of safety — that I can have simplicity at any instant, practical sense in any situation and realize God is always with us. To me, this is most absolute Grace. It is all very strengthening, like fresh breezes touching the soul and more true learning for Life. Salutations and kind regards from Switzerland.

Note from man in Japan:

Hello! I wanted to give you an encouraging message of appreciation for continuing to make Mr. Howard's teachings available. I feel that you there at New Life Foundation are practicing the teachings yourselves. Please send me all the information you have about his books and talks.

E-mail from man in Bermuda:

Vernon Howard's work has made quite an impression on me. A few times while reading **The Mystic Path to Cosmic Power**, I would look up from the text to witness in my environment what I had just read. How I came to find his work was synchronistic in and of itself. I get the sense that he is still among us teaching, which speaks to the transmission of living wisdom his presence emitted. I will continue to engage in self-study and let his teachings speak to me. I will also look for opportunities to join or form a study group. Thanks again for your time and assistance.

E-mail from lady in Washington:

I'm enjoying listening to a Vernon Howard talk today. It's surprising how powerfully it speaks to me!

E-mail from man in Michigan:

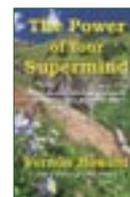
Vernon and New Life have transformed my life. Giving a little back each month in the form of a donation is my way of saying thanks. Thank you for all you do.

E-mail from man in Pennsylvania:

I'm so looking forward to receiving my order for Vernon Howard materials and experiencing its insights to assist with my personal growth.

What's New

• **New Edition** — Periodically when our inventory of certain titles is depleted it is necessary to reprint them. That is the case with **The Power of Your Supermind**. This 256 page book contains esoteric wisdom and step-by-step, practical guides toward the higher life.



(See page 4 to order.)

• **Look Up** — This is the yearlong spiritual exercise for all of 2023. Look up is both a symbolic and spiritual reminder for you to go to the higher world instead of staying where you are. Something bothers you such as a remembrance of a shameful thing, a confusion; instead of trying to think your way out of that difficulty, whatever it is, you're going to remind yourself to look up and even do it physically by raising your head. With the Spirit of Truth at your side you can take on the whole crazy world and you will win.

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