

Get Your Shit Together To Do Notepad Planner And Journal Simple Daily Planners Organizers And Notebooks For Men And Women

get your sh*t together and journal your way to your best life Whether you're stuck in a job or relationship you hate, overwhelmed by a million emails, or just need a little help along the way to world domination, the hardest part of changing your life is knowing where to start. That's where New York Times bestselling "anti-guru" Sarah Knight comes in. In this no-holds-barred, no f*cks given journal, Sarah helps you figure out what you want, how to get started, and how to get it all done. By coaching you through the small sh*t, tough sh*t, and deep sh*t, she'll set you on the road to doing, well, whatever the hell you want. With space to write in your goals, milestones, and to-dos, along with hilarious graphics, charts, and straight-talking advice, The Get Your Sh*t Together Journal is a must-have tool in your organizational arsenal.

Kali Rogers of Blush Online Life Coaching presents the no-nonsense approach to getting over your quarter life crisis and entering into adulthood like a boss. Learn about the symptoms of the quarter life crisis and how to combat them as well as tackling your career distress, relationship troubles, breakup woes, friendship struggles, and owning your singlehood while everyone else is getting engaged. This book won't let you waste one more second feeling sorry for yourself. It's time to stop feeling stuck and take action.

The updated 4th Edition of THE ENTREPRENEUR'S GUIDE TO BUSINESS LAW takes you through the various stages of starting a business--from start-up and growth to an initial public offering--while highlighting the legal preparations and pitfalls that go along with them. Packed with practical strategies for managing legal issues, the text presents the essentials on leaving your job, competing with a former employer, contract law, and bankruptcy, as well as on the most current issues like clean energy, e-commerce, and the effects of the recent recession on entrepreneurship. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

It's time to take control and 'Get Your Sh!t Together'. With The Grit Doctor on your side, find out what you want from life and find the courage to go for it, power through life admin without breaking sweat, and learn how to switch off and chill out.

'Truly life-changing' Dolly Alderton 'The only 'diet' book worth reading this new year' Alexandra Heminsley, Grazia Just Eat It isn't just a book. It's part of a movement to help us take back control over our bodies. To free us from restrictive dieting, disordered eating and punishing exercise. To reject the guilt and anxiety associated with eating and, ultimately, to help us feel good about ourselves. This anti-diet guide from registered nutritionist Laura Thomas PhD can help you sort out your attitude to food and ditch punishing exercise routines. As a qualified practitioner of Intuitive Eating – a method that helps followers tune in to innate hunger and fullness cues – Thomas gives you the freedom to enjoy food on your own terms. There are no rules: only simple, practical tools and exercises including mindfulness techniques to help you recognise physiological and emotional hunger, sample conversations with friends and colleagues, and magazine and blog critiques that call out diet culture. So, have you ever been on a diet? Spent time worrying that you looked fat when you could have been doing something useful? Compared the size of your waistline to someone else's? Felt guilt, actual guilt, about the serious crime of . . . eating a doughnut? You're not alone. Just Eat It gives you everything you need to develop a more trusting, healthy relationship with food and your body.

?Get Your Shit Together! The Most Motivational Swear words coloring book ? This motivating swear words coloring book For Adults includes 30 Pages with different levels of difficulty. It is suitable for beginners as well as for advanced. Each page is a unique with abstract flowers, Mandalas... and Motivational Swear Quotes and sayings. This Motivational Swear words coloring book will provide hours of fun and relaxation Every page will help you clear your mind. OVER 30 New Collections of Unique Hand curated Designs To Color Single-Sided Pages At 8.5x11 For adults only Matte finish cover design High quality 60lb (90gsm) paper stock with full page designs

Just Pull Your Shit Together And Go Running - A Journal For Runners To Document Thoughts, Feelings, Ideas, Running Routes, and Stories. This custom designed notebook is ideal to keep track of your runs, write running inspirations, journal about stories from your running adventures and much much more! You can journal about your life plans, ideas, thoughts, worries - it's a fantastic cathartic process that let's you spill out everything from the monkey mind & get true clarity. This limited release of custom inspirational running design notepads make ideal gifts for him, gifts for him & anybody who enjoys a good ol' run. They are great, cost effective birthday presents for runners, and are a very practical gift due to the many many ways in which these journals can be used. Get your mind right, start journaling and running today! Let's go! All of our running books, logs, and other running products on our amazon page (RunGang Publications) are CUSTOM MADE FOR RUNNERS, BY RUNNERS. We know what it takes! Click the author link or anywhere else you see our name on the page. - 6x9 inch - 120 Lined Pages. - Only on Amazon - Created only by RunGang Publications

If you're a mom (or mom-to-be) who wants to raise decent human beings, maintain your pre-baby identity, and not lose your sh*t along the way, congrats: you've just found the parenting book of your dreams. The Rebel Mama's Handbook for (Cool) Moms is a girlfriend's guide to early motherhood. It's the Coles Notes for all those boring baby books you never read. It's the instruction manual you wish your kid(s) came with - complete with cocktail list. Welcome to motherhood. Let's do this.

