

## Results Think Less Achieve More

The #1 New York Times bestseller. Over 3 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:

- make time for new habits (even when life gets crazy);
- overcome a lack of motivation and willpower;
- design your environment to make success easier;
- get back on track when you fall off course; ...and much more.

*Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset "Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life."—Bill Gates, *GatesNotes* After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. *Mindset* reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

Small changes lead to big results that stick *5% More* presents a painless route to change, with results that can last a lifetime. Whether you want to boost your health, wealth, or wisdom, this book reveals a key technique that makes it stick. You may already know that breaking big goals into small chunks makes them easier to achieve, but the trick is in making those chunks large enough to be productive, yet small enough to be sustainable. This book shows you how to bring your goals within reach with only five percent more effort. Five percent is almost unnoticeable in terms of effort—but it accrues quickly, with each step boosting the baseline. Increase sales, decrease your marathon time, boost your savings, or master a new skill. Just five percent more can get you where you want to be. Small changes, small commitments, and small adjustments can lead to very big results. You can accomplish more than you ever thought possible in your business or in your life. This book walks you through the *5% More* strategy to help you map your path to the future. Accomplish big changes with very small steps Make bigger leaps in progress each step of the way Break big goals into manageable milestones Find a change that you can stick to for the long-term Mountain climbers don't conquer Everest on their first time out—attempting to do so would be a tragic failure. No matter what your goal, no matter what your baseline, small, incremental steps set you up for success. *5% More* gives you a concrete strategy for realizing your goals and making changes that last.

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

Everyone gets 168 hours a week, but it never feels like enough, does it? *Work* gobbles up the lion's share--many professionals are working as much as 70 hours a week--leaving less and less for rest, exercise, family, and friends. You know, all those things that make life great. Most people think productivity is about finding or saving time. But it's not. It's about making our time work for us. Just imagine having free time again. It's not a pipe dream. In *Free to Focus*, New York Times bestselling author Michael Hyatt reveals to readers nine proven ways to win at work so they are finally free to succeed at the rest of life--their health, relationships, hobbies, and more. He helps readers redefine their goals, evaluate what's working, cut out the nonessentials, focus on the most important tasks, manage their time and energy, and build momentum for a lifetime of success.

"A personal, provocative, and challenging book for career women who want less guilt, more life." —Diane Sawyer *Womenomics*, the groundbreaking New York Times bestseller by Claire Shipman and Katty Kay, is an invaluable guide for this generation of professional women, provide knowledgeable advice on how to "Work Less, Achieve More, Live Better." Shipman and Kay, two TV journalists well acquainted with the stress of the workplace, describe the new economic trends that offer today's overworked working women more professional and personal choices than ever before. At last, you no longer have to do it all to have it all—*Womenomics* shows you how. World-leading productivity expert Graham Allcott's business bible is given a complete update for 2019. Do you waste too much time on your phone? Scroll through Twitter or Instagram when you should be getting down to your real tasks? Is your attention easily distracted? We've got the solution: *The Way of the Productivity Ninja*. In the age of information overload, traditional time management techniques simply don't cut it anymore. Using techniques including Ruthlessness, Mindfulness, Zen-like Calm and Stealth & Camouflage, this fully revised new edition of *How to be a Productivity Ninja* offers a fun and accessible guide to working smarter, getting more done and learning to love what you do again.

How often do you say `YES' to something, when you know you really wanted to say `NO'? You have the right and the power to choose. This book will show you how. *The Yes/No Book* is about choice. It empowers you with the ability to know exactly when to say `YES' and when to say `NO', showing you how to handle both with no fear, no guilt and with confidence and self-assurance. Empowered with the decision-

making skills to know how and when to say 'YES' and 'NO' you will develop increasing control over your life. You will become more focussed, more productive, less stressed, more involved in doing the things you want to do and less in doing time-sapping chores that offer no benefit or joy. The book is structured into two parts. The first examines our addiction to 'YES', the second tells us how to embrace and start using 'NO' and how to choose when each is best for us.

