

Reinventing Yourself

Jane Pauley, “America’s baby boomer” (Tom Brokaw) and the new anchor of CBS Sunday Morning, offers an inspirational guidebook “chockablock with keen insights for career transitions” (USA TODAY). In 2014, every baby boomer will have reached the milestone age of fifty. For most, it’s not an end, but the beginning of something new. Research has shown that people in their fifties are more vital now than they were only ten years ago. They’re saying, “I’m game, I’m up for it, I want to do more.” Jane Pauley, one of America’s most beloved and trusted broadcast journalists, offers humor and insight about the journey forward. The New York Times bestseller *Your Life Calling* is a fresh look at ideas that have been simmering since boomers first entered midlife with a different perspective on the future than any generation before: that there was more to come—and perhaps the best of all. Jane is not an advice giver but a storyteller. Here she tells her own and introduces readers to the fascinating people she has featured on her award-winning Today show segment, “Life Reimagined Today.” You’ll meet Betsy McCarthy, who traded in her executive briefcase for knitting needles; Gid Pool, who launched a career as a stand-up comic; Richard Rittmaster, who joined the National Guard Chaplain Corps; Trudy Lundgren, who took her home on the road in an RV; Paulie Gee, who opened a successful pizzeria in Brooklyn; and many more. “Jane Pauley is a wonderful guide to all the different ways you can open new doors in life, many of which lead to unexpected places. She shows with humor and insight why the journey to reinvention can come from all kinds of places and produce all kinds of joys” (Michael J. Fox). *Your Life Calling* is delightful, compelling, and motivating for anyone asking “What am I going to do with my supersized life?”

Become the person you want to be! Barnes Boffey shows you how to make profound personal changes through the process of reinventing yourself. Learn how to examine your "blueprints" and evaluate whether these basic assumptions and behaviors will lead you to a fully functional life. Avoid the pitfalls of denial and recognize when your behavioral choices are working against you. An essential reference for counselors or anyone struggling with addiction and other tough problems.

Reinvent Yourself as a Leader Before Your Business Outruns You Whether you are a senior leader or aspire to be one, at some point you’ll face a paradoxical risk. As you pile up successes, your job will get bigger than you, and you may become disoriented by a world of unfamiliar challenges. *What Happens Now?* will help you learn how to conquer the new challenges of sophistication – rather than just navigating the greater complexity – by doing things you’ve never done before. You will succeed by achieving these goals:

- Broadcasting a vision with clarity and purpose
- Aligning a high-performing team
- Communicating and leading change
- Focusing your time and energy in the right places
- Investing in coaching and creating other leaders

As experienced troubleshooters for hundreds of executives and organizations, John Hillen and Mark Nevins will show you how to foresee the stalls that threaten every leader – and overcome them. JOHN HILLEN, D.Phil., is a leadership and strategy professor in the School of Business at George Mason University, a consultant, and a director for many companies. MARK D. NEVINS, PhD, is an advisor to top executives, teams, and organizations. He has consulted from the C-suite down at Fortune 500 corporations, high-growth startups and private equity portfolio companies, and elite professional and

financial services firms. "A practical and enriching guide for leaders." WALTER ISAACSON International bestselling author "Will help leaders at all levels grow and develop." MARSHALL GOLDSMITH International Bestselling Author
Draws on dozens of interviews to counsel young workers on how to navigate today's challenging employment arenas to reinvent their careers, providing anecdotal coverage of such topics as selecting compatible work, maintaining income and transitioning smoothly. Original.

The key to success in life and business is to become a master at Conversational Intelligence. It's not about how smart you are, but how open you are to learn new and effective powerful conversational rituals that prime the brain for trust, partnership, and mutual success. Conversational Intelligence translates the wealth of new insights coming out of neuroscience from across the globe, and brings the science down to earth so people can understand and apply it in their everyday lives. Author Judith Glaser presents a framework for knowing what kind of conversations trigger the lower, more primitive brain; and what activates higher-level intelligences such as trust, integrity, empathy, and good judgment. Conversational Intelligence makes complex scientific material simple to understand and apply through a wealth of easy to use tools, examples, conversational rituals, and practices for all levels of an organization.

