

Hustle The Life Changing Effects Of Constant Motion

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[The Connection Algorithm](#) - Jesse Tevelow 2015-05-01

The Global Connection - United States. Congress. Senate. Committee on the Judiciary. Subcommittee to Investigate Juvenile Delinquency 1976

Treating Opioid Addiction - John F. Kelly 2019-07-15

This book addresses opioids and opioid use disorders from epidemiological, clinical, and public health perspectives. It covers detailed information on the nature of opioids, their effects on the human body and brain, prevention, and treatment of opioid addiction. Unlike other texts, the first section of this volume builds a strong historical, neurobiological, and phenomenological foundation for a deep understanding of the topic and the patient. The second section addresses the most challenging issues clinicians face, including pharmacological and psychosocial treatments, harm reduction approaches, alternative approaches to pain management for the non-specialist, and prescribing guidelines. *Treating Opioid Addiction* is a valuable resource for psychiatrists, psychologists, addiction medicine physicians, primary care physicians, drug addiction counselors, students, trainees, scholars, and public health officials interested in the effects and impact of opioids in the clinical and epidemiological context.

The Development of Southern Public Libraries and the African American Quest for Library Access, 1898-1963 - Dallas Hanbury 2019-12-04

Using the Atlanta, Birmingham, and Nashville Public Libraries as case studies, *The Development of Southern Public Libraries and the African American Quest for Library Access, 1898-1963* argues that public libraries played an integral role in Southern cities' economic and cultural boosterism efforts during the New South and Progressive Eras. First, Southern public libraries helped institutionalize segregation during the early twentieth century by refusing to serve African Americans, or only to a limited degree. Yet, the Progressive Era's emphasis on self-improvement and moral uplift influenced Southern public libraries to the extent that not all embraced total segregation. It even caused Southern public libraries to remain open to the idea of slowly expanding library service to African Americans. Later, libraries' social mission and imperfect commitment to segregation made them prime targets for breaking down the barriers of segregation in the post- World War II era. In this study, Dallas Hanbury concludes that dealing with the complicated and unexpected outcomes of having practiced segregation constituted a difficult and lengthy process for Southern public libraries. *Chance and the Modern British Novel* - Julia Jordan 2010-06-03

Chance, and its representation in literature, has a long and problematic history. It is a vital aspect of the way we experience the world, and yet its function is frequently marginalised and downplayed. Offering a new reading of the development of the novel during the mid-twentieth century, Jordan argues that this simple novelistic paradox became more pressing during a period in which chance became a cultural, scientific and literary preoccupation - through scientific developments such as quantum mechanics and the uncertainty principle, the influence of existential philosophy, the growth of gambling, and the uncertainty provoked by the Second World War. In tracing the novel's representation of chance during this crucial period, we see both the development of the novel, and draw wider conclusions about the relationship between narrative and the contingent, the arbitrary and the uncertain. While the novel had historically rejected, marginalised or undermined chance, during this period it becomes a creative and welcome co-contributor to the novel's development, as writers such as Samuel Beckett, B.S. Johnson, Henry Green and Iris Murdoch show.

A Companion to German Realism, 1848-1900 - Todd Curtis Kontje 2002

This volume of new essays by leading scholars treats a representative sampling of German realist prose from the period 1848 to 1900, the period of its dominance of the German literary landscape. It includes essays on familiar, canonical authors -- Stifter, Freytag, Raabe, Fontane, Thomas Mann -- and canonical texts, but also considers writers frequently omitted from traditional literary histories, such as Luise Mühlbach, Friedrich Spielhagen, Louise von François, Karl May, and Eugenie Marlitt. The introduction situates German realism in the context of both German literary history and of developments in other European literatures, and surveys the most prominent critical studies of nineteenth-century realism. The essays treat the following topics: Stifter's Brigitta and the lesson of realism; Mühlbach, Ranke, and the truth of historical fiction; regional histories as national history in Freytag's *Die Ahnen*; gender and nation in Louise von François's historical fiction; theory, reputation, and the career of Friedrich Spielhagen; Wilhelm Raabe and

the German colonial experience; the poetics of work in Freytag, Stifter, and Raabe; Jewish identity in Berthold Auerbach's novels; Eugenie Marlitt's narratives of virtuous desire; the appeal of Karl May in the Wilhelmine Empire; Thomas Mann's portrayal of male-male desire in his early short fiction; and Fontane's *Effi Briest* and the end of realism. Contributors: Robert C. Holub, Brent O. Petersen, Lynne Tatlock, Thomas C. Fox, Jeffrey L. Sammons, John Pizer, Hans J. Rindisbacher, Irene S. Di Maio, Kirsten Belgum, Nina Berman, Robert Tobin, Russell A. Berman. Todd Kontje is professor of German at the University of California, San Diego.