Learn to confidently devise effective solutions in any situation with this fantastic guide to getting things done by focusing your mind and honing your decision making skills Would you like to weigh up a situation and devise a resolution more effectively? Do you want to make decisions confidently and put them into effect with less worry? Would you like to be able to focus exclusively on the issue in hand rather than be distracted by a dozen irrelevant thoughts? Choices we can expect to encounter, from life-changing career moves to the best route to the coast, can expend a lot of time and mental energy if we haven't learnt the basic skills required for getting things done effectively and decisively. This book is a basic practical guide to the all-important mental process by which we all live our lives – analyzing a situation, sorting out how to respond to it, and taking action accordingly. We discover how to solve problems and make choices swiftly and satisfactorily, how to reduce mental stress while working under pressure, how to turn bright ideas into positive action. Following the techniques and exercises given here, you'll soon find you are using your brain more efficiently. Your payback will be in greater confidence and greater peace of mind – which in turn will help your mental processing. Step inside this virtual circle now, and join the blessed ranks of the sorted!

ResultsThink Less. Achieve MoreJohn Wiley & Sons

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

#1 New York Times Bestseller "THIS. This is the right book for right now. Yes, learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In Think Again, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I've never felt so hopeful about what I don't know." —Brené Brown, Ph.D., #1 New York Times bestselling author of Dare to Lead The bestselling author of Give and Take and Originals examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world, there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval--and too little like scientists searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an expert on opening other people's minds--and our own. As Wharton's top-rated professor and the bestselling author of Originals and Give and Take, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. Think Again reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom.

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

Coaching is an essential skill for leaders. But for most busy, overworked managers, coaching employees is done badly, or not at all. They're just too busy, and it's too hard to change. But what if managers could coach their people in 10 minutes or less? In Michael Bungay Stanier's *The Coaching Habit*, coaching becomes a regular, informal part of your day so managers and their teams can work less hard and have more impact. Coaching is an art and it's far easier said than done. It takes courage to ask a question rather than offer up advice, provide an answer, or unleash a solution. Giving another person the opportunity to find their own way, make their own mistakes, and create their own wisdom is both brave and vulnerable. It can also mean unlearning our "fix it" habits. In this practical and inspiring book, Michael shares seven transformative questions that can make a difference in how we lead and support. And, he guides us through the tricky part - how to take this new information and turn it into habits and a daily practice. -Brené Brown, author of *Rising Strong* and *Daring Greatly* Drawing on years of experience training more than 10,000 busy managers from around the globe in practical, everyday coaching skills, Bungay Stanier reveals how to unlock your peoples' potential. He unpacks seven essential coaching questions to demonstrate how---by saying less and asking more---you can develop coaching methods that produce great results. - Get straight to the point in any conversation with The Kickstart Question - Stay on track during any interaction with The AWE Question - Save hours of time for yourself with The Lazy Question, and hours of time for others with The Strategic Question - Get to the heart of any interpersonal or external challenge with The Focus Question and The Foundation Question - Finally, ensure others find your coaching as beneficial as you do with The Learning Question A fresh, innovative take on the traditional how-to manual, the book combines insider information with research based in neuroscience and behavioural economics, together with interactive training tools to turn practical advice into practiced habits. Dynamic question-and-answer sections help identify old habits and kick-start new behaviour, making sure you get the most out of all seven chapters. Witty and conversational, *The Coaching Habit* takes your work--and your workplace--from good to great.