Written by Fortune 100 executive Dan Gallagher, *The Self-Aware Leader* is a unique approach on how to become a more effective leader by increasing self-awareness in four pillars of leadership. By integrating the concepts of reinvention, servant leadership, and business transformation into a single framework that has been validated in research, *The Self Aware Leader* emphasises taking a calculated approach to change rather than merely reacting to change. *The Self-Aware Leader* also helps readers recognise three basic truths which are crucial to success within organisations: approaches to management have a shelf life; middle managers are frequently caught between "a rock and a hard place"; and, with conservatism on the rise, becoming and remaining an effective leader is extremely complex. This book offers two key takeaways: 1) a new mental framework on leadership more appropriate for today's business conditions; and 2) a functional, practical plan for putting the newly learned concepts presented into daily practice.

I've reinvented my career, my interests, my life, many times over the past twenty years. This is the book I wish I had at the beginning of that long and often volatile journey. I found when I outsourced my self-esteem to only one outcome, disaster resulted. Reinvention was the key to ensuring that the outcomes in life were positive ones. And now the entire world: technology, governments, the shifting landscapes of opportunity and success, are all turning upside down, forcing us to reinvent as individuals and as a culture. Along my own journey I have read and encountered dozens of other successful leaders, artists, entrepreneurs, and mentors who I have learned the art of reinvention from. The journey has been intense. The obstacles were hard fought. And the adventures that led to me now finally sharing it all in this book has been both painful and exhilarating. I describe specific techniques, share stories, tell the stories of others, and give the ultimate guide to not only how but why it is critical for people to master the skills of reinvention. What I've learned: change is the only constant. Companies decay, technologies disappear, governments change, relationships change and opportunity is a shifting landscape. Reading the stories and learning the critical skills taught in

Reinvent Yourself is how I found my own way through the chaos of change and onto the path of new opportunity and success. Again, this is the book I wish I had in my hands twenty years ago although I am glad that I am writing it now.

Evangelist and author Jason Frenn details five steps accessing Christ's power to break the chains of destructive patterns that afflict generation after generation. Many families suffer from dysfunction and conflict handed down from one generation to the next, and the cycle repeats itself with greater and greater severity. Parents struggle to keep their families from eroding as they helplessly watch their kids, teenagers, and adult children fall into overwhelming patterns of self-destruction. But there is a power that can set these families free and change their future. In this book, readers experience the story of the author and his family, and how he was rescued from destruction. Each reader can find the **POWER TO REINVENT YOURSELF** and obtain a life of significance, success, and victory!

At the oracle in Delphos, at the entrance to Apollo's temple in ancient Greece, there was a stone which had some strange signs written on it. It was an invitation to begin one of the most fascinating adventures that a human being can undertake. In other words, the adventure of self-discovery. This book is a map which will accompany us on this trip inside ourselves. Little by little the secret of how people create the eyes through which we observe and perceive the world, will be revealed. It is with the same eyes that so often make us focus on our guilt about the past rather than on future opportunities. Reinventing yourself does not mean becoming someone different from how we really are but rather bring our **REAL SELF** to the surface. It is in this new area of possibilities where creativity flows, along with the wisdom and energy to completely transform our experience, bringing with it more calm, desire and confidence into our lives. The key lies within ourselves, in the exercising of our personal freedom, taking choices that slowly but surely lead us to transform our outlook. Marcel Proust said that, "the real act of discovery does not consist in going out to look for a new land but in learning to see the old land with new eyes." It is with our new eyes that we will be able to see what before we were blind to. It is also these new eyes which will lead us to discover how to reach what before had seemed unattainable.

Given the current state of affairs, it couldn't be a more appropriate time to reinvent yourself. We're recovering from one of the worst global economic recessions in decades--major corporations have collapsed; people are being devastated by job loss, long term unemployment, home foreclosures, overwhelming debt, loss of life savings, and some of the highest rates of stress and anxiety that our country has ever experienced. In "Reinvent Yourself," Dr. Shirley Davis assumes her role as a successful life coach and business executive and shares personal stories, life lessons learned, and more than 100 strategies that will enable you to become the architect of your destiny; to discover and live your life on purpose, and to achieve success in every area of your life.