The Feel Good Effect - Robyn Conley Downs 2020-09-01

A groundbreaking approach to wellness that will help you cut through the clutter and find the small shifts that create huge changes in your life, from the host of the podcast *The Feel Good Effect* "An absolutely fresh and insightful guide . . . If you're looking to create more calm, clarity, and joy, this book is for you."—Shauna Shapiro, Ph.D., author of *Good Morning I Love You* What if wellness isn't about achieving another set of impossible standards, but about finding what works—for you? Radically simple and ridiculously doable, *The Feel Good Effect* helps you redefine wellness, on your own terms. Drawing from cutting-edge science on mindfulness, habit, and behavior change, podcast host Robyn Conley Downs offers a collection of small mindset shifts that allow for more calm, clarity, and joy in everyday life, embracing the idea that "gentle is the new perfect" when it comes to sustainable wellness. She then leads you through an easy set of customizable habits for happiness and health in mind, body, and soul, allowing you to counteract stress and prevent burnout. Instead of trying to get more done, *The Feel Good Effect* offers a refreshingly sane approach that will allow you to identify and focus on the elements that actually move the needle in your life right now. Less striving. More ease. It's time to feel good.

The Secret Life of Wilkie Collins - William M. Clarke 2004-10-01

In this intimate Victorian life of the father of the detective story, Mr. Clarke uncovers and explores, with insight and sympathy, the private relationships of a fascinating writer. A literary coup...casts a fresh beam

of light on the great, dark seam of Victorian sexual mores. —Observer
The Commercial Motor - 1912

Proceedings of the ... National Encampment of the Veterans of Foreign Wars of the United States - Veterans of Foreign Wars of the United States 1934

Some early issues include the Proceedings of the ... annual encampment of the Ladies' Auxiliary to the Veterans of Foreign Wars of the United States.

The 7 Gears Between Cause & Effect - Thomas Tolman 2015-10-28

*PREMIUM PAPERBACK B&W EDITION Can you really sway opportunities and conditions in your favor? Thomas Tolman says, "Yes you can!" This book illustrates where and how you can make quantum advances in reaching more of your goals. Discover how *The 7 Gears Between Cause and Effect* will: -Enable you to develop the best version of yourself with a new upgraded internal operating system. -Give you the "house advantage" to leverage personal and business performance to a much more rewarding and fulfilling level. - Reveal the inner working "gear-factors" between Cause and Effect so you can activate and align your true mental, emotional, spiritual capacity into life-changing results. - Strengthen your confidence, sharpen your awareness toward more opportunities, build stronger more lasting personal and business relationships. Tolman calls it the missing piece to first cousin, Law of Attraction. Activating any one of the gears will change your life, using all 7 could be worth a fortune to you!

Status Anxiety - Alain De Botton 2008-12-10

Anyone who's ever lost sleep over an unreturned phone call or the neighbor's Lexus had better read Alain de Botton's irresistibly clear-headed new book, immediately. For in its pages, a master explicator of our civilization and its discontents turns his attention to the insatiable quest for status, a quest that has less to do with material comfort than with love. To demonstrate his thesis, de Botton ranges through Western history and thought from St. Augustine to Andrew Carnegie and Machiavelli to Anthony Robbins. Whether it's assessing the class-

consciousness of Christianity or the convulsions of consumer capitalism, dueling or home-furnishing, Status Anxiety is infallibly entertaining. And when it examines the virtues of informed misanthropy, art appreciation, or walking a lobster on a leash, it is not only wise but helpful.

