

Results Think Less Achieve More

Life can be a bit overwhelming sometimes, right? It can be difficult to clear your mind of a million different anxieties and focus in on the one thing you need to get done. Bestselling author of Clarity and The Little Book of Clarity goes one step further with Results by using his Clarity Coaching Model to help you de-clog your mind so you can make better decisions, prioritise and focus on achieving those important goals. Develop a deeper understanding of why you act the way you do and awaken your inner potential. Jamie's transformational coaching techniques will help you improve in all areas of your life, from developing your listening skills during meetings at work to reducing the levels of stress in your life. These techniques will see you through three important changes - your personal transformation that will see you gaining confidence and understanding your own behaviour, your interpersonal transformation to guide you in having an impact on those around you, and lastly your commercial transformation to get your professional life moving in the direction you want. Results is full of helpful examples and exercises to get you on the road to the results you need. Learn how to: Prioritise and focus on the right goals at the right time Achieve the results you want by following the Clarity Coaching Model Improve your overall performance to gain better relationships with your colleagues, close friends and family Add more purpose to your life by allowing time for creativity and innovation Encourage others to follow in your footsteps! Praise for Results: "This book is going to wake up your innate ability to create results." - Sháá Wasmund MBE, author of the Sunday Times No. 1 bestseller Stop Talking, Start Doing "A visionary guide to success in the new transformation economy - simple principles, practical applications and bottom line results". - Michael Neill, No. 1 bestselling author of The Inside-Out Revolution and The Space Within "Results shows you how to unlock the potential of all individuals and every type of organization." - Eva Hamilton MBE, Founder and CEO, Key4Life "Results is a pleasure to read and full of deep insights into preparing ourselves for a more innovative way of thinking and organizing - it provides a guiding philosophy which puts our innate capacities at the heart of everything. It is a book that anyone interested in innovation - both inside and out - should read." - Paul Sternberg, Associate Dean and Head of Design Innovation, Ravensbourne University "There is a magic in this book, offering wisdom to everyone. Blink and you'll miss it. Blink and you'll get it." - Jim Lewcock, CEO, The Specialist Works "Jamie Smart has cracked the code for creating real results in a way that fits perfectly with who you really are." - Rich Litvin, Founder, 4PC and co-author of The Prosperous Coach "As an owner of a business a key success factor for me has been to focus on discovering and working with authentic people that enable me to continually deliver results. Without doubt the clarity principles and Jamie's insights have been an exponential multiplier for me in my business and personal life." - Chris Norton, Director, Mentor Group "Results provides a refreshing approach to personal and entrepreneurial transformation, and most importantly - to achieving results!" - Vlatka Hlupic, award-winning author of The Management Shift "We all know we can have our best ideas, have a clarity of insight, at unexpected times. In this book, Jamie Smart shows how we can have more moments of lucid clarity and how we can marry that clarity with a propensity to action to achieve results." - Peter Lake, Managing Director, Aztec Aspire "Jamie Smart's book connects the dots...so often missing...between understanding and excellent, creative actions that get results in the real world. A very stimulating book!" - Steve Chandler, author of Time Warrior "If you want to know what it really takes to get results and live your life to the fullest, this book is the answer. The human pursuit of success is never the problem. It's our understanding of how life works that gets in the way of our natural capacity to create, thrive and prosper as individuals and as a society. In a clear, engaging and practical way, Jamie lays out a crucial road map that will show you how getting results is far easier that you realize. Highly recommended." - Chantal Burns, No. 1 bestselling author of Instant Motivation "Results: Think Less, Achieve More is total wisdom power. Understanding what Jamie Smart presents will allow you the insights and realizations that awaken your innate ability to create truly transformative results." - Mark Howard, PhD, Three Principles Institute "Results: Think Less, Achieve More points you to the blueprint of where success truly comes from. This book will guide you to the source of life-changing insights. Well done, Jamie!" - Catherine Casey, M.A. Clinical Psychology, Principle Based Consultant "Results is an insightful and impactful book that flies in the face of the all too common shallow and ineffective self-help advice. This book has the potential to make a significant positive impact on your life." - Simon Hazeldine, bestselling author of Neuro-Sell "In this compelling book, Jamie Smart de-mystifies what underlies true transformation and your ability to get results in any aspect of your personal and professional life. Put on your seat belt and be prepared to have your conventional way of seeing the world be rocked, while simultaneously being introduced to an exciting new way of perceiving yourself and your world!" - Dicken Bettinger, Ed.D., retired psychologist, global seminar leader, founder of 3 Principles Mentoring, and co-author of Coming Home "The power of a clear mind is pretty much universally understood when it comes to stillness, tranquillity and happiness. Yet almost never is it linked to achievement, excellence and consistent results. Until now. In this profound book, Jamie Smart walks us through the extraordinary (and innate) process of experiencing a shift of consciousness or change of heart, first. Then cultivating the outcomes of our dreams becomes as simple as one, two, three." - Garrett Kramer, founder of Inner Sports and author of Stillpower and The Path of No Resistance