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

THE #1 SUNDAY TIMES BESTSELLER 'Excellent.' The Times 'Offers a fresh take on how to create your own balance, be more productive and feel fulfilled in the high-pressure social media age.' *Cosmopolitan*, 12 BEST NEW BOOKS TO READ 'Serves some serious inspiration for the business-minded.' *Bustle*, TOP DEBUT BOOKS OF 2021 'Pinpoints and unpacks the confusing and impossible messages we are all fed about modern work, how we are supposedly meant to be "nailing" all areas of our life all at once.' Emma Gannon 'Essential reading for anyone who takes their working life seriously.' Anna Codrea-Rado

\_\_\_\_\_ We all know the pressure of feeling like we should be grinding 24/7 while simultaneously being told that we should 'just relax' and take care of ourselves, like we somehow have to decide between success and sanity. But in today's complex working world, where every hobby can be a hustle and social media is the lens through which we view ourselves and others, this seemingly impossible choice couldn't be further from our reality. In *Working Hard, Hardly Working*, entrepreneur and self-proclaimed 'lazy workaholic' Grace Beverley challenges this unrealistic and unnecessary split, and offers a fresh take on how to create your own balance, be more productive and feel fulfilled. Insightful, curious and refreshingly honest, *Working Hard, Hardly Working* will make you reflect on what you want from your life and work - and then help you chart your path to get there.

\_\_\_\_\_ A BOOK TO HELP YOU: Create your own Productivity Method: Work smart and do more of what you love Make your routine work for you: Optimise your habits and reap the benefits Understand your value: Get into your flow and enjoy your everyday Engage in effective self-care: How stepping back can help you move forwards \_\_\_\_\_ Real comments from Grace's readers: 'A truly important read' 'A refreshing and honest perspective I could really relate to' 'You should read this book!' 'So well-informed, funny and REAL' 'I got so much out of this lovely book' 'Incredibly wise, practically helpful and inspirational' 'A really helpful and insightful book' 'Every single person can benefit from this book' 'You will not regret buying this book' A #1 Sunday Times bestseller, April 2021

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

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

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

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

Bestselling author Richard Koch shows managers how to apply the 80/20 Principle to achieve exceptional results at work -- without stress or long hours. In his bestselling book The 80/20 Principle , Richard Koch showed readers how to put the 80/20 Principle -- the idea that 80 percent of results come from just 20 percent of effort -- into practice in their personal lives. Now in The 80/20 Manager, he demonstrates how to apply the principle to management. An 80/20 manager learns to focus only on the issues that really matter, achieving exceptional results, and feeling successful everyday while working less hard in fewer hours. A large number of managers -- especially in these difficult times -- feel completely overwhelmed. Their inboxes are overflowing and they constantly struggle to finish their to-do lists, leaving little time for the things that really matter. The 80/20 Manager shows a new way to look at management -- and at life -- to enjoy work and build a successful and fulfilling career.

LEARN TO CLEAR YOUR MIND AND THINK LIKE A WINNER We all have so much going on. A million different projects, to-do lists longer than your arm. We all worry about things – money, deadlines. With all this buzzing around in our heads it's often a nightmare trying to concentrate on one thing. What if someone could show you how to empty your mind of all the noise? If you could be shown how to de-clutter your mind and concentrate on one important thing? Well Jamie Smart, state-of-mind specialist, can do just that – with Clarity he will show you how to get real clarity of thought. You'll learn how to clear your mind and become less stressed and more productive – and as a result, more confident in your abilities. Clarity will help you to:

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

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

If we want to feel alive and passionate again, it is time to reclaim the art of seduction. The Way of a Seducer is a code of honor to this lost art and sees in a seduction, based on integrity rather than manipulation, the secret to every thriving relationship, including the one we have with ourselves. This book will change the way you look at your relationships forever. International praise for the book: "The Way of a Seducer beautifully blends a strong message of integrity, honor, and courage with the gentle essence of vulnerability, playfulness, and wonder. This book is unlike any other book I've ever read. Days after reading it, I'm still dwelling on its ideas as I interpret experiences through the lens of seduction, and seduction is everywhere." - Steve Pavlina, author of Personal Development for Smart People "A poetic glimpse at the spiritual dimension of seduction. Lovely illustrations and text and many thoughtful insights." -Betsy Prioleau, author of Swoon: Great Seducers and Why Women Love Them "Hans Comyn has written a timelessly beautiful book about the most compelling of subjects. For men and women alike, it is a clarion call to the truth of who you really are. Highly recommended." - Jamie Smart, author of the Sunday Times Bestseller RESULTS: Think Less, Achieve More "Hans is a fellow troubadour and lover of beauty. His enthusiasm, dedication, and love for people are his greatest strengths, and he has written a book where these qualities shine through on every page. I've seen first-hand the power of his revelatory ideas and I am certain this book will change the world for the better." - Zan Perrion, author of the Alabaster Girl For many people, a successful work/life balance is frustratingly elusive. Monday mornings fill us with dread, as we face

