

Productivity Planner Alex Ikonn

THIS IS A BOOK ABOUT SELF-SABOTAGE. Why we do it, when we do it, and how to stop doing it-for good. Coexisting but conflicting needs create self-sabotaging behaviors. This is why we resist efforts to change, often until they feel completely futile. But by extracting crucial insight from our most damaging habits, building emotional intelligence by better understanding our brains and bodies, releasing past experiences at a cellular level, and learning to act as our highest potential future selves, we can step out of our own way and into our potential. For centuries, the mountain has been used as a metaphor for the big challenges we face, especially ones that seem impossible to overcome. To scale our mountains, we actually have to do the deep internal work of excavating trauma, building resilience, and adjusting how we show up for the climb. In the end, it is not the mountain we master, but ourselves.

If you've ever struggled with diets, food, body image or your weight, then The Goddess Revolution is your new handbook for life. Imagine how much you would fall in love with your life again if you weren't so consumed by negative thoughts about food, your weight and your body? Imagine if you could effortlessly find yourself at your perfect weight, in your perfect body, and feel happier and freer around food than ever before? All women are born Goddesses - but we tell ourselves over and over again that for some reason, we don't deserve to feel good. We berate ourselves in the mirror, refuse to accept compliments and use food as a punishment/reward system to mask how we are really feeling about our lives. The Goddess Revolution is taking over as the new 'anti-diet'. This is not a fad diet or a set of rules to follow, but a revolutionary new way of thinking that will help women to end the war on their bodies, start embracing an incredibly rewarding relationship with food, and become happier and more fulfilled than they ever thought possible. Tackling very modern issues - including 'fitspiration' and the obsession with perfection caused by celebrity culture and magazine airbrushing - Melissa speaks in a language that women can relate to. Written with passion from one Goddess to another, this book offers readers practical tips and powerful tools to give them back control of how they feel in their bodies and what they choose to put in them.

Whether you're a self-published author, traditionally published or just starting out writing your first book, there are dozens of obstacles standing between you and six-figure success as an author. Wouldn't it be helpful if you knew ahead of time what those obstacles will be and how to overcome them quickly and easily? In Secrets of the Six-Figure Author you will learn the 12 key obstacles every author must face and how to blast through them without breaking a sweat.

Drawing from the wildly popular, self-published The Freedom Journal and The Mastery Journal, this motivational planner provides the structure and tools to build productivity, discipline, and focus. It explains how to set an attainable goal, while daily planning and 10-day review pages assure you'll complete your tasks, reflect on your successes and challenges, and make your dreams come true!

Transforming Self-Sabotage Into Self-Mastery

What entrepreneurs and executives should do before launching a lean start-up

The Mountain Is You

Cognitive Behavioral Therapy & Other Essentials

The 5-Minute Gratitude Journal

Grateful Hearts Gather Here

Passion Planner

The definition of “public archaeology” has expanded in recent years to include archaeologists’ collaborations with and within communities and activities in support of education, civic renewal, peacebuilding, and social justice. Barbara Little and Paul Shackel, long-term leaders in the growth of a civically-engaged, relevant archaeology, outline a future trajectory for the field in this concise, thoughtful volume.

Drawing from the archaeological study of race and labor, among other examples, the authors explore this crucial opportunity and responsibility, then point the way for the discipline to contribute to the contemporary public good.

This book offers practical help and guidance to aspiring illustrators. All areas of the job are covered – how to create a portfolio; the most effective ways to approach would-be clients; how to prepare for meetings and negotiate contracts; and how to handle, deliver, and bill a job. There is advice on how to avoid the pitfalls that can undermine crucial first impressions; how to set up a studio; and how to maintain a flow of work and manage one's time and cash. Success in self-promotion, creating websites, self-publishing, and the pros and cons of agents are all explored. International illustrators are interviewed, discussing how they got their break in the industry, their experiences with clients, their methods of promoting work, and more. In addition, leading art directors describe their approach to commissioning illustration, how they spot new talent, their thoughts on promotional material, and their advice to up-and-coming illustrators. Packed with useful tips gleaned from the author's own career as an illustrator, and his work as an agent handling some of the best new talent, the book is an essential read for anyone looking to succeed in illustration.

