

The Self Care Revolution Smart Habits Simple Practices To Allow You To Flourish

Newly revised and updated, this electrifying guide has been praised by doctors, health experts, and readers who have taken their own self-health challenge. Describing himself as “an ordinary guy who discovered an extraordinary secret,” which he now feels compelled to share with everyone, J. Michael Zenn completely changed his own life when he began a quest to get healthy. With some simple but profound improvements to his diet and everyday habits, Zenn lost fifty pounds and six inches off his waist and—within just a few months—felt and looked younger than he had in two decades. So he quit his job and spent a year reading 200 books and interviewing experts in order to write about the powerful message he calls “the self-health revolution.” In this inspiring book, Zenn reveals:

- The hidden ingredient in our food that makes us fat
- The Tsunami of Diabesity (obesity + diabetes) that threatens our health, our health-care system, and our economy
- Three simple things you can do to get fit and stay thin
- A forgotten remedy that can get rid of your aches and pains
- One thing you can do now to help extend your life
- The little-known reason most people feel tired and run down
- How unhappiness and stress can take years off your life
- The Number 3 killer that nobody wants to talk about
- A cure that your doctor may not know about or can't tell you

Now you can join the revolution of self-health throughout America. Take the 10-day challenge. You'll lose weight, keep it off, feel better, and have more energy than you thought possible.

****FREE SAMPLER**** 'I love this book!' - Mandy Lehto, Psychologies Magazine What if it were possible to help ourselves thrive, rather than simply survive? The Self-Care Revolution is designed to help and restore your day-to-day energy reserves so that, rather than running on empty, you will have the strength and spirit to excel with whatever life brings. Discover the Vitality Wheel - a complete body and mind Self-Care Toolkit that will boost your health, happiness and resourcefulness. 'An inspiring, intelligent, warm and friendly toolkit. One of those books that you'll remember forever.' - Nicola Elliott, founder of Neom Organics 'An essential bible of how to live your best life. I can't wait to begin using my Vitality Wheel.' - Anya Hayes 'With intimate knowledge of the ways in which we might be struggling, Suzy guides you to a place of innate self-care and kindness without ever overwhelming or over-promising. Inspired.' - Eminé Rushton, Psychologies Magazine Wellness Director

This beautiful, inspiring book features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Self-care is an essential part of wellness. From self-massage to meditations to decluttering, The Little Book of Self-Care provides relaxation exercises to help you focus on your own personal needs in an enjoyable way. By caring for yourself, you'll learn how to care for the world around you.

There is a missing link in our ministry efforts Somewhere along the line, we have erroneously made pastoral care the sole responsibility of the pastor. We assumed the clergy are the ones that do ministry, while the laity watches ministry being done. We

need a new paradigm For the most part, we provide crisis care instead of pastoral care in our churches. The ensued problem is that when the crisis is over, so is the care. This makes people feel unattached, insecure and neglected, which often results in them falling through the cracks or slipping through the proverbial back door. The Care Revolution provides the answer. It presents a proven, efficient and workable system that enables believers to care for one another, making sure everyone experiences a sense of belonging and acceptance. When church members are trained and developed to connect and care for each other it meets a crucial need that is entirely biblical and should be part of the ongoing ministry of every congregation. Pastoral Care is a Collaborative Effort The Pastor cannot do it alone! Effective pastoral care just happens when pastors and members collaborate in their ministry-efforts. It is only when a congregation is cared for and nurtured that it becomes healthy and consequently has the ability to evangelize more effectively. A hurting and or dysfunctional church simply cannot do it. Evangelism and pastoral care are not contrary to each other--the one depends on the other. Dr. John Bosman has been a pastor for most of his adult life. Immediately before entering into his present international ministry, he served as the lead pastor of Glad Tidings Church in Lake Charles, Louisiana, for 15 years. Under his leadership, the church grew from fewer than five hundred to a thriving congregation that now occupies a 3,000-seat, state-of-the-art worship center. John has served in both regional and national leadership roles within his denomination. He was a member of the Board of Regents of a stateside university as well as a Bible College in Russia. He is also the founder of both the JWB Institute for Leadership and Laity Development and Hamilton Christian Academy. John and his wife, Anne (who is also an ordained minister), live in Frisco, Texas. Together, they minister nationally and internationally. They have three children and five grandsons.

