

59 Seconds Change Your Life In Under A Minute

Here's the secret in 3 steps: 1. Suspend disbelief as you read the following: 2. ""We Become What We Think About."" - Earl Nightingale 3. Then, decide that it's true. Now, the rest of your life, you'll be testing this for yourself. You may be asking questions like these: - Can you actually change what you think about? - Do positive thoughts create a positive personal environment? - By being critical of anything or anyone around you actually improve conditions? - Is your health affected by negative thinking? You'll find continuing instances of how this is true and how it might not be. You'll be "haunted" by this singular thought, although the results won't make you lose sleep - instead, you'll awake with fresh inspirations from time to time about how to live your life even better than you are now. Because you've just started on a journey which has no definite end. And Earl Nightingale once said: "Start today. You have nothing to lose - but you have your whole life to win."

We all fear selling out. Yet we all face situations that test our ideals and values with no clear right answer. In a world where compromise is an essential aspect of life, authors Lily Zheng and Inge Hansen make the bold claim that everyone sells out—and that the real challenge lies in doing so ethically. Zheng and Hansen share stories from a diversity of people who have found their own answers to this dilemma and offer new ways to think about marginalization, privilege, and self-interest. From these stories, they pull out teachable skills for taking the step from selling out to selling out ethically. The Ethical Sellout is for all those committed to maintaining their integrity in a messy world.

'Richard Wiseman is arguably the most interesting

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experimental psychologist working today' Scientific American Try to remember these letters: R A I O L T A L G. Struggling? Let's rearrange them and try again: A L L I G A T O R. Having a great memory is easy when you know how your mind works. Packed with powerful tricks of the memory trade and the science behind them, psychologist and bestselling writer Professor Richard Wiseman helps you to remember names and faces, birthdays and meetings, telephone numbers and shopping lists, exam answers and pub trivia, and where you left your keys (they are on the small table behind your sofa). Impress your friends, sharpen your mind and change your life with this unforgettable little gem of a book.

Explains the four pillars of well-being--meaning and purpose, positive emotions, relationships, and accomplishment--placing emphasis on meaning and purpose as the most important for achieving a life of fulfillment.

Summary .NET Core in Action shows .NET developers how to build professional software applications with .NET Core. Learn how to convert existing .NET code to work on multiple platforms or how to start new projects with knowledge of the tools and capabilities of .NET Core. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the Technology .NET Core is an open source framework that lets you write and run .NET applications on Linux and Mac, without giving up on Windows. Built for everything from lightweight web apps to industrial-strength distributed systems, it's perfect for deploying .NET servers to any cloud platform, including AWS and GCP. About the Book .NET Core in Action introduces you to cross-platform development with .NET Core. This hands-on guide concentrates on new Core features as you walk through familiar tasks like testing, logging, data access, and networking. As you go, you'll explore modern architectures like microservices and cloud data storage, along

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with practical matters like performance profiling, localization, and signing assemblies. What's Inside Choosing the right tools Testing, profiling, and debugging Interacting with web services Converting existing projects to .NET Core Creating and using NuGet packages About the Reader All examples are in C#. About the Author Dustin Metzgar is a seasoned developer and architect involved in numerous .NET Core projects. Dustin works for Microsoft. Table of Contents Why .NET Core? Building your first .NET Core applications How to build with .NET Core Unit testing with xUnit Working with relational databases Simplify data access with object-relational mappers Creating a microservice Debugging Performance and profiling Building world-ready applications Multiple frameworks and runtimes Preparing for release appendix A - Frameworks and runtimes appendix B - xUnit command-line options appendix C - What's in the .NET Standard Library? appendix D - NuGet cache locations Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted

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writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank.” —USA Today DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.