What's being widely regarded as "one of the most life changing books ever written" may be the simplest approach to achieving everything you've ever wanted, and faster than you ever thought possible 'Hal Elrod is a genius and his book The Miracle Morning has been magical in my life' Robert Kiyosaki, bestselling author of Rich Dad Poor Dad What if you could wake up tomorrow and any – or EVERY – area of your life was beginning to transform? What would you change? The Miracle Morning is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more ENERGY, MOTIVATION, and FOCUS to take your life to the next level. It's been

right here in front of us all along, but this book has finally brought it to life. Are you ready? The next chapter of YOUR life—the most extraordinary life you've ever imagined—is about to begin. It's time to WAKE UP to your full potential... 'Every once in a while, you read a book that changes the way you look at life, but it is so rare to find a book that changes the way you live your life' Tim Sanders, New York Times bestselling author of The Likeability Factor 'To read The Miracle Morning is to give yourself the gift of waking up each day to your full potential. It's time to stop putting off creating the life you want and deserve to live. Read this book and find out how' Dr Ivan Misner, CEO and Founder of BNI®

Feeling overwhelmed with work and life demands? Rushing, multitasking, or relying on fancy devices and apps won't help. The answer is to create the conditions for two awesome hours of peak productivity per day. Drawing on cutting-edge neuroscience, Josh Davis, director of research at the NeuroLeadership Institute explains clearly that our brains and bodies operate according to complex biological needs that, when leveraged intelligently, can make us incredibly effective. From what and when we eat, to when we tackle tasks or disengage—how we plan our activities has a huge impact on performance. Davis shows us how we can create the conditions for two awesome hours of effective mental performance by: Recognizing when to effectively flip the switch on our automatic thinking; Scheduling tasks based on their “processing demand” and recovery time; Learning how to direct attention, rather than avoid distractions; Feeding and moving our bodies in ways that prep us for success; Identifying what matters in our environment to be at the top of our mental game. We are capable of impressive feats of comprehension, motivation, thinking, and performance when our brain and biological systems are functioning optimally. Two Awesome Hours will show you how to be your most productive every day.

What entrepreneurs and investors should do before launching a lean start-up

Upping Your Elvis

Science-Based Strategies to Harness Your Best Time and Get Your Most Important Work Done

A Revolutionary Guide to Love, Life, and Relationships

Motivational Affirmation Gratitude Journal to Motivate and Provide Daily Inspiration

Managing Talent in the Networked Age

Master Productivity, Discipline and Focus in 100 Days!

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

It's time to pack perfect. Every trip, every time. Your journey starts here. When you travel, the journey is just as important as the destination--and packing is the first step. In **How to Pack**, Hitha Palepu, a former consultant who has traveled more than 500,000 cumulative miles around the world, shows that what and how you pack are who you are. Confidence and comfort inspire success upon arrival, whether you're exploring a new city, hoping to nail a job interview, or relaxing on a beach. In **How to Pack**, you'll learn about: • Power Pieces vs. Fantasy Pieces: How clothing earns its place in your suitcase • The Accessory Math Secret: The precise formula for all you need to finish off your outfits • Folding versus Rolling: What's right for which items • Globetrotter Gorgeous: Editing your beauty routine while still looking great • The Packing Timeline: How to avoid "I'm forgetting something" syndrome • Pack Perfect Lists: Samples and blanks for any kind of trip

What's being widely regarded as "one of the most life changing books ever written" may be the simplest approach to achieving everything you've ever wanted, and faster than you ever thought possible. What if you could wake up tomorrow and any-or EVERY-area of your life was beginning to

transform? What would you change? The Miracle Morning is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more ENERGY, MOTIVATION, and FOCUS to take your life to the next level. It's been right here in front of us all along, but this book has finally brought it to life. Are you ready? The next chapter of YOUR life-the most extraordinary life you've ever imagined-is about to begin. It's time to WAKE UP to your full potential...