Reinventing Yourself How to Become the Person You've Always Wanted to Be
Red Wheel/Weiser

A non-linear approach for dealing with time. In this age of instant global connection to everyone and everything, your "war" is against interruption and distraction. The "violence" in the word "warrior" was intended. For although the work you do can be slow and easy, to master non-linear time you must pull out your sword ahead of time to carve out periods of space and silence. Time Warriors arrange the "chaos" around them by slowing down -- way, way down -- and then letting go of people-pleasing, approval-seeking and every shade of mood-based and future-based thinking.

Provides advice on self-renewal including exercising the mind and body, improving diet, reassessing career goals, evaluating relationships, and discovering hobbies and other

activities.

On the heels of his successful *100 Ways to Motivate Yourself* and *9 Lies That Are Holding Your Business Back*, motivational speaker and author Steve Chandler has written what he considers his most important work, *The Story of You*. In the tradition of Stephen Covey's *7 Habits of Highly Effective People* and M. Scott Peck's *The Road Less Traveled*, Chandler's tale of personal growth transcends all categories, with elements of psychology, business, self-help, and contemporary social commentary. With humor and biting critiques, Chandler exposes people's false ego stories for what they are and reveals the source of all success: the inner energy of will and spirit. Filled with candid dialogue from pivotal coaching sessions that Chandler has conducted (and been the subject of!), this book is a dramatic exposure of how we hold ourselves back by the stories we believe about ourselves and then project to the world. Chandler breaks new ground with revelations and fresh interpretations about personalities as diverse as: Elvis Presley, Vincent Van Gogh, Governor Bill Richardson, Dr. Andrew Weil, Hugh Hefner, and Mark Twain. By exposing your stories as the most false and limiting part of your lives, Chandler invites you into a new world of action and creative accomplishment. *The Story of You* will mesmerize you, stripping away the made-up limitations society asks you to believe and giving you back a fresh new life story.

Steve Chandler gives us a choice: Either we can continue to think of ourselves as victims, or we can take ownership of our lives and extend our possibilities in limitless directions. Within each of us is an inspiration - a spark of insight about the person we were meant to be. *Reinventing Yourself* helps us to name that vision ... to call it ours and to begin to make it happen. We really can become the people we've always wanted to be. Steve Chandler tells us how.

Have you retired or are about to and have no clue what to do next? Don't succumb to isolation and depression as so many have. This book offers a detailed guide for retirees, those soon to retire, baby boomers, and seniors to reinvent themselves in this new stage of their lives by finding joy, excitement, and purpose in their retirement. It is not a one-size-fits-all approach but instead highlights how each individual can identify and locate gratifying activities and pursuits based on their own interests and comfort level. The author learned the secret the hard way and finally transitioned from retired probation officer to actress, author, public speaker, and blogger. Audience members at her lectures on senior reinvention began requesting a book on the subject. This is the result, and it contains the content of those talks as well as six years of posts from her free, online blog. Her lectures, blog, and this book are all titled, "*Reinventing Yourself in Your Retirement Years*." The book details the author's own personal reinvention after she retired; why people fear retirement; why they eventually do retire; how you can find joy, excitement, and purpose in your retirement; how you can figure out what might be of interest to you personally; and what the secret is to customizing available choices to your particular personality. To help guide them, the reader is then given a long, detailed account of what is available to retirees in the community as well as where and how to find those activities and pursuits. There is a separate chapter on volunteer activities and another on employment opportunities for retirees and seniors. The final chapter offers six years of posts from the author's blog which she has been writing every two weeks since 2013 where she discusses her thoughts, observations, and experiences which she believes are universal to the retiree and senior populations. Her website is: LeeGaleGruen.com

Whether you're self-employed, a middler manager, or a Fortune 500 executive, it's easy to get stuck in a humdrum life and only fantasize about what could have been. Motivational speaker Steve Chandler helps you transform what could have been into what will be. You'll learn numerous techniques for breaking down negative barriers and letting go of pessimistic thoughts that prevent you from fulfilling, or even allowing yourself to conceive of, your goals and dreams. Drawing on many years of work in the field since the original publication of the

book, Chandler has added numerous new stories, quotes, insights, and recommendations on how to reinvent yourself from the fictional, limited personality of old to a fresh level of creative action.