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

In Jamie Smart's book, *The Profitable Coaches Scorecard*, he explores the key multipliers that you need in order to enjoy growing your professional practice, have an even bigger impact on your clients, and start experiencing the sort of success that you want in your life and in the world. Reading this book will inspire you to take the next step as you learn and grow through your own transformation as a professional. In the book, Jamie explains that the results of your own transformation - who you are and how you're showing up in the world - are the most powerful thing you have to share with your clients and grow your practice. His book will help you navigate this process of becoming a transformation professional who's having an exponential impact in the world. Whether you want to boost your health, wealth, or wisdom, this book reveals a key technique and gives you concrete ways to give 5 percent more to yourself, your family, your colleagues and managers, and your business—no matter where you are in life. --

Time management skills that work! A proven method for going from stressed and overwhelmed to peaceful and confident in three easy steps *The 3 Secrets to Effective Time Investment* addresses the three key elements of effective time investment: priorities, expectations, and routines. Saunders helps you identify negative mental patterns that sabotage your attempts to change and teaches how to create new "rules" that align thoughts with desired results. Her method combines high-level introspection about where to focus with practical skills for making decisions, cultivating relationships, saying "no" at the right times, and investing in proper self-care. Elizabeth Grace Saunders is the founder and CEO of Real Life E, a time coaching and training company that empowers overwhelmed individuals to feel peaceful, confident and accomplished through an exclusive Schedule Makeover process.

Make every day a success (and stop being constantly behind). Imagine waking up excited and full of energy, ready to win today. Ahead of you, a day full of business results and personal time. No more feeling stressed out and constantly putting off what matters: you have a system that works for you to help you create more with your 24 hours. High-performance & business coach Matt Sandrini shares his secret principles used to take top entrepreneurs from dangerously overwhelmed to extremely productive. Based on years of experience coaching multi-millionaire and billionaire founders, the latest research in behaviour psychology, and his personal experience building remote businesses, Matt Sandrini lays out the step-by-step to taking back control of your week and obtaining uncompromising results. In this book, you will learn... The formula used by millionaires to calculate the value of your day The danger of the hustle: why short days are the key to results How to successfully delegate (and focus on your strengths) Why the myth of work/life balance is hurting your performance How to let go of opportunities that don't take you anywhere A step-by-step process to take control of your week, today How to master new skills and become a leader in your space How to say no to distractions (without feeling guilty) The secret used by top entrepreneurs to read 2+ books a month BONUS: a free workbook & short course to help you take action Buy this book NOW and stop feeling constantly behind: get the results you deserve in business AND life. Stop procrastination and pick up your copy today by clicking the BUY NOW button at the top of this page!

A transformative system that shows leaders how to rethink their strategies, retool their capabilities, and revitalize their businesses for stronger, longer-lasting success. There's a learning curve to running any successful business. But when leaders begin to rely on past achievements or get stuck in old thinking and practices that no longer work, they need to take a step back—and unlearn. This innovative and actionable framework from executive coach Barry O'Reilly shows leaders how to break the cycle and move away from once-useful mindsets and behaviors that were effective in the past but are no longer relevant in the current business climate and may now stand in the way of success. With this simple but powerful three-step system, leaders can: 1. Unlearn the behaviors and mindsets that keep them and their businesses from moving forward. 2. Relearn the skills, strategies, and innovations that are transforming the world every day. 3. Break through old habits and thinking by opening up to new ideas, perspectives, and resources. Good leaders know they need to continuously learn. But great leaders know when to unlearn the past to succeed in the future. This book shows them the way.