"This guy does next level stuff. I have worked with him and I have no idea how or why he is able to do some of the things I have witnessed. Science is just catching up with biohacking. It's time to start studying spirit hacking and how Shaman Durek can achieve the tangible results he achieves."
—Dave Asprey, author of the New York Times bestseller, *The Bulletproof Diet*, Silicon Valley investor and technology entrepreneur *In Spirit Hacking: Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World*, Shaman Durek, a sixth-generation shaman, shares life altering shamanic keys allowing you to tap into your personal power. Through new information you will banish fear and darkness from your life in favor of light, positivity, and strength. Shaman Durek's bold and sometimes controversial wisdom shakes loose our assumptions about ourselves and the very world around us. He ultimately teaches us how to step fearlessly out of this Blackout (the age of darkness we are currently experiencing) and access a place of fierce empowerment by use of tools and techniques of timeless Shamanic tradition. This transformation is both personal and collective; as individuals step out of darkness and begin to experience the light, we bring our loved ones and communities out of the shadows as well. Shaman Durek inherited a rich legacy of ancient wisdom and now shares this knowledge for a modern context. He advises everyone from celebrities like Gwyneth Paltrow and Nina Dobrev to innovative executives such as Bullet-Proof Coffee founder Dave Asprey. *Spirit Hacking* shatters readers' complacency, giving them tools to navigate the tumultuous times in which we find ourselves. We will emerge from this period happier, lighter, and more vibrant than ever before.

A Focus Journal

Full Focus Planner - Grey 4.0

An Easy & Proven Way to Build Good Habits & Break Bad Ones

The New Business Road Test

v

A Motivational Journal

The 6 Habits That Will Transform Your Life Before 8AM

The New York Times Bestselling guide for managers and executives. Introducing the new, realistic loyalty pact between employer and employee. The employer-employee relationship is broken, and managers face a seemingly impossible dilemma: the old model of guaranteed long-term employment no longer works in a business environment defined by continuous change, but neither does a system in which every employee acts like a free agent. The solution? Stop thinking of employees as either family or as free agents. Think of them instead as allies. As a manager you want your employees to help transform the company for the future. And your employees want the company to help transform their careers for the long term. But this win-win scenario will happen only if both sides trust each other enough to commit to mutual investment and mutual benefit. Sadly, trust in the business world is hovering at an all-time low. We can rebuild that lost trust with straight talk that recognizes the realities of the modern economy. So, paradoxically, the alliance begins with managers acknowledging that great employees might leave the company, and with employees being honest about their own career aspirations. By putting this new alliance at the heart of your talent management strategy, you'll not only bring back trust, you'll be able to recruit and retain the entrepreneurial individuals you need to adapt to a fast-changing world. These individuals, flexible, creative, and with a bias toward action, thrive when they're on a specific "tour of duty"—when they have a mission that's mutually beneficial to employee and company that can be completed in a realistic period of time. Coauthored by the founder of LinkedIn, this bold but practical guide for managers and executives will give you the tools you need to recruit, manage, and retain the kind of employees who will make your company thrive in today's world of constant innovation and fast-paced change.

Angel of Fear is a timely corrective to the shallow "cures" for stress and anxiety that permeate our culture. It is a challenge to a greater view, and a practical guide to calm the mind and heal the nervous system with methods that have proven effective for hundreds of workshop participants. With his unique integral approach, Albert Buhr presents insightful solutions to the crisis of fear that psychiatry has failed to quell with its quick-fix suppression of symptoms. He exhorts us not to become fearless, but to face and befriend fear, and in so doing, embrace life. Fear, as it turns out, is the fuel for transformation.