Steve Chandler shares a set of operating principles that makes client acquisition a natural extension of the coaching process.

Are you ready to change your life? Join Sarah, The Duchess of York on an inspiring journey to help you rediscover -- and achieve -- your true goals. Today, The Duchess of York is a confident, single working mother of two girls. But, as most of the world knows, that wasn't always the case. Once targeted by the international press, The Duchess has learned one of life's great lessons: how to uncover what you want out of life and get it. She reveals how the ups and downs of her life -- including her divorce, her financial problems, and the deaths of those close to her -- have made her a stronger, wiser person and a better mother. In the first chapter, "Transforming My Life," The Duchess explores how, when and why she decided to take charge and reinvent her life. In the chapters that follow, readers will discover how they, too, can change their own lives. The book provides a series of self-assessment quizzes and questionnaires, as well as concrete steps you can take to initiate change. Throughout, The Duchess offers her insights, including how each chapter topic relates to her life and what she has learned from others. Reinventing Yourself with The Duchess of York supplies a blueprint for action for anyone seeking to change her life. In an easy-to-follow format, the book provides concrete information and advice on how to use an eight-step plan to achieve your goals -- whether it's losing weight, getting fit, or simply improving your health. Reinventing Yourself also explains how to apply the plan to other areas of life, including changing careers, starting over after divorce, and more. To help inspire you toward your goals, Reinventing Yourself also includes heartwarming and motivating profiles of women who have redefined their lives: Weight Watchers Leaders, real women who have lost weight and transformed their lives in countless ways. In interviews with The Duchess and profiles throughout, these women explore how to make the best of your circumstances, live a happier, healthier life, and change your destiny.

Want a new job or career? Need to demonstrate more value to customers or employers? Use today's hottest social media platforms to build the powerful personal brand that gets you what you want! In this completely updated book, Erik Deckers and Kyle Lacy help you use social media to and networking to advance your career, grow your business, and land new job opportunities. From LinkedIn to Facebook, now including Instagram and SnapChat, this book is packed with new techniques and ideas that are practical, easy, and effective. Deckers and Lacy show you how to supercharge all your business and personal relationships...demonstrate that you are the best solution to employers' or partners' toughest problems...become a recognized thought leader...and turn your online network into outstanding jobs, great projects, and a fulfilling, profitable career! Discover how to: Choose today's best social media tools for your personal goals Build an authentic storyline and online identity that gets you the right opportunities Make the most of Facebook, LinkedIn, and Twitter--and leverage new platforms like Snapchat and Instagram Build connections and prove expertise by sharing video on YouTube and Vimeo Find yourself on search engines and then optimize your personal online presence Promote your events, accomplishments, victories...and even defeats and lessons learned Integrate online and offline networking to get more from both Reach people with hiring authority and budgets on LinkedIn Use Twitter to share the ideas and passions that make you uniquely valuable Avoid "killer" social networking mistakes Leverage your online expert status to become a published author or public speaker Measure the success of your social media branding Get new projects or jobs through your online friends and followers

Do you wish life came with a "do over" button? Are you in desperate need of change, but fail to act when it comes to actually changing? Do any of the following sentences sound like you?

You fantasize about a better future constantly but feel powerless to make your fantasies come true You look at your life and wonder "How the hell did I end up here?" or "Is this it?" You can't let go of the past and agonize over what you could've done differently You've tried to change and failed more times than you can count You want something better for your life, but you don't know where to start If you're nodding to any of these questions...I wrote this book for you.