Silicon Valley expert Robert Chesnut shows that companies that do not think seriously about a crucial element of corporate culture—integrity—are destined to fail. “Show of hands—who in this group has integrity?” It’s with this direct and often uncomfortable question that Robert Chesnut, General Counsel of Airbnb, begins every presentation to new employees. Defining integrity is difficult. Once understood as “telling the truth and keeping your word,” it was about following not just the letter but the spirit of the law. But in a moment when workplaces are becoming more diverse, global, and connected, silence about integrity creates ambiguities about right and wrong that make everyone uncertain, opening the door for the minority of people to rationalize selfish behavior. Trust in most traditional institutions is down—government, religious organizations, and higher education—and there’s a dark cloud hovering over technology. But this is precisely where companies come in; as peoples’ faith in establishments deteriorates, they’re turning to their employer for stability. In *Intentional Integrity*, Chesnut offers a six-step process for leaders to foster and manage a culture of integrity at work. He explains the rationale and legal context for the ethics and practices, and presents scenarios to illuminate the nuances of thinking deeply and objectively about workplace culture. We will always need governments to manage defense, infrastructure, and basic societal functions. But, Chesnut argues, the private sector has the responsibility to use sensitivity and flexibility to make broader progress—if they act with integrity. "Rob is an insider who's combined doing good with doing business well in two iconic Silicon Valley companies. His book contains smart, practical advice for anyone

looking to do good and do well.” —Reid Hoffman, co-founder of LinkedIn and author of Blitzscaling

Lesley Salvato offers fresh perspectives, strategies and solutions as a means of becoming more effective and efficient in your life. She offers realistic considerations for CEO's, Business Owners, as well as people simply looking for lasting change in balance and success at work, home and daily relationships. Finally a real opportunity to become more productive at work, more present with your family and more engaged in your current relationships...now. It is time to Own your Now. After all, it is yours to own! Own Your Now will motivate you to move forward in every area of your life. It will shed light into behaviors and routines that keep you stuck and distant from the success and happiness you are capable of achieving. You will see that you do not need to become someone else, but simply be open to a new lens, which will allow a new path to emerge. Lesley is a successful Coach and Owner of Geller Coaching. For more details about her experience and approach please visit: www.GellerCoaching.com.

'Emma has a unique way of cutting through to the heart of the issues we all face day-in-day-out. There isn't another book out there like this and it should be a mandatory read for anyone with a brain.' - Anna Whitehouse, founder of Mother Pukka In this warm, wise book, clinical psychologist Dr Emma Hepburn (Instagram's @thepsychologymum) introduces her proven and practical tools for taking care of your mental and emotional wellbeing every day. Using her trademark illustrations, Dr Hepburn (aka @thepsychologymum) shines a welcome ray of light into the neglected corners of your brain. From identifying what triggers unhappy thoughts to overcoming the fear of making mistakes, A Toolkit for Modern Life will help you to cultivate positive habits and feel more confident, happier and in tune with yourself. * Call out and manage feelings of imposter syndrome * Answer back to your inner critic * Become aware of and monitor your emotional capacity * Spot unhelpful thoughts and develop more helpful patterns of thinking * Understand how the emotions cycle affects you * Identify what triggers anxiety for you and how to intercept it * Overcome the fear of making mistakes * Spot and call out your 'catastrophizing' * Identify and disarm social media comparisons * Align your decisions and actions with your core values * Assemble your own mental health toolkit for life

Self-care is the future of preventative medicine - it is the nourishment that gives us a fighting chance to minimize illness, fatigue, depression and anxiety. The Self-Care Solution offers an essential program to stress-proof the body and mind, bringing us back from the brink of energetic bankruptcy. Based on the latest scientific research into the mind/body connection, psychologist, yoga teacher and personal trainer Suzy Reading has developed a 'vitality wheel' that offers a complete head, heart and body self-care toolkit. Ditch the exhausted, caffeine-driven, working frantically you and be your inspired, effective and vital self again.