A gratitude journal for greater joy and well-being in just 5 minutes a day Happiness begins with gratitude--the feeling of appreciation for the people and experiences in our lives that have helped or supported us in some way. The 5-Minute Gratitude Journal makes it easy and enjoyable to develop a daily gratitude practice, with insightful prompts that take just 5 minutes to complete. Any day, at any time, you can engage with thought-provoking prompts, powerful quotes, and positive affirmations. You'll feel inspired to notice things, big and small, that you might otherwise take for granted, and pause to feel grateful for them. The 5-Minute Gratitude Journal helps you: Start small--Easy journaling is the perfect

first step to turn gratitude from an occasional occurrence into a consistent practice. Find the attitude of gratitude--Discover the psychological and emotional benefits of a gratitude journal, and how it can help you feel happier and more optimistic in every part of your life. 5 Minutes each day--These short gratitude journal prompts are designed so that even the busiest of people can reap the rewards of greater gratitude. A new, positive mindset is just around the corner with The 5-Minute Gratitude Journal.

ROAD TEST YOUR IDEA BEFORE YOU WRITE YOUR LEAN START-UP Thinking about starting a new business? Stop! Is there a genuine market for your idea? Do you really want to compete in that industry? Are you the right person to pursue it? No matter how talented you are or how much capital you have, if you're pursuing a fundamentally flawed opportunity then you're heading for failure. So before you launch your lean start-up, take your idea for a test drive and make sure it has a fighting chance of working. With an accompanying app, available on iTunes and Android, that will enable readers to easily capture their road test data - notes, interviews, photos or videos - while they are on the go. www.newbusinessroadtest.com

The High Performance Planner

Gratitude

A Journal of Self-discovery

Self~Mastery Journal

Food That Makes You Feel Good

12 Secrets of the Good Life

The Pomodoro Technique

This guided journal will help you cultivate gratitude through the exercise of mindfulness and journaling. Gratitude: A Day and Night Reflection Journal will help you center your day around positive feelings and gratitude. It's the perfect place to record and celebrate anything that you are grateful for and to preserve important memories. This 90-day journal gives you a path to creating a habit of daily gratitude that you can carry with you throughout your life. Cultivating gratitude is one of the most potent and important mindfulness exercises, and thankfulness has proven to have a positive effect on a person's mental health and general well-being. Each page of the journal includes space to record expressions of gratitude, personal affirmations, memories of positive interactions, and commentaries on the significance of it all. The journal is intended for those who want to foster deep reflection as well as for those who simply want to discover the effects of thankfulness. Having filled the journal with statements of gratitude, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. The journal's 184 lined, acid-free pages made from archival paper take both pen and pencil nicely, and the back pocket is perfect for holding mementos.

The Anti-Anxiety Notebook is a guided journal designed by therapists to reduce stress and anxiety by helping you learn and practice evidence-based mental health tools.

ROAD TEST YOUR IDEA BEFORE YOU LAUNCH YOUR LEAN START-UP Thinking about starting a new business? Stop! Is there a genuine market for your idea? Do you really want to compete in that industry? Are you the right person to pursue it? No matter how talented you are or how much capital you have, if you're pursuing a fundamentally flawed opportunity then you're heading for failure. So before you launch your lean start-up, take your idea for a test drive and make sure it has a fighting chance of working. Now in its fifth edition, The New Business Road Test is the essential handbook for anyone wanting to launch a start-up. The new and fully updated case studies – Ella's Kitchen, Whole Foods, eBay and more – and 'seven domains' framework will help you avoid impending disaster and enhance your chances of achieving your entrepreneurial dreams. This book will help you answer the live-or-die questions: • Are the market and industry attractive? • Does the opportunity offer both customer benefits as well as competitive and economic sustainability? • Can you deliver the results you seek? The accompanying app (available on iTunes and Android) makes it easy to assemble all the evidence you need for your road test, wherever you are. www.newbusinessroadtest.com

From the best-selling author of Spartan Up! a complete 30-day workout and diet plan to help you reach peak performance Joe De Sena designed the Spartan races to test overall conditioning: strength, flexibility, endurance, and speed. His signature take-no-prisoners approach to achieving physical and mental fitness has taken the endurance world by storm and inspired millions. Now in Spartan Fit!, De Sena breaks down that approach and gives readers the tools they need to conquer the course – and life, including:

- A 30-day workout and diet plan to prepare for the Spartan Sprint – or to just get you in shape
- Full-body workouts requiring no

gym, no weights • How to build on one race to the next • Inspiring, motivating stories of Spartans A complete Spartan training guide, Spartan Fit! will arm readers with the strength, knowledge, and grit to never question their potential again.

