

Do More Great Work Free

An inspiring meditation on living a purposeful life by the director of the Institute for Extraordinary Living at the Kripalu Center for Yoga and Health draws on the wisdom of the Bhagavad Gita to present the spiritually relevant story of a young warrior in crisis and God in disguise.

Are you very talented and creative but cannot find the willpower, drive and motivation to achieve your dreams? Procrastination is the problem. This book is your answer. There is nothing that depresses productivity and stunts personal development more than procrastination. Yet, procrastination creeps slowly and meekly into our lives through the very same shortcuts that we engaged to allow us comfort and convenience - bad habits. This book, "Procrastination: Overcome the bad habits of procrastination and laziness and become more productive" has been specifically written to enable you kick out procrastination, regain your productivity and achieve your full potential. The book starts by introducing you to what procrastination really is and provides you with telling signs of procrastination, some of them often hidden and uneasy to detect. It further cautions you on the pitfalls you are likely to fall into should you not be careful and the negative effects of procrastination. Most people never realize that they are procrastinators. Never assume you are not one unless you prove it. A simple, yet powerful self-diagnosis procrastination test kit has been devised for you. Should you find yourself not a procrastinator, that would be great for you. However, it does not end there. You can use the same kit to help your family, friends and loved ones who could be suffering from procrastination without knowing it. Discovery is the best way to finding a lasting solution. The best way to confront a disease it to go beyond its symptoms and attack its root causes. Some of the root causes may be common to all procrastinators while others could be unique to each procrastinator. Nonetheless, this book provides all likely causes of procrastination so that you can review and evaluate your very own condition and determine the most likely causes of your procrastination. Once you determine the root causes of your procrastination, the next obvious step is to heal it. This book provides you with the most elaborate, powerful and effective ways to overcome procrastination. Procrastination is an aggregate collection of bad habits which results into you delaying your decision or action without prudence. Like all bad habits, the best way to overcome procrastination is to engender good daily habits that will help you to prevent, avoid or nullify bad habits. Powerful and effective daily habits have been prescribed, which, if you diligently employ, will permanently keep off procrastination from your life. Lastly, but not least, every endeavor has a reward. The rewards of overcoming procrastination are immense and unlimited. Yet, this book provides you with the most obvious rewards that you will gain in the most prominent facets of your life - health, relationships and money. Enjoy reading.

THE NEW YORK TIMES BESTSELLER Great work lives inside all of us. The question is: Do we make the contributions we're capable of? Is our best work getting out there? Creating a difference the world loves? We've long been told our ability to succeed depends on our IQ, talent, education level, gender, job title, or when and where we were born. Great Work turns that conventional thinking on its head to reveal that innovation can come from anyone, anywhere. Especially you. With insights from the largest-ever study of award-winning work, Great Work reveals five practical skills that will help you ideate, innovate, and deliver work that gets noticed and appreciated. Great Work is filled with stories of real people in real jobs who did what was asked and then added something extra—a personal touch all their own—to deliver better-than-asked-for results. Their stories will inspire you to write your own page in the book of human progress. PRAISE FOR GREAT WORK "Great Work has me believing anyone can deliver a difference. I predict that 'making a difference people love' will embed itself in our lexicon for decades to come. -- STEPHEN M. R. COVEY, AUTHOR OF THE BESTSELLER THE SPEED OF TRUST "I recommend it to everyone, from every background, who has dreams of accomplishing great work." -- BARBARA CORCORAN, REAL ESTATE MOGUL, "SHARK" ON ABC'S SHARK TANK "We all know difference makers who, in small ways, make a profound impact on how we work and live. This book helps us celebrate them." -- TOM POST, MANAGING EDITOR, FORBES MEDIA "Great Work is a great work. It educates, inspires, and offers specific tools any employee or leader can use." -- DAVE ULRICH, PROFESSOR, ROSS SCHOOL OF BUSINESS, UNIVERSITY OF MICHIGAN; PARTNER, THE RBL GROUP "It takes passion, risk, and foresight to think beyond the status quo and see problems as opportunities. This book is inspiration for doing exactly that." -- KARIM RASHID, INTERNATIONALLY RENOWNED DESIGNER "Outstanding! A must read. Great Work will give you a whole new toolkit for success." -- LARRY KING, LEGENDARY INTERNATIONAL RADIO AND TELEVISION BROADCASTER Do you remember your mother telling you when you were little that you'd never meet Mr. Right if you were spending all your time and energy with Mr. Wrong? And what about the book out a few years ago that created such a hoopla with the single crowd – He's Just Not That Into You? The two main characters in Winter Interlude either didn't heed their mother's advice or haven't read the book. Now, add into the plot that the two in question are enemies who regularly run into each other, given their current relationships. Paul Morrison, a hunky, blond, financial planner, has been putting time and energy into winning the heart of Kate Winter's best friend for almost as long as Kate, a strong willed antiques dealer, has been dating James Morrison, Paul's brother. The sparks start to fly when the two get stuck together for a three-hour drive to the mountains and years of misconceptions about each other are slowly being wiped out. It is in the confines of the BMW that the two begin their journey, taking them from being mortal enemies to lovers. Winter Interlude tells the story of their adventure – of how they finally find love. Kate and Paul's story is the first one in a series of four friends caught in a time warp. They can't move on because they are stuck on their idea of their perfect dreams. But sometimes life works in mysterious ways and they are all forced by circumstances to change.Show More Show Less

