

## How To Be Your Own Best Friend

*Create your own adventure on the high seas! In this fast-paced book you are the protagonist and it's up to you to make the decisions that will guide the story! All you know about yourself is that your name starts with "J" and you were orphaned as a young child. Sailing the ocean trying to earn your keep, you will deal with shifty crewmates, the lure of treasure, crazy creatures, and the risk of death! Cozy up in bed and read to yourself or gather 'round the campfire and read aloud—it will be sure to entertain! What is real, lasting happiness? How does one achieve it? And why are so many people holding themselves back? At the heart of this profound, simple, beautiful book is the wisdom of Mildred Newman and Bernard Berkowitz, married psychoanalysts who encourage readers to both love themselves and to confront life's hardest truths. A classic for more than three decades, How to Be Your Own Best Friend has already changed millions of lives. Now, open up your mind, and let it change yours. Praise for How to Be Your Own Best Friend "I want to tell you that it's magic, but the whole point of the book is that there is no magic. So instead let me simply say that I can't live without it."--Nora Ephron "A wonderful prescription for the blahs . . . an antidote to weariness, discouragement or loneliness."--Los Angeles Times "What the Berkowitzs unearthed . . . is a too-often-forgotten form of human intercourse called getting to know me."--Chicago Tribune "A kind of psychiatric pep talk . . . directed at people who [are] learning how to operate themselves."--The New York Times "Seductively jargon-free, presented in neat question-and-answer format."--Houston Chronicle In one of the toughest job markets in more than 20 years, applying the art of self-promotion is more vital than ever. Be Your Own Best Publicist shows anyone looking to land a new job, attract freelance assignments, stay essential in a current position, or get that coveted promotion, how they can use public relations skills to achieve his or her goals. Written by seasoned public relations pros Jessica Kleiman and Meryl Weinsaft Cooper, this helpful, easy-to-follow guide breaks down the fundamentals of PR and how to implement them to successfully promote yourself. Be Your Own Best Publicist will teach you how to: Set a personal PR strategy that gets results Build key message points and deliver them with style Craft the perfect "pitch" for each situation Network and develop relationships that will help you get ahead Use creativity to stand out from the competition Through humorous, informative anecdotes plus user-friendly tips and exercises, Be Your Own Best Publicist will arm you with the confidence, knowledge and tactics to help you market yourself in the workplace. Jessica Kleiman and Meryl Weinsaft Cooper have a combined 30-plus years experience in the public relations industry, having worked both in-house and on the agency side. Introduces the author's step-by-step plan for identifying core desires and acting upon them to create successful, satisfying, and more fulfilling lives.*

*The Only Start-up Book You'll Ever Need*

*The Listening Book*

*The Indispensable Guide to Living and Learning with Children at Home*

*Everything You Need to Know to Act Like a PR Pro*

*The Facts Visually Explained*

*Be Your Own Mentor*

*Own Your Self*

This kit provides everything a child needs to create his or her own book.ncluded are all the materials needed to create a hardcover book from scratch: book casing, blank pages (with materials to sew them together), endpapers.lue and brush, and a blank dust jacket.

The New York Times bestselling "road map of conscious compassion and love" (Deepak Chopra) from actor, singer, songwriter Tyrese Gibson. Organized as a series of fundamental questions that helped Tyrese redefine who he was as a human being, and evolve into a new man, How To Get Out of Your Own Way is a guide to helping yourself, using his experiences as a learning tool. "It's not about talking down to people, it's about elevating them," Tyrese says, stressing that life becomes infinitely richer when one takes the time to know oneself and understand the true meaning of peace and fulfillment. Some of Tyrese's chapter-based questions include: How much do you love yourself? How much do you want for yourself? Why do men cheat? What is your bottom line? Are you ready for the next level? With personal experiences paired with reflective questions based on his extremely popular blog piece, "The Love Circle", Tyrese hopes to inspire readers to pursue their dreams and not let life's obstacles stand in the way. "A triumph. Tyrese will shock and amaze you with how he overcame the odds and became a superstar." --Rev Run "I've watched Tyrese for many years -- I've watched him succeed; I've watched him fail; I've seen him as a beneficiary of serendipity, and I've watched him suffer at his own hand. And in the recent years, as we've become friends, I've witnessed Tyrese Gibson learn how to get out of his own way." --Will Smith