Think Smarter, Create Better Strategies, and Get Results Beyond Your Expectations. Does reality fail to meet your expectations? Do you fall short of your goals over and over again? Do you feel overwhelmed, unsure what the best course of action to follow next? If so, Master Your Thinking is for you Author and coach, Thibaut Meurisse, wants you to think smarter so that you can take better actions and reach your goals faster. In his latest book, you'll learn a step-by-step method to think more effectively so that you can develop reliable strategies and finally achieve tangible results. In Master Your Thinking, you'll discover: Why your current thinking is flawed (and what exactly you can do about it) How to create highly effective strategies that deliver incredible results 5 common biases that distort your thinking (and how to overcome them) 11 powerful questions that will turn you into a super thinker The secrets to align yourself with reality and get tangible results And much more. Master Your Thinking is your must-read guide to help you think more accurately so you can finally achieve your goals. If you like easy-to-understand strategies, practical exercises, and no-nonsense teaching, you will love this book. Buy Master Your Thinking today, and you will think better and get better results! This is book five in the Mastery Series. The first four are: Book 1 - Master Your Emotions A Practical Guide to Overcome Negativity and Better Manage Your Feelings. Book 2 - Master Your Motivation A Practical Guide to Unstick yourself, Build Momentum and Sustain Long-Term Motivation. Book 3 - Master Your Focus A Practical Guide to Stop Chasing the Next Thing and Focus on What Matters Until It's Done. Book 4 - Master Your Destiny A Practical Guide to Rewrite Your Story and Become the Person You Want to Be.

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of Give and Take). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In Deep Work, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, Deep Work takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

How often do you say 'YES' to something, when you know you really wanted to say 'NO'? You have the right and the power to choose. This book will show you how. The Yes/No Book is about choice. It empowers you with the ability to know exactly when to say 'YES' and when to say 'NO', showing you how to handle both with no fear, no guilt and with confidence and self-assurance. Empowered with the decision-making skills to know how and when to say 'YES' and 'NO' you will develop increasing control over your life. You will become more focussed, more productive, less stressed, more involved in doing the things you want to do and less in doing time-sapping chores that offer no benefit or joy. The book is structured into two parts. The first examines our addiction to 'YES', the second tells us how to embrace and start using 'NO' and how to choose when each is best for us.

A Practical Guide to Solving Complex Problems, Avoiding Unintended Consequences, and Achieving Lasting Results

The 80/20 Principle the Secret of Achieving More with Less - 20th Anniversary Edition Great at Work

Clear Mind, Better Performance, Bigger Results

The ONE Thing

The Hidden Habits of Top Performers

Own Your Power, Channel Your Confidence, and Find Your Authentic Voice for a Life of Meaning and Joy

Legal negotiating

According to author Mike Schmoker, there is a yawning gap between the most well-known essential practices and the reality of most classrooms. This gap persists despite the hard, often heroic work done by many teachers and administrators.

Schmoker believes that teachers and administrators may know what the best practices are, but they aren't using them or reinforcing them consistently. He asserts that our schools are protected by a buffer—a protective barrier that prevents scrutiny of instruction by outsiders. The buffer exists within the school as well. Teachers often know only what is going on in their classrooms—and they may be completely in the dark about what other teachers in the school are doing. Even principals, says Schmoker, don't have a clear view of the daily practices of teaching and learning in their schools. Schmoker suggests that we need to get beyond this buffer to confront the truth about what is happening in classrooms, and to allow teachers to learn from each other and to be supervised properly. He outlines a plan that focuses on the importance of consistent curriculum, authentic literacy education, and professional learning communities for teachers. What will students get out of this new approach? Learning for life. Schmoker argues passionately that students become learners for life when they have more opportunities to engage in strategic reading, writing with explicit guidance, and argument and discussion. Through strong teamwork, true leadership, and authentic learning, schools and their students can reach new heights. Results Now is a rally cry for educators to focus on what counts. If they do, Schmoker promises, the entire school community can count on unprecedented achievements.

"The book will use many of the examples, exercises and metaphors that have been tried and tested for many years, and that form the heart of the Certified Clarity Coach Training Programme"--

Stress. It's unavoidable today, it seems. High-intensity workplaces. Nonstop at-home demands. Traffic that follows you wherever you go. Stress is near impossible to avoid, and whether we acknowledge it or not, it's definitely taking a toll on our productivity and well-being. But is that spinach salad at lunch really helping to reinvigorate you at halftime? Is the yoga class on the way to work truly decreasing your mental workload throughout the day? Or do all these stress-reduction techniques we utilize to help us persevere through the day just become one more thing to do?In Stress Less. Achieve More. executive coach and psychotherapist Aimee Bernstein offers a more effective and realistic approach: Don't try to numb yourself from the pressure or run from it. Embrace it! See it as an energy source that you can tap into in order to accomplish more while feeling calm and centered. Part training manual, part spiritual guide, this must-have book for the stressed individual uncovers a total mental/physical/emotional formula to: • Stop reacting defensively• Retrain natural responses to stress triggers• Resolve conflicts harmoniously• Energize fatigued teammates• Relax in difficult situations• And moreWhen we swim against the stream of stress, we'll drown in its relentless current every time. But when we learn how to turn stress into an ally, we can thrive under even the most demanding circumstances. With the tips, techniques, and exercises in Stress Less. Achieve More. the overwhelmed will finally find the relief they've been searching for.