We think of sleep as a waste of time. A time when we are literally doing nothing. Yet every human on the planet spends several hours each day asleep. We are not alone. Almost every animal enjoys some form of sleep. The idea that millions of years of evolution resulted in this ability for no reason at all is ludicrous. When we are asleep we are not dormant. In fact, it is the busiest time of the day. For the past sixty years, a small number of scientists have dedicated their lives to studying the sleeping mind. This work has resulted in a series of remarkable techniques that can help people to recognize dangerous levels of sleep deprivation, get a great night's sleep, avoid nightmares, learn in their sleep, take productive power naps, decode dreams, and create a perfect nocturnal fantasy. Until now, these discoveries have been restricted to academic journals and University conferences. Professor Richard Wiseman journeys deep into this dark world and meets the vampire-like scientists who go to work when everyone else is heading for bed. Carrying out his own nocturnal mass participation studies along the way, Wiseman presents the definitive guide to the surprising new science of sleep and dreaming. For years the self-development movement has focused on improving people's waking lives. It is now time for us all to unlock that missing third of our days. If you've been looking for a kick up the backside to finally launch that business, start a new project you've been putting off or just become awesome, this book is for you. So, if you

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are sick of the usual guru bullsh*t advice, and want to make your life truly awesome, then read this book from cover to cover, and do every single thing Dan says.

Shortlisted for the 2019 Booker Prize Named a Best Book of the Year by Bookpage, NPR, Washington Post, and The Economist A moving novel on the power of friendship in our darkest times, from internationally renowned writer and speaker Elif Shafak. In the pulsating moments after she has been murdered and left in a dumpster outside Istanbul, Tequila Leila enters a state of heightened awareness. Her heart has stopped beating but her brain is still active-for 10 minutes 38 seconds. While the Turkish sun rises and her friends sleep soundly nearby, she remembers her life-and the lives of others, outcasts like her. Tequila Leila's memories bring us back to her childhood in the provinces, a highly oppressive milieu with religion and traditions, shaped by a polygamous family with two mothers and an increasingly authoritarian father. Escaping to Istanbul, Leila makes her way into the sordid industry of sex trafficking, finding a home in the city's historic Street of Brothels. This is a dark, violent world, but Leila is tough and open to beauty, light, and the essential bonds of friendship. In Tequila Leila's death, the secrets and wonders of modern Istanbul come to life, painted vividly by the captivating tales of how Leila came to know and be loved by her friends. As her epic journey to the

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afterlife comes to an end, it is her chosen family who brings her story to a buoyant and breathtaking conclusion.

After experiencing his first panic attack on New Year's Day of 2003, Dan Ryckert began a 12-year process of learning how to channel panic disorder and generalized anxiety disorder until they became driving forces in his life. Using anxiety as his ally, he was able to land dream jobs within the video game industry and vastly improve the quality of his personal life. In this candid recollection, you'll learn about how he went from having panic attacks during college roll calls to speaking in front of large crowds with minimal interference from anxiety. More importantly, Ryckert details the methods in which he channelled these once-negative conditions until they became a driving force in his life and something he wouldn't get rid of even if he was given the chance. The award-winning author of *The Making of the Atomic Bomb* describes the lesser-known technological talents of actress Hedy Lamarr and the collaborative work with avant-garde composer George Antheil that eventually led to the development of spread-spectrum radio, cell phones and GPS systems. (This book was previously listed in Forecast.

A revolutionary and timely reconsideration of everything we know about power. Celebrated UC Berkeley psychologist Dr. Dacher Keltner argues

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that compassion and selflessness enable us to have the most influence over others and the result is power as a force for good in the world. Power is ubiquitous—but totally misunderstood. Turning conventional wisdom on its head, Dr. Dacher Keltner presents the very idea of power in a whole new light, demonstrating not just how it is a force for good in the world, but how—via compassion and selflessness—it is attainable for each and every one of us. It is taken for granted that power corrupts. This is reinforced culturally by everything from Machiavelli to contemporary politics. But how do we get power? And how does it change our behavior? So often, in spite of our best intentions, we lose our hard-won power. Enduring power comes from empathy and giving. Above all, power is given to us by other people. This is what we all too often forget, and it is the crux of the power paradox: by misunderstanding the behaviors that helped us to gain power in the first place we set ourselves up to fall from power. We abuse and lose our power, at work, in our family life, with our friends, because we've never understood it correctly—until now. Power isn't the capacity to act in cruel and uncaring ways; it is the ability to do good for others, expressed in daily life, and in and of itself a good thing. Dr. Keltner lays out exactly—in twenty original "Power Principles"—how to retain power; why power can be a demonstrably good thing; when we are likely to abuse power; and the terrible

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consequences of letting those around us languish in powerlessness.