"The first in-depth, behind-the-scenes look at the White House Chiefs of Staff, whose actions--and inactions--have defined the course of our country. Since George Washington, presidents have depended on the advice of key confidants. But it wasn't until the twentieth century that the White House chief of staff became the second most powerful job in government. Unelected and unconfirmed, the chief serves at the whim of the president, hired and fired by him alone. He is the president's closest adviser and the person he depends on to execute his agenda. He decides who gets to see the president, negotiates with Congress, and--most crucially--enjoys unparalleled access to the leader of the free world. When the president makes a life-and-death decision, often the chief of staff is the only other person in the room. Each chief can make or break an administration, and each president reveals himself by the chief he picks. Through extensive, intimate interviews with all seventeen living chiefs and two former presidents, award-winning journalist and producer Chris Whipple pulls back the curtain on this unique fraternity, whose members have included Rahm Emanuel, Dick Cheney, Leon Panetta, and Donald Rumsfeld. In doing so, he revises our understanding of presidential history, showing us how James Baker and Panetta skillfully managed the presidencies of Ronald Reagan and Bill Clinton, ensuring their reelections--and, conversely, how Jimmy Carter never understood the importance of a chief, crippling his ability to govern. From Watergate to Iran-Contra to the Monica Lewinsky scandal to the Iraq War, Whipple shows us how the chief of staff can make the difference between success and disaster. As an outsider president tries to govern after a bitterly divisive election, The Gatekeepers could not be more timely. Filled with shrewd analysis and never-before-reported details, it is a compelling history that changes our perspective on the presidency."--Jacket flap.

A fun cover notebook journal just for you girl. Write down your crush name, doodle your favourite donut or just vomit your feeling with words, you know no one else will read it, you know it right?

Based upon his weekly Harvard Business Review columns (which is one of the most popular columns on HBR.com, receiving hundreds of thousands of unique page views a month), 18 MINUTES clearly

shows how busy people can cut through all the daily clutter and distractions and find a way to focus on those key items which are truly the top priorities in our lives. Bregman works from the premise that the best way to combat constant and distracting interruptions is to create productive distractions of one's own. Based upon a series of short bite-sized chapters, his approach allows us to safely navigate through the constant chatter of emails, text messages, phone calls, and endless meetings that prevent us from focusing our time on those things that are truly important to us. Mixing first-person insights along with unique case studies, Bregman sprinkles his charming book with pathways which help guide us -- pathways that can get us on the right trail in 18 minutes or less.

STAY ORGANIZED | GET THE MOST OUT OF YOUR TIME Do you need to organize your time? Do constant meetings and a busy schedule run you ragged? Then you need the Get Your Shit Together To Do Planner and Organizer! This beautiful personal organizer is a great way to collect your thoughts and prepare for the days activities so you'll be organized and prepared for all of the tasks of the day. Daily Task List Record and keep track of daily deliverables to make sure nothing gets missed. Quick Glance Calendar Plan your day out and layout important meetings and events in a daily calendar. Set Aside Time For Yourself While you're saving the world, you need to make sure to take care of yourself with daily reminders of important items to rejuvenate yourself and ensure you stay mentally and physically at your best. Notes and Journaling The opposite page for each day has a space for recording notes or inspirations. Or, use this space for journaling to clear your mind and unleash your creativity. The Perfect Gift Give the gift of organization and mindfulness to the busiest people in your life. Buy Now, and Begin Organizing Your Life Today With This Great Organizer and Planner. Click the Buy button at the top of the page to begin.

*From the 'anti-guru' author of the smash hit The Life-Changing Magic of Not Giving a F**k and the New York Times bestseller Get Your Sh*t Together * In The Life-Changing Magic of Not Giving a F**k, our favourite 'anti-guru' Sarah Knight unleashed the power of saying no. In Get Your Sh*t Together, she prioritised the sh*t you need and want to do so you can achieve your hopes and dreams. Now she's back, doubling down on your happiness with her latest message: You Do You. Being yourself should be the easiest thing in the world. Yet instead of leaning in to who we are, we fight it, listening too closely to what society tells us. You Do You helps you shake off those expectations, say f**k perfect, start looking out for number one and keep on with your badass self. From career and finances to relationships and family, lifestyle and health, Sarah Knight rips up the rulebook. Writing about her mistakes and embarrassments in her own personal quest to 'do me' - because nobody gets everything right all day, every day - Sarah Knight shows why you can and should f**k up and teaches you to let yourself off the hook, bounce back and keep standing tall. What everyone is saying about Sarah Knight: 'The anti-guru' Observer 'I love Knight' Sunday Times 'Life-affirming' Lucy Mangan, Guardian 'Genius' Vogue