Not everyone has the means and resources to become a successful entrepreneur. So does that mean everyone else must hinge their success on the hopes that they survive the next set of layoffs and that their chosen field doesn't become the next dying industry? Not at all! The successful methods that the leading entrepreneurs used to find their niche in today's marketplace can be applied by all in their pursuit of a long-lasting, rewarding career.Own Your Future shows how to take the same small steps forward they use--Act. Learn. Build. Repeat.--to reinvent the way you maneuver in an unpredictable job market.
• Act--Thinking alone will never change your life; you must take that first step.
• Learn--What lessons did you learn from that first step?
• Build--Take what you learned and apply it to improve upon that first step.
• Repeat--Continue this process until you have achieved your goal!Too often, people picture their perfect career and then think through all the steps backward in order to plan out their path to career success. But today there is very little assurance that your chosen job--perhaps even the industry itself--will even be there by the time you maneuver through the long path of continuing education and promotions. Don't rest your success on the mercy of an ever-changing marketplace. Learn to take control! Filled with stories of professionals of all kinds who have profited from this proactive approach, Own Your Future gives you the tools you need to succeed--no matter what comes your way.

If you've ever found yourself picking off your nail polish, sitting in your sweats with an empty carton of Ben & Jerry's, wondering, "Where are all the good men, and why isn't a gorgeous one standing shirtless in my kitchen mixing me up a pomegranate mojito?" I hate to tell you this, but it's your own fault. Not to worry -- I'm here to help you make that fantasy a reality, with one major addition:

you'll be sipping that mojito with a big, glittering diamond ring on your left hand. Sounds too good to be true? It isn't. As a third-generation matchmaker and the president of one of the world's most elite dating services -- the Millionaire's Club -- I've put myself in the enviable position of being friend, confi dante, and relationship counselor to men and women the world over. I know what the good guys want in a wife, and what sends them screaming into the night. Now I'm sharing their secrets with you. I've compiled my best tried-and-true advice and I'm going to tell you the things that even your best friend doesn't have the courage to break to you. If you follow my formula, the man of your dreams will appear in your life, and you can be in a committed, monogamous relationship with him in less than a year. Get ready -- I'm about to show you how to make all your relationship dreams come true.

Make Your Own Lunch

Book 1: Orphan in the Ocean

Own Your Life

Living with Deep Intention, Bold Faith, and Generous Love

Save Your Own Damn Life

A Power of Your Own

How to Think Like an Entrepreneur and Thrive in an Unpredictable Economy

Take a 60-day journey to self-love, healing and manifesting your best life. The affirmations, penned by the modern day mompreneur, wife, and small business owner - Nikki B - are thought provoking, motivational and empowering. This book will encourage you to dig deep inside of yourself, teaching you to appreciate and nurture your soul and your life. Through the tools and guidance provided daily, you can tap into the divine being that exists within you as you are called into action to create and manifest the life that you deserve and desire.

Even though publicity is free and provides impact and credibility that advertisements can't touchthe majority of business owners never give it a second thought. How to Be Your Own Publicist shows small business owners and entrepreneurs how to generate good PR without hiring an outside firm. Written in an engaging and accessible style, it combines guidelines to maximize, multiply, and even recycle publicity leads with templates, checklists, and step-by-step instructions to help publicity beginners secure positive, profitable media coverage.

