

Take Back Your Life!: Using Microsoft® Office Outlook® 2007 To Get Organized And Stay Organized (Inside Out)

It's not about doing more. IT'S ABOUT DOING WHAT MATTERS. As a busy mom with three young kids and a career, #1 national bestselling author Christy Wright knows what it's like to try to do it all and be stretched too thin. After years of running on empty, she realized she had to do something different. It wasn't just a matter of saying no to a few things. She had to figure out why she felt overwhelmed, overcommitted, and out of balance. Here's what she discovered: Life balance isn't something you do. It's something you feel. The great news is you can feel balanced — even in your busy life. In Take Back Your Time, Christy redefines what balance is and reveals the clear path to actually achieve it. You'll learn how to: Identify what balance looks like in your unique situation and season. Find confidence in the choices that are right for you. Feel peace even during chaotic times. Learn how to be present for your life and actually enjoy it! You weren't created to live busy and burnt out, unhappy and unfulfilled. You shouldn't be haunted by some elusive idea of balancing it all. There's more for you right now. Today. And it starts with taking back your time the guilt-free way.

Since its original publication in 1982, Getting Free has changed the lives of tens of thousands of women. Written in an accessible style, packed with practical information and answers, special exercises designed to help a woman recognize abuse, and several success stories, Getting Free remains an important resource today—and this updated edition makes it an all the more relevant resource. In this expanded edition, Ginny NiCarthy features important new information from the latest studies and most recent research on the subject. New chapters include an analysis of whether batterers' treatment really works, which programs help violent men change, and which do not; the results of research on the ways that many men who batter also abuse their children, and specific reactions of children to battering; the cultural and legal issues relevant to immigrant women; and a presentation of how religious beliefs and religious communities affect the real and perceived choices of women facing violence.

A Big Tech exec pulls back the curtain on the unseen forces at work labeling you, tracking you, and triggering you—deciding your employability, quality of life, and even whether you should live or die!because what you don't know about them could actually hurt you. You are probably not aware, because of their hidden nature, but Artificial Intelligence systems are all around you affecting some of the biggest areas of your life: jobs, loans, kids, mental health, relationships, freedoms, and even healthcare decisions that can determine if you live or die. As an executive working in AI at one of the largest, most sophisticated tech companies on the planet, Cortnie Abercrombie saw firsthand how the corporate executives and data science teams of the Fortune 500 think about and develop AI systems. This gave her a unique perspective that would result in a calling to leave her job so she could reveal to the public the sobering realities behind AI without any constraints or Public-Relations candy-coating from corporate America. In this book she makes it easy to understand how AI works and unveils what companies are doing with AI that can impact you the most. Most importantly, she offers practical advice on what you can do about it today and the change you should demand for the future. This book drops the hype, over-exaggerations, and big scientific terms and addresses the pressing questions that non-insiders want answered: • How does AI work (in words you don't need a PhD to understand)? • How can AI affect my job, replace me, or prevent my hire? • Is AI involved in life-or-death decisions in healthcare? • Could my digital accounts or home network be hacked because of my AI-based Smart TV, coffeemaker, or robot vacuum? • How does AI know so much about me, what does it know, and can it be used against me? • Can it manipulate people to do things they wouldn't normally? • Could AI help push my teen to self-harm or suicide? • Is fake news a real thing? • How can AI affect my rights and liberties? Does facial recognition play a part? • What can I do to protect myself, my kids, and my grandkids? • What should I demand from educators, lawmakers, and corporations to ensure AI is used in ways that are safe, fair, and responsible? • Is AI worth having? What could AI do for us in the future? It's time to understand what this AI hubbub is all about and what you'll be going to do about it because what you don't know about AI, could hurt you.

Discover the wonder of a life with God you can't contain. The pages of scripture are full of ordinary people who walked with God as he poured himself out through them to a world in need. What if God never changed? What if he is still speaking to us and longing to work miraculously through us? What if it isn't a matter of more training or effort but simply receiving and releasing everything he already purchased? "Life in the Overflow" invites you to know God intimately as your Daddy in a way that spills out of you naturally. Filled with disarming honesty and fervent expectation, this book mirrors a reflection of who you are, who your God is and what he actually longs to do through "ordinary, messy kids" today!

MS Warrior: Taking Back Your Life After MS

What's Alive in Me Now?

Inspiration to Live Free One Day at a Time

Swipe Right

The Guilt-Free Guide to Life Balance

Freedom and Recovery from Cults and Abusive Relationships

Time for the Journey of Your Life!