In Jamie Smart's book, The Profitable Coaches Scorecard, he explores the key multipliers that you need in order to enjoy growing your professional practice, have an even bigger impact on your clients, and start experiencing the sort of success that you want in your life and in the world. Reading this book will inspire you to take the next step as you learn and grow through your own transformation as a professional. In the book, Jamie explains that the results of your own transformation - who you are and how you're showing up in the world - are the most powerful thing you have to share with your clients and grow your practice. His book will help you navigate this process of becoming a transformation professional who's having an exponential impact in the world.

A Total Productivity System to Achieve More by Doing Less

Results

Issues at the Special Session of the 1975 U.N. General Assembly, Hearings Before the ..., 94-1, May 19, 21, and July 8, 1975

A Quick Guide to Focus and Declutter Your Mind

Hearings Before the Subcommittee on International Organizations of the Committee on International Relations, House of Representatives, Ninety-fourth Congress, First Session, May 19, 21, and July 8, 1975

The Only Thing You Need to Know to Change Your Life Forever

13 Things Mentally Strong Women Don't Do

The Surprisingly Simple Truth Behind Extraordinary Results

Imagine what you could achieve if you could only clear your mind The Little Book of Clarity shows you how to clear your head and get things done. Based on bestselling book, Clarity, this new edition has been distilled to the essentials, getting right to the point. With no vague theory or superfluous anecdotes, this book gets you right to work reducing stress and boosting productivity by uncovering your mind's in-built "self-clearing" capacity. As you begin to understand the concept of innate thinking, the benefits will start emerging in every corner of your life. As you think less, you'll win more — at work, at home, and at the game of life as a whole. You'll rid your mind of clutter for good as you focus on what matters, and finally free up the time you need to pursue your dreams. Life's constant bombardment of "to-do" and "urgent" pushes your own priorities clear off the radar. Before you know it, you're always busy, but not getting very much accomplished. Personal goals fall by the wayside as you struggle just to keep up with day-to-day life. This book shows you how to cut the noise and clear the fog, and start working on what matters to you. Harness the power of insight and principles Discover your true identity and innate wisdom Build better relationships and stronger connections Discard toxic goals and pursue authentic desires Clarity is the mind's natural state, a state to which it will always return if given the chance. Although it's evident in children, most adults have had this ability conditioned out of them by our "go-go-go" society, leaving them mentally muddy, stressed, and ineffectual. The Little Book of Clarity helps you erase that conditioning and gain the peace of mind to live a life you love — permanently.

Donors, leaders of nonprofits, and public policy makers usually have the best of intentions to serve society and improve social conditions. But often their solutions fall far short of what they want to accomplish and what is truly needed. Moreover, the answers they propose and fund often produce the opposite of what they want over time. We end up with temporary shelters that increase homelessness, drug busts that increase drug-related crime, or food aid that increases starvation. How do these unintended consequences come about and how can we avoid them? By applying conventional thinking to complex social problems, we often perpetuate the very problems we try so hard to solve, but it is possible to think differently, and get different results. Systems Thinking for Social Change enables readers to contribute more effectively to society by helping them understand what systems thinking is and why it is so important in their work. It also gives concrete guidance on how to incorporate systems thinking in problem solving, decision making, and strategic planning without becoming a technical expert. Systems thinking leader David Stroh walks readers through techniques he has used to help people improve their efforts to end homelessness, improve public health, strengthen education, design a system for early childhood development, protect child welfare, develop rural economies, facilitate the reentry of formerly incarcerated people into society, resolve identity-based conflicts, and more. The result is a highly readable, effective guide to understanding systems and using that knowledge to get the results you want.

How to defeat stress, worry, and anxiety to achieve more in business and life. From the international bestselling author of Self-Confidence. Are You A Worrier? Do you seem to worry more than most? Do you find that insignificant things stress you out? Do you sweat the small stuff and the big stuff too? Well, now 's the time to stop worrying and start living. Worry, stress, anxiety — whichever label you prefer to use — can have consequences that impact not only our lives, but the lives of others around us. When we worry it 's like the engine of our mind is constantly being revved up. It doesn 't allow us time to switch off and rest. It tires you out. And when you 're tired you 're less likely to think straight. And when you 're not thinking straight it 's easy to make stupid mistakes and confuse priorities... But relax. There is a way forward. In How Not to Worry Paul McGee shows us that there is a way to tackle life 's challenges in a calmer and more considered way. It is possible to use a certain degree of worry and anxiety to spur us on towards positive, constructive action, and then leave the rest behind. With down to earth, real life advice, How Not to Worry helps us understand why worrying is such a big deal and the reasons for it, exposing the behavioural traps we fall into when faced with challenges. It then helps us to move on with tools and ideas to deal with our worries in a more constructive way.