More Human - Steve Hilton 2016-04-26

People feel angry and let down by their leaders, as well as by the institutions that dominate their lives: political parties, government bureaucracy, and corporations. Yet the cause of this malaise, according to political -- advisor -- turned -- tech -- CEO Steve Hilton, is not being addressed by politicians on the left or the right. Hilton argues that much of our daily experience -- from the food we eat, to the governments we elect, to the economy on which our wealth depends, to the way we care for our health and well -- being -- has become too big, too bureaucratic, and too distant from the human scale. *More Human* sets out a radical manifesto for change, aimed at the root causes of our problems rather than just the symptoms. Whether it's using the latest advances in neuroscience to inform the fight against poverty and inequality, or applying lessons from America's most radical schools to transform our children's education, this book is an agenda for rethinking and redesigning the outdated systems and structures of our politics, government, economy, and society to make them more suited to the way we want to live our lives today. To make them more human.

Unending Work and Care - Juliet M. Corbin 1988

Sunset Marina - Lynne Baumgardt 2007-02

Genuine liveaboards own no land-based property, no escape to firm ground when life gets rough, and so they depend upon a marina home for water, electricity, fuel, and safety. *Sunset Marina* is a contemporary fiction romance/mystery about people who are genuine liveaboards on Lake Guntersville in northern Alabama. Many dream about living on a boat, cutting some of those ties to land and simplifying their lives. Some are just water people by nature and feel best when they are afloat. Some think this would be a great way to spend their retirement years. But few people really do it, and fewer still may be able to in the future. Marinas

and marina dwellers everywhere are under attack as shoreline property goes the way of millionaire mansions and high-rise condos, hurricanes drive up insurance rates, energy costs rise, and more and more restrictions impact the liveaboard way of life. When one of the Sunset Marina owners drowns under suspicious circumstances, several lives change dramatically, and as diverse as they are culturally, educationally and economically, the liveaboards work together to help the most helpless. And is justice done at the end? It's a mystery.

The SAGE Handbook of Drug & Alcohol Studies - Torsten Kolind
2016-08-31

With contributions from leading international academics across the social sciences, this accessible takes a critical look at the key contemporary issues and debates in the field. The 39 chapters are divided into three parts: · Part I Central Social Science Theories Drug and Alcohol Studies · Part II Pillars in Social Science Drug and Alcohol Studies · Part III Controversies and New Approaches in Social Science Drug and Alcohol Studies This Handbook is an excellent reference text for the growing number of academics, students, scientists and practitioners in the drug and alcohol studies community.

Hustle - Neil Patel 2016-09-13

A dynamic, game-changing guide to finding success and fearlessly outsmarting the system Too often we feel like underdogs fighting a system that stacks the odds against us. We work hard, follow the rules, and dream of a better life. But these days, working harder doesn't always lead to fulfillment. In fact, according to Gallup research, nearly 90 percent of people feel disconnected from their jobs. So how do you break free from the drudgery and achieve more success on your own terms? You hustle. The secret lies in making manageable tweaks and placing small bets on pursuits that propel you from who you are today to the person you're destined to become. In *Hustle*, Neil Patel, Patrick Vlaskovits, and Jonas Koffler--three of the nation's top entrepreneurs and consultants--have teamed up to teach you how to look at work and life through a new lens--one based on discovering projects you enjoy and the people and opportunities that support your talents, growth, income, and

happiness. The authors reveal their groundbreaking three-part framework of Heart, Head, and Habits. Along the way, you will learn to redefine hustle as the optimal path to success using powerful, often counterintuitive, advice, including: • Why you must own your dreams, not rent dreams from others • Ways to create your own luck and "POP" • How to betray yourself to stay true to yourself--and develop your potential • The four major career hustles and the path that's best for you More than just an inspirational career guide, *Hustle* aims to fundamentally transform the way you work and live, and give yourself permission to thrive in today's uncertain world.