Undated Goal Setting Journal with Motivational Prompts

Archaeology, Heritage, and Civic Engagement

A Guide to End Stress & Anxiety

The 5 Second Journal

Angel of Fear

The Professional's Guide to Fair Value

The Acclaimed Time-Management System That Has Transformed How We Work

The most powerful journal on the planet. In the international bestseller The 5 Second Rule, Mel Robbins inspired millions to 5 - 4 - 3 - 2 - 1...take action, get results, and live a more courageous life! Now, in The 5 Second Journal, Mel guides you step-by-step through a simple research-backed daily journaling method that will help you become the most productive, confident, and happiest you. It is the most powerful journal on the planet because it uses science to unlock the greatest force in the universe...YOU. Using this journal, you will: GET SH*T DONE You won't just get more done—you'll do it in half the time. Your life is way too important to spend it procrastinating. Invest a little time in here every day and in return you'll get the best tools psychology, organizational behavioral, and neuroscience have to offer. KISS OVERWHELM GOODBYE Stop being ruled by your to-do list and start getting the important work done. Filling your days with menial tasks will not lead to a meaningful life. This journal will keep your focus on what's most important, even in between conference calls and running errands. CULTIVATE ROCKSTAR CONFIDENCE Confidence is a skill YOU can build. Yes, you. And it's not as difficult as you may think. Every day this journal will give you a chance to step outside your comfort zone so you can feel proud of yourself and watch your self-confidence grow. AMP YOUR PASSION Want to live a more passionate life? Stop focusing on sh*t that drains you. Seriously. This journal will show you a cool way to power up your energy levels and tap into that inner zen that knows exactly what fuels your fire. GET CONTROL OF YOUR LIFE If you get to the end of the day and wonder where it all went, it's time to take stock. Using research from Harvard Business School, you'll learn one simple mindset trick that keeps you present to what matters most, which is the secret to being in control. BE THE HAPPIEST YOU Science proves that your mood in the morning impacts your entire day. That's why this journal is designed to boost your mood first thing, so you can become a happier, smarter, and more positive person all day. The fact is, happier people get sh*t done.

An all-encompassing guide to the elements and basics of fairvalue With the important role fair value is playing in the creation of a converged set of global accounting standards, demand for products in this category is growing spectacularly. The elements and basics of fair value are covered, including risk, dealing with the SEC, and details on legal responsibility. In addition, sample financial statements are included, along with tables, recommended applicable techniques, and management checklists for those who are responsible for preparing and approving of financial statements. Written by the Chairman and co-CEO of the International Association of Consultants, Valuators and Analysts (IACVA) Includes sample financial statements of both U.S. and foreign companies Appropriate for anyone involved professionally with finance—managers, accountants, investors, bankers, instructors, and students—The Professional's Guide to Fair Value is a reliable reference on the ins and outs of fair value financial disclosure.

WHAT'S IMPORTANT TO YOU TODAY? What if five minutes could change your routine and change your day? What if you checked in with how you are feeling for just those few minutes, maybe sitting down over that cup of coffee or tea, or quietly sitting by the window before you head towards the shower? Writing things down has been shown to help people more successfully achieve their dreams and goals. It is a way to help us focus on what matters, prioritise what we are going to do for the day ahead and track our progress. Five Minutes in the Morning offers a beautiful space and creative exercises to encourage reflection and intention setting at the start of the day. ALL IT TAKES IS FIVE MINUTES IN THE MORNING.