A practical guide to using laughter and humour as a thinking skill to feel better and communicate more effectively. This book will explain simple techniques that will improve the reader's ability to gain a more positive perspective in difficult situations and increase their happiness through adopting the techniques from the Laughology model. The key subjects covered are What is laughter; What is humour; The psychological connection; 59 Seconds Change Your Life in Under a Minute Vintage

“An enthusiastic, example-rich argument for innovating in a particular way—by deliberately experimenting and taking small exploratory steps in novel directions. Light, bright, and packed with tidy anecdotes” (The Wall Street Journal). What do Apple CEO Steve Jobs, comedian Chris Rock, prize-winning architect Frank Gehry, and the story developers at Pixar films all have in common? Bestselling author Peter Sims found that rather than start with a big idea or plan a whole project in advance, they make a methodical series of little bets, learning critical information from lots of little failures and from small but significant wins. Reporting on a fascinating range of research, from the psychology of creative blocks to the influential field of design thinking, Sims offers engaging and illuminating

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accounts of breakthrough innovators at work, and a whole new way of thinking about how to navigate uncertain situations and unleash our untapped creative powers.

On the 50th anniversary of the Apollo 11 moon landing, renowned psychologist Richard Wiseman reveals the powerful life lessons behind humanity's greatest achievement. The historic moon landings were achieved against remarkable odds and within the space of just a few years. How can we apply the secrets of this astronomical success to our own goals, to achieve the impossible in work and in life? Psychologist Richard Wiseman brings together history, psychology, and self-help in this unique and powerful guide to achieving the impossible in work and in life. The result of intensive research, including interviews with surviving members of the Apollo mission-control team, Moonshot delivers eight key lessons on teamwork, leadership, persistence, creativity, and more, each one a vital part of the mindset for success. Filled with never-before-told stories and fresh insights, Moonshot sheds new light on the science of success--and empowers each of us to achieve the impossible.

#1 NEW YORK TIMES BESTSELLER • NATIONAL BOOK AWARD WINNER • NAMED ONE OF TIME'S TEN BEST NONFICTION BOOKS OF THE DECADE • PULITZER PRIZE FINALIST • NATIONAL BOOK CRITICS CIRCLE AWARD

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FINALIST • ONE OF OPRAH'S "BOOKS THAT HELP ME THROUGH" • NOW AN HBO ORIGINAL SPECIAL EVENT Hailed by Toni Morrison as "required reading," a bold and personal literary exploration of America's racial history by "the most important essayist in a generation and a writer who changed the national political conversation about race" (Rolling Stone) NAMED ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE BY CNN • NAMED ONE OF PASTE'S BEST MEMOIRS OF THE DECADE • NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY The New York Times Book Review • O: The Oprah Magazine • The Washington Post • People • Entertainment Weekly • Vogue • Los Angeles Times • San Francisco Chronicle • Chicago Tribune • New York • Newsday • Library Journal • Publishers Weekly In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all

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honestly reckon with this fraught history and free ourselves from its burden? Between the World and Me is Ta-Nehisi Coates's attempt to answer these questions in a letter to his adolescent son. Coates shares with his son—and readers—the story of his awakening to the truth about his place in the world through a series of revelatory experiences, from Howard University to Civil War battlefields, from the South Side of Chicago to Paris, from his childhood home to the living rooms of mothers whose children's lives were taken as American plunder. Beautifully woven from personal narrative, reimagined history, and fresh, emotionally charged reportage, *Between the World and Me* clearly illuminates the past, bravely confronts our present, and offers a transcendent vision for a way forward.

The brilliant page-turning thriller from the Sunday Times bestselling author of *Richard & Judy* pick *The Holiday* and *The Catch*. What if a single 29 second phone-call could change your life forever? 'Give me one name. One person. And I will make them disappear . . .' When Sarah rescues a young girl in trouble, she expects nothing in return. But her act of bravery puts a powerful and dangerous man in her debt. He lives by his own brutal code, and all debts must be repaid - in the only way he knows how. He offers Sarah a way to solve a desperate situation with her intolerable boss. A once-in-a-lifetime deal that will make all her problems disappear. No consequences. No comeback. No chance of being found out. All it takes is a 29 second phone call. **BECAUSE EVERYONE HAS A NAME TO GIVE. DON'T THEY?** 'Amazing! The feeling of powerlessness builds almost