The Wall Street Journal bestseller—a Financial Times Business Book of the Month and named by The Washington Post as “One of the 11 Leadership Books to Read in 2018”—is “a refreshingly data-based, clearheaded guide” (Publishers Weekly) to individual performance, based on a groundbreaking study. Why do some people perform better at work than others? This deceptively simple question continues to confound professionals in all sectors of the workforce. Now, after a unique, five-year study of more than 5,000 managers and employees, Morten Hansen reveals the answers in his “Seven Work Smarter Practices” that can be applied by anyone looking to maximize their time and performance. Each of Hansen's seven practices is highlighted by inspiring stories from individuals in his comprehensive study. You'll meet a high school principal who engineered a dramatic turnaround of his failing high school; a rural Indian farmer determined to establish a better way of life for women in his village; and a sushi chef, whose simple preparation has led to his unassuming restaurant being awarded the maximum of three Michelin stars. Hansen also explains how the way Alfred Hitchcock filmed *Psycho* and the 1911 race to become the first explorer to reach the South Pole both illustrate the use of his seven practices. Each chapter “is intended to inspire people to be better workers...and improve their own work

performance" (Booklist) with questions and key insights to allow you to assess your own performance and figure out your work strengths, as well as your weaknesses. Once you understand your individual style, there are mini-quizzes, questionnaires, and clear tips to assist you focus on a strategy to become a more productive worker. Extensive, accessible, and friendly, Great at Work will help us "reengineer our work lives, reduce burnout, and improve performance and job satisfaction" (Psychology Today).

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

Discover the secrets for how to think and act like the most successful people in the world and reap the rewards! In today's constantly changing world, you have to be smart to get ahead. But the average person uses only about two percent of their mental ability. How can we learn to unleash our brain's full potential to maximize our opportunities, like the most successful people do? In Get Smart!, acclaimed success expert and bestselling author Brian Tracy reveals simple, proven ways to tap into our natural thinking talents and abilities and make quantum leaps toward achieving our dreams. In this indispensable guide, you'll learn to:

- Train your brain to think in ways that create successful results
- Recognize and exploit growth opportunities in any situation
- Identify and eliminate negative patterns holding you back
- Plan, act, and achieve goals with greater precision and speed

Whether you want to increase sales, bolster creativity, or better navigate life's unexpected changes, Get Smart! will help you tap into your powerful mental resources to obtain the results you want and reap the rewards successful people enjoy.

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

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

Praise for the book: "I know that there are hundreds of people who are more focused and more successful today because of the help Mark has given them." Bev James, CEO of The Coaching Academy "The perfect antidote to negativity and a powerful reminder that attitude changes everything." Guy Rigby, Director - Head of Entrepreneurs, Smith & Williamson Limited, author of From Vision to Exit "This book shows the really important things about mind power so that you will be able to emulate Mark's success. Keep it with you and read it over and over again!" Ron G Holland, author of Talk & Grow Rich "Mark Rhodes has given NLP a new look... I recommend it to NLPers everywhere..." Dr Richard Bandler, Co founder of the field of NLP, Author of The Secrets of Being Happy This is how it's done. This is why it's done this way. This is the result you can expect if you do it. These three pieces of information inform a conclusion about every part of each of our lives. Yet it is these three pieces of information that most often set an insidious trap—a trap that has held the imaginations of generations captive to the belief that because they are doing the best they can do, they are accomplishing the best that can be done. And while each of these three statements are true, not one of them is the truth. Dive deeper with bestselling author Andy Andrews as he shares his unique philosophy regarding foundational thinking. Through his unique and captivating storytelling, Andy helps you search for the reality that lies beyond the boundaries established in the name of "best practices," "industry standards," or "the way things are done." For it's at the bottom of the pool that you discover a pathway to extraordinary results that most people in your position do not even know are possible.