A pocket mentor for the early career academic learning to strategically navigate the demands of an academic role, this book is a friendly and constructive companion providing hands-on advice about how to balance teaching responsibilities alongside other duties. More than just a 'how to', the text is a timely commentary on changes in higher education. Discussing contemporary developments and offering guidance on how to negotiate this evolving climate, the book uniquely captures the political, social, economic and cultural forces at play, taking into account the issues which influence and shape an academic's career trajectory. Organised around the three main tasks within a conventional academic post – teaching, research and administration – the book

includes tips, pauses for thought, author reflections and sources for further reading, and provides insight to help the reader reflect on what they are doing, why, and where to go next in their career. Crucially, it shows that in order to survive and flourish, the early career academic needs to take a strategic view as to their function, purpose and contribution both inside and beyond the intellectual establishment. From establishing a research niche to getting stuck into administration *Survive and Thrive* empowers the early career academic, helping them to build their academic reputation both internally and externally and maintain a sense of personal fulfilment and accomplishment within an increasingly commercialised environment.

I Just Had Another Moment is a book of intimate Poems, Short Stories and Pictures from author/writer Peggy Foxx. This book is set in Peggy's sexiest places. Peggy writes these erotic poems about love, hurt, pain, good feelings and disappointments. Peggy writes about orgasmic adventures with the International flair. *I just had another moment* has it's humble points as well as it's dominant sessions. Peggy takes you through tales of her next story taking you through the height of a fantasy ride. Great experiences with Bondage, Dominance, Submission, Sex, and lots of tease. This is a page turning adventure you won't regret. The 'Insider Guides to Success in Academia' offers support and practical advice to doctoral students and early-career researchers. Covering the topics that really matter, but which often get overlooked, this indispensable series provides practical and realistic guidance to address many of the needs and challenges of trying to operate, and remain, in academia. These neat pocket guides fill specific and significant gaps in current literature. Each book offers insider perspectives on the often implicit rules of the game - the things you need to know but usually aren't told by institutional postgraduate support, researcher development units, or supervisors - and will address a practical topic that is key to career progression. They are essential reading for doctoral students, early-career researchers, supervisors, mentors, or anyone looking to launch or maintain their career in academia. *Reframing and Rethinking Collaboration in Higher Education and Beyond* delves deep into a Taxonomy of Collaboration underpinned by mindful choices – being present, aware, non-judgemental, curious and open – while also considering your and others' strengths. In looking at how higher degree research students and early career researchers can approach collaboration, this book unpacks what collaboration is and points to the specific knowledge, skills, and abilities associated with achieving collaborative advantage. Covering a range of issues in a variety of contexts, this book: Helps you understand the meaning and value of working collaboratively. Prepares you for success in collaborative academic and postgraduate career activities. Invites you to use models, including the Taxonomy of Collaboration, to plan your collaborative projects. Explains options for different situations through realistic examples of commonly experienced collaborative issues or problems. Encourages you to think about collaboration from a strengths-based approach. Offers practical strategies for you can use to plan, organise and participate in collaborative activities, including ways to deal with problems and resolve conflicts. Full of practical tips, case studies, real life situations and lived experiences, this book offers strategies that can be used in online or hybrid collaborations and is ideal reading for anyone interested in finding out how to make collaborative practice work for them.

NEW YORK TIMES BESTSELLER • In hardcover for the first time, this tenth-anniversary edition of the game-changing #1 New

York Times bestseller features a new foreword and brand-new tools to make the work your own. For over a decade, Brené Brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler. She is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what's now become a movement all started with *The Gifts of Imperfection*, which has sold more than two million copies in thirty-five different languages across the globe. What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way. Brené writes, "This book is an invitation to join a wholehearted revolution. A small, quiet, grassroots movement that starts with each of us saying, 'My story matters because I matter.' Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of resistance."

The first general consumer book ever on the powerful, award-winning, scientifically proven new system of intervention that is turning the recovery field on its head. Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps Concerned Significant Others (CSOs) both improve the quality of their lives and to learn how to make treatment an attractive option for their partners who are substance abusers. *Get Your Loved One Sober* describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. Key Features: CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. Proven successful for numerous addictions, not just alcoholism.