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.

Making The Most Of Me

Department of Defense Appropriations for 2003

Nautilus Magazine of New Thought

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

Deep Work

How Not To Worry

Stretch

Get In The Go Zone

How to Get More Motivated, Set Bigger Goals, and Achieve More by Thinking Bigger Have you ever wondered what separates people who think bigger from people who set their bar low? What makes one person accept low standards and another person to constantly raise them? Why does one person strive to build an international organization affecting the lives of millions of people, while another person is content working her entire life as a clerk? (Not that there's anything wrong with being a clerk!) Why is one person challenging herself to run marathons, train her body and get fitter, while another is happy living a sedentary, unhealthy lifestyle? What drives a person who's optimizing every single aspect of her life and what causes another person to maintain the status quo? You can say, "Well, the answer is simple enough - one person is ambitious, while the other one is not." But what exactly causes it? And most importantly - how do you become more ambitious and think bigger? Is it something you're born with and can't change, or is it something over which you have control? I found this topic so fascinating I decided to find out the answer for myself and write a book about it. This book is the result of my research about people who think big and the science of being more ambitious. Here are just some of the things you will learn from the book: - What key things you need to inspire yourself to think bigger, and more importantly, achieve your big goals. - Why you need a "why," and what kind of motivators will set you up for success (hint: attaining money or status are some of the least motivating goals possible). - The single most important thing to thinking bigger. If you don't have it in your life, you will sabotage your efforts - guaranteed. - What the chimp is and why you need to learn how to control it to get yourself motivated and work on your big goals. You can be making things hard for yourself without being aware of it. - How to cultivate the art of strategic laziness to achieve more while doing much less than other people (why work so hard if you can get better results by being lazy?). - The seven most important triggers of flow - a state of perfect focus where the magic happens. - The secret of achieving the impossible is not really such a secret, but most people tend to forget about it and get overwhelmed by their goals. I wrote this book to increase my motivation, teach myself how to think bigger and learn how to raise my standards. I hope the answer I found will help you as much as it has helped me. You can also learn how to find motivation to become the best version of you. Scroll up and buy the book now. For more free resources, sign up for my self-improvement newsletter: <http://www.profoundselfimprovement.com/tba>

FocusAccountabilitySimplicityTransparency Business and leadership in general are fast changing worlds. But too often policies, procedures, and bureaucracy can slow necessary changes to a crawl, and negatively affect a company's bottom line. Enter "FAST." "FAST" is a revolutionary approach to leadership that simplifies exactly what is needed in order to be successful. "FAST" is straightforward, pragmatic, and easy to follow, and will challenge you to think differently about the way you approach your business, your leadership and your life. "FAST" has been successfully used to turnaround failing projects, under-performing departments, and money-losing companies. This method of analyzing all aspects of business and leadership has been implemented in large, complex projects bringing change in record time. It has been used to help leaders, businesses, and corporations alike increase both growth and profitability. It also helped the author, Gordon Tredgold, to successfully run my first marathon at the age of fifty-two. Whatever your goals, "FAST" will help you successfully achieve them." FAST is the best leadership book ever. Gordon has written a Bible for CEOs and their leadership teams to transform the way employees at all levels think. " Tammy Kling, CEO, Books on Fire - Global Bestselling Author, Futurist " Reading FAST has resonated perfectly with my entrepreneurial experience my mistakes and learning from them. This book effectively sums up things we need to keep our focus on and in the business world, if we want to not just succeed but succeed smartly! Every entrepreneur and hopeful, MUST read this! " Szebastian Onne, Almost Naked CEO: HQ 101, Worldwide " Gordon Tredgold is the TOP leadership expert to follow on Twitter, and has been trusted to guide Fortune 500 companies on leadership. The book FAST is a reflection of the man. " Ken Dunn, Bestselling Author of The Greatest Prospector in the Word"

'It is easier to complicate than to simplify' - this book takes up that challenge and aims to refine and clarify the theories in the original Results to produce a more succinct route to clarity and better results for the reader - because we all want to see results at home, at work and in life! Using transformational coaching techniques, examples, exercises and metaphors, Jamie talks the reader through the three key changes they need to achieve the results they are after and inspire others to do the same. Based on the principles of The Clarity Coaching Model, the reader will learn how to de-congest their mind to think more clearly, make better decisions and improve performance – achieving the ‘flow’ state attributed to the results of top-flight individuals. Clearer thinking removes the stress and anxiety from decision making and allows you to focus on your goals. Rather than a step-by-step process, the reader is encouraged to form a deep understanding of themselves to awaken their inner potential and improve their innate abilities including better listening, deeper connections, more motivation and greater innovation and creativity.