Bluebird, along with most everyone else at school, wants to flutter like the most popular bird in their class, Hummingbird. "You should go on a diet, and work out at the gym. You could flutter like me, if your body was thin." Bluebird takes this comment seriously and starts to develop unhealthy eating habits. Mom comes to the rescue by teaching Bluebird balance and by explaining that everyone needs to feel comfortable in their own feathers. With help from the Bird Doc and the Food Voice Counselor, Bluebird learns to control the Food Voice that is living inside. "I'm working on balance one day at a time. If I keep working hard, I should be just fine." How to be Comfortable in Your Own Feathers uses a creative approach to speak to children who may be currently struggling with body-image concerns. This story is written in a manner that gives children an opportunity to apply the characters' experiences to their own lives. It also demonstrates appropriate adult responses that encourage the development of healthy eating habits. Includes "Live It" Dos and Don'ts.

New in paperback, New York Times best-selling author presents a radical alternative to psychotropic meds: discerning the meaning in your symptoms and your struggle to reclaim your health and your self. "Kelly Brogan engages us in a courageous conversation about the epidemic of mental health issues in our society. Her work is an important part of the understanding that will set us free." -- Marianne Williamson, New York Times best-selling author of A Return to Love For years, we've been telling ourselves that our difficult feelings--sadness, rage, shame, intensity, worry--are somehow "not okay." And, all too often, we've relied on the promise of pharmaceuticals to tamp them down. The fact is, though, that these feelings are a vital part of our experience. They are real. And those of us who feel them most strongly are the canaries in the coal mine--sensitive to things that are seriously wrong in the world today. In a book that's both provocative and promising--available now in paperback for the first time--holistic psychiatrist Kelly Brogan, M.D., shows us that we don't have to medicate our mental, emotional, and physical pain away--that the best way out is through. She explodes the mistaken belief that our symptoms--from mood changes to irritability to fogginess and fatigue--are evidence that we are sick or broken. Then she charts a new path to get real, get well, and get free. The journey includes: Coming to a new appreciation of the meaning behind symptoms, and whether you are a canary in the coal mine Exploring the 5 reversible physical drivers of so-called mental illness Starting a process of radical physical healing with details of Dr. Brogan's history-making 30-day protocol Taking a deeper dive into the spiritual awakening and expansion that comes when you reclaim your real self from conventional medicine Guidance, support, and many Travel Tips shared from the trenches! Our experiences, Dr. Brogan argues, aren't problems or pathologies; they reflect what we need to accept, acknowledge, and transform in order to truly become who we are. Own Your Self is a journey of healing, and also something more: a journey of coming home to ourselves.

Get Out of Your Own Way

How to Be Your Own Best Friend

A Complete Guide

How to Be Yourself

A Do It Yourself Self Help Book

How to Live an Epically Epic Life through Work, Travel, Wonder, and (Maybe) College

How to Be Your Own Superhero in Times of Stress

The world has taught so many of us to mistakenly believe that we're undeserving of happiness or success, because of the simple fact of who we are. In A Power of Your Own: How to Ignite Your Potential, Uncover Your Purpose, and Blaze Your Own Trail in Life and Business, Nikki Groom weaves an empowering and inspiring message for women entrepreneurs and anyone who has ever felt underestimated: that no matter who you are, you matter, you are enough, and you are needed on the planet. Through nine refreshingly real and relatable chapters, this book will help you to reconnect with your inner power, live on purpose, and do more work that matters. Featuring stories and insights from: Reshma Saujani, CEO of Girls Who Code Kelsey Ramsden, dubbed Canada's Top Female Entrepreneur Lisa Van Ahn, a retired kickboxer who fought for the US National Kickboxing team and won a bronze medal at the Pan American Games And many more... ? Packed with powerful life lessons and real-world stories, A Power of Your Own is a business and self-help book like no other.

Even though women-owned businesses in the United States have grown by 114% in the past 20 years, they still only account for 4.2% of total U.S. business revenue.Best-selling author Jaclyn DiGregorio knows what it's like to work long hours on your business and be disappointed time and time again. After struggling for three years to build a sustainable business, she made a powerful decision to change her mindset. In Stop Getting In Your Own Way, Ms. DiGregorio details the many ways that ambitious women can shorten the time it takes to build a successful business, increase their income and expand their impact. Explore business growth strategies, mindset development and goal-setting as Jaclyn dives into the secrets of stepping into the business (and life) of your dreams. You already have everything inside of you to build your dream business. It's time to to let go of the fears, limiting beliefs and bad habits that have been holding you back. You were destined for so much more than to stand in your own way.