WASHINGTON POST "COLOR OF MONEY" BOOK CLUB PICK Stop Living Paycheck to Paycheck and Get Your Financial Life Together (#GYFLT)! If you're a cash-strapped 20- or 30-something, it's easy to get freaked out by finances. But you're not doomed to spend your life drowning in debt or mystified by money. It's time to stop scraping by and take control of your money and your life with this savvy and smart guide. Broke Millennial shows step-by-step how to go from flat-broke to financial badass. Unlike most personal finance books out there, it doesn't just cover boring stuff like credit card debt, investing, and dealing with the dreaded "B" word (budgeting). Financial expert Erin Lowry goes beyond the basics to tackle tricky money matters and situations most of us face #IRL, including: - Understanding your relationship with moolah: do you treat it like a Tinder date or marriage material? - Managing student loans without having a full-on panic attack - What to do when you're out with your crew and can't afford to split the bill evenly - How to get "financially naked" with your partner and find out his or her "number" (debt number, of course) . . . and much more. Packed with refreshingly simple advice and hilarious true stories, Broke Millennial is the essential roadmap every financially clueless millennial needs to become a money master. So what are you waiting for? Let's #GYFLT!

Bestselling anti-guru, Sarah Knight, reveals how to stop whining and start winning! Sarah Knight's first book, internationally bestselling THE LIFE-CHANGING MAGIC OF NOT GIVING A F**K may have transformed your life. Now it's time to take one further step along the road to mental declutterment; to stop whining and to start winning. In short, it's time to GET YOUR SH*T TOGETHER! As someone who quit her job in corporate America, built a house in the Caribbean and moved there, Knight seriously has her sh*t together. Here, in her frank, forthright and down-right hilarious fashion, she shares her tried-and-tested methods so that you can apply them to your own hopes and dreams. Once you've identified your goal, laid out your strategy and narrowed your focus, you're ready to commit. Seriously, get your shit together!

A Goal Getter Productivity Planner for Setting Goals This journal is the ultimate planning system to help you stay on track with your personal, financial and career goals. Inside you'll find dozens of important layouts, including weekly and monthly goal planning pages as well as sections designed to help you get focused, and stay on track towards accomplishing all your goals. This is a one-stop goal planner dedicated to helping you live your best life! If you're looking to make a positive change, this productivity planner is exactly what you're looking for. Get More Done in Less Time with the Ultimate Goal Getter Journal! Create positive habits that boost productivity. Weekly and monthly goal planning. Stay organized easily while focusing on effective time management! Track your personal, financial, fitness, spiritual and life goals! About this Goal Setting Workbook: 103 Pages Cover: Soft, Matte Interior: White Product Size: 6 x 9 inches (perfect size for carrying this notebook around) This planner makes a great gift for friends, family and coworkers! Scroll up and click "Add to Cart" now. We have lots of great, beautiful funny journals, so be sure to check out our other listings by clicking on the "Author Name" link just below the title of this journal.

Founder of popular website Get Your Shit Together blends personal story and must-have advice in the ultimate guide to getting your affairs in order—from wills and advance directives to insurance, finances, and relationships—before the unthinkable happens. On July 17, 2009, Chanel Reynolds' husband, José, was struck by a car while cycling near their home in Seattle. In the wake of her husband's untimely death, Reynolds quickly realized that she was completely unprepared for what came next. What was the password to his phone? Did they sign their wills? How much insurance did they have? Could she afford the house? And what the hell was probate anyway? Simply put, when life went sideways she didn't have her shit together. As it turns out, most of us don't either. We're too busy, in denial, overwhelmed by too much information, uncertain where to start, or just uncomfortable having those difficult conversations. Reynolds learned the hard way that hoping for the best is not a plan, but you don't have to. Drawing on her first-hand experience, expert advice, and the unparalleled resources she's compiled for her celebrated website, Reynolds lends a human voice to a warren of checklists and forms and emotional confusion, showing readers how to: Create a will and living will Update (or finally get) the right life insurance policy Start or grow an emergency fund Make a watertight emergency plan Keep secure, up-to-date records of personal information Authoritative yet personal, grounded but irreverent, Reynolds' voice carries readers through a tough subject with candor and compassion. Weaving personal story with hard-won wisdom, What Matters Most is the approachable, no-nonsense handbook we all need to living a life free of worry and "what ifs."

Get Your Financial Sh*t Together is written by Andrew Turner, a UK based entrepreneur. He was once in serious debt. In his early twenties, with no financial nous and nobody around to turn to for advice, he made a series of mistakes which left him with a mountain of debt and consequently very few options. Close to bankruptcy and on the verge of losing the family house, he made some decisions about how he managed his money that would change the course of his life. Thanks to the changes he made to the way he thought about and managed his money, he is now living a largely financially stress free life. If you are struggling to understand how to live within your means. If you want to get a sense of how you might best use the money that you make. If you want to know what your options might be in terms of sensible

expenses, savings, investments, property, cars, then this book will get you thinking. No matter what your current situation, whether you are in debt, want to learn how best to stay out of it, or whether you just want to get some ideas about how to manage your money, this book is for you.