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.

How to Make Decisions and Achieve Extraordinary Results

Work Smarter, Think Bigger, Achieve More

Skills & Values

Your Best Just Got Better

Stress Less. Achieve More.

Simple Ways to Turn Pressure into a Positive Force in Your Life

Department of Defense Authorization for Appropriations for Fiscal Year 2003

Wall Street Journal Bestseller A groundbreaking approach to succeeding in business and life, using the science of resourcefulness. We often think the key to success and satisfaction is to get more: more money, time, and possessions; bigger budgets, job titles, and teams; and additional resources for our professional and personal goals. It turns out we're wrong. Using captivating stories to illustrate research in psychology and management, Rice University professor Scott Sonenshein examines why some people and organizations succeed with so little, while others fail with so much. People and organizations approach resources in two different ways: "chasing" and "stretching." When chasing, we exhaust ourselves in the pursuit of more. When stretching, we embrace the resources we already have. This frees us to find creative and productive ways to solve problems, innovate, and engage our work and lives more fully. Stretch shows why everyone—from executives to entrepreneurs, professionals to parents, athletes to artists—performs better with constraints; why seeking too many resources undermines our work and well-being; and why even those with a lot benefit from making the most out of a little. Drawing from examples in business, education, sports, medicine, and history, Scott Sonenshein advocates a powerful framework of resourcefulness that allows anybody to work and live better.

If we want to feel alive and passionate again, it is time to reclaim the art of seduction. The Way of a Seducer is a code of honor to this lost art and sees in a seduction, based on integrity rather than manipulation, the secret to every thriving relationship, including the one we have with ourselves. This book will change the way you look at your relationships forever. International praise for the book: "The Way of a Seducer beautifully blends a strong message of integrity, honor, and courage with the gentle essence of vulnerability, playfulness, and wonder.

This book is unlike any other book I've ever read. Days after reading it, I'm still dwelling on its ideas as I interpret experiences through the lens of seduction, and seduction is everywhere." - Steve Pavlina, author of Personal Development for Smart People "A poetic glimpse at the spiritual dimension of seduction. Lovely illustrations and text and many thoughtful insights." -Betsy Prioleau, author of Swoon: Great Seducers and Why Women Love Them "Hans Comyn has written a timeless beautiful book about the most compelling of subjects. For men and women alike, it is a clarion call to the truth of who you really are. Highly recommended." - Jamie Smart, author of the Sunday Times Bestseller RESULTS: Think Less, Achieve More "Hans is a fellow troubadour and lover of beauty. His enthusiasm, dedication, and love for people are his greatest strengths, and he has written a book where these qualities shine through on every page. I've seen first-hand the power of his revelatory ideas and I am certain this book will change the world for the better." - Zan Perrion, author of the Alabaster Girl Learn to confidently devise effective solutions in any situation with this fantastic guide to getting things done by focusing your mind and honing your decision making skills Would you like to weigh up a situation and devise a resolution more effectively? Do you want to make decisions confidently and put them into effect with less worry? Would you like to be able to focus exclusively on the issue in hand rather than be distracted by a dozen irrelevant thoughts? Choices we can expect to encounter, from life-changing career moves to the best route to the coast, can expend a lot of time and mental energy if we haven't learnt the basic skills required for getting things done effectively and decisively. This book is a basic practical guide to the all-important mental process by which we all live our lives - analyzing a situation, sorting out how to respond to it, and taking action accordingly. We discover how to solve problems and make choices swiftly and satisfactorily, how to reduce mental stress while working under pressure, how to turn bright ideas into positive action. Following the techniques and exercises given here, you'll soon find you are using your brain more efficiently. Your payback will be in greater confidence and greater peace of mind - which in turn will help your mental processing. Step inside this virtual circle now, and join the blessed ranks of the sorted!