DOWNLOAD: You 2.0 - Stop Feeling Stuck, Reinvent Yourself, and Become a Brand New You - Master the Art of Personal Transformation What if I told you that you didn't need tons of willpower to change the direction of your life? What if I told you that a few subtle shifts in the way you think could mean the difference between staying stuck and living the life of your dreams? Don't worry. This book won't tell you to simply "set goals" or "dream big!" Those words sound nice, but they don't actually change anything. See, until you become someone who is capable of changing your circumstances, you won't change them. Some gurus will tell you to "show grit!" or "muster up the guts to succeed!" but statements like those don't go beneath the surface. I know you have what it takes to change your life. Why? Because you're here right now—searching for ways to improve. If you take a small chance on yourself and read the book, you'll find the answers and insights you've been searching for. Using the strategies in the book I was able to: Discover my passion and purpose in life - writing Double my income and start a side business Eliminate my laziness and work on my dreams every single day In this book you'll learn: The hidden psychological barriers that keep you from changing (and how to fix them) Why goal setting doesn't work (and what you should do instead) How to find your passion (even if you feel like you don't have one) The key ingredients to change that helped me quit smoking, lose 20 lbs., and commit to writing every morning How to take advantage of the new economy (while everyone else relies on their paycheck) Each chapter of the book ends with key takeaways and exercises to help you apply what you learned. Instead of just reading, you'll become an active participant in your own transformation. Are you ready to reinvent yourself, your career, and your life? Download You 2.0 to begin your journey of personal transformation. Scroll up to the top and click the buy now button.

To his legions of fans, Charles Bukowski was—and remains—the quintessential counterculture icon. A hard-drinking wild man of literature and a stubborn outsider to the poetry world, he wrote unflinchingly about booze, work, and women, in raw, street-tough poems whose truth has struck a chord with generations of readers. Edited by John Martin, the legendary publisher of Black Sparrow Press and a close friend of Bukowski's, *The Pleasures of the Damned* is a selection of the best works from Bukowski's long poetic career, including the last of his never-before-collected poems. Celebrating the full range of the poet's extraordinary and surprising sensibility, and his uncompromising linguistic brilliance, these poems cover a rich lifetime of experiences and speak to Bukowski's "immense intelligence, the caring heart that saw through the sham of our pretenses and had pity on our human condition" (*New York Quarterly*). *The Pleasures of the Damned* is an astonishing poetic treasure trove, essential reading for both longtime fans and those just discovering this unique and legendary American voice.

- Aimed at those that have lost their faith--faith in the existence of invigorating, satisfying work.
- Offers 100 comprehensive, business planning questions to consider before starting a business. With the help of a clever outplacement consultant, the protagonist works through several thought-provoking exercises. These exercises are designed to help the reader learn more about himself and the process it takes to lead a richer, more congruent life. The author believes in order to succeed today, people need to think differently, challenge old paradigms, and get in front of the wave.

The first three trimesters (and the fourth—those blurry newborn days) are for the baby, but the Fifth Trimester is when the working mom is born. A funny, tells-it-like-it-is guide for new mothers coping with the demands of returning to the real world after giving birth, *The Fifth Trimester* is packed with honest, funny, and comforting advice from 800 moms, including: •The

boss-approved way to ask for flextime (and more money!) •How to know if it's more than "just the baby blues" •How to pump breastmilk on an airplane (or, if you must, in a bathroom)
•What military science knows about working through sleep deprivation •Your new sixty-second get-out-of-the-house beauty routine •How to turn your commute into a mini-therapy session
•Your daycare tour or nanny interview, totally decoded

Life is a journey and sometimes we need a roadmap to get exactly where we want to go. Reinventing Yourself Today presents a step by step program that walks you through identifying and reprogramming unconscious beliefs, self talk, and other issues that lead to the learned behaviors and habits that have created your present reality. With the help of the workbook exercises at the end of each chapter, you are led through self discovery and goal setting to create your ideal life vision and then to deal with the many obstacles in your path such as stress, poor self esteem, etc. while you bring your vision of ideal life to reality. We must always change, renew, rejuvenate ourselves; otherwise we harden. ~ Johann Wolfgang von Goethe Its never too late to be what you might have been.