With a humorous expletive embroidered in gold thread on black canvas, a gold zipper, and a playful pattern in the interior, this eye-catching pouch offers a sassy and classy way to keep pens, makeup, and other essential items collected on the go!

2018 PLANNER & ORGANIZER | GET THE MOST OUT OF LIFE "Think of a ship with the complete voyage mapped out and planned. The captain and crew know exactly where the ship is going and how long it will take - it has a definite goal. And 9,999 times out of 10,000, it will get there. Now let's take another ship and just like the first and only let's not put a crew on it, or a captain at the helm. Let's give it no aiming point, no goal, and no destination. We just start the engines and let it go. I think you'll agree that if it gets out of the harbor at all, it will either sink or wind up on some deserted beach and a derelict. It can't go anyplace because it has no destination and no guidance. It's the same with a human being." ~ Earl Nightingale If you want better time management and organization you're sailing in the right direction. This no nonsense organizer is perfect for helping you navigate to your goals. This means you'll be organized and prepared for all of the tasks of the day and more successful in your efforts. Imagine using the Get Your Shit Together 2018 monthly/weekly planner and organizer to map out and plan your voyage through life! How would your life improve from from having better direction? Stop wandering aimlessly through life. Start on a course of progress and accomplishment now! Daily Task List Because you want the most out of life, you need to optimize your time and activities. Plan your day out and layout important meetings and events in a daily calendar. Once you have your shit together, excuses become a thing of the past. Record and keep track of daily deliverables to make sure you're on top of your game delivering when it counts. Notes and Journaling Each day has a space for recording notes or inspirations. Or, use this space for journaling to clear your mind and unleash your creativity. Journaling evokes mindfulness. Increased mindfulness means a greater sense of well being along with improved physical mental health. This leads to reduced depression, anxiety, and stress. How will you benefit from a greater state of mindfulness you achieve from journaling in the Get Your Shit Together 2018 monthly/weekly planner? The Perfect Gift Buy one for yourself and give one to a friend who needs to "Get Shit Done!" What Really Matters? Think about how important shit gets done. Whether you're building a bridge or sending someone into space...the stuff that really matters gets organized and planned! Your life is no different. Stop limiting yourself and start becoming someone who matters by using the Get Your Shit Together 2018 monthly/weekly planner today. Because you matter! Buy Now, and Begin Organizing Your Life Today With This Great Organizer and Planner. Click the Buy button at the top of the page to begin.

For the babes who are trying to at least look like they've got their shit together. You've got a weekly overview for goals, and an end of week check-in. Then each day provides inspiration and all the things you need to keep your life together on the daily. In case you don't know me and what I do, this is your warning that there is profanity in this workbook. So if that's not your thing, you probably won't like this workbook. 3 months worth of days + a weekly check-in page. Blank pages for doodling, or whatever distresses you. Along with some of my designs from Metal Marvels for you to color! Trust me, it relieves stress.

As soon as the Web became viable for entrepreneur marketers in the early 2000's, John Carlton surfaced as the go-to teacher for writing everything required to find prospects and persuade them to become eager customers..... as well as being The Dude for solving almost any biz problem holding things up. For decades, he was a notoriously-successful freelance direct-response copywriter with a global reputation for creating ads that brought home the bacon in almost every possible media (particularly direct mail, magazines and newspapers). And his street-savvy, close-the-deal style of salesmanship has now helped mobs of new entrepreneurs dominate niches online. This book is a collection of his best (and most recent) lesson-dense private articles to insider colleagues. What you're about to discover is the timeless advice and first-choice strategies that can help rookie entrepreneurs murder their competition, and veteran marketers re-establish dominance in their niche. No theory here. Every lesson is from the front trenches of the business world, where fortunes are won or lost through your ability to craft superior marketing in crowded business environments... and produce jaw-dropping results regardless of the economy, the competition, or any problem currently holding you up. If you have a great product or service, then shame on you if you don't learn and use the reality-tested, results-proven toolkit of advice and tactics packed into this sizzling tome. It's your best First Step to becoming an awesome entrepreneur, no matter where you are now or what your experience is or how broke/disadvantaged/clueless you are. You start here, and the greatest adventure of your life can finally begin in earnest. About the author: John Carlton's notorious 30-year career has become something of a legend among modern marketers. Just some of the highlights: He started out as the "bad boy" freelance copywriter snuck through the back doors of Los Angeles advertising agencies to do the hard-core sales jobs their staff writers couldn't pull off (because they didn't understand street-level salesmanship)... He penned game-changing packages for the largest direct response mailers in the world (like Rodale Press)... while single-handedly also completely transforming the way print ads worked in a number of markets (through sizzling long-copy ads the magazine owners hated, but which worked like crazy)... And he pioneered the now-common use of killer "old school" persuasive ad-writing models for online markets when the Web finally became a viable vehicle for entrepreneurs. John's been called "the most respected and ripped-off copywriting wizard alive", because so many of his ads are still used as templates by other marketers. (Yes, even the ads written before the Web became a viable marketing medium.) And for over a decade now, John has been the "go-to-teacher" for helping entrepreneurs learn how to craft ads that get results. His first book, "Kick-Ass Copywriting Secrets of a Marketing Rebel", is still cited as a primary resource by the best writers working today.