How to Get More Motivated, Set Bigger Goals, and Achieve More by Thinking Bigger Have you ever wondered what separates people who think bigger from people who set their bar low? What makes one person accept low standards and another person to constantly raise them? Why does one person strive to build an international organization affecting the lives of millions of people, while another person is content working her entire life as a clerk? (Not that there's anything wrong with being a clerk!) Why is one person challenging herself to run marathons, train her body and get fitter, while

another is happy living a sedentary, unhealthy lifestyle? What drives a person who's optimizing every single aspect of her life and what causes another person to maintain the status quo? You can say, "Well, the answer is simple enough – one person is ambitious, while the other one is not." But what exactly causes it? And most importantly – how do you become more ambitious and think bigger? Is it something you're born with and can't change, or is it something over which you have control? I found this topic so fascinating I decided to find out the answer for myself and write a book about it. This book is the result of my research about people who think big and the science of being more ambitious. Here are just some of the things you will learn from the book: - What key things you need to inspire yourself to think bigger, and more importantly, achieve your big goals. - Why you need a "why," and what kind of motivators will set you up for success (hint: attaining money or status are some of the least motivating goals possible). - The single most important thing to thinking bigger. If you don't have it in your life, you will sabotage your efforts – guaranteed. - What the chimp is and why you need to learn how to control it to get yourself motivated and work on your big goals. You can be making things hard for yourself without being aware of it. - How to cultivate the art of strategic laziness to achieve more while doing much less than other people (why work so hard if you can get better results by being lazy?). - The seven most important triggers of flow – a state of perfect focus where the magic happens. - The secret of achieving the impossible is not really such a secret, but most people tend to forget about it and get overwhelmed by their goals. I wrote this book to increase my motivation, teach myself how to think bigger and learn how to raise my standards. I hope the answer I found will help you as much as it has helped me. You can also learn how to find motivation to become the best version of you. Scroll up and buy the book now. For more free resources, sign up for my self-improvement newsletter:

<http://www.profoundselfimprovement.com/tba> Keywords: how to think big, how to get motivated, how to get more motivation, how to achieve goals, how to set goals, thinking bigger, startup, health, teams, inspiration, big thinking, achieving goals, achieving the impossible, how to be amazing, how to be motivated, motivational guide, business motivational books, business inspirational, how to be a success, how successful people think, goal setting success, ambition, free, permafrees

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

In this instant New York Times bestseller, Angela Duckworth shows anyone striving to succeed that the secret to outstanding achievement is not talent, but a special blend of passion and persistence she calls "grit." "Inspiration for non-genius everywhere" (People). The daughter of a scientist who frequently noted her lack of "genius," Angela Duckworth is now a celebrated researcher and professor. It was her early eye-opening stints in teaching, business consulting, and neuroscience that led to her hypothesis about what really drives success: not genius, but a unique combination of passion and long-term perseverance. In Grit, she takes us into the field to visit cadets struggling through their first days at West Point, teachers working in some of the toughest schools, and young finalists in the National Spelling Bee. She also mines fascinating insights from history and shows what can be gleaned from modern experiments in peak performance. Finally, she shares what she's learned from interviewing dozens of high achievers—from JP Morgan CEO Jamie Dimon to New Yorker cartoon editor Bob Mankoff to Seattle Seahawks Coach Pete Carroll. "Duckworth's ideas about the cultivation of tenacity have clearly changed some lives for the better" (The New York Times Book Review). Among Grit's most valuable insights: any effort you make ultimately counts twice toward your goal; grit can be learned, regardless of IQ or circumstances; when it comes to child-rearing, neither a warm embrace nor high standards will work by themselves; how to trigger lifelong interest; the magic of the Hard Thing Rule; and so much more. Winningly personal, insightful, and even life-changing, Grit is a book about what goes through your head when you fall down, and how that—not talent or luck—makes all the difference. This is "a fascinating tour of the psychological research on success" (The Wall Street Journal).