The Self-Care Affirmation Journal contains 52 affirmations to be used in either a weekly or daily format. After completion of this workbook journal you will gain insight into your thought processes and begin the starting foundation to change negative self-defeating behavior to positive and motivation. Bonus pages include coloring pages, gratitude and personal affirmation journal, and much more!

Stand Tall Like a Mountain is specifically designed to help parents empower their children to:

- Learn tools for dealing with everyday emotions
- Express how they are feeling
- Learn about their bodies and minds in easy-to-read and understandable language
- Develop tools for nourishment and coping with challenges
- Use easy and fun yoga poses to promote positive feelings

We teach our children how to brush their teeth and cross the road safely; this book is about broadening their toolkit to include emotional first aid. Suzy Reading introduces practices to encourage noticing emotions, feeling calm, expressing feelings, falling asleep more easily, coping with anger and feelings of anxiety and

nurturing confidence and kindness. Children are natural masters of curiosity and mindfulness, so the learning is not a one-way street. The book encourages parents to observe and seek opportunities to learn from their children too.

'This is the burnout bible: realistic, honest, uplifting and incredibly practical. If any book can get you back on your feet, it's this one.' - Emma Gannon

'Selina is the best, she's warm and brilliant and this book is packed full of practical things we can do to actually feel better and not just talk about feeling better.' - Sarah Powell

People everywhere are burning out. From CEOs to nurses, to doctors, teachers, entrepreneurs, journalists, social workers, academics, creatives... even yoga teachers are at it. Technology was supposed to make life easier, free us up, take things off our plates and instead we are feeling more exhausted, more under pressure and more stressed out than ever before. People all over the world are lying awake at night wired from exhaustion and uncertainty, fearful of the looming to-do list that awaits them in the morning and wondering how the hell they are going to keep this up before they lose the plot altogether. Life doesn't have to be this way. This book is a no-nonsense, practical guide to thriving in a fast-paced modern world, for the burnt out, bone tired and brain frazzled. It's a toolkit that will help you learn what ingredients you need in order to thrive and how to weave those ingredients into your day-to-day, no matter how busy life gets. Whether you are a classic overachiever, over giver or over thinker, be prepared to take back your boundaries, replenish your energy and design a life you love. The six steps to take you from burnout to thriving

STEP 1: Commit to making your happiness and wellbeing a top priority in your life

STEP 2: Get to know your inner Shitty Committee and how it is driving you to burn out

STEP 3: Tune into your inner Wise Cheerleader and turn up the volume

STEP 4: Learn how to become a master at managing your own energy

STEP 5: Design your life so that you can thrive

STEP 6: Bring about big change when the people or environments around you are causing you to burn out

In *Stop Sabotaging Your Life: 3 Steps To Your Full Potential*, acclaimed life coach Bruno LoGreco shares his simple path to achieving healthy mental and emotional independence. How many times have you caught yourself thinking something like this?: I'm not enough—good enough...smart enough...good looking enough...successful enough.... LoGreco says we sabotage our lives by focusing too much on being what others want us to be and do, and not spending enough time listening to our own hearts and minds. Some people try to find self-acceptance and contentment through counseling, but end up trapped on the therapy treadmill. Others try to go it alone, but still end up in a tiresome process of navel-gazing that never leads to personal fulfillment. LoGreco offers a three-step plan to help you reach your own potential: self-awareness (recognize what you have been doing, and why); rebuilding values (learn a different way to do things); and reach your full potential (identify opportunities and set meaningful goals). You will learn to leverage your strengths to stop chasing illusions and work toward achieving your dreams. LoGreco doesn't claim his book will cure everything that ails you. As he says, "There is no secret formula, no magic pill that will make you happy, productive, and successful. You must challenge your beliefs and take back control of your choices. Don't just think outside the box—break out of it altogether." What clients and readers are saying about life coach, mentor, and motivational speaker Bruno LoGreco: "As a divorced mother of three, I've encountered many obstacles, mostly personal ones within myself. I wondered why I kept repeating the same patterns with the men I was dating and why it always ended badly, usually with me being hurt, and questioned what 'I' was doing wrong. Bruno taught me how to love myself again, how to respect myself and above all else, BELIEVE in myself.... Bruno saved me from my self-destructive patterns. Without his help, I wouldn't be the confident woman I am today. I am a better mother for that."—