--On the Stuff That Matters

Prisoner of the Mind

Recognize Your Patterns, Heal from Your Past, and Create Your Self

Magic and Miracles

The Great Work of Your Life

The 33 Laws of Tennis

Dry Heat

An accessible guide to the Hermetic Art. Encompassing tarot, Qabala, the Grail, yoga, and Buddhism, this investigation leads to the secret to all spiritual works and the creation of the Golden Rainbow Body, in which the alchemist, freed from birth and death, discovers the truth of existence.

A self-coaching book that helps you find challenging, fulfilling, and impactful work "in a manner similar to What Color Is Your Parachute?" (Seattle Pi). When you're up to your eyeballs answering emails, returning phone calls, attending meetings, and scrambling to get that project done, you can turn to this inspirational, motivating, and at times playful book for invaluable guidance. In fifteen exercises, Do More Great Work shows how you can finally do more of the work that pushes you forward, stretches your creativity, and truly satisfies you. The exercises are "maps"—brilliantly simple visual tools that help you find, start, and sustain Great Work, revealing how to: Find clues to your own Great Work—they're all around you Locate the sweet spot between what you want to do and what your organization wants you to do Generate new ideas and possibilities quickly Best manage your overwhelming workload Double the likelihood that you'll do what you want to do All it takes is ten minutes a day, a pencil, and a willingness to change. Do More Great Work will not only help you identify what the Great Work of your life is, it will tell you how to do it. "Great work really does come in small packages! This little book is a dynamo of 'great work truths.'" —Marshall Goldsmith, #1 New York Times–bestselling author of Triggers "[Stanier] has an ability to shake our tree and make us more conscious and responsible. And the best part—he makes it easy and fun." —David Allen, New York Times–bestselling author of Getting Things Done

The most respected business thinker of our time, Dr. Stephen R. Covey, and his associate Jennifer Colosimo offer this complete handbook for anyone seeking a job or a more fulfilling career.

Great Work, Great Career provides steps and tools for becoming indispensable in the work you choose.

Please note: This is a companion version & not the original book. Sample Book Insights: #1 The exercises in this section are called maps. They help you figure out where you are and where you're going. They also help you figure out how much Great Work you're doing now, which is useful before you start doing more of it. #2 Good Work is the familiar, useful, and productive work you do. It is a source of comfort, nourishment, and success. Good Work is vital in life and business. #3 Great Work is what you want more of. It is the work that is meaningful to you, that has an impact and makes a difference. It inspires, stretches, and provokes. Great Work is the work that matters. #4 There is no perfect mix between your Good Work and Great Work. The balance between them is a lifetime quest. And even if you do find a harmonious balance now, it will change over time.

Do More Great Work.

Self-Knowledge and Healing Through the Wheel of the Year

What's Next for You?

Celebrating People, Inspiring Greatness

Life Lessons and the Path to Healing

30 Day Coaching Workbook

Overcome the Bad Habits of Procrastination and Laziness and Become More Productive

Do you ever feel like you could do more with your life, but you don't know where to start? Do great ideas keep going through your mind, barely changing from year to year? Do you need the tools to get you going in the right direction? This book has one purpose: To help you make your dream come true, no matter how big that dream might be. To change your life you need the desire to change and the commitment to make that change possible through action. Mind to Mind Conversations will help start you on the path to a new life.