When Sherry marries and moves to a small town in East Tennessee, she is madly in love and excited about starting her new life with her handsome new husband. Her happiness is soon shattered when he reveals himself to be a controlling tyrant with a hair trigger temper. With no job, no money, and no place to go, she feels powerless, trapped in a marriage she now believes is doomed. Feeling she has no other option, she finds a job in her new town and settles into married life. In the years that follow, Sherry's work, new friendships and the burgeoning women's movement help her find her voice. Guided by a new-found strength and a deepening sense of self, she challenges her husband's rigid control of her. Up until that time, his abuse had been emotional and psychological, but a night of physical violence leaves her battered and bruised. Her spirit nearly broken, she struggles to find the courage to give up everything for freedom and an uncertain future.

OK, so we have MS. So what? We can't change it! We can't cure it, yet, I believe that changing our lifestyle habits in regards to how and what we eat, how we adapt and overcome the stresses in our lives (and our state of mind)and always staying as active as we can be, can help us a great deal. I believe that mind, body and food can help us face and recover much quicker or maybe hopefully help prevent any further attacks or at least time in between them. We never know when another attack will come, ultimately our goal is to never have another one. MS has already taken so much from us-I think we can all agree on peace of mind at least-why give it anymore? We are not as weak and as hobbled as some of think we are, or other people think we are. Sitting there whining and complaining makes us! I am there with you and I have been for 10 years, but today is a NEW DAY. Today is the day that we are going to be prepared for whatever it brings. Do you know why?

Because we can have control of our lives day by day. Sitting at home feeling scared and sorry for ourselves will not help us (it actually makes us more susceptible to an exacerbation) and no fun to be around. Yes, it is hard. No, it's not fair, but life goes on and we can spend today being a "victim" or start living for tomorrow now. How are we going to take back control of our lives? We are going to take back what we can control, letting go of what we cannot. We are going to become as healthy as we can be, mentally and physically. We cannot control our MS but we can make ourselves as strong possible so that we can fight back with attitude.

When and if the day comes where it wants to pop in to say "hello" we will slam the door shut Our MS is apart of us. It always will be, but I refuse to sit on the sidelines and just wait. It has changed our lives and we can use that as an advantage, since we are already having to accommodate to life with MS, why not just kick start a new version of the life we choose. The first step to taking back control of our lives is acceptance. We need to accept that we cannot change our circumstances and with that and the understanding that life goes on and we need to go with it. We are not afraid of living our lives anymore, we are not afraid of tomorrow. Starting today, we are taking control of what we CAN control!

Start daily writing and journalling in the middle of your life and create a brand new ending. The Life Edit will show you how to use daily journalling to get clear on what you want to do with your life. Use the writing exercises to work through an eight-step formula to find clarity, set goals and make changes, all by using a daily writing routine.

The FAT Thief is a gateway. It is a short book of 200 pages, about half of those pages being illustrated, a two to three hour read, delivered with humor, compassion and reason. Despite its brevity, it covers all the bases. It tells you what to do, how to do it and most importantly, why you should do it. There is always room for growth beyond the boundaries of the book but The FAT Thief tells you where to start. For maximal impact, there is supplemental bonus information available at no additional charge through the online access point, FatThief.com where instructional videos, articles, tools and tips will re-enforce the material presented in the book. The multiple formats of the information available to the reader will increase the effectiveness of the program, which can be loosely described as: read the book, follow the instructions and guidelines in the appendices, watch three 20-minute videos that correspond to the book, and then follow along and remain engaged in the available and ongoing community support systems. The entire focus of the program is built upon three primary arguments made to the reader, which the author refers to as arrows: Truth, Reality, and Belief—the truth of how your body handles energy and that obesity is stealing life, the power you have to self-select your own reality, and the empowerment derived from both a belief in self as well as the Divine. The strategy of The FAT Thief is uncommon. The written and online material is delivered in a unique combination of text and illustrations, humor and emotion, with the goal of a multi-sensory experience to maximize and increase the transmission of knowledge, motivation and desire to the reader. The presentation of the material and suggested guidelines and interventions are built upon the framework of cognitive behavioral therapy principles with the underlying purpose to stimulate the reader to change their thoughts and thereby change their world. All that is required of the reader is the courage to start.

I'm Taking My Life Back Volume 1

How to Take Back Control and Achieve Your Goals

How to Artistically Create Remarkable Dental Results for the Remarkable You

How to Stop Letting the Past and Other People Control You

The Life-and-Death Power of Sex and Romance

Take Back Your Life!