Hugely successful life coach's guide to overcoming obstacles and achieving your wildest dreams. All of us have dreams about what we'd like to do, who we'd like to be and where we'd like to go in life. But most of us are never able to make these dreams a reality. Now, in this highly motivating new book, Fiona Harrold uses her experience as a life coach to show us that we can turn our own lives around. With encouragement, humour and an emphasis on the practical, Fiona sets out the 10 steps to taking control of our lives. First we must set our goals, however crazy they may seem; then we must start on the path to achieving them. Along the way, Fiona uses case studies, affirmations and motivational techniques to keep us going, coaching her readers in the same way that she would her personal clients. Helping you in all areas - personal and professional - this book will be your most valuable guide to being the most that you can be.

Focuses on how to raise children as learners more than how to create a school within one's household.

A Month-by-Month Guide to a Business that Works

How to Start Your Own Business

Quiet Your Inner Critic and Rise Above Social Anxiety

A Small Book about the Small Choices that Make the Biggest Difference
Create Your Own Destiny

The John Holt Book of Homeschooling

Practical, proven self help steps show how to transform 40 common self-defeating behaviors, including procrastination, envy, obsession, anger, self-pity, compulsion, neediness, guilt, rebellion, inaction, and more.

Helping young people find their path to a successful future--with or without college College isn't right for everyone. And as tuition costs continue to rise, more and more young people--from straight-A students to the not-so-avid pupils--are choosing an alternative to the 4-year degree track to a promising future beyond the classroom. Make Your Own Lunch empowers and guides young people as they search for their answer to the age-old question: "What do you want to be when you grow up?" Readers discover new ways to pursue their interests and gain confidence. Finding Your Own North StarClaiming the Life You Were Meant to LiveHarmony

In this second edition of their classic book on personal brand, David McNally and Karl Speak show that developing a personal brand is not about constructing a contrived image. Rather, it is a process of discovering who you really are and what you aspire to be. The hallmark insight is to establish a strong and memorable brand is to make a positive difference in the lives of others through making lasting impressions that build trusting relationships. McNally and Speak take you through the process of identifying the key components of your brand, conveying that brand to aligns with important relationships in your life--particularly the one with your employer--and assessing your progress along the way. This thoroughly revised and updated edition features new material on how to use social media to build a powerful personal brand and case studies that have changed the world.

Master of Mindfulness

How to be Your Own Publicist

How to Ignite Your Potential, Uncover Your Purpose, and Blaze Your Own Trail in Life and Business

Teach Your Own

8 Keys To A More Fulfilling Life

Claiming the Life You Were Meant to Live

Achieve More of What You Want by Being More of Who You Are

*A proven, do-it-yourself formula for greater professional and personal success Successful career and life coach Anne Bruce knows how you can find happiness, fulfillment, and success at work and in life-and it's not by hiring a coach! Be Your Own Mentor delivers a unique, do-it-yourself process for identifying your hidden talents, abilities, and passions and developing them on your own. Bruce's four-part approach empowers you to get where you want in life by adopting a free-agent mindset, taking intelligent risks and building self-esteem, setting a course for balance in work and life, and discovering and developing your personal strengths.*

*Tapping into more than 33 years of small business expertise, the staff at Entrepreneur Media takes today's entrepreneurs beyond opening their doors and through the first three years of ownership. This revised edition features amended chapters on choosing a business, adding partners, getting funded, and managing the business structure and employees, and also includes help understanding the latest tax and healthcare reform information and legalities.*

*Happiness is feeling good about yourself. When you don't feel good about yourself, you don't feel good about anything. This important book by health guru Louis Proto is for everyone who suffers from low self-esteem which can lead to health problems and difficult personal and work-based relationships.*