Whether you're struggling and looking to write or journal your feelings away, or need a great gift, this motivational notebook is sure to lift spirits and put happiness back in your life. Journaling goals? Need to focus on positive affirmations? This gratitude journal book provides ample space to write your thoughts and innermost feelings, use as a place to track your daily prayers and devotionals, or keep track of simple acts of kindness and notes. A perfect place for your reflection and prayer time, this notepad lets you focus on the good things in life, those people important to you who put a smile on your face, and track daily feelings. The Gratitude Journal features pre-formatted pages for you to write on: Write down what you are grateful for daily Always stay grateful Daily Affirmations Reasons to Smile Be Forever Grateful Be Obsessively Grateful Be A Magnet For Miracles Gratitude Journal pages for doodling, reflection, and tracking memorable events Space to write daily affirmations for great moments and important people Product Description: 8"x10" 120 pages Uniquely designed glossy cover High quality, heavy paper Ideas On How To Use This Tracker: Mother's Day Gift Birthday Gift Stocking Stuffer Teacher Gift Co-worker Gift Graduation Gift Pick one up for yourself and add one to your cart for your best friend. Also makes a great Christmas present.

Do It for Yourself (Guided Journal)

The Miracle Morning

A Day and Night Reflection Journal (90 Days)

The Bingo Theory

Accomplish What Matters to You

Shamanic Keys to Reclaim Your Personal Power, Transform Yourself, and Light Up the World

Red

Available through bookstores for the first time, the internationally acclaimed time management system that has been used by millions, written by Francesco Cirillo, creator of the Pomodoro Technique. Francesco Cirillo developed his famed system for improving productivity as a college student thirty years ago. Using a kitchen timer shaped like a pomodoro (Italian for tomato), Cirillo divided the time he spent working on a project into 25-minute intervals, with 5-minute breaks in between, in order to get more done, without interruptions. By grouping a number of pomodoros together, users can tackle a project of any length, and drastically improve their productivity, enhance their focus, and better achieve their goals. Originally self-published, and shared virally online, this new publication of The Pomodoro Technique includes several new chapters on how teams can use the pomodoro method to save time and increase productivity. The process underlying Cirillo's technique includes five stages: planning the

day's tasks, tracking your efforts, recording your daily activities, processing what you have done, and visualizing areas for improvement. With this tried and tested method, readers can simplify their work, find out how much time and effort a task really requires, and improve their focus so they can get more done in the same amount of time each day.

In Search of the Good Life Have you ever felt that your life--and budget--is spiraling out of control? Do you sometimes wish you could pull yourself together but wonder exactly how to manage all the scattered pieces of a chaotic life? Is it possible to find balance??? In a word, yes.?? Ruth Soukup knows firsthand how stressful an unorganized life and budget can be. Through personal stories, biblical truth, and practical action plans, she will inspire you to make real and lasting changes to your personal goals, home, and finances. With honesty and the wisdom of someone who has been there, Ruth will help you: * Discover your "sweet spot"--that place where your talents and abilities intersect. * Take back your time and schedule by making simple shifts in your daily habits. * Reduce stress in your home and family by clearing out the clutter. * Stop busting your budget and learn to cut your grocery bill in half. Who Needs This Book? Living Well, Spending Less was written to bring hope and encouragement to every woman who currently feels overwhelmed or stressed with a life--and budget--that feels out of control. It speaks to the mom trying to juggle all the demands of a busy life with the pressure to keep up with those around her. It is a practical guide for those of us who often long to pull ourselves together but don't always know how. It is real, honest, packed with practical tips, and speaks to the heart of the matter--how can we live the life we've always wanted? Want to know if this book is for you? * Do you ever find yourself comparing your life to those around you? * Have you ever wished for the courage to follow your dreams? * Do you ever struggle to stay organized or get things done? * Have you ever felt loaded down with stuff you don't really need...or even really want? * Do you ever struggle to keep your finances on track? * Do you sometimes long for deeper, more authentic relationships in your life? If the answer to any of these questions is YES, this book provides real and practical solutions from someone who has been there. Ruth doesn't just offer advice, she walks it with you, and shares with brutal honesty her own mistakes, failures, and shortcomings. It is encouraging, motivating, and life-changing. What Others Are Saying: "An incredible book that will teach you how to spend smart without compromising a great life. Ruth's stories and practical advice will make you want to be a better mother, wife, sister, and friend." --RACHEL CRUZE, coauthor with Dave Ramsey of Smart Money Smart Kids "Ruth knows firsthand how mamas like us live crazy busy lives, and she steps in as a friend to help us manage and love every minute of it. She offers her best tips for gaining control over the chaos with wisdom-based insights on all things thrifty and family. I'll be reading it again and again!" --RENEE SWOPE, bestselling author of A Confident Heart