Take Your Life Back

"I want to have better relationships . . . but is it all on me to fix things?" "This person's approval means everything to me. It's like it controls me." "Why can't I get free from this cycle?" If you find yourself having these feelings, it's time to take your life back. Through personal examples, clinical insights, and spiritual truth, Stephen Arterburn and David Stoop will show you how to overcome the habits and history that are keeping you down—and take new, positive steps toward change; heal from the hurts, setbacks, and broken relationships that affect you every day; develop better boundaries with others in your life; stop overreacting and start responding appropriately to any situation or circumstance; break the cycle of behavior that harms you and your relationships; find the freedom you have longed for. Your past and current circumstances don't have to define you, and they don't have to determine the direction of your life. Take Your Life Back is the key to moving from reactive attitudes and behaviors to healthy, God-honoring responses that will help you live the life you were meant to live.

Women's lives often "spin out of control" in midlife due to divorce, career transitions, grief, relationship changes, overeating, empty nest, job loss, retirement, relocation, caregiving, menopause, and other health challenges. Take Back Your Life: A No Nonsense Approach to Health, Fitness & Looking Good Naked! offers women, aged 40-55, who want to look and feel better about their bodies, a 90-day guide to regaining control of their bodies and their outlook. Wendy Ida guides women from hopelessness to getting the body they want with her 3-pronged approach to fitness, nutrition, and outlook.

Did you know that God wants you to have amazing sex? Join pastor Levi Lusko for a unique and compelling understanding of the power and the pleasure attached to God's plans for relationships. There is nothing more powerful on earth than the forces of love, sex, and romance. In fact, relationships are a matter of life-and-death importance. But as apps like Tinder foster no-strings-attached sexual encounters, sex is being stripped of any emotional or spiritual significance. So how can you train today for the relationship you want tomorrow? In Swipe Right, Levi Lusko shares with raw honesty from his own life experiences and God's Word how to: Resist settling for instant pleasure by discovering what your heart really longs for Learn how to avoid and treat sexual scars by careful living today Regret-proof your marriage bed and your deathbed Transform a stagnant marriage by trading predictable nearness for mind-blowing intimacy With equal parts prevention and cure, the book is not just a list of rules to live by but something to live for: God's powerful plan for our lives. To get there we must learn how to swipe right—to live up in a left, right world—because what we do with sex and romance is one of the most important choices we'll make. God's dreams for your life are not intended to kill your joy but to enhance it. Whether you're fed up with dating and hooking up as usual, tired of being single, numb because of porn and casual sex, or curious about how to improve your marriage, this book is for you.

Whether you were sexually assaulted recently or many years ago, you do not need to allow the experience to influence your life. You can recover-- and have your life back again.

A Caregiver's Guide to Finding Freedom in the Midst of Overwhelm

Take Back Your Life Thirty Minutes at a Time

Live Longer, Prevent Dementia, and Control Your Chronic Illness

My No Nonsense Approach to Health, Fitness and Looking Good Naked!

Women and Problem Gambling

Take Control of Your Life and Learn to Set Boundaries in Your Relationships

How Will You Measure Your Life? (Harvard Business Review Classics)

WHAT IS JESUS WORTH TO YOU? It's easy for American Christians to forget how Jesus said his followers would actually live, what their new lifestyle would actually look like. They would, he said, leave behind security, money, convenience, even family for him. They would abandon everything for the gospel. They would take up their crosses daily... BUT WHO DO YOU KNOW WHO LIVES LIKE THAT? DO YOU? In Radical, David Platt challenges you to consider with an open heart how we have manipulated the gospel to fit our cultural preferences. He shows what Jesus actually said about being his disciple--then invites you to believe and obey what you have heard. And he tells the dramatic story of what is happening as a successful" suburban church decides to get serious about the gospel according to Jesus. Finally, he urges you to join in The Radical Experiment -- a one-year journey in authentic discipleship that will transform how you live in a world that desperately needs the Good News Jesus came to bring. (From the 2010 edition)"

A REFRESHINGLY SIMPLE GUIDE TO RECOVER YOUR LIFE! In Get Your Life Back, New York Times bestselling author John Eldredge provides a practical, simple, and refreshing guide to taking your life back. By practicing a few wonderfully simple practices—or what John calls “graces”—you can begin to recover your soul, disentangle from the tragedies of this broken world, and discover the restorative power of beauty. Ask yourself: Are you happy most of the time? Do you feel deeply loved? Are you excited about your future? How often do you feel lighthearted? After reading this book you will... Learn how to insert the One Minute Pause into your day Begin practicing “benevolent detachment” and truly let it all go Offer kindness toward yourself in the choices you make Drink in the simple beauty available to you every day Take realistic steps to unplug from technology overload These simple practices and others are ready for the taking. You don't need to abandon your life to get it back. Begin restoring your life here and now. Your soul will thank you for it.