*Napoleon Hill's timeless classic, Think and Grow Rich, has the distinction of being the best read self-help book of the twentieth century. Not so well known is how Hill earned his livelihood before he wrote 'Think and Grow Rich'. Another classic work of Dr. Hill is 'How to Own Your Own Mind' which shows the way to stabilise your mind and achieve success in life. As Dr. Hill repeatedly emphasised, action is critical to success. But you must think before you act or your actions will be wasted. These timeless chapters about the importance of thought before action will prove to be very instructive in helping you attain your own Definite Major Purpose. To do so, you must learn how to own your own mind, and this book will tell you how to do it.*

*Own Your Future*

*Become Your Own Matchmaker*

*Be Your Own Brand*

*Finding Your Own North Star*

*Make Your Own Book*

*Loving Yourself*

*How to Use PR Techniques to Get Noticed, Hired, and Rewarded at Work*

Congratulations, reader! You've successfully navigated through the trials of childhood and adolescence. Now, as you voyage through high school to college and beyond, you're set to begin your next big adventure: adulthood. A few big decisions await you, from majors and minors to jobs and careers (and maybe even marriage!). However, in between the big ones, you'll make a million other smaller, subtler choices that will underpin everything from your friendships to your bank account. These are the daily choices that will truly define you . . . so how will you choose? Choose Your Own Adulthood helps you approach these choices from a more thoughtful, curious, and ultimately self-aware perspective. You'll learn why responding is so much better than reacting, how loyalty is really overrated, which risks are worth taking and which are best avoided, and so

much more. Exciting things await you on your journey toward adulthood: which path you take is for you to decide. Choose wisely!

In 2017 34% of the workforce was considered part of the gig economy. This growing workforce of freelancers and side-giggers is also estimated to grow to 43% by 2020. That's 4 million freelancers, soon to be 7 million by 2020. Whether it's people looking to earn extra money, those tired of their 9-to-5, to entrepreneurs looking to grow their side hustle, Entrepreneur is uniquely qualified to guide a new generation of bold individuals looking to live their best lives and make it happen on their own terms. Whatever industry or jobs this new workforce takes, Start Your Own Business will guide them through the first three years of business. They'll gain the know-how of more than 30 years of collective advice from those who've come before them to: How to avoid analysis paralysis when launching a business Tips for testing ideas in the real-world before going to market with insights from Gary Vaynerchuk Decide between building, buying, or becoming a distributor What to consider when looking for funding from venture capitalists, loans, cash advances, etc. Whether or not a co-working space is a right move Tips on running successful Facebook and Google ads as part of a marketing campaign Use micro-influencers to successfully promote your brand on social media Discover everything you need to know to set up and run your own business successfully with this uniquely visual guide. Combining clear, jargon-free language and bold, explanatory illustrations, How to Start Your Own Business shows you how to shape your ideas into a profitable venture, taking you step by step through everything from business plans to branding. Packed with practical, authoritative info and graphics that demystify complex topics such as securing investors, establishing an online presence, and managing finances, this ebook gives you all the tools you need to understand how a modern startup works, and then start your own. Much more than a standard business-management or self-help book, How to Start Your Own Business shows you what other titles only tell you, combining solid reference with no-nonsense advice. It's the perfect primer for anyone with entrepreneurial aspirations, and essential reading for those who simply want to learn more about the world of business and management.

The Listening Book is about rediscovering the power of listening as an instrument of self-discovery and personal transformation. By exploring our capacity for listening to sounds and for making music, we can awaken and release our full creative powers. Mathieu offers suggestions and encouragement on many aspects of music-making, and provides playful exercises to help readers appreciate the connection between sound, music, and everyday life.