ResultsThink Less. Achieve MoreJohn Wiley & Sons

Sweet Sharing: Rediscovering the Real You

Master Your Thinking

The Profitable Coaches Scorecard

Clarity

4 Principles Every Business Needs to Achieve Success and Drive Results

A Quick Guide to Achieving Big Goals

Issues at the Special Session of the 1975 U.N. General Assembly

A Code of Honor to a Lost Art

Everyone gets 168 hours a week, but it never feels like enough, does it? Work gobbles up the lion's share--many professionals are working as much as 70 hours a week--leaving less and less for rest, exercise, family, and friends. You know, all those things that make life great. Most people think productivity is about finding or saving time. But it's not. It's about making our time work for us. Just imagine having free time again. It's not a pipe dream. In Free to Focus, New York Times bestselling author Michael Hyatt reveals to readers nine proven ways to win at work so they are finally free to succeed at the rest of life--their health, relationships, hobbies, and more. He helps readers redefine their goals, evaluate what's working, cut out the nonessentials, focus on the most important tasks, manage their time and energy, and build momentum for a lifetime of success. LEARN TO CLEAR YOUR MIND AND THINK LIKE A WINNER We all have so much going on. A million different projects, to-do lists longer than your arm. We all worry about things - money, deadlines. With all this buzzing around in our heads it's often a nightmare trying to concentrate on one thing. What if someone could show you how to empty your mind of all the noise? If you could be shown how to de-clutter your mind and concentrate on one important thing? Well Jamie Smart, state-of-mind specialist, can do just that - with Clarity he will show you how to get real clarity of thought. You'll learn how to clear your mind and become less stressed and more productive - and as a result, more confident in your abilities. Clarity will help you to:

- Greatly improve your concentration and ability to think clearly
- Reduce stress levels and increase productivity
- Grow your confidence and self-belief
- Find innovative solutions to problems and make progress on goals and dreams
- Trust your intuition and improve your decision-making
- Build stronger relationships through better communication

Praise for Clarity: "Thought-provoking, entertaining, and potentially life changing - highly recommended!" Michael Neill, Radio Show Host and Author of The Inside-Out Revolution: The only thing you need to know to change your life forever "A powerful, positive book that can help you to achieve more than you ever thought possible, in every area." Brian Tracy, Author of Goals and Eat That Frog "I highly recommend this book to anyone trying to deal with life stressors and find true wisdom and well-being." Mark Howard, Ph.D., Clinical Psychologist, ThreePrinciplesInstitute.org "Take your time reading this profound book. Jamie Smart is about to blow apart every circumstantial excuse you ever came up with. He's about to put the steering wheel back in your hands." Garret Kramer, Founder of Inner Sports and Author of Stillpower "The insights you'll get whilst reading Clarity will resonant in how you manage day to day but, more importantly, provide a framework for refreshing your priorities, goals and drive." Peter Lake, Group Business Development Director, JS Group "The world of leadership, sales and customer engagement has changed radically over the past ten years. People are more savvy, better informed and sick of the same old story. Jamie Smart cuts through the noise of the marketplace and shows you what really works. Profound, practical and instantly applicable; Clarity is essential reading if you want to make your mark in the 21st century." Paul Charnatz, Former Managing Director, Camelot "Jamie, you really hit the bullssey with this brilliant book; it's a must-read for everyone who wants clarity of mind." Joe Stumpf, Founder of By Referral Only and Author of Willing Warrior "Jamie Smart takes an outdated paradigm of success and turns it on its head. Pull up a chair, get a copy of Clarity and discover how you can experience an exponential increase in clarity and quality of life." Rich Litvin, co-author of The Prosperous Coach and Founder of The Confident Woman's Salon "Jamie Smart is brilliant! In his book Clarity, he has unlocked an insight into the real-life matrix. Be ready to have your world turned inside-out because, as Jamie so effortlessly demonstrates, this is how it works." Richard Enion, Dragon's Den Winner, BassToneSlap.com and R

Imagine if your best just got better every single day In Your Best Just Got Better, productivity expert Jason Womack teaches readers that working longer hours doesn't make up for a flawed approach to productivity and performance. Workers need to clarify their habits, build mindset-based strategies, and be proactive. Womack's signature "workplace performance" techniques offer specific strategies to consistently and incrementally improve performance. Readers will: Understand the fundamentals of workflow and the principles of human performance Arm themselves with the tools and the processes to get more of their work done, on time, with fewer resources, and with less stress Making your best better won't happen overnight, but learning how to effectively manage just a few critical success factors lead to an effective workday and an overall successful professional career.

The Go Zone maximises the productive hours we have in each day to get the important things done without distraction or excuse. The Slow Zone is productive but non stressful. No big decisions are made here. In the No Zone, you are not at work AND not thinking about work. Refresh, recover and live the life you love. Mark McKeon is a Director of Conference and Training Company, Mischief, Motivation, Attitude Pty Ltd (MMA). MMA conducts workshops and training in wellbeing, time, leadership and sales and team building. Mark is the Author of four internationally published books. Mark has delivered over 1,000 motivational presentations and teaches the Go Zone to improve staff effectiveness.