Hustle - Jesse Tevelow 2015-12-14

Jesse's first book was a #1 bestseller. It took him a year to write it. *Hustle* is different. It was written, produced, and published in just 7 days. The ridiculously short production schedule was meant to prove a point: focus + momentum = mindbending productivity. Don't be fooled, though. The biggest opportunities in life don't come from sprinting. They emerge over time through constant motion. A gritty, inspiring read, *Hustle* is the nudge we've all been waiting for. WHO SHOULD READ THIS BOOK: -- Young people trying to figure out how to succeed in our new, entrepreneurial economy -- Anyone bored with their routine, at work or home -- Entrepreneurs who are in it for the long haul -- Aspiring writers who are interested in learning how to produce a professional, high-quality book in seven days, and launch it in less than a month. -- Anyone who wants a jolt of inspiration, a reason to smile, a reason to work hard, a reason to keep hustling.

The Structure of Individual Psychotherapy - Bernard D. Beitman
1990-12-12

Underlying numerous psychotherapeutic techniques are principles guiding the evolution of the therapeutic relationship, the identification of maladaptive patterns, and the process of change. These principles form the structure of individual psychotherapy. Dr. Beitman calls these stages engagement, pattern search, change and termination. Each stage has a common structure: specific goals, characteristic content, basic techniques, and predictable distortions. Within this structure he defines

the unique contributions of many different psychotherapeutic approaches. The book makes a valuable contribution to the growing movement toward psychotherapy integration.

How Change Happens - Duncan Green 2016

"DLP, Developmental Leadership Program; Australian Aid; Oxfam."

The Global Connection: Hearings, July 28 and August 5, 1976 - United States. Congress. Senate. Committee on the Judiciary. Subcommittee to Investigate Juvenile Delinquency 1976

Hustle and Float - Rahaf Harfoush 2019-02-19

OUR CULTURE HAS BECOME OBSESSED WITH HUSTLING. As we struggle to keep up in a knowledge economy that never sleeps, we arm ourselves with life hacks, to-do lists, and an inbox-zero mentality, grasping at anything that will help us work faster, push harder, and produce more. There's just one problem: most of these solutions are making things worse. Creativity isn't produced on an assembly line, and endless hustle is ruining our mental and physical health while subtracting from our creative performance. Productivity and Creativity are not compatible; we are stuck between them, and like the opposite poles of a magnet, they are tearing us apart. When we're told to sleep more, meditate, and slow down, we nod our heads in agreement, yet seem incapable of applying this advice in our own lives. Why do we act against our creative best interests? WE HAVE FORGOTTEN HOW TO FLOAT. The answer lies in our history, culture, and biology. Instead of focusing on how we work, we must understand why we work—why we believe that what we do determines who we are. *Hustle and Float* explores how our work culture creates contradictions between what we think we want and what we actually need, and points the way to a more humane, more sustainable, and, yes, more creative, way of working and living.

The Global Connection: Narcotic sentencing and seizure act of 1976 (S. 3411 and S. 3645) - United States. Congress. Senate. Committee on the Judiciary. Subcommittee to Investigate Juvenile Delinquency 1976

Los Angeles Magazine - 2003-11

Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

The Illustrated American - 1895

From Poverty to Power - Duncan Green 2008

Offers a look at the causes and effects of poverty and inequality, as well as the possible solutions. This title features research, human stories, statistics, and compelling arguments. It discusses about the world we live in and how we can make it a better place.

Ebony - 2000-11

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.

The Shallows: What the Internet Is Doing to Our Brains - Nicholas Carr 2020-03-03

New York Times bestseller • Finalist for the Pulitzer Prize "This is a book to shake up the world." —Ann Patchett Nicholas Carr's bestseller *The Shallows* has become a foundational book in one of the most important debates of our time: As we enjoy the internet's bounties, are we sacrificing our ability to read and think deeply? This 10th-anniversary edition includes a new afterword that brings the story up to date, with a deep examination of the cognitive and behavioral effects of smartphones and social media.