Fernando Soto dreamed of owning a business. For years he worked and struggled, never imagining that he could have a better life and then one day he woke up and believed that he could. In What's Next for You?, Mr. Soto shares the secrets to the fulfillment of his dream. But guess what? It's no secret at all. Living your dream is possible through hard work, dedication and an unrelenting will to succeed. Today, Mr. Soto owns a contract janitorial services company that services a broad range of clients in a variety of industries, from small office clients to automobile dealerships, manufacturing facilities, office buildings, medical practices and universities. One of his largest clients has annual revenues exceeding \$550 million with over ten thousand employees! He built his business from the ground up, taking notes and sketching his ideas on the manufacturing floor where he worked for years as an employee. The company where he last worked is now one of his valued clients. "Anything is possible," Mr. Soto says. Just keep your dream front and center and with Mr. Soto's help, you could be living your dream life, too.

In an unorthodox approach, Georgetown University professor Cal Newport debunks the long-held belief that "follow your passion" is good advice, and sets out on a quest to discover the reality of how people end up loving their careers. Not only are pre-existing passions rare and have little to do with how most people end up loving their work, but a focus on passion over skill can be dangerous, leading to anxiety and chronic job hopping. Spending time with organic farmers, venture capitalists, screenwriters, freelance computer programmers, and others who admitted to deriving great satisfaction from their work, Newport uncovers the strategies they used and the pitfalls they avoided in developing their compelling careers. Cal reveals that matching your job to a pre-existing passion does not matter. Passion comes after you put in the hard work to become excellent at something valuable, not before. In other words, what you do for a living is much less important than how you do it. With a title taken from the comedian Steve Martin, who once said his advice for aspiring entertainers was to "be so good they can't ignore you," Cal Newport's clearly written manifesto is mandatory reading for anyone fretting about what to do with their life, or frustrated by their current job situation and eager to find a fresh new way to take control of their livelihood. He provides an evidence-based blueprint for creating work you love, and will change the way you think about careers, happiness, and the crafting of a remarkable life.

Enjoy 20 limited-detail illustrations, designed for those who would rather keep it simple. Each page was hand-drawn and edited by K J Kraemer, with you in mind. If you don't want to spend days on a project or just want room to get creative, this adult coloring book is for you!

The Hidden Habits of Top Performers

An Advanced Guide to the Great Work

33 Tennis Concepts to Help You Reach Your Potential.

The Great Work

A Practical Guide to Discovering and Living Your Extraordinary Story

How to Kill Email Anxiety, Avoid Distractions, and Get Real Work Done

Stretch for Change

Declare Y.E.S. loud and clear to create new possibilities in your life and leadership.

Prisoner of the Mind - Spiritual Self-Improvement Personal Development We have the largest prison population in the world in America today, but how many men and women were locked up in their minds before they got to prison? Prisoner of the Mind by Jeff Hairston is much more than a self improvement book- it's a personal development tool that can help you overcome your fears and FINALLY live your life as God intended. "Prisoner of the Mind" by Jeff Hairston is a thought provoking book aimed at helping you find a spiritual balance in life and to break free of the prison of negative thoughts and emotions that your mind has created over the years. Jeff artfully guides you through the many aspects of life that plague our minds today intertwining important lessons with examples from his own life story. Fear is one of the most important emotions when experienced in the right way. It can help us in life threatening situations by keeping our mind on high alert. but what happens when fear comes into contact with the ego? That very same fear that is there to save you can also stop you from living a normal, healthy life -and in some cases even kill you! It's all about using the fear to your advantage and being consistent and persistent against it. Many of the issues plaguing our mind are created by past life events that are left unresolved. "Prisoner of the Mind" asks the important spiritual questions and expertly tackles negative personal issues to help you better understand and overcome the prison that your own mind had created. Break free from the personal prison that your own mind created - order your copy of "Prisoner of the Mind" by Jeff Hairston today!

From the author of the runaway bestseller The Coaching Habit comes an authoritative guide to getting the most out of your workforce—and it all starts with curbing your urge to dole out advice. In The Advice Trap, bestselling author, speaker, and leadership coach Michael Bungay Stanier shares his invaluable insights into developing team members' professional performance, using tips that even the busiest managers can put into play. Learn how to confront and quell the three advice monsters that lurk inside us all, and how to resist the seven temptations that can ensnare even the most well-meaning manager. With his trademark wit and wisdom, Michael shows you exactly how to ask questions that drive impact and engagement, eliminate the negative and accentuate the positive. He takes you through examples of common problem situations, and reveals how to overcome them by using his everyday coaching tips. Finally, he shows you how to attain the highest level of engagement with his "blackbelt" tools of employee interaction: transparency, lightness and deep appreciation. A companion to The Coaching Habit, The Advice Trap gives you the power to say less, ask more—and change how you lead forever.