~George Eliot

Is your life changing? Are you ready for change? In over 40 pages, "The Art of Reinventing Yourself: Are You Ready for a Whole, New You?" will tell you why reinventing works and how it's been done before! Because life happens and change is inevitable, there are times when you do need to reinvent. It will show you the way to evolve as a person and embrace the changes happening to you while, at the same time, still remaining true to yourself. Without fooling yourself or anybody, you come up with changes which are lasting and real. If you want to know more on the art of reinventing your way to happiness and success, then this is the book for you. Meant to inspire you, this paperback contains the best quotations on change and real-life stories of people who have successfully reinvented themselves. You too, can overcome adversity, improve your relationships, and bounce back from life. Just follow the step-by-step guide on how to reinvent yourself and rediscover the real you.

In this revolutionary self-help guide, the author Rick Denley, a global transformational growth coach, catapults you towards conquering any mess, movement or mission you are on, through self reinvention. For anyone going through or considering change, it will require far more energy for our bodies and our brains to change and reinvent something--anything--especially ourselves! Taking on change, doing something new, and reinventing ourselves or the status quo will be exhausting, and exhilarating! Rick shares his own personal transformations and the dynamic reinvention stories of some incredible people he has met on his journey. These people have reinvented themselves in different ways for unique reasons. Through the sharing of their real-life stories of change and reinvention, you will gain motivation and ideas towards your own personal growth and success. In complimenting these incredible stories, this book shares the specific skills, tools and knowledge necessary to make you successful on your journey of change. Chapter by chapter you'll learn a process that has you

building a winning plan. You will be creating your own successful reinvention, by identifying and conquering your fears, the main reason do not tackle change. Learn how to punch through your barriers to reach your destination! As the reader you will be engaging in exercises and the use of best practice tools to help you clearly identify your why, visualize your intended outcome, and build further skills and strengthen characteristics to ensure your own personal victory. "From speaking on stage, to the pages of his book, Rick's passion and knowledge of transformational change is shared in a way that helps anyone punch through their growth ceiling! Congratulations Rick on developing this easy to follow process to successfully leading people on positive reinvention!" Erik 'Mr. Awesome' Swanson CEO and Founder of Habitude Warrior International

Do you want or need to change your life, but aren't sure where to start—or whether you have what it takes? At fifty-seven, Arlene Dickinson's life was turned upside down. Her company was on the brink of disaster. Her sense of herself as a strong, confident leader was in tatters. She was overwhelmed by feelings of loss, fear, and shame. Five years later, her business is booming, she's never been happier or more excited about the future, and she's raised tens of millions of dollars and built a whole ecosystem to help other entrepreneurs. How did she turn things around? By following the process she's always used to transform underperforming companies—only this time, she used it to transform her own life. Applying business principles to her personal life helped her figure out very quickly where she wanted to go and how to get there. Having a clear set of practical steps to follow kept her on track when emotions threatened to derail her progress. In *Reinvention*, Dickinson shares this blueprint for locating your sense of purpose, realistically evaluating your strengths, assessing opportunities outside your comfort zone, and charting a bold new path. Whether you have a big career dream to achieve, or you need to rebuild after a personal setback, this step-by-step plan for reinvention will help you change your own life—for the better.

Reinventing Yourself After 40 by Norma Boucher

This completely revised and updated edition of *Reinventing Yourself*, the motivational classic by inspirational author Steve Chandler, features several new chapters, including: What to Do about Your Money Fears Your Career Played as a Game vs. Your Career as a Grind for Survival How Much Ego Do You Need to Succeed? The Hidden Downside of Winning Friends and Influencing People Do You Need a Life Coach or Should You Just Wing It? Does Success Make You Happy or Does Happiness Make You Successful? You'll learn numerous techniques for breaking down negative barriers and letting go of the pessimistic thoughts that prevent you from fulfilling, or even allowing yourself to conceive of, your goals and dreams. Chandler's new edition also tunes, polishes, and strengthens the many popular and inspiring chapters from previous editions of this book, making them even more useful and relevant in today's rapidly

changing, globalized world. The old psychological models that focused on past hurts and traumatic memories have given way to exciting new breakthroughs, like Dr. Martin Seligman's work on post-traumatic strength and Dr. George Pransky's work on human beings' innate resilience and well-being. No more fixating on psychic wounds that occurred in childhood. Chandler's new revision looks at the work of both of those pioneers and makes optimism available to people who never believed they could reinvent their old ways of being.