The Inside-Out Revolution

Unlock the Power of Less -and Achieve More Than You Ever Imagined

Thinking Beyond Your Boundaries to Achieve Extraordinary Results

Rules for Focused Success in a Distracted World

How to Develop a Winning Mindset and Achieve Amazing Results

Hearings Before a Subcommittee of the Committee on Appropriations, House of Representatives, One Hundred Seventh Congress, Second Session

Results Now

Hearings Before the Committee on Armed Services, United States Senate, One Hundred Seventh Congress, Second Session, on S. 2225

You can achieve anything when you know how to put your mind to it We all know that a positive mental attitude can work wonders... but there's so much more to it than that. With the right coaching you can move from positive attitude to determined success magnet! Mark Rhodes trains people every day on just how to achieve that level of concentrated resolve. In this book he'll show you how to build the mindset you need to achieve your goals and dreams and start to notice more opportunities and have the confidence to act on them. Whilst NLP based, no prior knowledge of NLP is needed! Mark keeps the science in the background. And don't worry, he doesn't ask us to trust the powers of the Universe and have 'faith' that it will work. Mark's steps are practical and actionable, using real examples. Think Your Way to Success will supercharge your performance, helping you to:

- Map out exactly what you want to achieve
- Find the confidence to act on opportunities
- Use visualization to get results
- Conquer your fears and phobias
- Beat the "can't" virus and shake off limiting beliefs

Praise for the book: "I know that there are hundreds of people who are more focused and more successful today because of the help Mark has given them." Bev James, CEO of The Coaching Academy "The perfect antidote to negativity and a powerful reminder that attitude changes everything." Guy Rigby, Director - Head of Entrepreneurs, Smith & Williamson Limited, author of From Vision to Exit "This book shows the really important things about mind power so that you will be able to emulate Mark's success. Keep it with you and read it over and over again!" Ron G Holland, author of Talk & Grow Rich "Mark Rhodes has given NLP a new look... I recommend it to NLPers everywhere..." Dr Richard Bandler, Co founder of the field of NLP, Author of The Secrets of Being Happy

This book will change how you think about yourself, your potential and the world. In Sweet Sharing, Ankush Jain uncovers the hidden beliefs and misunderstandings that keep us from experiencing life to the fullest--and shows us how to free ourselves from them. This book is not prescriptive. There are no techniques to practice or systems to follow. Instead, Ankush gently points readers towards a transformative understanding of how the mind really works. Using stories from his own life and from the lives of his clients, Ankush invites us to rediscover who we truly are. --"Without ego promises, this book, like its author, quietly delivers. A 'Sweet Sharing' indeed! It is transcendent in its simplicity, honesty and humility." ~ Keith Blevens, Ph.D., Clinical Psychologist, Three Principles educator, trainer and consultant --"Sweet Sharing is a beautiful, personal journey of Understanding. Ankush helps us find the wisdom to resolve everyday human issues. I recommend this book to any human being that wants to discover their own wisdom, love, and understanding." ~ Mark Howard, Ph.D., Clinical Psychologist, Three Principles educator, trainer and consultant --"Sweet Sharing is personal yet universal; simple yet deep. The stories and insights in this book show how transformation happens naturally when we wake up to how our human experience works. Ankush's stories will entertain you, and what he shares about how the mind works just might change your life." ~ Amy Johnson, Ph.D., author of The Little Book of Big Change: The No-Willpower Approach to Breaking Any Habit and creator of The Little School of Big Change --"Using engaging personal stories, Sweet Sharing points you to the simple but profound truth that can transform your life." ~ Jamie Smart, Sunday Times bestselling author of Clarity: Clear Mind, Better Performance, Bigger Results and Results: Think Less. Achieve More --"Ankush has written a provocative memoir of his personal journey, with strikingly honest revelations from both before and after experiences which radically changed his 'thinking' and therefore his life.

Relationships, health, jobs and money are all put under the microscope, with simple and direct examples of how changing our thinking is possible." ~ Linda Quiring, author of Island of Knowledge --"Ankush Jain's book Sweet Sharing makes for sweet reading. Throughout the book Ankush sprinkles stories, anecdotes, and nuggets of wisdom that bring us back to our childlike sense of wonder and show us that our well-being, love, and resilience are always within us." ~ Amir Karkouti, author of What the F**k are the Three Principles? and 18 Other Questions from So-Called Wisdom Ankush Jain is a life coach, public speaker and trainer based in the UK with clients from Australia to Canada. He is the founder of the Powerful Men's Group and since 2015 has run multiple sold-out Powerful Men's Immersions in the UK. He is also the host of the successful Relationship Series and Business Series podcasts and has created several YouTube channels and multiple online communities related to coaching and personal development. He is also a coach to other coaches--assisting them in developing their practices through deeply impactful coaching and an emphasis on presence. Ankush lives in London with his wife Yamini. You can find out more about what he's up to at <http://www.ankushjain.co.uk>

This is how it'lls done. This is why it'lls done this way. This is the result you can expect if you do it. These three pieces of information inform a conclusion about every part of each of our lives. Yet it is these three pieces of information that most often set an insidious trap—a trap that has held the imaginations of generations captive to the belief that because they are doing the best they can do, they are accomplishing the best that can be done. And while each of these three statements are true, not one of them is the truth. Dive deeper with bestselling author Andy Andrews as he shares his unique philosophy regarding foundational thinking. Through his unique and captivating storytelling, Andy helps you search for the reality that lies beyond the boundaries established in the name of "best practices," "industry standards," or "the way things are done." For it's at the bottom of the pool that you discover a pathway to extraordinary results that most people in your position do not even know are possible.