Welcome to your guide on how to set various life boundaries! Free bonus inside! (Right After Conclusion) - Get limited time offer, Get your BONUS right NOW! Do you often find people abusing your private space? Would you like to know the basics on how to set your boundaries and prevent people from crossing them? A concise guide for parents, workmates, children and every other person to learn the best tips on creating reasonable boundaries. The guide outlines the limits, responsibilities and other aspects of human relationship with their families, friends, workmates and children. This guide will provide reasonable rationale for anyone to benchmark while making the bold steps in life. Any successful man or woman can always bank their capacities on the influence of their life goals. It is a healthy life skill when you understand the boundaries of your life. This is a culture you should develop from young age through your adulthood. This book will discuss on the various boundaries and how to set them in life. It is a resource that is gold mine for parents as they instill the culture of setting limits in their children; seniors as they come up with structures on how to relate at work among other aspects of life. You do not have to be a specialist to come up with your life boundaries. With this guide, anyone can learn the best tips on how to set up limits in their families, at work and with their friends. Additionally, the resource considers the inputs of trained counselors who could expand on the knowledge gained here so as to come up with the outright life boundaries. The book places emphasis on the need for boundaries. Life that has no boundary could be really flawed. The book will highlight on the various opportunities, healthy and balanced lifestyle chances one could miss with such a lifestyle. Some of these may include the basic spiritual growth opportunities such as what and how much to give. This guide will illustrate the limits of any life boundaries, their importance and what they are founded on. Life is a package of highs and lows- from marriage to work place and friends- we need to understand the best ways of solving the conflicts that may arise. ***Limited Edition***

Download your copy today!

Have you ever had one of those days . . . ? Let's face it. Living in this world can be extremely challenging. It's hard enough just to make it through our days and years—let alone in a way we're proud of, living a life that is pure and good. Sometimes it all feels so overwhelming. But here's the good news: As a child of God, you can call upon the Lord, and he will help you take your life back from the daily pressures, worries, habits, and conflicts you face. In Take Your Life Back Day by Day, you'll find 365 Scriptures, inspiring reflections, and thought-provoking questions to help you recognize when you've reached your limits allow God to care for you and comfort you experience God's freedom when you are overburdened and his joy when you are downhearted replace the stress in your life with joy and peace It's time to take your life back and live it for God. Keep your eyes fixed on him day by day—because with his help, you have what it takes to prevail.

Reboot Your Life

Recovering from Cults and Abusive Relationships

Using Microsoft Office Outlook 2007 to Get Organized and Stay Organized

Identify Your Priorities, Decrease Stress, and Increase Productivity

The Life Edit

Begin Your Journey to Living a Simple Life

How to Beat Your Inner Dragon

In the spring of 2010, Harvard Business School's graduating class asked HBS professor Clay Christensen to address them—but not on how to apply his principles and thinking to their post-HBS careers. The students wanted to know how to apply his wisdom to their personal lives. He shared with them a set of guidelines that have helped him find meaning in his own life, which led to this now-classic article. Although Christensen's thinking is rooted in his deep religious faith, these are strategies anyone can use. Since 1922, Harvard Business Review has been a leading source of breakthrough ideas in management practice. The Harvard Business Review Classics series now offers you the opportunity to make these seminal pieces a part of your permanent management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world.

Do you struggle with low energy or poor memory? Discover the simple antidote for bringing control back to your life. Do you suffer from a chronic disease? Do you worry about your brain deteriorating with old age? Are your emotions getting the better of you? Retired Professor of Nursing Verla Fortier suffered for years with a debilitating systemic lupus diagnosis that she transformed, with some remarkable research, into the restorative power of outdoor greenery. Now she'll show you how just a few hours every month spent in Mother Nature's backyard can completely rejuvenate your life. Take Back Your Outside Mindset: Live Longer, Prevent Dementia, and Control Chronic Illness is a well-researched, practical guide to employing exposure to trees, shrubs, plants, and grass as a powerful remedy. With simple directed activities, Professor Fortier takes you through the science of improving your health using the great outdoors. You'll learn how increasing time spent out of the house will make you feel renewed like you're on a permanent vacation. In Take Back Your Outside Mindset, you'll discover: The specific peer-reviewed evidence showing the potential of open-air healing and how it improves longevity How many hours and times per week you should get out into green areas to maximize your health Why being among plants shifts your nervous system into a more relaxed state Strategies to shift your mindset from fear of failure to necessary stepping stones for progress More than a hundred things to do outdoors, practical action steps in every chapter, a companion workbook, and much, much more! Take Back Your Outside Mindset: Live Longer, Prevent Dementia, and Control Chronic Illness is an innovative approach to reclaiming your health out-of-doors. If you like alternative approaches, scientific evidence, and naturally occurring free resources, then you'll love Professor Verla Fortier's liberating book. Buy Take Back Your Outside Mindset to breathe in the Earth's healing gifts today!