Hopelessly in a funk with no apparent way out, mortgage industry veteran, Mark Stiles, grasped desperately to the only thing that could help: CHANGE. For the past few years, Mark has been stuck in a life of mediocrity - unfulfilled and simply getting by..... Slowly, but surely, both his personal and professional lives have derailed and are on a one-way track to disaster. Now, after a chance encounter with an old friend and colleague in the business, Mark is presented with a challenging opportunity that can radically change his life. A change that could not only allow him to achieve his dreams and provide an abundant life for his family, but a change that could inject long-forgotten purpose, meaning and fulfillment back into his career and very soul. Whether you're a mortgage veteran or a newbie to the residential mortgage scene, this book is possibly the answer to your problems! It not only provides solutions to the issues you've faced with loan files, but it outlines a proven, strategic framework for re-structuring your life to reach all the goals you've set for yourself and achieve unlimited success. The only question is: are you prepared to hit the Reset button and change?

Why Skills Trump Passion in the Quest for Work You Love

Leading from the Ice

The Disabled Workforce

Appreciate

Great at Work

A Proven Plan to Start Something That Matters

Beyond Dollars: 15 Ways to Drive Employee Engagement and Reinforce Culture

A modern, no-nonsense guide to getting rid of email anxiety, reclaiming your productivity, and spending more time on the work that matters. Let's face it: Email is killing our productivity. The average person checks their email 11 times per hour, processes 122 messages a day, and spends 28 percent of their total workweek managing their inbox. What was once a powerful and essential tool for doing our daily work has become a near-constant source of frustration, anxiety, and distraction from our work. Unsubscribe will show you how to tame your inbox and reclaim your focus, with tips on how to: Break free from email addiction and the "inbox zero" obsession Build a daily email routine that reduces stress and anxiety Process your inbox based on what (and who) really matters to you Write messages that get people to pay attention and take action Set boundaries and say "no" to time-wasting distractions Plan your day around meaningful work -- not busywork Productivity isn't about just "keeping busy," it's about leaving a legacy. Are you ready to Unsubscribe?

THE 33 LAWS OF TENNIS By Joseph Correa Learning to master the mental side of tennis has always been a difficult part of the game. Some players have decided to simply not train mentally or simply ignore it which is a big mistake. It is said that winning in tennis is 80 - 90 % MENTAL! Just take into account that key points in a tennis match such as match point, game point, break points, and set points, are all crucial situations that can decide the outcome of any particular competition. SO WHY DO MOST PEOPLE SKIP MENTAL TRAINING? Take into account that on average a tennis match lasts 1 hour and 30 minutes. Focusing for such an extended amount of time is not easy task but with the right concepts and ideas to get you there things will become more obtainable. Start reading and putting into practice the concepts and ideas provided in this book so that you can get the most of your game and win more often. For more great tennis books and videos go to www.tennisvideostore.com

Coaching is an essential skill for leaders. But for most busy, overworked managers, coaching employees is done badly, or not at all. They're just too busy, and it's too hard to change. But what if managers could coach their people in 10 minutes or less? In Michael Bungay Stanier's The Coaching Habit, coaching becomes a regular, informal part of your day so managers and their teams can work less hard and have more impact. Coaching is an art and it's far easier said than done. It takes courage to ask a question rather than offer up advice, provide an answer, or unleash a solution. Giving another person the opportunity to find their own way, make their own mistakes, and create their own wisdom is both brave and vulnerable. It can also mean unlearning our "fix it" habits. In this practical and inspiring book, Michael shares seven transformative questions that can make a difference in how we lead and support. And, he guides us through the tricky part - how to take this new information and turn it into habits and a daily practice. -Brené Brown, author of Rising Strong and Daring Greatly Drawing on years of experience training more than 10,000 busy managers from around the globe in practical, everyday coaching skills, Bungay Stanier reveals how to unlock your peoples' potential. He unpacks seven essential coaching questions to demonstrate how--by saying less and asking more--you can develop coaching methods that produce great results. - Get straight to the point in any conversation with The Kickstart Question - Stay on track during any interaction with The AWE Question - Save hours of time for yourself with The Lazy Question, and hours of time for others with The Strategic Question - Get to the heart of any interpersonal or external challenge with The Focus Question and The Foundation Question - Finally, ensure others find your coaching as beneficial as you do with The Learning Question A fresh, innovative take on the traditional how-to manual, the book combines insider information with research based in neuroscience and behavioural economics, together with interactive training tools to turn practical advice into practiced habits. Dynamic question-and-answer sections help identify old habits and kick-start new behaviour, making sure you get the most out of all seven chapters. Witty and conversational, The Coaching Habit takes your work--and your workplace--from good to great.