Willpower Doesn't Work - Benjamin Hardy 2018-03-06

We rely on willpower to create change in our lives...but what if we're thinking about it all wrong? In *Willpower Doesn't Work*, Benjamin Hardy

explains that willpower is nothing more than a dangerous fad-one that is bound to lead to failure. Instead of "white-knuckling" your way to change, you need to instead alter your surroundings to support your goals. This book shows you how. The world around us is fast-paced, confusing, and full of distractions. It's easy to lose focus on what you want to achieve, and your willpower won't last long if your environment is in conflict with your goals--eventually, the environment will win out. Willpower Doesn't Work is the needed guide for today's over-stimulating and addicting environment. Willpower Doesn't Work will specifically teach you: How to make the biggest decisions of your life--and why those decisions must be made in specific settings How to create a daily "sacred" environment to live your life with intention, and not get sucked into the cultural addictions How to invest big in yourself to upgrade your environment and mindset How to put "forcing functions" in your life--so your default behaviors are precisely what you want them to be How to quickly put yourself in proximity to the most successful people in the world--and how to adapt their knowledge and skills to yourself even quicker How to create an environment where endless creativity and boundless productivity is the norm Benjamin Hardy will show you that nurture is far more powerful than your nature, and teach you how to create and control your environment so your environment will not create and control you.

Monthly Bulletin - New Haven (Conn.) Dept. of Health 1913

To Hell with the Hustle - Jefferson Bethke 2019-10-15

In a society where hustle is the expectation, busyness is the norm, and constant information is king, we've forgotten the fundamentals that make us human, anchor our lives, and provide meaning. Jefferson Bethke, New York Times bestselling author and popular YouTuber, has lived the hustle and knows we must stop doing and start becoming. Our culture makes constant demands of us: Do more. Accomplish more. Buy more. Post more. Be more. In following these demands, we have indeed become more: More anxious. More tired. More hurt. More depressed. More frantic. But it doesn't have to be that way. To Hell with the Hustle is your

wake-up call to slow down and reclaim your life in an overworked, overspent, and overconnected world. If you're feeling overwhelmed with the demands of work, family and community or if you're tired of being anxious, lonely, and burned out, To Hell with the Hustle will give you the tools you need to: Proactively set boundaries in your life Get comfortable with obscurity Find the best way to push back against the demands of contemporary life Discover the importance of embracing silence and solitude Handle the stressors that life throws at us Join Bethke as he discovers that the very things the world teaches us to avoid at all costs--silence, obscurity, solitude, and vulnerability--are the very things that can give us the meaning, the peace, and the richness we're truly seeking. Praise for To Hell with the Hustle: "Ever feel like you need to work harder, put in more time to get ahead, or do everything in your power to be the best? That's the hustle. It can push you to places you don't want to go, and I've gone there more than I care to admit. In his latest book, To Hell with the Hustle, Jefferson Bethke will help you understand why the hustle can seem so alluring, show you how to avoid the traps it's created in our culture, and find true joy chasing after Christ instead." --Craig Groeschel, pastor of Life Church and New York Times bestselling author **The Ruthless Elimination of Hurry** - John Mark Comer 2019-10-29 ECPA BESTSELLER • A compelling emotional and spiritual case against hurry and in favor of a slower, simpler way of life "As someone all too familiar with 'hurry sickness,' I desperately needed this book."—Scott Harrison, New York Times best-selling author of Thirst "Who am I becoming?" That was the question nagging pastor and author John Mark Comer. Outwardly, he appeared successful. But inwardly, things weren't pretty. So he turned to a trusted mentor for guidance and heard these words: "Ruthlessly eliminate hurry from your life. Hurry is the great enemy of the spiritual life." It wasn't the response he expected, but it was—and continues to be—the answer he needs. Too often we treat the symptoms of toxicity in our modern world instead of trying to pinpoint the cause. A growing number of voices are pointing at hurry, or busyness, as a root of much evil. Within the pages of this book, you'll find a fascinating roadmap to staying emotionally healthy and spiritually alive

in the chaos of the modern world.

Foreign Intelligence Surveillance Act of 1976 - United States. Congress. Senate. Committee on the Judiciary. Subcommittee on Criminal Laws and Procedures 1976