Take control of the unrelenting e-mail, conflicting commitments, and endless interruptions—and take back your life! In this popular book updated for Microsoft Office Outlook 2007, productivity experts Sally McGhee and John Wittry show you how to reclaim what you thought you'd lost forever!your work-life balance. Now you can benefit from McGhee Productivity Solutions! highly-regarded corporate education programs, learning simple but powerful techniques for rebalancing your personal and professional commitments using Outlook 2007. Empower yourself to: Clear away distractions, tie up loose ends, and focus on what's really important to you. Take charge of your productivity using techniques designed by McGhee Productivity Solutions and implemented by numerous Fortune 500 companies. Balance your home and work priorities by exploiting the enhanced productivity, organizational, and search capabilities in Outlook 2007. Go beyond just coping and surviving to taking charge of your time!and transform your life today! PLUS!Get a quick reference poster to McGhee Productivity Solutions! proven methodology for managing workflow.

Describes how to balance personal and professional commitments by using Microsoft Outlook.

Five Sessions to Transform Your Relationships With God, Yourself, and Others

Stop Sabotaging Your Life

The FAT Thief TAKE BACK YOUR LIFE

You Can End Abuse and Take Back Your Life

10 Choices to Give You More Time, More Energy, and Better Relationships

Everyday Practices for a World Gone Mad

I Declare War Study Guide

A five-session journey toward meaningful change and new life for individuals and groups. Have you ever invested time and energy in something that really mattered to you—and you weren't sure you would succeed? Taking your life back can feel like that. It's a big risk to try to overcome the fears, wounds, and patterns that are holding you back in life. But nothing is impossible . . . if we put our trust in God. The Take Your Life Back Workbook, a companion resource to the groundbreaking book Take Your Life Back, is designed to help you do just that. Recovery and relationship experts Stephen Arterburn and Dr. David Stoop lead you through five sessions designed to help you take your life back by:

understanding the recurring issues that get in your way--where they came from, how they're influencing you right now, and what to do about them; inviting God to use all of your experiences--both positive and negative--to build your relationship with him; equipping you with exercises, reflection questions, action steps, and prayers as you move forward; putting your past in perspective and stepping into a brighter future.

A leadership expert and author of How to Lead and Still Have a Life demonstrates how individuals can take their lives back from the grip of worldly priorities and lead a simpler, more fulfilling life by finding peace through godly choices. Original.

Take Back Your LifeA 40-Day Interactive Journey to Thinking Right So You Can Live RightThomas Nelson

In Stop Sabotaging Your Life: 3 Steps To Your Full Potential, acclaimed life coach Bruno LoGreco shares his simple path to achieving healthy mental and emotional independence.How many times have you caught yourself thinking something like this?: I'm not enough—good enough...smart enough...good looking enough...successful enough.... LoGreco says we sabotage our lives by focusing too much on being what others want us to be and do, and not spending enough time listening to our own hearts and minds. Some people try to find self-acceptance and contentment through counseling, but end up trapped on the therapy treadmill. Others try to go it alone, but still end up in a tiresome process of navel-gazing that never leads to personal fulfillment. LoGreco offers a three-step plan to help you reach your own potential: self-awareness (recognize what you have been doing, and why); rebuilding values (learn a different way to do things); and reach your full potential (identify opportunities and set meaningful goals). You will learn to leverage your strengths to stop chasing illusions and work toward achieving your dreams.LoGreco doesn't claim his book will cure everything that ails you. As he says, "There is no secret formula, no magic pill that will make you happy, productive, and successful. You must challenge your beliefs and take back control of your choices. Don't just think outside the box—break out of it altogether."What clients and readers are saying about life coach, mentor, and motivational speaker Bruno LoGreco:"As a divorced mother of three, I've encountered many obstacles, mostly personal ones within myself. I wondered why I kept repeating the same patterns with the men I was dating and why it always ended badly, usually with me being hurt, and questioned what 'I' was doing wrong. Bruno taught me how to love myself again, how to respect myself and above all else, BELIEVE in myself.... Bruno saved me from my self-destructive patterns. Without his help, I wouldn't be the confident woman I am today. I am a better mother for that."— Cristina"The world is filled with very successful executives who for decades focus every waking minute on professional accolades and professional development [only to] realize they haven't take the time out to focus on personal development in terms of a better balance in life, being in touch with their spiritual side and inner self, and even the fun side of life. That would describe me in the past.... I came across Bruno, and I knew he was the man. His personality exudes authenticity and geniality. The man simply knows his stuff, has this uncanny ability to read between the lines, and zero in instantly on underlying triggers. His structured approach steers you to address issues head on; challenges you to challenge yourself; opens your mind; helps you understand behaviors, experiences and patterns; gets you in touch with yourself; fuels a sense of purpose and passion; and escorts you to chart a new course to life. He never judges, but relentlessly encourages and empowers you. He's truly a brilliant, genuine and a humane person with an infectious enthusiasm to make you seize your inborn potential." —Adrian"If I had to sum up my experience with Bruno in one word, it would be 'awakened.' Bruno helped me see life from a different perspective, which is what I needed, but most importantly, he showed me how to do that myself without being dependent on him.... Bruno got me to step outside of my comfort zone and do things I normally wouldn't have done otherwise, which is undoubtedly the key to growth."