In the time of the #MeToo and #TimesUp movement, international bestselling author and leading global expert on mental strength Amy Morin turns her focus to feminism, explaining what it means—and what it takes—to be a mentally strong woman. The emergence of the #MeToo and #TimesUp movements have awakened society and encouraged women to find their voice and claim their power. But to do this, women must learn to improve their own mental strength. Contending with a host of difficult issues—from sexual assault on college campuses, to equal pay and pay gaps, to mastering different negotiation styles—demands psychological toughness. In this crucial book, prominent psychotherapist and licensed clinical social worker Amy Morin gives women the techniques to build mental muscle—and just as important, she teaches them what not to do. What does it mean to be a mentally strong woman? Delving into critical issues like sexism, social media, social comparison, and social pressure, Amy addresses this question and offers thoughtful, intelligent advice, practical tips, and specific strategies and combines them with personal experiences, stories from former patients, and both well-known and untold examples from women from across industries and pop culture. Throughout, she explores the areas women—and society at large—must focus on to become (and remain) mentally strong. Amy reveals that healthy, mentally tough women don't insist on perfection; they don't compare themselves to other people; they don't see vulnerability as a weakness; they don't let self-doubt stop them from reaching their goals. Wise, grounded, and essential, 13 Things Mentally Strong Women Don't Do can help every woman flourish—and ultimately improve our society as well.

Think Less. Achieve More

The Little Book of Results

Atomic Habits

The Way of a Seducer

How We Can Achieve Unprecedented Improvements in Teaching and Learning

Free to Focus

Do Less, Achieve More

How to Think Bigger

• More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated into 35 languages • Voted Top 100 Business Book of All Time on Goodreads People are using this simple, powerful concept to focus on what matters most in their personal and work lives.

Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH — LESS AND MORE. In The ONE Thing, you'll learn to * cut through the clutter * achieve better results in less time * build momentum toward your goal* dial down the stress * overcome that overwhelmed feeling * revive your energy * stay on track * master what matters to you The ONE Thing delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

Would you like to experience amazing clarity, peace, and freedom, even in the midst of challenging circumstances? In this groundbreaking new book, bestselling author Michael Neill shares an extraordinary new understanding of how life works that turns traditional psychology on its head. This revolutionary approach is built around three simple principles that explain where our feelings come from and how our experience of life can transform for the better in a matter of moments. Understanding these principles allows you to tap into the deeper intelligence behind life, access your natural wisdom and guidance, and unleash your limitless creative power. You'll be able to live with less stress, greater ease, and a sense of connection to the larger unfolding of life. Welcome to the space where miracles happen... Are you ready to begin?

For many people, a successful work/life balance is frustratingly elusive. Monday mornings fill us with dread, as we face increasingly long hours, constant stress, and the struggle to maintain a decent quality of life. Work/life balance is typically seen as a time-management issue, but that's not it. Working harder in the little time you have won't help. What's needed is a change of attitude and approach, where you can stop tearing your hair out, and go home feeling happy, confident and stress-free. In the process, you will become much more productive, relaxed and an asset to your business. WORK LESS, ACHIEVE MORE shows you how.For many people, a successful work/life balance is frustratingly elusive. Monday mornings fill us with dread, as we face increasingly long hours, constant stress, and the struggle to maintain a decent quality of life. Work/life balance is typically seen as a time-management issue, but that's not it. Working harder in the little time you have won't help. What's needed is a change of attitude and approach, where you can stop tearing your hair out, and go home feeling happy, confident and stress-free. In the process, you will become much more productive, relaxed and an asset to your business. WORK LESS, ACHIEVE MORE shows you how.

For anyone tired of chasing ever-elusive desires, of doing more only to find that more needs doing, and of making more money only to need more money, best-selling author Chin-Ning Chu shows you that life was meant to be easy, if you know the secrets. From the best-selling author of The Working Woman's Art of War, comes an important and timely book about the side of success that most don't know about—the power of selective yielding, of surrendering to a successful destiny, and of getting what you want by not wanting it too much. Using Carl Jung's famous parable of the rainmaker as a framework, Chin-Ning Chu explains universal truths about the nature of effort, success, willpower, detachment, "creating luck," and more. Illustrating the four "secrets of the rainmaker" with rich anecdotes from history, personal experience, and popular culture, Ching-Ning explains how to create success by attaining inner harmony, how to partner effort with ease, how to make peace with time, and how to stop reacting and start restfully controlling the events of your life.

Fast

The Yes/No Book

Work Less, Achieve More

Think Smart, Act Smart

Systems Thinking For Social Change

Discover the Hidden Power of Giving In

Chambers's Journal

The Little Book of Clarity