Learn how to end the self-destructive behaviors that stop you from living your best life with this breakthrough program. Do you... • Put the needs of others above your own? • Start to panic when someone you love leaves—or threatens to? • Often feel anxious about natural disasters, losing all your money, or getting seriously ill? • Find that no matter how successful you are, you still feel unhappy, unfulfilled, or undeserving? Unsatisfactory relationships, irrational lack of self-esteem, feelings of being unfulfilled—these are all problems that can be solved by changing the types of messages that people internalize. These self-defeating behavior patterns are called “lifetraps,” and *Reinventing Your Life* shows you how to stop the cycle that keeps you from attaining happiness. Two of America's leading psychologists, Jeffrey E. Young, Ph.D., and Janet S. Klosko, Ph.D., draw on the breakthrough principles of cognitive therapy to help you recognize and change negative thought patterns, without the aid of drugs or long-term traditional therapy. They describe eleven of the most common lifetraps, provide a diagnostic test for each, and offer step-by-step suggestions to help you break free of the traps. Thousands of men and women have seen the immediate and long-term results of the extraordinary program outlined in this clear, compassionate, liberating book. Its innovative approach to solving ongoing emotional problems will help you create a more fulfilling, productive life.

Everything in this world is sound, even light itself. So if everything is sound, what you currently are desiring is sound..whether that's a change in appearance, an object or an entirely new life experience. So, the question then becomes, "how does a radio station receive sound in the first place?" The answer to this is frequency. When a sound is in a particular frequency, it's inevitable to link up to everything matching it. Universal Laws teach us that everything in this universe is already created & done. If you can think it, you can experience it. NO BLUFF. In this book, you will learn not only the fundamental science behind matching the frequency of anything you want but, also how to reignite the vision of what you truly want in life so that you can live deeply fulfilled and #BLIVE.

“All it takes to become an artist is to start doing art.” –from *On Becoming an Artist* *On Becoming an Artist* is loaded with good news. Backed by her landmark scientific work on mindfulness and artistic nature, bestselling author and Harvard psychologist Ellen J. Langer shows us that creativity is not a rare gift that only some special few are born with, but rather an integral part of everyone's makeup. All of us can express our creative impulses—authentically and uniquely—and, in the process, enrich our lives. Why then do so many of us merely dream of someday painting, someday writing,

someday making music? Why do we think the same old thoughts, harbor the same old prejudices, stay stuck in the same old mud? Who taught us to think “inside the box”? No one is more qualified to answer these questions than Dr. Langer, who has explored their every facet for years. She describes dozens of fascinating experiments—her own and those of her colleagues—that are designed to study mindfulness and its relation to human creativity, and she shares the profound implications of the results—for our well-being, health, and happiness. Langer reveals myriad insights, among them: We think we should already know what only firsthand experience can teach us. . . . In learning the ways that all roses are alike, we risk becoming blind to their differences. . . . If we are mindfully creative, the circumstances of the moment will tell us what to do. . . .

Those of us who are less evaluatively inclined experience less guilt, less regret, less blame, and tend to like ourselves more. . . . Uncertainty gives us the freedom to discover meaning. . . . Finally, what we think we’re sure of may not even exist. With the skill of a gifted logician, Langer demonstrates exactly how we undervalue ourselves and undermine our creativity. By example, she persuades us to have faith in our creative works, not because someone else approves of them but because they’re a true expression of ourselves. Her high-spirited, challenging book sparkles with wit and intelligence and inspires in us an infectious enthusiasm for our creations, our world, and ourselves. It can be of lifelong value to everyone who reads it.