—Blaine

Radical

Taking Back Your Faith from the American Dream

Taking Back Your Control in Life

Life in the Overflow

Take Back Your Outside Mindset

Take Back Your Time

Have you ever felt like you were stuck in a loop of fear and failure? Have you ever looked in the mirror and felt like a stranger was staring back at you? You are not able to see your limitless potential when you are focused on your limiting beliefs. In this book, Linda Krauss Barnett shares the trials and tribulations that led her to a full Life Reboot. This book will guide you to unravel your personal chaos so that you may gain clarity and reclaim your passion for life. When you realize that your life is not working out the way that you thought it should, you must REBOOT the system and reconnect to the life that you have always dreamed of. REBOOT Your Life is a compact and easy to read guide that uses life experience and an easy 3 step process to help you unlock your power and get out of your own way. It's time to end your chaos. Deep down inside of you is the woman you dream of being and showing up as each day. But she is so buried beneath her roles and responsibilities that she can not catch her breath and find her voice. This book will help you find her once again. Linda Krauss Barnett felt called to write this book when she realized that she was not the only mother that had lost her sense of personal identity. She was all consumed in her roles of wife, mother and daughter. She realized that it is common for women to give more than they take, and to hide when they should shine. She realized that it's become the new normal to feel drained and devoid of passion. She also realized it is her job to eradicate these beliefs. This book takes you on a journey from a failing marriage and discontentment at work to a thriving dream job and a new love with her husband. Linda's 3-step life reboot process outlined in this book teaches you that when your wheel of life is spinning out of control you have the power to reboot at any age and at any phase of life.

Packed with tested strategies and practical tips, this book is the essential, life-changing guide for everyone who owns a smartphone. Is your phone the first thing you reach for in the morning and the last thing you touch before bed? Do you frequently pick it up "just to check," only to look up forty-five minutes later wondering where the time has gone? Do you say you want to spend less time on your phone—but have no idea how to do so without giving it up completely? If so, this book is your solution. Award-winning journalist Catherine Price presents a practical, hands-on plan to break up—and then make up—with your phone. The goal? A long-term relationship that actually feels good. You'll discover how phones and apps are designed to be addictive, and learn how the time we spend on them damages our abilities to focus, think deeply, and form new memories. You'll then make customized changes to your settings, apps, environment, and mindset that will ultimately enable you to take back control of your life.

While productivity and time management expert Brian Tracy has been writing bestselling books and giving seminars on these topics for well over thirty years, the challenge of remaining optimally productive in our modern world has never been greater. How can this be? We live in the most technologically advanced period of history in the most technologically advanced country. With the advent of mobile phones, killer apps, internet speeds that stagger the imagination, and nearly any bit of information, products, and solutions only one click away, how can it be that remaining optimally productive is such a challenge for so many? In a word: DISTRACTION. Many of us spend precious time focusing on the inces-sant e-mails, texts, notifications, ads, etc. that seem important—even urgent—to our success and happiness, but, in reality, only complicate our lives and take us even further from our goals. Brian addresses this challenge of distraction in its many forms and shows you how to "feed your focus" on a daily basis. You will learn: • Productivity Promises and Pitfalls in our Modern Age • The Psychology of Productivity • The Best Productivity Methods Ever Conceived • How to End Procrastination Once and For All • Productivity and Relationships: Where it Applies and Where It Doesn't Look for these other books by BRIAN TRACY Entrepreneurship • Make More Money • The Science of Influence • The Science of Money • The Science of Motivation