Be Your Own Life Coach

How to Be Comfortable in Your Own Feathers

The Only Startup Book You'll Ever Need

Become Your Own Boss in 12 Months

Choose Your Own Adulthood

How to Own Your Own Mind

Stop Getting In Your Own Way: A No B.S. Guide to Creating the Business of Your Dreams

**The Everything Start Your Own Business Book, 2nd Edition has everything you need to start your own business-and keep it running in the black. Completely updated and expertly revised by successful businesswoman Judith B. Harrington, this one-stop resource contains new information on: Online business strategy Critical professional associations and organizations Regulatory pitfalls Competitive concepts such as leased employees Being your own boss, head cook, and bottle washer isn't easy-one in three new businesses fail the first year. With this straightforward, no-nonsense reference book, you can make sure your business succeeds. Whether you need help formulating a business plan, finding financing, or running the business once it's off the ground, you'll find it all in The Everything Start Your Own Business Book, 2nd Edition.**

**"Become Your Own Boss is a must-read if you're thinking of launching a business of your own." --Jean Chatzky, bestselling author of Money 911 and Financial Editor, NBC Today Create a successful business this year! Written by America's #1 Small Business Expert, this essential handbook shows you how to launch your own business in just twelve months. Using her years of experience in business development, Melinda Emerson guides you through the process with step-by-step instructions for developing an effective marketing plan, setting a budget, and maintaining your business once it's up and running. She also offers brand-new strategies for obtaining financing through means like crowdsourcing as well as social media techniques that help build your business--all of which has been updated for today's market. With Emerson's expert business advice, you will finally follow your dreams and become your own boss!**

**The purpose of this book is to set you free to be who you really are. As you love who you are you will find that you move through life holding your head slightly high and your chest will be expanded and open for love and receiving. Your neck will be long and lean, your throat open showing you are always ready to share and relate. You will know who you are and therefore will feel comfortable to be fully expressed. You will no longer worry about what others think of you. Why? Because you love yourself flaws and all. When you love your Self, and have your boundaries in place, there is not much that can take you off center for too long. This book encourages you to shine in your own full expression in this beautiful life where you know you are loved just for being exactly who you are.**

**Picking up where Quiet ended, How to Be Yourself is the best book you'll ever read about how to conquer social anxiety. "This book is also a groundbreaking road map to finally being your true, authentic self." —Susan Cain, New York Times, USA Today and nationally bestselling author of Quiet Up to 40% of people consider themselves shy. You might say you're introverted or awkward, or that you're fine around friends but just can't speak up in a meeting or at a party. Maybe you're usually confident but have recently moved or started a new job, only to feel isolated and unsure. If you get nervous in social situations—meeting your partner's friends, public speaking, standing awkwardly in the elevator with your boss—you've probably been told, "Just be yourself!" But that's easier said than done—especially if you're prone to social anxiety. Weaving together cutting-edge science, concrete tips, and the compelling stories of real people who have risen above their social anxiety, Dr. Ellen Hendriksen proposes a groundbreaking idea: you already have everything you need to succeed in any unfamiliar social situation. As someone who lives with social anxiety, Dr. Hendriksen has devoted her career to helping her clients overcome the same obstacles she has. With familiarity, humor, and authority, Dr. Hendriksen takes the reader through the roots of social anxiety and why it endures, how we can rewire our brains through our behavior, and—at long last—exactly how to quiet your Inner Critic, the pesky voice that whispers, "Everyone will judge you." Using her techniques to develop confidence, think through the buzz of anxiety, and feel comfortable in any situation, you can finally be your true, authentic self.**

Start Your Own Business, Sixth Edition

8 Easy Steps for Attracting Your Perfect Mate

Be Your Own Best Friend

How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life & Those You Love

Be Your Own Best Publicist

Personal Coaching to Transform Your Life

How to take control of your life and achieve your wildest dreams

In a world that's moving so fast, it's easy to lose your sense of purpose. Clarkson journeys with you to explore what it means to live meaningfully, follow God truly, and bring much-needed order to your chaos. Discover what it means to own your life, and dare to trust God's hands as He richly shapes your character, family, work, and soul.

The classic guide to teaching children at home for a new generation of homeschooling parents In 2019, there were more than two million children being homeschooled. That number doubled during the pandemic and is now likely to continue increasing as more parents worry that school might not be the best place for their children to learn and grow. Teach Your Own helped launch the homeschooling movement; now, its timeless and revolutionary message of recognizing the ways children come to understand the world has been updated for today 's environment. Parents and caregivers will discover how to navigate: Learning in a classroom versus learning in the world The difference between a learning difficulty (which we all experience every time we try to learn anything) and a learning disability. Schedules that achieve the homeschooling-work-life balance that you want as a family The relationship between learning and play Homeschooling and technology And much more. John Holt's warm understanding of children and his passionate belief in every child's ability to learn have made this book an essential resource for over forty years to homeschooling families.