This book has completely changed thousands of lives all around the world and it's going to make yours better too. Several times a day, people go out of their way to contact me and tell me that this book, Declare War on Yourself, is "like drinking out of a fire hydrant", "the bible of becoming better", "better than every single book I've ever read on self-improvement", and "the only book they've ever kept on the nightstand to read daily." They tell me they NEVER reach out to authors but this book "compelled" them to do so because it has made such a huge impact on their life. A week ago, a skeptical investigative journalist reached out to me for a phone call. When I spoke to him, he said the book was so good and eye-opening that he had to speak to me himself and see if I was "the real deal or full of shit and stealing other people's content and ideas". 5 minutes into the conversation, he told me he's listened to the book 4 times and each time, he has to get a notebook, write down several pages of notes, highlight them, and then underline them. That after 35 years of reading books from every self-help author he can think of, he's

never seen so much powerful information jam-packed into one single book and he doesn't understand why this isn't on every bookshelf in the world. Declare War on Yourself is straightforward, honest, and blunt. I tell you the truth even if it hurts your feelings. While most authors are busy trying to turn you into a fan and get you to like them, follow them on social media, and think they're a great person, I'm busy trying to teach you every single thing I know on how to make your life better. That's all I care about. I cut straight to the heart of what's causing your problems in your life, why those problems aren't going away, and EXACTLY what you need to do to get it all under control. I teach you how having the wrong mindset is negatively impacting your life, relationships, and results and which changes will improve your thinking, behavior, and habits so things are more likely to just fall into place for you. If you can handle some tough love with a little stank on it and be open-minded enough to toss around some new ideas for your life, then this book will help you. Even if it's not one constant massive eye-opening moment after another like a lot of readers claim to experience from this book, I guarantee you will take something from it that you'll use for the rest of your life. That in and of itself is worth the small price of this book. Here's what you're going to learn in this one-of-a-kind book: - What it actually means to have your act together - Why only 3% of us actually have our life together - Why society's definition of "having your act together" is wrong - Real reasons we're lazy, we don't push ourselves, and we keep giving up - Which people and situations keeping you from getting your act together - How what you're programming your mind with is helping you or hurting you and why there is no in between. - How much time you're actually wasting on useless thoughts, people, and activities - Which things are realistically stopping you from moving in the right direction - Which thoughts, emotions, feelings, people, places, and things getting in your way - Which emotions are sabotaging you, holding you back, and pushing you backwards - How to eliminate "chaos" from your mind, daily routine, and life and why it's important - How to eliminate the distractions keeping you from focusing - How to replace the trash habits that are causing your problems - What you need to accept about yourself and your life in order to do better - EXACTLY which things are making you unhappy, unproductive, and unsuccessful - How to reach goals faster and easier and make it a permanent habit - Which "failure" mindsets to eliminate - The powerful mindsets of the world's most elite people and how it multiplies their success - Mental toughness – how to develop it and why you need it - How to make self-control and self-discipline easier so it's not as painful - How controlling emotions plays a big part in bad situations - What to do when everything is spinning out-of-control and you feel like giving up on yourself and life - How to talk to yourself and treat yourself during difficult times and situations - How to make big challenges small enough to handle easily - A cheap, effective, and easy-to-get tool that helps you clear your mind - How "micro-emotions" are effecting you every minute of every day and holding you back - How to "zero out" and relax when emotions are getting too extreme - How often you should share your emotions with others and what it makes them think of you - How the world's most effective and elite people handle their emotions to get their "edge" - How the state of your home relates to directly to how much you have your act together - The first thing you should do when you wake up and why it's important - Which parts of your home to keep clean and organized and why it's important - The best time of day to do your home cleaning so it's the faster and easier - The proper relationship with your superiors and co-workers - Besides making money, what you should and should not be at work for - What to before you start your work day so it goes smoothly - Tools to make your job easier and help you power through boring tasks and projects - How to improve focus, get things done, and become more productive - How to manage your time and evaluate progress - How getting your social act together makes you more likable and trustworthy - How to set social boundaries with yourself and others and why it's important - Social formalities that get you more respect - Powerful social techniques to get the attention of the right people - Habits, behaviors, and thoughts you don't need in your social life - Having a proper relationship with your money so you can make more and keep what you have - The one position that makes you financially happier - Money's real purpose and what it doesn't do for you - The real differences between broke people and rich people - When and how you should use credit and debt - Why you should save money and how much you should be saving to for when shit hits the fan - How important your time should be to you and how to spend it wisely - Plans, processes, and procedures that help you reach your goals faster - How to become extremely specific about your goals - What setbacks in all areas of your life mean and how to handle them - The most important things to do before you get your day started - How to get your mind on the right track so you're thinking the right thoughts, having the right feelings, and doing the right things - How to hit your targets, avoid distractions, and make your day easier - Which counter-productive activities are important to avoid - The most important things to do before you go to bed