Cristina "The world is filled with very successful executives who for decades focus every waking minute on professional accolades and professional development [only to] realize they haven't take the time out to focus on personal development in terms of a better balance in life, being in touch with their spiritual side and inner self, and even the fun side of life. That would describe me in the past.... I came across Bruno,

and I knew he was the man. His personality exudes authenticity and geniality. The man simply knows his stuff, has this uncanny ability to read between the lines, and zero in instantly on underlying triggers. His structured approach steers you to address issues head on; challenges you to challenge yourself; opens your mind; helps you understand behaviors, experiences and patterns; gets you in touch with yourself; fuels a sense of purpose and passion; and escorts you to chart a new course to life. He never judges, but relentlessly encourages and empowers you. He's truly a brilliant, genuine and a humane person with an infectious enthusiasm to make you seize your inborn potential." —Adrian "If I had to sum up my experience with Bruno in one word, it would be 'awakened.' Bruno helped me see life from a different perspective, which is what I needed, but most importantly, he showed me how to do that myself without being dependent on him.... Bruno got me to step outside of my comfort zone and do things I normally wouldn't have done otherwise, which is undoubtedly the key to growth." —Blaine

Self-care is a necessary ingredient for a life fully-lived, yet for most of us it's something we resort to only when we're at our most burned out, vulnerable and desperate. In *From Coping to Thriving: How to Turn Self-Care Into a Way of Life* you'll discover why self-care is about much more than the usual advice to take a bubble bath. This comprehensive guide will show you how to create a self-care practice that truly meets your needs and leaves you feeling like the best version of yourself. With a balance between practical suggestions, coaching-style questions and psychological groundwork, this book is designed to give you the self-knowledge and awareness you need to start making self-care an integral part of your life. As well as suggesting hundreds of useful self-care tips and ideas, *From Coping to Thriving* will also take you deeper into must-know topics like habit-formation, coping strategies, dealing with resistance to self-care and more.

'I hope this book can empower people with simple, potent ways to feel better right now, to access calm and move through the waves of all their emotions.' *Self-care for Tough Times* is a gentle yet powerful toolkit to help during difficult times, such as the end of a relationship, loss of a loved one, career change and times of heightened emotions or anxiety. These are the times when self-care is most important and yet often forgotten, but just a few small moments can make a huge difference to how we feel, how we release emotions rather than bottle them up and how we ride the ups and downs. Practices include: Instant tension release exercises for the hands, shoulders, neck and face Pre-bedtime rituals to help with disturbed sleep Breathing exercises to calm the nervous system and reduce anxiety Soothing scents Releasing stuck emotions Learning how to relax and let go Keeping tech use healthy Questions to reflect on Anxiety, fear, anger, uncertainty and grief are all addressed, while Suzy also explores how stress and emotional trauma are held in the body, and how these may be gently released through touch, movement and breath. The practices included within are designed to promote healing and hope, and many are quick and easy for times when you feel exhausted or vulnerable so that you can both cope in the moment during tough times, then recover and restore after these difficult chapters of life. 'We will revive a weary body. We will refresh a tired mind.'

Join the Smart Home Revolution! What is a smart home and why should you want one? If you're asking yourself this question, this is the book for you! Written by Ryan Herd, AKA, The Smart Guy, *Join the Smart Home Revolution* is chock full of information and advice on where to start the smart home process. Here are just some of the questions you'll find the answers to in this enlightening new book on all things smart home: *How can a smart home help me be safer in my house?* Isn't a smart home just a cool home theater? (Hint...no it's not...it's so much more!) *What rooms in my home can be made smart?* Isn't smart home expensive?* What happens if my power or internet goes out? And so much more! You won't want to miss out on all of the expertise that Ryan shares with you in this informational new book. It will help you figure out where to start on your project, what products to use, and how much easier and more fun and convenient your life will be when you make

your home smart.