Really it's a FUN book, not a workbook! Have you been asking, "How do I manifest my dreams?" This is your opportunity to create magic and miracles in your life! Gratitude and asking for what you want can create miracles in your life. You can fall in love with your life and create your dream life. Your dreams really can come true. The "Magic and Miracles: 30 Day Coaching Workbook" can help you in finding YOUR passion - answering the question many of us struggle with. What is YOUR passion? Dream and live an unexpected life. Ready for more joy, energy and enthusiasm? You can find it through the simple exercises included in the workbook, which help you to tap into your Spirit. Start creating magic and miracles in your life. Get started with this 30-day coaching workbook - and you'll be on your way to a new you and a new life in just one month.

Summary of Michael Bungay Stanier's Do More Great Work.

Reset

Unsubscribe

Hijack Over Weaver's Needle

The Advice Trap

Visionary

How to Begin

"A critical read for any leader to understand our changing times." — Charles Adler, founder, Kickstarter. Discover how to thrive in an unpredictable world. Turn adaptability into a competitive advantage. An approach to innovation that challenges traditional change management theories with down-to-earth lessons, tips and actionable exercises.

Dry Heat is the debut novel by indie author Steven Eggleton. A dirty, angry, and often painfully funny read, Dry Heat explores the angst and confusion people in their early twenties frequently feel. Written in Eggleton's skeptical, sardonic, and bluntly frank narrative voice, the book chronicles a little over a year in the life of Vincente Vasquez, a disillusioned grocery-store clerk living in Tucson, Arizona. Chiefly concerned with escaping the drudgery of work, social equality, and the pursuit of sex; Dry Heat is a visceral and raw novel that's sure to leave an impression.

Discover how to become an entrepreneur by starting your own small business Do you hate your job? Are you looking for a way to build the lifestyle you want? Do you want to work from home but have no business ideas?

Would you like to explore new business opportunities? Becoming an entrepreneur and starting your own business is actually not as difficult as what most people would have you believe. You don't need a MBA or business degree, nor do you need years of experience. Entrepreneurs start small businesses, often highly successful, with a few simple business ideas and not much else. Take Action! and Start your own Business explores why

entrepreneurs go out on their own and how they go about it. ** The myths surrounding starting your own business are stripped away. This book will show you: How to start your own business. Where to look for new business ideas. How entrepreneurs take business ideas and turn them into profit. How running a small business can free you from the rat race. How to build your life around your unique purpose in life. Taking Consistent Action is Key to Changing your Life**Do you want your own profitable small business that will bring fame and success? Do you desire financial independence and personal freedom? Would you love to improve your relationships and make them more fulfilling by being able to spend more quality time with your loved ones?**** Becoming an entrepreneur and starting your own business becomes easy once you know how. You can achieve all of the above, but you must be willing to take action. If you apply the principles taught, you can become an entrepreneur and start a small business faster than what you ever imagined possible. Will this be one of those books that will change your life and start you on your entrepreneurial journey? There's only one way to find out ...Starting a business has never been made this easy!