We all get 24 hours in a day—but it never seems like quite enough time, does it? Morgan Tyree wants to help you take back your time with her proven time management system. With energy and enthusiasm, Morgan shows you how to organize and manage your time using her simple three-color time zone system of green, yellow, and red—moxie time, multitasking time, and me time. She shows you how to - identify your most productive times each day - regulate between essentials and nonessentials - schedule your three time zones - match your time zones with your capacities - welcome the season of life you're in - set achievable goals that align with your values If you've struggled to find balance and direction in your overloaded life, let Morgan's system help you discover the freedom of less hustle and more harmony.

3 Steps to Your Full Potential

Taking Back My Life

The 30-Day Plan to Take Back Your Life

Declutter Your Life

Take Back Your Life

A 40-Day Interactive Journey to Thinking Right So You Can Live Right

The Power of a Half Hour

Up-to-date, guided support to help women with a gambling problem achieve the rewards of a hopeful life, free of addiction Up-to-date, guided support to help women with a gambling problem achieve the rewards of a hopeful life, free of addiction Today, more than five million women in the United States struggle with problem gambling, and this number continues to increase as casinos, online card rooms, and other venues continue to multiply.In this groundbreaking book, addiction expert Diane Rae Davis, Ph.D., offers women everywhere the support they need to face this debilitating problem and take the necessary steps to regain control of their lives. Offering information on preventing relapse, finding support groups, and healing relationships with loved ones, Davis sees the most up-to-date research and methods for treatment to help women gamblers:identify what makes them vulnerable to addictionrecognize the costs and consequences of gambling behaviorsee what it means to "hit bottom"determine how to begin and continue on the road to recovery using a virtual toolbox of techniquesEach section of this user-friendly guide highlights real success stories of women who have gone through the same issues and treatment strategies, and who have discovered the rewards of beating a gambling problem and reclaimed hope for their lives.Diane Rae Davis, Ph.D., is a professor in the School of Social Work and Human Services at Eastern Washington University. She has researched and written extensively on addiction and recovery, specifically with regard to women in recovery from compulsive gambling.

Paralyzed by anxiety, fear, and uncertainty? In this 40-day interactive journey, discover a step-by-step process that can break that cycle. Offering an action plan and journaling space for turning your thoughts into real change, learn to take back your life. Every person has a mission and a God-given potential to impact the world, whether they recognize it or not. But life presents challenges and traps us in a helpless, hopeless loop of anxiety and fear. In Take Back Your Life, a blend of his bestselling books Through the Eyes of a Lion and I Declare War, join Levi Lusko onan interactive journey to equip yourself to become the best version of yourself. Offering forty daily challenges to help you come to terms with the reality of your internal battle, learn to take up the weapons God has given you and engage in the fight. With biblical truth and perspective, this step-by-step journaling process will help you: Get out of your own way by learning to think right so you can live right Find purpose by discovering that God will do great things with your imperfect progress Learn that your pain is not an obstacle to being used by God but an opportunity to be used like never before This is more than a book. It's an intimate self-analysis tool that will help you recognize what's weighing you down or holding you back. This is a journey to get back the life you know you were born for—to change your thinking so you can change your living and become the difference-maker God sees when he sees you.

Have you ever wondered why some people seem to have an easier time getting their lives together than you? What is it that allows a person to succeed in reaching their potential, while others flounder? Whether you have been in the game of self-development and growth for some time now, or you are in the beginning stages of personal mastery, you won't want to miss this empowering guide from Daniel Walter. In Take Back Your Day: How Simple Daily Actions Can Change Your Life, you can discover the abundant power you have to move forward and reach all of your personal goals. In this comprehensive handbook, the author delivers many no-holds-bar strategies in how to take an analytical, rational, and systematic look at what you are doing - and more importantly, why you are doing it. As you take this new journey of self-mastery with Take Back Your Day, you will notice a positive change in your thinking process, mindset, and emotional stability. You will discover the following golden nuggets: How mindfulness and understanding personal patterns contributes to successes and failures How you can address the 'always on problem' to take back your life A step by step process on how to design goals that are most beneficial to your life How you can maximize daily routines to bolster your limitless creativity and productivity The power of eliminating restrictive thinking and how you can gain an upper-hand in personal roadblocks Compelling ways to improve your confidence and find true happiness How to unveil the power of minimalism and what it can do for your life With Take Back Your Day: How Simple Daily Actions Can Change Your Life, you will gain the right tools to set you on the right path to success. Your horizons will be opened up to the kind of holistic success you had always dreamt of. Your journey of self-improvement can start today! Discover the Secrets to Take Back Your Day by Scrolling Up and Clicking the "Add to Cart" Button.