It's the return of the MOB! This time celebrating all things crispy, squidgy, cheesy, spicy, warming, sticky, nourishing... all the flavours, textures and feel of comfort pulled together in one book, 100 recipes. COMFORT MOB is a celebration of hearty dishes from around the world that warm, soothe and fill us. Spending time in the kitchen recreating comfort is a way to indulge in dishes from the past and find new flavour and texture combinations that appeal to our senses. Featuring old-school bangers with a MOB Kitchen twist such as Roast Garlic Chicken Pie or Beef Brisket Lasagne, and modern dishes like Sriracha Crispy Tofu or Coca Cola Chicken Wings, COMFORT MOB encourages you to indulge every palate and craving in a fun, affordable and achievable way. If you're in a hurry but need a quick dose of comfort, recipes like the Grilled Halloumi and Peach Burger with Chipotle Mayo or Ben's Dad's Puttanesca will hit the spot in no time. For an extra dose of comfort, follow Mob's recipes for making your own pasta, focaccia and gnocchi to take your meal to the next level. Mob have also cooked up some cosy dessert recipes to finish - try Miso Sticky Toffee Pudding or extra-oozy Chocolate Jaffa Pool. COMFORT MOB is a nod to homeliness and cosy nights spent cooking with friends and family, recapturing the feeling of better, safer times with food that loves you back.

A bold motivational journal for anyone seeking to boost their productivity Whether you're embarking on a new project or planning your future, understanding what makes you tick is the crucial ?rst step in making things happen. Do It For Yourself combines the pop-art-inspired graphics of Subliming with 75 thought-provoking prompts by creativity and productivity expert Kara Cutruzzula. Choose any goal and work through the ?ve stages of the journal--getting going, building momentum, overcoming setbacks, following through, and seeking closure--or just open it to the phase you're in now. Each exercise is designed to help reorient your outlook, overcome roadblocks, and encourage mindfulness, with powerful typographic quotes to inspire you along the way. In these pages, ?nd the much-needed space to focus your energy, clear up mental clutter, and set yourself up for success. Because isn't it time you did it for yourself?

Living Well, Spending Less

The Alliance

The High Performance Journal

Spirit Hacking

Polestar Business Agenda 2022

30 Days. Transform Your Mind. Transform Your Body. Commit to Grit.

Mastering the Inner Game of Writing, Publishing and Marketing Books

Change Your Habits, Change Your Life is the follow-up to Tom Corleys bestselling book "Rich Habits." Thanks to his extensive research of the habits of self-made millionaires, Corley has identified the habits that helped transform ordinary individuals into self-made millionaires. Success no longer has to be a secret passed down among only the elite and the wealthy. No matter where you are in life, "Change Your Habits, Change Your Life" will meet you there, and guide you to success. In this book, you will learn about:

Upping Your Elvis is best described as a big energetic boost in a book. Learn how we're not naturally designed for business and how we spend far too much energy trying to fit in with its needs rather than the other way around. We're fish out of water--and it's sucking the life out of us. Packed full of simple tips and behaviours that will transform the way you show up, Chris Barez-Brown's latest book helps people understand what makes them tick, liberating them from the restrictive systems of traditional business and opening their eyes to a new way of working and living. This is the handbook to help you find your inner Elvis, that special mix of authenticity, energy, focus, talent and courage that is unique to you.