'I love this book!' - Mandy Lehto, Psychologies Magazine What if it were possible to help ourselves thrive, rather than simply survive? The Self-Care Revolution is designed to help and restore your day-to-day energy reserves so that, rather than running on empty, you will have the strength and spirit to excel with whatever life brings. Discover the Vitality Wheel - a complete body and mind Self-Care Toolkit that will boost your health, happiness and resourcefulness. 'An inspiring, intelligent, warm and friendly toolkit. One of those books that you'll remember forever.' - Nicola Elliott, founder of Neom Organics 'An essential bible of how to live your best life. I can't wait to begin using my Vitality Wheel.' - Anya Hayes 'With intimate knowledge of the ways in which we might be struggling, Suzy guides you to a place of innate self-care and kindness without ever overwhelming or over-promising. Inspired.' - Eminé Rushton, Psychologies Magazine Wellness Director "Buy the "Reset: Control, Alt, Delete" paperback and download the eBook for only \$0.99 - 0.64." Learn how to rise from the ashes of defeat. Get self-help, Embrace positive thinking, Live a happier life, and Find your destiny. No one can defeat you. You can only defeat yourself. No one can truly save you. You must save yourself. There is hope and a way out! Help yourself by reading Reset: Control, Alt, Delete find answers and change your life for the better. RESET: Control, Alt, Delete, unlike other self-help books is written specifically to help you to find the encouragement, strength, and personal growth that you will need to change your perspective with positive thinking so you can live a hopeful life that creates a path allowing you to find your destiny. Take action by getting yourself a copy of Brian's book. You will be so grateful you did! "Tags: self help, positive thinking, self-help books, self-help happiness, personal growth book, self-help books, depression"

Newly updated: The bestseller “that could bring the human race a little closer to rescuing itself” from the subject of the film *The Two Glorias* (Naomi Wolf). Without self-esteem, the only change is an exchange of masters; with it, there is no need for masters. When trying to find books to give to “the countless brave and smart women I met who didn’t think of themselves as either brave or smart,” Steinem realized that books either supposed that external political change would cure everything or that internal change would. None linked internal and external change together in a seamless circle of cause and effect, effect and cause. She undertook to write such a book, and ended up transforming her life, as well as the lives of others. The result of her reflections is this truly transformative book: part personal collection of stories from her own life and the lives of many others, part revolutionary guide to finding community and inspiration. Steinem finds role models in a very young and uncertain Gandhi as well as unlikely heroes from the streets to history. *Revolution from Within* addresses the core issues of self-authority and unjust external authority, and argues that the first is necessary to transform the second. This ebook features an illustrated biography of Gloria Steinem including rare images from the author’s personal collection, as well as a new preface and list of book recommendations from Steinem.

This straightforward and illuminating guide offers self-care techniques—from skin care to stress relief—designed for modern men who want to live longer, look better, and feel calm, focused, and happy. Taking care of your mind, body, and soul is important to living a longer, more satisfying life and helps you feel confident in your daily interactions with others. In *Self-Care for Men*, author Garrett Munce—grooming editor for *Esquire* and *Men’s Health* and confirmed self-care practitioner—teaches you how to improve your physical and mental health and overall well-being through these easy and practical tips and exercises—from grooming to meditation—that are proven to work. Practiced by men like David Beckham, Snoop Dogg, and Adam Levine, self-care is a key component to overall wellness. This helpful guide introduces you to anti-aging products and practices, explains why masks are the HIIT workout of skincare, and shows you how to relax when you’re on the go. Offering advice on a range of topics from hair care, supplements, detoxing, the wonders of CBD, improving your energy levels, and more,

Read Online The Self Care Revolution Smart Habits Simple Practices To Allow You To Flourish

Self-Care for Men will not only help you look and feel better, but live a happier, healthier, and more successful life.