Newly-found author and New-Thought thinker Jacobi Cash brings to the table an opportunity to end the suffering you experience in your life. Pain is inevitable, but suffering is optional. There is only one thing in this world that starts personal transformation on a global scale and that is knowledge. Jacobi strives to help end human suffering by writing about the things that could help us do that! This book is precisely written in a fashion that cuts right to the chase about getting your life together. It then presents to you compelling ideas of how this mysterious Universe works. Jacobi doesn't waste any time and continues to offer you more methods on how to deal with this crazy thing called Life. The truths about God, death, the human body, and even the Law of Attraction are found within these pages. Competing with world-renowned self-help books, 'Get Your Shit Together' offers you a read that it is fun while treating you with a love so tough that you're forced to change your life for the better.

Girl, Get Your \$hit Together was inspired by all of the millennial women out there who want to make great choices with their money but they are tired of being sold a bunch of advice that doesn't work for them. This book will share easy and nontraditional tips and secrets about how to shift from fear of not having enough money to feeling confident and capable about making important financial and life decisions. This book is for ANY woman who would rather laugh and have fun, and BE free from financial stress so that they can give more to this world and create memorable experiences in their own lives.

With the countless distractions that come from every corner of a modern life, it's amazing that were ever able to accomplish anything. The Power of Less demonstrates how to streamline your life by identifying the essential and eliminating the unnecessary freeing you from everyday clutter and allowing you to focus on accomplishing the goals that can change your life for the better. The Power of Less will show you how to: Break any goal down into manageable tasks Focus on only a few tasks at a time Create new and productive habits Hone your focus Increase your efficiency By setting limits for yourself and making the most of the resources you already have, you'll finally be able work less, work smarter, and focus on living the life that you deserve.

The New York Times bestselling author of Better and Complications reveals the surprising power of the ordinary checklist We live in a world of great and increasing complexity, where even the

most expert professionals struggle to master the tasks they face. Longer training, ever more advanced technologies—neither seems to prevent grievous errors. But in a hopeful turn, acclaimed surgeon and writer Atul Gawande finds a remedy in the humblest and simplest of techniques: the checklist. First introduced decades ago by the U.S. Air Force, checklists have enabled pilots to fly aircraft of mind-boggling sophistication. Now innovative checklists are being adopted in hospitals around the world, helping doctors and nurses respond to everything from flu epidemics to avalanches. Even in the immensely complex world of surgery, a simple ninety-second variant has cut the rate of fatalities by more than a third. In riveting stories, Gawande takes us from Austria, where an emergency checklist saved a drowning victim who had spent half an hour underwater, to Michigan, where a cleanliness checklist in intensive care units virtually eliminated a type of deadly hospital infection. He explains how checklists actually work to prompt striking and immediate improvements. And he follows the checklist revolution into fields well beyond medicine, from disaster response to investment banking, skyscraper construction, and businesses of all kinds. An intellectual adventure in which lives are lost and saved and one simple idea makes a tremendous difference, *The Checklist Manifesto* is essential reading for anyone working to get things right.

Brutally honest, often hilarious, hard-won lessons in learning to love and care for yourself from a young vice president at Comedy Central who was called "ahead of her time" by Jordan Peele "Compelling, persuasive, and useful no matter where you are in your life."--Chelsea Handler, #1 New York Times bestselling author of *Life Will Be the Death of Me* "A bracingly honest, funny read . . . like Wild meets You Are a Badass."--Adam Grant, #1 New York Times bestselling author of *Give and Take*, *Originals*, and *Option B* By the time she was in her late twenties, Tara Schuster was a rising TV executive who had worked for *The Daily Show* with Jon Stewart and helped launch *Key & Peele* to viral superstardom. By all appearances, she had mastered being a grown-up. But beneath that veneer of success, she was a chronically anxious, self-medicating mess. No one knew that her road to adulthood had been paved with depression, anxiety, and shame, owing in large part to her minimally parented upbringing. She realized she'd hit rock bottom when she drunk-dialed her therapist pleading for help. *Buy Yourself the F*cking Lilies* is the story of Tara's path to re-parenting herself and becoming a "ninja of self-love." Through simple, daily rituals, Tara transformed her mind, body, and relationships, and shows how to * fake gratitude until you actually feel gratitude * excavate your emotional wounds and heal them with kindness * identify your self-limiting beliefs, kick them to the curb, and start living a life you choose * silence your inner frenemy and shield yourself from self-criticism * carve out time each morning to start your day empowered, inspired, and ready to rule * create a life you truly, totally f*cking LOVE This is the book Tara wished someone had given her and it is the book many of us desperately need: a candid, hysterical, addictively readable, practical guide to growing up (no matter where you are in life) and learning to love yourself in a non-throw-up-in-your-mouth-it's-so-cheesy way.