What's Your Green Goldfish is based on the simple premise that employees are the key drivers of customer experience and that "Happy Employees Create Happy Customers." The book focuses on 15 different ways to drive employee engagement and reinforce a strong corporate culture. It's the second book in the goldfish trilogy. The first book was an Amazon Best Seller entitled, What's Your Purple Goldfish. Purple focused on customers, whereby Green focuses on employees. Both books are based on a revolutionary new approach called marketing g.l.u.e. (marketing by giving little unexpected extras). The book is based on the findings of the Green Goldfish Project, an effort which crowd sourced 1,001 examples of signature added value for employees. Key themes emerged from the Project. The book is filled with over 200 examples. PRAISE FOR WHAT'S YOUR GREEN GOLDFISH "Stan is the sherpa that guides executives along the journey between the heart and mind of business stakeholders. Stakeholders aren't always customers though. At a time when company vision and culture matters more than ever, it takes inspired and engaged employees to bring them to life." - Brian Solis, author of What's the Future of Business #WTF, The End of Business as Usual and Engage "So often overlooked, and so very vital to building company value... empowering employees to support each other and the brand. Stan Phelps 'gets' it and Green Goldfish will walk you step-by-step though achieving this critical goal." - Ted Rubin, author of Return on Relationship "Great customer centric organizations only exist because of engaged and empowered employees. The Green Goldfish is packed with awesome examples of what world class companies are doing today to inspire and reward their employees. If you see value in truly building an "A Team," Green Goldfish will be, without question, your single best reference." - Chris Zane, Founder and President of Zane's Cycles, author of Reinventing the Wheel, the Science of Creating Lifetime Customers "Stan Phelps takes customer service to a whole new level by focusing on EMPLOYEE service, and how to do well by your employees - so they take care of your customers. Packed with stories, insights and R.U.L.E.S. any company can follow, this book is a must-read for managers of companies of all shapes and sizes who know that employees don't leave jobs - they leave managers, especially when they don't feel your love and appreciation. Pick this up, and start engaging your team and making more GREEN - Phil Gerbyshak, author of The Naked Truth of Social Media "Our large-scale research shows unequivocally that engaged employees are more likely to work longer, try harder, make more suggestions for improvement, recruit others to join their company, and go out of their way to help customers. They even take less sick time. Companies can tap into the enormous value of engaged employees by following the 15 ideas that Stan lays out in this book." - Bruce Temkin, author of The Six Laws of Customer Experience "Too often, the actual employment experience delivered on the job does not measure up to the version sold to job candidates during the interview process. In What's Your Green Goldfish, Stan Phelps offers 15 ways to close the gap." - Steve Curtin, author of Delight Your Customers: 7 Simple Ways to Raise Your Customer Service from Ordinary to Extraordinary (AMACOM, June 2013) "In What's Your Green Goldfish, Stan Phelps brilliantly applies the idea of 'doing a little something extra' for employees. You know, those people that actually get the work done and keep customers happy. Read it, put some of the ideas to work, and soon you'll be reaping more 'green' from your customers." - Bob Thompson, Founder and CEO, CustomerThink Corp.

How to Have Great Meetings

A Lean Coffee Book

How to Do the Work

The Coaching Habit

Daily Rituals

Get Unstuck & Get Going

The Tower of Alchemy

Meetings don't need to be terrible. They can be the best place for us to connect with the people we work with and do great things. This book presents the Lean Coffee method which has since its inception in 2009 spread across the globe to radically shift the way people meet with each other.

This text encapsulates nearly 3,000 years of philosophy and success literature to reveal the most elemental and profound truth governing all personal achievement: habit is the single-greatest determinant in a person's ability to realize a life of success and achievement. This edition reveals its proven step-by-step methodology.

Fusing ancient Western spirituality, energy work, and psychology, The Great Work is a practical guide to personal transformation season by season. Learn to be truly holistic by incorporating key physical, emotional, and energetic practices into your life at times when the natural tides are in harmony with your process. The Great Work captures the core essence of each festival with eight key themes that span the annual cycle—a cycle that reflects human development and experience. Discover how Yule can alleviate a painful childhood, how Beltane can facilitate conscious relationships, and how Mabon can assist with determining your life's purpose. Find guidance through daily journal questions, elemental meditations, and the author's unique energy-healing technique of Hynni. With this invaluable resource for your journey of inner alchemy, you'll develop an intimate connection with the earth's impulse to create balance and harmony. Praise: "Tiffany Lazic weaves together psychology, myth, meditation and keen observation of the natural world, creating an invaluable and original resource for healing work of all kinds. Inviting and accessible to all readers."-Elizabeth Cunningham, author of The Maeve Chronicles "The Great Work presents inspiring insights and practical exercises that help unlock the alchemical mysteries at the heart of the Eightfold Path, and which facilitate a deep connection with the cycles of nature as they reveal their transformational powers in all of us."-Jhenah Telyndru, author of Avalon Within

"We need to refocus on leadership as a value important to our American republic. The book is a small effort in restarting the dialogue to stimulate the effort to produce more and better leadership on the ice and off.