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unbearably. Prepare for gnashing of teeth and nail biting till the bitter end' Liz Lawler, bestselling author of DON'T WAKE UP 'A first-class thriller, every bit as good as Lies' Simon Lelic, author of THE HOUSE 'A moral dilemma + a pacy plot = one gripping thriller. I stayed up far too late reading this one!' Louise Jenson 'An impactful, topical thriller with a plot that provokes emotion whilst keeping you guessing. TM Logan will welcome a new army of fans with his brilliant second book' Phoebe Morgan, author of THE DOLL HOUSE. More praise for T. M. Logan, the master of the everyman thriller 'Assured, compelling, and hypnotically readable - with a twist at the end I guarantee you won't see coming' Lee Child 'A tense and gripping thriller' B A Paris, bestselling author of BEHIND CLOSED DOORS 'So gripping I genuinely found it hard to put down' KL Slater, bestselling author of BLINK 'A compelling, twisty page-turner, and that's the truth' James Swallow, bestselling author of NOMAD *DON'T MISS T. M. LOGAN'S BRAND NEW INTENSELY GRIPPING THRILLER: TRUST ME*

NEW YORK TIMES BESTSELLER • This instant classic explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how

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habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times “A flat-out great read.”—David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of Drive and A Whole New Mind “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

For years gurus, coaches and motivational speakers have urged people to improve their lives by changing the way they think and behave. Research has revealed that many of their techniques are ineffective. Visualisation exercises often hinder rather than help and group brainstorming produces fewer, and less original, ideas than individuals working alone. Richard Wiseman both explodes the myths of existing self-development techniques, and demonstrates that personal and professional success may be less than a minute away... How you can become 10% more creative by just lying down; how placing a pencil in your mouth instantly makes you feel significantly happier; how merely thinking about the gym helps keep you in shape. The book's ten chapters cover Happiness, Creativity, Attraction, Stress, Motivation, Persuasion, Relationships, Decision-Making, Parenting, Personality.

Have you ever wished you could reprogram your brain, just as a hacker would a computer? In this 3-step guide to improving your mental habits, learn to take charge of your

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mind and banish negative thoughts, habits, and anxiety in just twenty-one days. A seasoned author, comedian, and entrepreneur, Sir John Hargrave once suffered from unhealthy addictions, anxiety, and poor mental health. After cracking the code to unlocking his mind's full and balanced potential, his entire life changed for the better. In *Mind Hacking*, Hargrave reveals the formula that allowed him to overcome negativity and eliminate mental problems at their core. Through a 21-day, 3-step training program, this book lays out a simple yet comprehensive approach to help you rewire your brain and achieve healthier thought patterns for a better quality of life.

Is luck just fate, or can you change it? A groundbreaking new scientific study of the phenomenon of luck and the ways we can bring good luck into our lives. What is luck? A psychic gift or a question of intelligence? And what is it that lucky people have that unlucky people lack? Psychologist Dr. Richard Wiseman put luck under a scientific microscope for the very first time, examining the different ways in which lucky and unlucky people think and behave. After three years of intensive interviews and experiments with over 400 volunteers, Wiseman arrived at an astonishing conclusion: Luck is something that can be learned. It is available to anyone willing to pay attention to the Four Essential Principles: . Creating Chance Opportunities . Thinking Lucky . Feeling Lucky . Denying Fate Readers can determine their capacity for luck as well as learn to change their luck through helpful exercises that appear throughout the book. Illustrated with anecdotes from the lives of the famous such as Harry Truman and Warren Buffett, *The Luck Factor* also richly portrays the lives of ordinary people who have been extraordinarily lucky or unlucky. Finally Dr. Wiseman gives us a look into "The Luck School" where he instructs unlucky people and also teaches lucky people how to further enhance

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their luck. Smart, enlightening, fun to read, and easy to follow, The Luck Factor will give you revolutionary insight into the lucky mind and could, quite simply, change your life.