Atomic Habits - James Clear 2018-10-16

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

The Changing World of Outdoor Learning in Europe - Peter Becker
2018-06-12

The Changing World of Outdoor Learning in Europe sets out to provide a comprehensive analysis of the economical and political changes that have occurred in European outdoor culture in the preceding two decades, from a diverse range of perspectives including institutional, theoretical, national and educational views. The book looks at how outdoor education has been transformed into an increasingly global field where established and influenced practices have been introduced into modernising and democratising nations. With contributions from the members of the board of the European Institute of Outdoor Adventure Education and Experiential Learning and representatives of the networks that stand behind it, this unique book provides thorough factual analyses and examinations of outdoor learning that have never been presented before. The book contains contributions from across Europe, with authors from the UK, Germany, Finland, Sweden, Slovenia, Poland, Norway and the Czech Republic. Chapters within the volume by non-European authors provide another perspective on the European story in a wider context. As a whole, the book will stimulate the ongoing debate about the nature, function and organisation of outdoor education around the globe. The Changing World of Outdoor Learning in Europe will be of great interest to academics, researchers and postgraduate students in the fields of outdoor education, leadership and recreation; and outdoor, sport, environmental and leisure studies. It should also be essential reading for those involved in outdoor organisations in Europe and worldwide.

Authorpreneur - Jesse Tevelow 2018-01-05

Are you tired of your job? Looking for something more rewarding and profitable? Have you ever thought, or been told, "You should write a book, or start a business!" Well, it's time to give it a shot. Jesse Tevelow has self-published two books (Authorpreneur is his third), which are both #1 bestsellers on track to generate \$30,000 per year in passive income. And that's just for starters. He also used his books to launch a business that banked over six figures in its first year. Other part-time authors are

doing far better, earning six, or even seven figures per year. Many have leveraged their books to build fulltime business ventures. This wasn't possible ten years ago, but the publishing industry has changed. People are finding unparalleled freedom and wealth through writing, and you can too. Authorpreneur will show you how.

Software Change Management - Donald J. Reifer 2011-12-22

Why is it so difficult to change organizations? What does it really take to make "process improvement" yield measurable results? For more than 30 years, Donald Riefer has been guiding software teams through the technical, organizational, and people issues that must be managed in order to make meaningful process changes—and better products. This practical guide draws from his extensive experience, featuring 11 case studies spanning the public and private sectors and even academia. Each case study illuminates the original conditions; describes options and recommendations; details reactions, outcomes, and lessons learned; and provides essential references and resources. Eleven case studies provide insightful, empirical data from real-world organizations Provides a broad view across organizational settings and factors, such as personnel, and technical environments, including cloud, Agile, and open source options Illuminates the hard-won lessons, tradeoffs, and impacts—with advice on how to engineer successful, sustainable changes yourself

The Global Connection: Narcotic sentencing and seizure act of 1976 (S. 3411 and S. 3645) - U.S. Congress. Senate. Committee on the Judiciary 1976

Mindful and Intentional Living - JoAnn Saccato 2018-07-23

First, we stop the pain, then we grow the joy. Mindful and Intentional Living offers a fresh, intimate, and scientifically supported perspective on using mindfulness, compassion, and conscious intention to align our

heart, mind, and body with our deepest values and intentions, creating a meaningful life we love. From stress and anxiety to inner peace, from chaos and scattered thinking to grounded personal clarity and direction, and from being caught in emotional reactivity to freedom to choose our responses, Saccato guides us with great care to stop the pain and grow the joy. Drawing on the foundations of mindfulness and Saccatos mindfulness-based coaching programs and courses, the reader is lovingly shepherded on a path through lifes inevitable difficulties to a clear, meaningful vision, intention, and commitment. This book is a road map designed to help the reader reduce stress and stress-related illnesses; reduce anxiety and depressive episodes; grow compassionate and loving relationships; gain personal clarity of chosen beliefs and values; build a steady and inclusive mindfulness practice; heal pains of the past with self-love and active forgiveness; explore the science behind the success of mindfulness, compassion, and happiness practices; and take actionable steps to define, commit to, and affirm a path to more inspired joy and happiness.

Optimize Your Productivity - Lisa Kardos 2019-01-27

Optimize Your Productivity is the go-to guide for getting more done in less time, especially if other productivity systems have failed you in the past. Lisa Kardos, Ph.D., an engineer, bestselling author, speaker, and consultant, has authored another title in the spirit of applying engineering best practices as a logical approach to improve our lives. Optimize Your Productivity will not only help you get to the root of your productivity issues, but it will also provide an interesting and unique approach to the formidable subject, including a "quickstart" guide to aid you immediately. If you know you could be more productive, or need some motivation to improve your productivity, this book will not disappoint!