Winter Interlude

Take Action! and Start Your Own Business

Do More Great Work

Say Less, Ask More & Change the Way You Lead Forever

A Mind to Mind Conversation

Great Work, Great Career

Stop the Busywork, and Start the Work that Matters

#1 NEW YORK TIMES BESTSELLER · INSTANT INTERNATIONAL BESTSELLER From Dr. Nicole LePera, creator of "the holistic psychologist"—the online phenomenon with more than two million Instagram followers—comes a revolutionary approach to healing that harnesses the power of the self to produce lasting change. As a clinical psychologist, Dr. Nicole LePera often found herself frustrated by the limitations of traditional psychotherapy. Wanting more for her patients—and for herself—she began a journey to develop a united philosophy of mental, physical and spiritual wellness that equips people with the interdisciplinary tools necessary to heal themselves. After experiencing the life-changing results herself, she began to share what she'd learned with others—and soon "The Holistic Psychologist" was born. Now, Dr. LePera is ready to share her much-requested protocol with the world. In How to Do the Work, she offers both a manifesto for SelfHealing as well as an essential guide to creating a more vibrant, authentic, and joyful life. Drawing on the latest research from a diversity of scientific fields and healing modalities, Dr. LePera helps us recognize how adverse experiences and trauma in childhood live with us, resulting in whole body dysfunction—activating harmful stress responses that keep us stuck engaging in patterns of codependency, emotional immaturity, and trauma bonds. Unless addressed, these self-sabotaging behaviors can quickly become cyclical, leaving people feeling unhappy, unfulfilled, and unwell. In How to Do the Work, Dr. LePera offers readers the support and tools that will allow them to break free from destructive behaviors to reclaim and recreate their lives. Nothing short of a paradigm shift, this is a celebration of empowerment that will forever change the way we approach mental wellness and self-care.

We unlock our greatness by working on the hard things. Coaching expert and bestselling author Michael Bungay Stanier (MBS) is on a mission: to help people achieve their most ambitious, daunting, worthy projects. But how can you get across the threshold so you can make bolder, more courageous choices in other areas of your life? The secret doesn't lie in mastering new habits and hacks; it's about downloading a new operating system for your life. MBS shows you how to regain power and make forward progression on projects and dreams that are meaningful to you. First, figure out The Plan. Be unabashedly ambitious for yourself and the world, commit to the work of hard change, and begin your hero's journey. Then, follow The Threshold Process. Set a worthy goal, weigh the prizes and punishments of acting (or not acting), and then take the first steps toward that goal. Instead of doubting yourself, fearing you'll make a mistake, and feeling like you need to play "small" so you don't disrupt the status quo, start showing up for yourself so you can show up for the world. Don't regret a life half-lived. Stepping up and pursuing your dreams is hard ... and it's exhilarating, and it's important. Let MBS show you how to get clear, get confident, and start anything that matters.

From Beethoven and Kafka to George Sand, Picasso and Agatha Christie, this compilation of letters, diaries and interviews reveals the profound fusion of discipline and dissipation through which the artistic temperament is allowed to evolve, recharge and emerge. 20,000 first printing.

An expert in the Americans with Disabilities Act (ADA) and California's Fair Employment and Housing Act (FEHA), Rachel Shaw is the foremost executive-level human resources compliance trainer in the country. As principal of Shaw HR Consulting for more than 15 years, she has helped thousands of public and private sector employers to manage their most challenging personnel issues related to disability compliance, leave management, and workers' compensation. Now, with "The Disabled Workforce," Rachel has written the book on ADA compliance, using straight talk to clarify confusing and complicated disability discrimination laws, while revealing her signature methods for managing the disability interactive process and its many challenges, including leave management, discipline issues, mental disabilities, fraudulent claims, and more. Inside are practical tools and easy-to-follow strategies for employers who navigate the interconnected roles of human resources, workers' compensation, and disability compliance. By applying Rachel's revolutionary Disability Interactive Process Hallway(TM), your organization will pinpoint legitimate accommodation requests and develop creative solutions while weeding out inappropriate claims. This proven approach saves organizations considerable time and money, reduces litigation, and improves employee-employer relations. "The Disabled Workforce" is an indispensable tool for human resources and risk management professionals to master ADA compliance while nurturing their diverse and dynamic workforces.

Great Work: How to Make a Difference People Love

What the ADA Never Anticipated

A Novel

Habit Factor (R)

A Guide for the Journey to Your True Calling

How Artists Work

Making a Difference in a World That Needs You

VISIONARIES ARE THE KEY TO MAKING OUR WORLD A BETTER PLACE! In compelling, concise, easy-to-read chapters, Visionary: Making a Difference in a World that Needs You makes the case that ordinary people can create extraordinary change in the world by learning and applying four basic principles distilled from visionaries of our past and present. You'll discover: The major difference between a visionary and a dreamer A step-by-step process for finding how you are best suited to make a difference in the world A step-by-step process for crafting an inspiring vision for you or your organization A step-by-step process for creating a practical roadmap to achieving your vision Four questions you must answer before people will buy-in to your vision Six characteristics of someone who has found their purpose How busy people can still make a difference in the world Filled with practical, actionable strategies and exercises. This book will guide you to a life of meaning, contribution, vision and purpose.