Jessica Bruderis a reporter for the *Oregonian*. Her writing has also appeared in the *New York Times*, the *Washington Post*, and the *New York Observer*. She lives in Portland, Oregon.

The bestselling book everyone is talking about, revealing the surprising art of caring less and getting more. Are you stressed out, overbooked and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? Finding it hard working from home? Then it's time to stop giving a f**k. This irreverent and practical book explains how to rid yourself of unwanted obligations, shame, and guilt - and give your f**ks instead to people and things that make you happy. From family dramas to having a bikini body, the simple 'NotSorry Method' for mental decluttering will help you unleash the power of not giving a f**k and will free you to spend your time, energy and money on the things that really matter. 'The anti-guru' *Observer* 'Absolutely blinding. Read it. Do it.' *Mail on Sunday* 'Genius' *Cosmopolitan* 'I love Knight's book even before I start reading . . . Works a charm' *Sunday Times Magazine* 'Life-affirming . . . The key practice she advocates is devising for yourself a "fuck budget" . . . It's a beautiful way of streamlining your psyche' *Lucy Mangan, Guardian* ALSO AVAILABLE FROM SARAH KNIGHT: *YOU DO YOU: how to be who you are and use what you've got to get what you want AND Get Your Sh*t Together* - the *New York Times* bestseller helping you organise the f**ks you want and need to give

There are 168 hours in a week. This book is about where the time really goes, and how we can all use it better. It's an unquestioned truth of modern life: we are starved for time. With the rise of two-income families, extreme jobs, and 24/7 connectivity, life is so frenzied we can barely find time to breathe. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or else, if we don't make excuses, we make sacrifices. To get ahead at work we spend less time with our spouses. To carve out more family time, we put off getting in shape. To train for a marathon, we cut back on sleep. There has to be a better way—and Laura Vanderkam has found one. After interviewing dozens of successful, happy people, she realized that they allocate their time differently than most of us. Instead of letting the daily grind crowd out the important stuff, they start by making sure there's time for the important stuff. They focus on what they do best and what only they can do. When plans go wrong and they run out of time, only their lesser priorities suffer. It's not always easy, but the payoff is enormous. Vanderkam shows that it really is possible to sleep eight hours a night, exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter. The key is to start with a blank slate and to fill up your 168 hours only with things that deserve your time. Of course, you probably won't read to your children at 2:00 am, or skip a Wednesday morning meeting to go hiking, but you can cut back on how much you watch TV, do laundry, or spend time on other less fulfilling activities. Vanderkam shares creative ways to rearrange your schedule to make room for the things that matter most. *168 Hours* is a fun, inspiring, practical guide that will help men and women of any age, lifestyle, or career get the most out of their time and their lives.

Do you ever wish you were that woman walking into the office as if she owned the place? Though in all reality she does. Well in this book I'm going to get you in the right mindset to become that female Hustler. There's no more procrastination!! It's time to get your shit together and become a boss. *The Female Hustler Get Your Shit Together* provides all the information you need to know to get yourself thinking like a female hustler, and make that necessary change in your life to quit that dead end job! After outlining the twelve habits common to successful, hardworking female hustlers, I have put a guide book together to put you on the right path to getting your shit together and becoming that boss babe you so desire to become. It's not easy it requires consistent dedication, and a willingness to change your mind set. So be prepared because I don't sugar coat crap. Controlling your life and understanding the steps to reach your goal is crucial in becoming a female hustler. You have to work hard for what you want in this world. You can't just only dream of what you want you have to put that dream into action.

"Self-help meets memoir. Party girl meets wise sage. Beauty meets reality. Zara Barrie is the cool older sister you wish you had. The one that lets you borrow her designer dresses and ripped up fishnets, buys you champagne (she loves you too much to let you drink beer), and colors your lips with bright pink lipstick. She'll take you to the coolest parties, and will stick by your side and she guides you through the glitter, pain, danger, laughter, and what it means to be a f*cked up girl in this f*cked up world (both of which are beautiful despite the darkness). Girl, Stop Passing Out in Your Makeup is for the girls that are too much of a beautiful contradiction to be contained. Zara is a gifted writer—one second she'll have you laughing over rich girls agonizing over which Birkin bag to buy, the next second she'll shatter your heart in one sentence about losing one's innocence. Zara is the nuanced girl she writes for—light, irreverent, snarky, bitchy, funny; and aching, perceptive, deep, flawed, wise, poised, honest—all at once. Perhaps the only thing that can match Zara's unparalleled wit and big sister advice is her candid humor and undeniable talent for the written word. Zara is one of the most prolific and entertaining honest voices on the internet—and her talent is only multiplied in book form. Girl, Stop Passing Out in Your Makeup is for the bad girls, honey."—Dayna Troisi, Executive Editor, *GO Magazine* "Reading Zara's writing

will make you feel like you're at your cool-as-hell big sister's sleepover party. You will be transfixed by her unflinching honesty and words of wisdom, and she'll successfully convince you to not only ditch the shame you feel about the raw and messy parts of yourself, but to dare to see them as beautiful.”—Alexia LaFata, Editor, New York Magazine “If Cat Marnell and F. Scott Fitzgerald had a literary baby it would be Zara Barrie. She’s got Marnell’s casual, dark, downright hilarious tone of an irreverent party girl. But then she also has Fitzgerald’s talent for making words literally feel like they sparkle on the page. I’ve always been a fan of Zara’s writing but Girl, Stop Passing Out in Your Makeup takes it to the next level. With shimmering words that make her dark stories sparkle, she seamlessly manages to inspire even the most coked-out girl at the party to get her shit together.”—Candice Jalili, Senior Sex & Dating Writer, Elite Daily