The successful CEO of the internationally renowned Peak Potentials—who has trained thousands of people to find new jobs, careers, and directions—shares his practical and inspirational program for reinventing yourself, whether you are out of work or want to change your professional trajectory. What would you do in your life if you knew you could not fail? That’s the question answered in *Pivot*, a roadmap for embracing your true potential without abandoning your responsibilities or risking your future. As a transformational teacher and the CEO of Peak Potentials, which has trained more than one million people worldwide, Adam Markel can help you leap out of your comfort zone and into the destiny you’ve always dreamed of. Whether you are transitioning your career, or have been downsized, or believe that your true potential has yet to be fully tapped, *Pivot* is a guide to reinvention for anyone, at any age. With clear-eyed compassion and frank assessments, Adam shares the secrets that will guide you away from fear and toward a powerful new vision for your life. The uplifting stories, introspective prompts, clear step-by-step exercises, and energizing calls to action throughout this remarkable book will guide you through the process of personal and career transformation, from creating a vision and clearing space for change to building a supportive environment and establishing daily rituals that will regenerate your soul. Success and personal fulfillment are within reach! Program your internal GPS to a destination of your wildest imagination—all it takes to change your path is one right turn. Do you feel the pull to start your own business? Tired of working for others and dealing with office politics, eager for control and more money, Ed “Skip” McLaughlin certainly felt it. When he left his high-level corporate position to start not one but two new businesses, his colleagues’ reaction was disbelief: People told me I was crazy. “You are going to fail!” One of his businesses did fail, but the other thrived. Ed bootstrapped it into an Inc. 500 company and later sold it to a Fortune 100 company. Now, you can learn from his experience—what to do and what not to do—to create your own successful startup. *The Purpose Is Profit* eliminates the mystery of becoming an entrepreneur. You

will learn— Why distinctive competence trumps passion Where and when to get funding without losing control How to build an entrepreneurial brand that lasts Why profit should be factored into every business decision How ethical behavior breeds trust and unlocks profit As a bonus, *The Purpose Is Profit* includes two manuals: *The Startup Roadmap* details the 21 steps you should take to build a profitable business. *The Startup Funding Guide* delivers the tools you need to fund your business. www.ThePurposelsProfit.com

From the founding editor of "MORE" magazine comes an inspiring and useful look at how yesterday's Baby Boomers are becoming today's adventurous midlife pioneers.

"Reinventing Yourself is written forcefully, but with great humor, There won't be many books in the coming years that are met with as much enthusiasm as his book."—Colin Wilson, author of *The Outsider* and *Alien Dawn*

"If you want a book that develops your hidden potential, look no further, Steve Chandler's *Reinventing Yourself* is it!"—Danny Cox, author of *Seize the Day* and *There are No Limits*

"If you put together the best of Anthony Robbins and Wayne Dyer, what you would have would be almost as good as Steve Chandler."—Dale Dauten, King Features Syndicate

Motivational speaker Steve Chandler helps you turn "what could have been" into "what will be." His writing is filled with techniques for breaking down negative barriers and letting go of pessimistic thoughts that prevent you from fulfilling or even allowing yourself to conceive of your goals and dreams.

Steve Chandler is the author of *100 Ways to Motivate Yourself*, *100 Ways to Motivate Others*, *The Story of You*, and *The Hands-off Manager* (all Career Press). He is a celebrated public speaker and corporate trainer who delivers relationship and motivational workshops throughout the United States and Canada. He lives in Phoenix, AZ.

Keep learning, or risk becoming irrelevant. It's a truism in today's economy: the only constant is change. Technological automation is making jobs less routine and more cognitively challenging. Globalization means you're competing with workers around the world. Simultaneously, the internet and other communication technologies have radically increased the potential impact of individual knowledge. The relentless dynamism of these forces shaping our lives has created a new imperative: we must strive to become dynamic learners. In every industry and sector, dynamic learners outperform their peers and realize higher impact and fulfillment by learning continuously and by leveraging that learning to build yet more knowledge. In *Never Stop Learning*, behavioral scientist and operations expert Bradley R. Staats describes the principles and practices that comprise dynamic learning and outlines a framework to help you become more effective as a lifelong learner. The steps include: Valuing failure Focusing on process, not outcome, and on questions, not answers Making time for reflection Learning to be true to yourself by playing to your strengths Pairing specialization with variety Treating others as learning partners Replete with the most recent research about how we learn as well as engaging stories that show how real learning happens, *Never Stop Learning* will become the operating manual for leaders, managers, and anyone who wants to keep thriving in the new world of work.

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