Transforming Fear and Anxiety is a ground breaking blend of Universal Spirituality, New Age Philosophy, 12 Step Recovery knowledge, A Course in Miracles wisdom and real life Courage. This book is a must read for those who want to get rid of anxiety and irrational fear based thinking and create a new positive way of thinking and living! It is a practical primer and an easy read. It motivates, inspires and encourages the reader to make the changes needed to decrease anxiety and fear, transforming the reader into an empowered new place while bringing the reader to a place of mind-body-spirit healing.

A romantic tragedy set in the tough corporate world of a major airline. Intense suspense culminates in a shocking moment, reminiscent of D.B. Cooper's infamous hijacking, as a man tumbles from a passenger jet ten thousand feet above a cool, moonlit Arizona desert night.A series of seemingly unrelated events have occurred over several months at TriCon Airlines. A routine flight turns tragic when a flight attendant is struck and paralyzed by a careening food cart. A massive bird strike rocks another flight and an engine explosion on yet another flight fatally injures a passenger. TriCon's arrogant management wrongly places the blame for much that happened on long-time and respected senior engineer, Jack Traner, shattering his comfortable life with his wife Ann. Agonized by the way his life has been torn apart, he sets in motion a deadly quest for revenge. Highly trained, armed with insider knowledge, and virtually unlimited access to TriCon's planes, he methodically and brilliantly sets the stage to exact retribution for his ruined life. An ordinary man, pushed too far, decides to push back.It's story that no one could have predicted or thought possible in today's environment of intense airport security and passenger awareness.

You work hard. You put in the hours. Yet you feel like you are constantly treading water with "Good Work" that keeps you going but never quite moves you ahead. Or worse, you are mired in "Bad Work"—endless meetings and energy-draining bureaucratic traps. Do More Great Work gets to the heart of the problem: Even the best performers are spending less than a fraction of their time doing "Great Work"—the kind of innovative work that pushes us forward, stretches our creativity, and truly satisfies us. Michael Bungay Stanier, Canadian Coach of the Year in 2006, is a business consultant who's found a way to move us away from bad work (and even good work), and toward more time spent doing great work. When you're up to your eyeballs answering e-mail, returning phone calls, attending meetings and scrambling to get that project done, you can turn to this inspirational, motivating, and at times playful book for invaluable guidance. In fifteen exercises, Do More Great Work shows how you can finally do more of the work that engages and challenges you, that has a real impact, that plays to your strengths—and that matters. The exercises are "maps"—brilliantly simple visual tools that help you find, start and sustain Great Work, revealing how to: Find clues to your own Great Work—they're all around you Locate the sweet spot between what you want to do and what your organization wants you to do Generate new ideas and possibilities quickly Best manage your overwhelming workload Double the likelihood that you'll do what you want to do All it takes is ten minutes a day, a pencil and a willingness to change. Do More Great Work will not only help you identify what the Great Work of your life is, it will tell you how to do it.

What's Your Green Goldfish?

How to Improve Your Change Fitness and Thrive in Life

Leading with Y.E.S.

Procrastination

Transforming Fear and Anxiety Into Power

Be Humble, Stay Curious & Change the Way You Lead Forever

So Good They Can't Ignore You

Wall Street Journal Business Bestseller A Financial Times Business Book of the Month Named by The Washington Post as One of the 11 Leadership Books to Read in 2018 From the New York Times bestselling coauthor of Great by Choice comes an authoritative, practical guide to individual performance—based on analysis from an exhaustive, groundbreaking study. Why do some people perform better at work than others? This deceptively simple question continues to confound professionals in all sectors of the workforce. Now, after a unique, five-year study of more than 5,000 managers and employees, Morten Hansen reveals the answers in his “Seven Work Smarter Practices” that can be applied by anyone looking to maximize their time and performance. Each of Hansen’s seven practices is highlighted by inspiring stories from individuals in his comprehensive study. You’ll meet a high school principal who engineered a dramatic turnaround of his failing high school; a rural Indian farmer determined to establish a better way of life for women in his village; and a sushi chef, whose simple preparation has led to his restaurant (tucked away under a Tokyo subway station underpass) being awarded the maximum of three Michelin stars. Hansen also explains how the way Alfred Hitchcock filmed Psycho and the 1911 race to become the first explorer to reach the South Pole both illustrate the use of his seven practices (even before they were identified). Each chapter contains questions and key insights to allow you to assess your own performance and figure out your work strengths, as well as your weaknesses. Once you understand your individual style, there are mini-quizzes, questionnaires, and clear tips to assist you focus on a strategy to become a more productive worker. Extensive, accessible, and friendly, Great at Work will help you achieve more by working less, backed by unprecedented statistical analysis.

Plain Molly

You've Got Time

Stop the Busywork. Start the Work That Matters.