IS LUCK REAL? Why do some people lead happy successful lives whilst others face repeated failure and sadness? Why do some find their perfect partner whilst others stagger from one broken relationship to the next? What enables some people to have successful careers whilst others find themselves trapped in jobs they detest? And can unlucky people do anything to improve their luck - and lives? Ten years ago, Professor Richard Wiseman decided to search for the elusive luck factor by investigating the actual beliefs and experiences of lucky and unlucky people. The results reveal a radical new way of looking at luck: in many important ways, we make our own luck. If you think you're unlucky, that bad luck may be the direct result of you believing you're unlucky. Wiseman identifies the four simple behavioural techniques that have been scientifically proven to help you attract good fortune. He then shows how you can use these methods to revolutionise every area of your life - including your relationships, personal finances and career.

In 10 Seconds Will Change Your Life Forever, Bobby Petrocelli shares the secrets and principles and enduring faith and love in overcoming the uncontrollable tragedies of life. Pain is an inevitable part of life but how we handle it is a choice we can make. This book will help teenagers and adults prepare for life's most difficult challenges and communicate more effectively with an emphasis on dealing with pain, forgiveness, and making right decisions in life. Most decisions are made in the time frame of only 10 seconds, yet have an impact on your life forever. This book helps us make sure those decisions lead to hope, happiness and the fulfillment of our destiny.

Professor Richard Wiseman is clear about one thing:

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paranormal phenomena don't exist. But in the same way that the science of space travel transforms our everyday lives, so research into telepathy, fortune-telling and out-of-body experiences produces remarkable insights into our brains, behaviour and beliefs. Paranormality embarks on a wild ghost chase into this new science of the supernatural and is packed with activities that allow you to experience the impossible. So throw away your crystals and cancel your subscription to Reincarnation Weekly. It is time to discover the real secrets of the paranormal.

20th July 1969: Neil Armstrong becomes the first person to walk on the Moon. We all recognize this to be one of mankind's greatest achievements. Yet what did it take to make John F. Kennedy's dream a reality? In this remarkable book, Professor Richard Wiseman presents a pioneering study of the mindset that took humanity to the Moon, and shows how you can harness and use it to achieve the extraordinary in your everyday life. Combining personal interviews, mission archives and cutting-edge psychology, Wiseman embarks on the ultimate voyage through inner space. Along the way he identifies eight key principles that make up the Apollo Mindset, including how pessimism is crucial to success, and how fear and tragedy can be transformed into hope and optimism. You will discover a series of practical techniques that you can use to incorporate these winning principles into both your professional and personal life. Whether you want to start a business venture, change careers, find your perfect partner, raise a loving family, get promoted, gain a new qualification, escape the rat race, or pursue a lifelong passion, these techniques will help you to reach your own Moon.

In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts

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that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In *Authentic Happiness*, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. *Authentic Happiness* provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

Kurt Gödel's Incompleteness Theorems sent shivers through Vienna's intellectual circles and directly challenged Ludwig Wittgenstein's dominant philosophy. Alan Turing's mathematical genius helped him break the Nazi Enigma Code during WWII. Though they never met, their lives strangely mirrored one another—both were brilliant, and both met with tragic ends. Here, a mysterious narrator intertwines these parallel lives into a double helix of genius and anguish, wonderfully capturing not only two radiant, fragile minds but also the zeitgeist of the era.

NEW YORK TIMES BESTSELLER • The author of *The Happiness Project* and “a force for real change” (Brené Brown) examines how changing our habits can change

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our lives. “If anyone can help us stop procrastinating, start exercising, or get organized, it’s Gretchen Rubin. The happiness guru takes a sledgehammer to old-fashioned notions about change.”—Parade Most of us have a habit we’d like to change, and there’s no shortage of expert advice. But as we all know from tough experience, no magic, one-size-fits-all solution exists. It takes work to make a habit, but once that habit is set, we can harness the energy of habits to build happier, stronger, more productive lives. In *Better Than Before*, acclaimed writer Gretchen Rubin identifies every approach that actually works. She presents a practical, concrete framework to allow readers to understand their habits—and to change them for good. Infused with Rubin’s compelling voice, rigorous research, and easy humor, and packed with vivid stories of lives transformed, *Better Than Before* explains the (sometimes counterintuitive) core principles of habit formation and answers the most perplexing questions about habits: • Why do we find it tough to create a habit for something we love to do? • How can we keep our healthy habits when we’re surrounded by temptations? • How can we help someone else change a habit? Rubin reveals the true secret to habit change: first, we must know ourselves. When we shape our habits to suit ourselves, we can find success—even if we’ve failed before. Whether you want to eat more healthfully, stop checking devices, or finish a project, the invaluable ideas in *Better Than Before* will start you working on your own habits—even before you’ve finished the book. Professor Richard Wiseman offers many quick and