This book will take you in a journey of getting your life back together and becoming a winner. Day by day, you will take control of your life by making key decisions with commitment to move towards who you want to be. You will discover your talents; your strengths and you will realize everything you wish for is becoming a reality. This book will help you realize the power of Self-care, Happiness, Inner Peace and Time. Read and apply the simple principles to achieve your goals. To free yourself from depression, anxiety, and stress. Just know you are powerful. Once you change your mind, your actions will follow. “Life is not what it’s supposed to be. It’s what it is. The way you cope with it is what makes the difference” ~ Virginia Satir

Get Your Sh*t Together How to Stop Worrying About What You Should Do So You Can Finish What You Need to Do and Start Doing What You Want to Do Little, Brown

The New York Times bestseller from the author of The Life-Changing Magic of Not Giving a F*ck and You Do You. The no-f*cks-given, no-holds-barred guide to living your best life. Ever find yourself stuck at the office-or even just glued to the couch -- when you really want to get out (for once), get to the gym (at last), and get started on that "someday" project you're always putting off? It's time to get your sh*t together. In The Life-Changing Magic of Not Giving a F*ck, "anti-guru" Sarah Knight introduced readers to the joys of mental decluttering . This book takes you one step further -- organizing the f*cks you want and need to give, and cutting through the bullsh*t cycle of self-sabotage to get happy and stay that way. You'll discover: The Power of Negative Thinking Three simple tools for getting your sh*t together How to spend less and save more Ways to manage anxiety, avoid avoidance, and conquer your fear of failure And tons of other awesome sh*t! Praise for Sarah Knight: "Genius." -- Cosmopolitan "Self-help to swear by." -- The Boston Globe "Hilarious... truly practical." -- Booklist

Stop the yelling, lose the guilt, and become a calmer, happier parent. Drawing on evidence-based practices, here is an insight-packed and tip-filled plan for how to stop the parental meltdowns. Its compassionate, pragmatic approach will help readers feel less ashamed and more empowered to get their, ahem, act together instead of losing it. “Using a powerful combination of humor and reality checks, Naumburg helps parents unpack their unique stressors (we all have them) and find ways to stay calm even the most frustrating of family moments.” —Katie Hurley, LCSW, author of No More Mean Girls and The Happy Kid Handbook “By the end not only are you laughing out loud, but you’ve gained a sense of self-compassion and a concrete action plan.”—Rebecca Schrag Hershberg, PhD, author of The Tantrum Survival Guide

From paring your belongings to getting enough sleep, keeping your friendships active to acing an interview, this book tells you exactly how to get your sh*t together, so you can be the best version of yourself. Use its winning blend of super-achievable life hacks, motivating quotations, and lots of good sh*t to kick-start your transformation.

"I think we're all cracked and scarred and some of us maybe even have a chasm or two or four. Some of us are more tuned into our landscape. Maybe a few have put together a road map of trauma and triggers. Days and distances and despair to be avoided. I find myself tripping over the same cracks I identified over a decade ago. Are these the markings that create the unique current of my life? Is this a sign of hard-headedness, weakness, unresolved turmoil, emotional instability, and/or old habits dying hard? Is it something more clinical? Is tripping even a problem? Is there a steady cadence in this life? And if so, what kind of life is that associated with? Would it leave me happy and fulfilled? Would it leave me looking for a little crazy? I don't mind the trips. I worry about a fall." Get Your Shit Together Girl tells the story of a classic white, middle class, nineteen-year-old female waging a multi-year battle with bulimia and substance use, journaling her way through years of parental bumbling, treatment hopes and letdowns, systemic failures, and haunting decisions. Told in a diary-style format--and often through the lens of early adopter social media--these teen years are juxtaposed ten years later with the same girl-turned-woman sifting through the trauma of that time and doing everything within her power to get honest with herself, unearth the past, and heal--at last. Set in the mid-2000s and 2015, respectively, Get Your Shit Together Girl offers a pre-Obamacare glimpse into the American healthcare system and a pre-Trump take on self-help modalities, mental health treatment, and fighting for the life you truly want with all you've got.

Specifications: Cover Finish: Matte Dimensions: 6" x 9 Interior: Blank, White Paper, Lined Pages: 100

Self Journal for Daily - Increase Productivity & Time Management

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