Here, in plain language, is the definitive guide for taking control of your life and imbuing it with greater meaning and productivity. Constructive Living is an action-based way of looking at the world that combines good, old-fashioned straight talk and the celebrated Japanese psychotherapies Morita and Naikan. David Reynolds, the father of this brilliantly simple and effective therapy, shows us how to live thoughtfully and economically, to regard our actions as if they were divine rituals, and

to perform them with the utmost care. He contends that contentment is achieved, not bestowed--attaining peace and satisfaction takes daily practice and learning. With user-friendly anecdotes, practical exercises, and a sense of humor, he refreshes the experienced student and takes the novice to the beginning, laying out the essence of Constructive Living.

Passion Planner This Goal Setting Journal will help you to plan out your goals month by month, then focus on the steps that will help you to achieve them and keep you motivated throughout the year and beyond. This planner is UNDATED and can therefore be started at any time of the year. It runs on a monthly basis to keep you focused, and to encourage long lasting changes. JOURNAL FEATURES: ?Year To View Goal Setter ? "Next Year and Beyond" (undated 5 year planner - you fill in the years) for setting longer term goals ? Undated Month to Page View Calendar + Monthly Goals Progress Page for each month. This monthly diary will help you to keep track of your important dates and appointments. The Monthly Goal Progress sheets to help you to keep track of your goal deadlines. ?Plus 2 x pages of journaling space for each month (with motivational quote, thought or question of the month to keep you inspired). Use this space for self reflection, gratitude, affirmations, visualising what achieving your goal would look/feel like or dream journaling. ? Goal Tracker pages to encourage a positive mindset, working on your action plan and setting deadlines. ? 6 pages of blank lined pages for your notes ? 8 pages of Mind Maps to help you to brainstorm your goals or plans. ?White paper with SOFT flexible cover. ?Handy 6" x 9" size.

Change Your Habits, Change Your Life

Life Balance

The 100-Day Goal Journal

The Best Daily Journal and Fastest Way to Slow Down, Power Up, and Get Sh*t Done

Two Awesome Hours

Working toward the Public Good

How to be an Illustrator

The Bingo Theory unites us all. Men are not from Mars and Women are not from Venus. We are all from Planet Earth. The traditional view of masculine and feminine energy is very black and white. If you are a woman, you are considered to be feminine, and similarly if you are man- you are considered to be masculine. This outdated and inadequate mindset has lead to a tremendous imbalance both internally in our lives, as well as externally in our world. The Bingo Theory breaks through this traditional gender-polarized idea of man and woman, by providing a new fresh view and understanding of masculine and feminine energies and the important role both of these energies play in our lives. Every single human on this planet has two energies living within them: the masculine and the feminine. The masculine energy helps us to operate in the outer world; it makes us strong, independent, and confident. The feminine energy, on the other hand, helps us love and connect to others. It's what makes us creative and intuitive. In this book you will learn how to balance the masculine and feminine energies within you so that you can be a Bingo. What is a Bingo? A Bingo is a winning combination of both of masculine and feminine energies. This inner balance is crucial in order to have a better relationship with yourself, attract your perfect romantic partner, improve your existing relationship, as well as have a fulfilling career. In this book you will: - Discover the groundbreaking medical research that has proven that, biologically, we are all a blend of masculine and feminine strengths. - Take a quiz that helps you to determine if your strength energy is masculine or feminine. This alone is a huge eye opener. It will allow you to see clearly what amazing strengths you posses and will also highlight the areas you need to work on. - Learn simple, actionable tips to help you balance your energies. - Learn how to attract a Bingo relationship if you are single. - Learn how to transform your existing relationships (whether romantic or otherwise) using the principles of masculine and feminine energies.

How to Pack

Secrets of the Six-Figure Author

Travel Smart for Any Trip

Atomic Habits

The Goddess Revolution

The Anti-Anxiety Notebook

The Future of Financial Reporting