Faster than a speeding spitball, more powerful than a playground bully, able to breeze through homework and finish nightly chores in a single bound, it s "Master of Mindfulness" here to conquer stress, worry, and any trouble that comes your way! With this fun and empowering book, written "for" kids "by" kids and featuring cool illustrations and tips, young readers will learn how to use the power of mindfulness to address daily stressors whether at school, at home, or with friends so they can be confident, get focused, stay calm, and tap into their own inner strength. Kids can be their own superheroes no matter what life throws their way!"

This is not a typical self help book. This is a book of action. This is a book that is going to light a fire under your ass. In this refreshingly entertaining do it yourself-self help book, life coach, podcaster and inspirational speaker, Jessica Jeboult, will show you how to save your own damn life. By upholding the 4 commitments outlined in this book, you will track where your life needs improvement and learn the tools and strategies to successfully implement a solution immediately. Through hilariously inspiring stories, sage advice and simple, user friendly exercises, you will learn how to: -improve your health-override self doubt-live a life you're proud of-cultivate fulfilling relationships-build an endless source of confidence-love your job and career -take action You will get the cheat codes to living a happy, healthy, productive life filled with love. "Anything I can do, you can do too. If you want to take control of your life, let's get to work!"

Start Your Own Business

Create Your Own Magic

Create Your Own Adventure

Life Force

The Mastery of Being Your Own Person

How Be Own Best Friend

How to Get Out of Your Own Way

INSTANT #1 NEW YORK TIMES BESTSELLER Transform your life or the life of someone you love with Life Force—the newest breakthroughs in health technology to help maximize your energy and strength, prevent disease, and extend your health span—from Tony Robbins, author of the #1 New York Times bestseller Money: Master the Game. What if there were scientific solutions that could wipe out your deepest fears of falling ill, receiving a life-threatening diagnosis, or feeling the effects of aging? What if you had access to the same cutting-edge tools and technology used by peak performers and the world's greatest athletes? In a world full of fear and uncertainty about our health, it can be difficult to know where to turn for actionable advice you can trust. Today, leading scientists and doctors in the field of regenerative medicine are developing diagnostic tools and safe and effective therapies that can free you from fear. In this book, Tony Robbins, the world's #1 life and business strategist who has coached more than fifty million people, brings you more than 100 of the world's top medical minds and the latest research, inspiring comeback stories, and amazing advancements in precision medicine that you can apply today to help extend the length and quality of your life. This book is the result of Robbins going on his own life-changing journey. After being told that his health challenges were irreversible, he experienced firsthand how new regenerative technology not only helped him heal but made him stronger than ever before. Life Force will show you how you can wake up every day with increased energy, a more bulletproof immune system, and the know-how to help turn back your biological clock. This is a book for everyone, from peak performance athletes, to the average person who wants to increase their energy and strength, to those looking for healing. Life Force provides answers that can transform and even save your life, or that of someone you love.

With this newly updated edition, the experts show you how to make your dreams of starting a business come true!

Are you a entrepreneur? Are you in a slump right now? Do you feel like you can never get ahead? Well you are in for a perfect treat. Create your OWN destiny my friend. Not your friends, not your neighbor, not your dog, but your OWN destiny. Come with me on a journey to taking your game to the next level!

How to Achieve Greater Self-Esteem, Health and Happiness

The Surprising Path beyond Depression, Anxiety, and Fatigue to Reclaiming Your Authenticity, Vitality, and Freedom

From Financing Your Project to Making Your First Sale, All You Need to Get Your Business Off the Ground

Overcoming Self-Defeating Behavior

Unleash the Power Within

The Everything Start Your Own Business Book