****WIN A FREE WELLNESS HOLIDAY IN THAILAND WITH HEALTH & FITNESS TRAVEL - SEE COVER FOR DETAILS**** Self-care is daily nourishment that gives us a fighting chance to minimize illness, fatigue, depression and anxiety. Central to the idea of self-care is the idea that taking care of yourself is not selfish and offers essential ways to stress-proof your body and mind. In this beautiful little book, Suzy offers 30 self-care practices for the reader to choose from depending on what they need. Chapters include practices for: - Rest & relaxation - Energy boosters - Mind management - Emotional first aid

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

The Self-Care Revolution smart habits & simple practices to allow you to flourish Aster

How will artificial intelligence change our world within twenty years? “This inspired collaboration between a pioneering technologist and a visionary writer of science fiction offers bold and urgent insights.”—Yann LeCun, winner of the Turing Award; chief AI scientist, Facebook

“Amazingly entertaining . . . Lee and Chen take us on an immersive trip through the future. . . . Eye-opening.”—Mark Cuban AI will be the defining development of the twenty-first century. Within two decades, aspects of daily human life will be unrecognizable. AI will generate unprecedented wealth, revolutionize medicine and education through human-machine symbiosis, and create brand-new forms of communication and entertainment. In liberating us from routine work, however, AI will also challenge the organizing principles of our economic and social order. Meanwhile, AI will bring new risks in the form of autonomous weapons and smart technology that inherits human bias. AI is at a tipping point, and people need to wake up—both to AI’s radiant pathways and its existential perils for life as we know it. In this provocative, utterly original work, Kai-Fu Lee, the former president of Google China and bestselling author of AI Superpowers, teams up with celebrated novelist Chen Qiufan to imagine our world in 2041 and how it will be shaped by AI. In ten gripping short stories, they introduce readers to an array of eye-opening 2041 settings, such as: • In San Francisco, the “job reallocation” industry emerges as deep learning AI causes widespread job displacement • In Tokyo, a music fan is swept up in an immersive form of celebrity worship based on virtual reality and mixed reality • In Mumbai, a teenage girl rebels when AI’s crunching of big data gets in the way of romance • In Seoul, virtual companions with perfected natural language processing (NLP) skills offer orphaned twins new ways to connect • In Munich, a rogue scientist draws on quantum computing, computer vision and other AI technologies in a revenge plot that imperils the world By gazing toward a not-so-distant horizon, AI 2041 offers urgent insights into our collective future—while reminding readers that, ultimately, humankind remains the author of its destiny.

Elevate your self-care routine using the benefits of CBD—or cannabidiol—with these 200 methods to improve your mind, body, and spirit! Many people have already been implementing CBD into their self-care routines and are loving all the many soothing benefits it brings. But with so many products and supplements now available in the marketplace, it can be difficult to figure out what will work best for you. In *The Little Book of CBD for Self-Care* you’ll find 200 CBD-powered activities that can boost your self-care experience. From stretching exercises using CBD to soothe sore muscles, to skin-calming face mask recipes, to CBD-fueled smoothie breaks, you’ll find all the tools to start feeling your best. Take some much-needed time for yourself with these quick and easy methods to relax and recharge.

_____ THE TOP TEN BESTSELLER 'Unusually practical, non-patronising and authentic. Think Marie Kondo for the mind' Sunday Times Wellness pioneers Nadia Narain and Katia Narain Phillips have spent decades helping others to feel their best. But it took them a bit longer to learn to care for themselves. Here they share the small, achievable steps they picked up on a lifetime’s journey towards self-care, and how you can apply them to your life, wherever you are. Right now, you may be deep in the waves of life, being tossed around. Learning self-care is like building your own life boat, plank by plank. Once you’ve got your boat, you’ll still be rocked by the same waves, but you’ll have a feeling of safety, and a stability that means you can pick other people up on your way.

Nurture self-expression, self-care and discovery with this beautiful guided journal, one day at a time Journaling is one of the best self-care practices - writing things down relieves stress, helps to process emotions and express feelings, clear the mind and improve sleep. We can also set our goals and ambitions in motion and check in with our commitments such as nourishing ourselves through food and movement. And Breathe... is a journal for all of your wellbeing goals, activities and reflections. Take a little time out for yourself to get to know your needs, your dreams and desires. Eight self-care themes are included for self-discovery. Prompts and practices are included, along with ways to encourage free and expansive self-expression and self-discovery. Sections include: What is Self-care? Journaling for Self-care Movement & Nutrition Values & Purpose Goal Setting Coping Skills for Tough Times

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