Step away from boredom and reclaim your life Feeling unfulfilled? Do you dream of a lifestyle where you can have it all - good health, wealth, freedom and happiness? You're not alone.

Upgrade Your Life is your guide to taking the power back and becoming the master of your own fate and that of your business. Author Pat Divilly has worked with an array of small business owners to help them achieve a growing business based on purpose, passion and profit whilst also maintaining a healthy work-life balance. Pat offers a practical approach to setting and achieving personal and business goals, understanding that both are necessary in order to succeed in life. By promoting personal development and daily success rituals Upgrade Your Life inspires its readers to dream big and not give up in the search for fulfilment. Using the author's own experiences, mixed in with valuable neuroscience research and popular psychology, Upgrade Your Life will help fast-track you and your business on the road to success. Learn how to implement your own game plan of simple daily steps to achieve your goals Get tips on creating the perfect work-life balance Update your daily routine to become more productive Includes a 42-day success planner to help you stay on top of your dreams

Getting Free

How to Break Up with Your Phone

Get Clarity, Take Back Control and Create a Fabulous Midlife, Using Daily Journaling

Five Books Compiled Into One, Creating Your Own Reality and Understanding Your Powers Within

Get Back Your Smile, Take Back Your Life!

Your Life Your Purpose Your Destiny Your Vision Your Choice

Take Back Your Day

"The Power of a Half Hour is full of unique, practical, and God-inspired truths to keep your time focused on all that God has called you to do. If you apply these principles...they will bring renewed purpose and inspiration to your life." --Joyce Meyer, Bible teacher and best-selling author "Allow the deep revelations and years of wisdom from this man of God to impart health and life into your faith journey." --Brian Houston, senior pastor, Hillsong Church Turn your fleeting minutes into defining moments. What can you do in thirty minutes? Have lunch? Watch television? Check Facebook? How about change your life? Why do some people achieve far more than others? We all get the same twenty-four hours in a day, yet a special few seem to have superhuman abilities when it comes to accomplishing great things in life. Tommy Barnett, a proven master at "getting things done," says the key to maximizing your productivity is to make use of small, manageable moments in your day--just thirty minutes at a time. In this remarkably practical book, Tommy shows how to begin a whole new life of fruitfulness. You'll see immediate results in all areas of your life, including your-- - Purpose and values - Personal goals - Faith - Character and attitude - Dreams - Career - Relationships - Marriage and family - Church involvement and ministry Why not change time from being your worst enemy to your everlasting friend? It all starts with the amazing things you can do in only a half hour. Through inspiring stories and biblical principles, discover how your downtime can have a major upside. Get going--you don't have a minute to lose!

Soldiers and athletes. One engages in a good fight; the other runs to win a prize. But both soldiers and athletes know they must have a mental edge to successfully deal with everything they encounter. They know victory will never occur unless they've first won their internal battles. In I Declare War, author and pastor Levi Lusko shows how the same is true for Christians. God has called each of us to an important assignment--to win the battle and claim the prize--but to fulfill that calling we first have to win the war within. Levi draws from the Bible to show four ways to fight this internal battle: Key #1: Discover Your Calling Key #2: Prepare for the Trial Key #3: Learn Self-Control Key #4: Rely on God's Power Levi draws on stories from his own life to show how God can help us wage war against issues that rob us of joy such as depression, fear, anxiety, addiction, negative thoughts, pride, jealousy, resentment, anger, self-doubt, and codependent relationships. While Levi does not offer a quick fix or promise the "perfect life" if participants follow all the steps, he does point toward the hope that God provides as we commit to fight the good fight through all the pain, sweat, and tears that each day brings. Sessions include: The War Raging Within Identity Crisis (Calling) Hell Week (Trials) Hostile Takeover (Self-Control) Dying to Self (God's Power) Designed for use with I Declare War Video Study (9780310094913), sold separately.

Take back your God given birth right to life. Unlock your full potential without the opinions of others. Find your purpose in life because you are the only one that can live your life. Trial and error is apart of the growing process, so don't be afraid to fail or stumble, remember this is your journey and you must at times walk it alone.

Own Your Time, Take Back Your Life

Boundaries

AI's Unseen Influence on Your Life and How to Take Back Control

Get it Done Now!

What You Don't Know

Bring Back Your Spark

Upgrade Your Life