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practical ways to improve your life gleaned from today's cutting edge-science, and in the process gives a psychologist's myth-busting response to the self-help movement. Whether you're looking to be more decisive in your life, to find a new job, or simply to be happier, the chances are that this book has the answers you need. For years, the self-help industry has failed the public, often promoting exercises that destroy motivation, ruin relationships, increase anxiety and reduce creativity. Here, psychologist Richard Wiseman exposes these modern-day mind myths and presents a fresh approach to change that helps people achieve their aims and ambitions in minutes not months. From mood to memory, persuasion to procrastination, resilience to relationships, Wiseman outlines the research supporting this new science of rapid change and describes how these quirky techniques can be incorporated into everyday life. • Find out why putting a pencil between your teeth instantly makes you feel happier • Discover why even thinking about going to the gym can help you keep in shape • Learn how putting just one thing in your wallet will improve the chance of it being returned if lost • Discover why writing down your goals is more effective than visualizing them • Find out why retail therapy doesn't work to improve mood and what does

Drawing on studies that contend that anxiety and depression are related to brain dysfunction, a guide to understanding and treating related disorders identifies seven anxiety and depression types while outlining a comprehensive treatment program for each. Reprint.

A Powerful Call to Restore Your Soul Through Prayer

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When an excruciating bout of depression led Dr. Mark Rutland to more deeply explore prayer, he came to understand its miraculous power for soul restoration. Prayer is a declaration of our Father's compassion toward us, a confession of our own inadequacy, and a reminder that he meets our daily needs. As it turns out, these are the elements of prayer Jesus taught his disciples. Praying and meditating on the Lord's Prayer changed Dr. Rutland's life, and since then he has used it to restore others' souls as well. Filled with moving stories and powerful insights, this book will help you discover the truth about God's love and power, and this truth will bless and heal you. In the end, it's not just about saying the Lord's Prayer--it's about getting to know the Lord of the prayer.

There's an 80 percent chance you're poor. Time poor, that is. Four out of five adults report feeling that they have too much to do and not enough time to do it. These time-poor people experience less joy each day. They laugh less. They are less healthy, less productive, and more likely to divorce. In one study, time stress produced a stronger negative effect on happiness than unemployment. How can we escape the time traps that make us feel this way and keep us from living our best lives? Time Smart is your playbook for taking back the time you lose to mindless tasks and unfulfilling chores. Author and Harvard Business School professor Ashley Whillans will give you proven strategies for improving your "time affluence." The techniques Whillans provides will free up seconds, minutes, and hours that, over the long term, become weeks and months that you can

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reinvest in positive, healthy activities. Time Smart doesn't stop at telling you what to do. It also shows you how to do it, helping you achieve the mindset shift that will make these activities part of your everyday regimen through assessments, checklists, and activities you can use right away. The strategies Whillans presents will help you make the shift to time-smart living and, in the process, build a happier, more fulfilling life.

Flight attendant Robin Fech told passengers to remove pens and other sharp objects from their pockets. Take off your eyeglasses, she instructed, and pour your drinks into the seat-back pockets. Two rows forward, a Diet Coke in hand, Jennifer Grunbeck reached for the seat-back pocket. Don't you think this will make a mess?, Jean Brucato asked her. I think, Grunbeck said, that they are more concerned with what's going on outside the plane.

A Harvard-trained psychiatrist and mom of 3 gives parents and educators the tech habits children need to achieve their full potential--and a 6-step plan to put them into action. You may have picked up on some warning signs: The more your 9-year-old son plays video games, the more distracted and irritable he becomes. Or maybe comparing her life to others on social media is leaving your teenaged daughter feeling down. Then there are the questions that are always looming: Should I limit screen time? Should I give my 11-year-old an iPhone? The Tech Solution is a to-the-point resource for parents and educators who want the best approach for raising kids in our digital world. It outlines all you need to know about the short-term and potential long-term consequences of

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tech use. Dr. Kang simplifies cutting edge neuroscience to reveal a new understanding around how we metabolize experiences with technology that will lay the foundation for lasting success. On top of that, she offers practical advice for tackling specific concerns in the classroom or at home, whether it's possible tech addiction, anxiety, cyberbullying, or loneliness. With her 6-week 6-step plan for rebalancing your family's tech diet, Dr. Kang will help your child build healthy habits and make smart choices that will maximize the benefits of tech and minimize its risks. Use *The Tech Solution* to help your child avoid the pitfalls of today's digital world and to offer them guidance that will boost their brains and bodies, create meaningful connections, explore creative pursuits, and foster a sense of contribution and empowerment for many years to come.