• More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated into 35 languages • Voted Top 100 Business Book of All Time on Goodreads People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. **YOU WANT LESS.** You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. **AND YOU WANT MORE.** You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. **NOW YOU CAN HAVE BOTH — LESS AND MORE.** In **The ONE Thing**, you'll learn to \* cut through the clutter \* achieve better results in less time \* build momentum toward your goal\* dial down the stress \* overcome that overwhelmed feeling \* revive your energy \* stay on track \* master what matters to you **The ONE Thing** delivers extraordinary results in every area of your life--work, personal, family, and spiritual. **WHAT'S YOUR ONE THING?**

Be more effective with less effort by learning how to identify and leverage the 80/20 principle: that 80 percent of all our

results in business and in life stem from a mere 20 percent of our efforts. The 80/20 principle is one of the great secrets of highly effective people and organizations. Did you know, for example, that 20 percent of customers account for 80 percent of revenues? That 20 percent of our time accounts for 80 percent of the work we accomplish? The 80/20 Principle shows how we can achieve much more with much less effort, time, and resources, simply by identifying and focusing our efforts on the 20 percent that really counts. Although the 80/20 principle has long influenced today's business world, author Richard Koch reveals how the principle works and shows how we can use it in a systematic and practical way to vastly increase our effectiveness, and improve our careers and our companies. The unspoken corollary to the 80/20 principle is that little of what we spend our time on actually counts. But by concentrating on those things that do, we can unlock the enormous potential of the magic 20 percent, and transform our effectiveness in our jobs, our careers, our businesses, and our lives.

Stress. It's unavoidable today, it seems. High-intensity workplaces. Nonstop at-home demands. Traffic that follows you wherever you go. Stress is near impossible to avoid, and whether we acknowledge it or not, it's definitely taking a toll on our productivity and well-being. But is that spinach salad at lunch really helping to reinvigorate you at halftime? Is the yoga class on the way to work truly decreasing your mental workload throughout the day? Or do all these stress-reduction techniques we utilize to help us persevere through the day just become one more thing to do? In *Stress Less. Achieve More.* executive coach and psychotherapist Aimee Bernstein offers a more effective and realistic approach: Don't try to numb yourself from the pressure or run from it. Embrace it! See it as an energy source that you can tap into in order to accomplish more while feeling calm and centered. Part training manual, part spiritual guide, this must-have book for the stressed individual uncovers a total mental/physical/emotional formula to:

- Stop reacting defensively
- Retrain natural responses to stress triggers
- Resolve conflicts harmoniously
- Energize fatigued teammates
- Relax in difficult situations
- And more

When we swim against the stream of stress, we'll drown in its relentless current every time. But when we learn how to turn stress into an ally, we can thrive under even the most demanding circumstances. With the tips, techniques, and exercises in *Stress Less. Achieve More.* the overwhelmed will finally find the relief they've been searching for.

Life can be a bit overwhelming sometimes, right? It can be difficult to clear your mind of a million different anxieties and focus in on the one thing you need to get done. Bestselling author of *Clarity* and *The Little Book of Clarity* goes one step further with *Results* by using his Clarity Coaching Model to help you de-clog your mind so you can make better decisions, prioritise and focus on achieving those important goals. Develop a deeper understanding of why you act the way you do and awaken your inner potential. Jamie's transformational coaching techniques will help you improve in all areas of your life, from developing your listening skills during meetings at work to reducing the levels of stress in your life. These techniques will see you through three important changes – your personal transformation that will see you gaining confidence and understanding your own behaviour, your interpersonal transformation to guide you in having an impact on those around you, and lastly your commercial transformation to get your professional life moving in the direction you want. *Results* is full of helpful examples and exercises to get you on the road to the results you need. Learn how to:

- Prioritise and focus on the right goals at the right time
- Achieve the results you want by following the Clarity Coaching Model
- Improve your overall performance to gain better relationships with your colleagues, close friends and family
- Add more purpose to your life by allowing time for creativity and innovation
- Encourage others to follow in your footsteps!