For over twenty years, psychologist Richard Wiseman has examined the quirky science of everyday life. In *Quirkology*, he navigates the oddities of human behavior, explaining the tell-tale signs that give away a liar, the secret science behind speed-dating and personal ads, and what a person's sense of humor reveals about the innermost workings of his or her mind—all along paying tribute to others who have carried out similarly weird and wonderful work. Wiseman's research has involved secretly observing people as they go about their daily business, conducting unusual experiments in art exhibitions and music concerts, and even staging fake séances in allegedly haunted buildings. With thousands of research subjects from all over the world, including enamored couples, unwitting pedestrians, and guileless

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dinner guests, Wiseman presents a fun, clever, and unexpected picture of the human mind.

Throughout your life, you've had parents, coaches, teachers, friends, and mentors who have pushed you to be better than your excuses and bigger than your fears. What if the secret to having the confidence and courage to enrich your life and work is simply knowing how to push yourself? Using the science habits, riveting stories and surprising facts from some of the most famous moments in history, art and business, Mel Robbins will explain the power of a "push moment." Then, she'll give you one simple tool you can use to become your greatest self. It take just five seconds to use this tool, and every time you do, you'll be in great company. More than 8 million people have watched Mel's TEDx Talk, and executives inside of the world's largest brands are using the tool to increase productivity, collaboration, and engagement. In *The 5 Second Rule*, you'll discover it takes just five seconds to: Become confident Break the habit of procrastination and self-doubt Beat fear and uncertainty Stop worrying and feel happier Share your ideas with courage *The 5 Second Rule* is a simple, one-size-fits-all solution for the one problem we all face—we hold ourselves back. The secret isn't knowing what to do—it's knowing how to make yourself do it. p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 12.0px Arial}

"I love that Daniel Pink is taking on one of the best (and toughest) teachers in my life—regret. ...The world needs this book." —Brené Brown, Ph.D., New York Times bestselling author of *Dare to Lead* From the #1 New York Times—bestselling author of *When and Drive*, a new

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book about the transforming power of our most misunderstood yet potentially most valuable emotion: regret. Everybody has regrets, Daniel H. Pink explains in *The Power of Regret*. They're a universal and healthy part of being human. And understanding how regret works can help us make smarter decisions, perform better at work and school, and bring greater meaning to our lives. Drawing on research in social psychology, neuroscience, and biology, Pink debunks the myth of the "no regrets" philosophy of life. And using the largest sampling of American attitudes about regret ever conducted as well as his own World Regret Survey—which has collected regrets from more than 15,000 people in 105 countries—he lays out the four core regrets that each of us has. These deep regrets offer compelling insights into how we live and how we can find a better path forward. As he did in his bestsellers *Drive*, *When*, and *A Whole New Mind*, Pink lays out a dynamic new way of thinking about regret and frames his ideas in ways that are clear, accessible, and pragmatic. Packed with true stories of people's regrets as well as practical takeaways for reimagining regret as a positive force, *The Power of Regret* shows how we can live richer, more engaged lives.

An Easy-To-Use, Concise Guide to Changing Your Life in Under a Minute, Backed by Cutting-Edge Scientific Research.

We are all chasing happiness. We spend our lives searching for that one thing we think will finally make us happy. But is happiness something deeper than that, more fundamental? How can universal happiness be

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achieved? His Holiness the Gyalwang Drukpa reveals that the secret to happiness lies in the mind. Exploring the simple ways we can train our minds to recognise a happiness that is already there, he gives us the tools to embrace an appreciation for life as it is, rather than as we feel it should be, and helps us flourish as individuals, and as part of the wider world. With Happiness is a State of Mind you can choose to make today a happy one.

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