Praise for *Results*: “This book is going to wake up your innate ability to create results.” – Sháá Wasmund MBE, author of the Sunday Times No. 1 bestseller *Stop Talking, Start Doing* “A visionary guide to success in the new transformation economy – simple principles, practical applications and bottom line results”. – Michael Neill, No. 1 bestselling author of *The Inside-Out Revolution* and *The Space Within* “Results shows you how to unlock the potential of all individuals and every type of organization.” – Eva Hamilton MBE, Founder and CEO, Key4Life “Results is a pleasure to read and full of deep insights into preparing ourselves for a more innovative way of thinking and organizing – it provides a guiding philosophy which puts our innate capacities at the heart of everything. It is a book that anyone interested in innovation – both inside and out – should read.” – Paul Sternberg, Associate Dean and Head of Design Innovation, Ravensbourne University “There is a magic in this book, offering wisdom to everyone. Blink and you'll miss it. Blink and you'll get it.” – Jim Lewcock, CEO, The Specialist Works “Jamie Smart has cracked the code for creating real results in a way that fits perfectly with who you really are.” – Rich Litvin, Founder, 4PC and co-author of *The Prosperous Coach* “As an owner of a business a key success factor for me has been to focus on discovering and working with authentic people that enable me to continually deliver results. Without doubt the clarity principles and Jamie's insights have been an exponential multiplier for me in my business and personal life.” – Chris Norton, Director, Mentor Group “Results provides a refreshing approach to personal and entrepreneurial transformation, and most importantly – to achieving results!” – Vlatka Hlupic, award-winning author of *The Management Shift* “We all know we can have our best ideas, have a clarity of insight, at unexpected times. In this book, Jamie Smart shows how we can have more moments of lucid clarity and how we can marry that clarity with a propensity to action to achieve results.” – Peter Lake, Managing Director, Aztec Aspire “Jamie Smart's book connects the dots...so often missing...between understanding and excellent, creative actions that get results in the real world. A very stimulating book!” – Steve Chandler, author of *Time Warrior* “If you want to know what it really takes to get results and live your life to the fullest, this book is the answer. The human pursuit of success is never the problem. It's our understanding of how life works that gets in the way of our natural capacity to create, thrive and prosper as individuals and as a society. In a clear, engaging and practical way, Jamie lays out a crucial road map that will show you how getting results is far easier than you realize. Highly recommended.” – Chantal Burns, No. 1 bestselling author of *Instant Motivation* “Results: Think Less, Achieve More is total wisdom power. Understanding what Jamie Smart presents will allow you the insights and realizations that awaken your innate ability to create truly transformative results.” – Mark



Howard, PhD, Three Principles Institute “Results: Think Less, Achieve More points you to the blueprint of where success truly comes from. This book will guide you to the source of life-changing insights. Well done, Jamie!” – Catherine Casey, M.A. Clinical Psychology, Principle Based Consultant “Results is an insightful and impactful book that flies in the face of the all too common shallow and ineffective self-help advice. This book has the potential to make a significant positive impact on your life.” - Simon Hazeldine, bestselling author of Neuro-Sell “In this compelling book, Jamie Smart demystifies what underlies true transformation and your ability to get results in any aspect of your personal and professional life. Put on your seat belt and be prepared to have your conventional way of seeing the world be rocked, while simultaneously being introduced to an exciting new way of perceiving yourself and your world!” – Dicken Bettinger, Ed.D., retired psychologist, global seminar leader, founder of 3 Principles Mentoring, and co-author of Coming Home “The power of a clear mind is pretty much universally understood when it comes to stillness, tranquillity and happiness. Yet almost never is it linked to achievement, excellence and consistent results. Until now. In this profound book, Jamie Smart walks us through the extraordinary (and innate) process of experiencing a shift of consciousness or change of heart, first. Then cultivating the outcomes of our dreams becomes as simple as one, two, three.” – Garrett Kramer, founder of Inner Sports and author of Stillpower and The Path of No Resistance

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