

Unwind 7 Principles For A Stress Free Life

Just as Masters and Johnson were pioneers in the study of human sexuality, so Dr. John Gottman has revolutionized the study of marriage. As a professor of psychology at the University of Washington and the founder and director of the Seattle Marital and Family Institute, he has studied the habits of married couples in unprecedented detail over the course of many years. His findings, and his heavily attended workshops, have already turned around thousands of faltering marriages. This book is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Straightforward in their approach, yet profound in their effect, these principles teach partners new and startling strategies for making their marriage work. Gottman helps couples focus on each other, on paying attention to the small day-to-day moments that, strung together, make up the heart and soul of any relationship. Being thoughtful about ordinary matters provides spouses with a solid foundation for resolving conflict when it does occur and finding strategies for living with those issues that cannot be resolved. Packed with questionnaires and exercises whose effectiveness has been proven in Dr. Gottman's workshops, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential. *The Seven Principles for Making Marriage Work* is the result of Dr. John Gottman's many years of closely observing thousands of marriages. This kind of longitudinal research has never been done before. Based on his findings, he has culled seven principles essential to the success of any marriage. Maintain a love map. Foster fondness and admiration. Turn toward instead of away. Accept influence. Solve solvable conflicts. Cope with conflicts you can't resolve. Create shared meaning. Dr. Gottman's unique questionnaires and exercises will guide couples on the road to revitalizing their marriage, or making a strong one even better.

Finally, a textbook that you don't mind reading. In fact, you'll probably share it with your stressed-out family and friends. And when the class has finished, you probably won't sell it back. *STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL APPROACH*, 5th Edition, and the accompanying stress-reducing audio files, contain all the leading-edge tools, principles, and experiences you need to help you profoundly reduce and even prevent stress. More than just a book about how to manage stress, this book offers you a life-changing experience. If you're tired of headaches, difficulties sleeping, feeling burned out or depressed, or experiencing a host of other chronic stress symptoms; if you'd like to master mindfulness, meditation, yoga, positive self-talk, find meaning, manage your time, and dozens of other stress-managing tools, this is the only stress management book you'll ever need.

Stress, you can't live with too much of it and you can't live with out it. It can either make us or break us, and it's your personal choice whether you want stress to be a toxic pollutant or a positive catalyst for change. If you are one of the many thousands of people caught up in the seemingly endless struggle of lowering your stress levels, this book gives you the answers you have been searching for, It will encourage you to stop being a slave to stress and break free! The contents of this book will demystify stress, and share with ways to help you identify your triggers and provide a range of solutions to rectify them. As a trained and qualified natural therapist specializing in kinesiology, who deals with the end result of an overloaded stress bucket, I am giving you some simple stress management tools to use i your daily life.

Documents the story of the author's childhood in an abusive and impoverished family, describing how he earned a full college football scholarship and reinvented himself by embracing specific positive rules for living.

Unwind!7 Principles for a Stress-Free LifeGrand Harbor Pub

NEW YORK TIMES BESTSELLER • Over a million copies sold! "An eminently practical guide to an emotionally intelligent—and long-lasting—marriage."—Daniel Goleman, author of *Emotional Intelligence* *The Seven Principles for Making Marriage Work* has revolutionized the way we understand, repair, and strengthen marriages. John Gottman's unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

The authors of *My Orange Duffel Bag* build on their original philosophy to counsel readers on how to find meaning, vision and purpose through their "seven rules of the road," providing writing activities, questions, fill-in-the-blank lists and other motivational entries for setting and accomplishing positive goals. Original. 10,000 first printing.

Busy and reactive? Struggling to focus? Craving time for relationships? If so, perhaps it's time to make space in your world for the things that really matter. What if you could be productive and rested by living an ordered, rhythmical life? What if habitually unplugging from digital technology was not simply a means of surviving week by week but a strategy to produce your best work and live your best life? *Spacemaker* will help you: · Discover why your productivity suffers when you overuse digital technology. · Explore timeless principles to make space in the distraction of digital life. · Implement a series of practices to think deeply, rest fully and spend more time with loved ones away from a screen.

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive

about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Make workplace conflict resolution a game that EVERYBODY wins! Recent studies show that typical managers devote more than a quarter of their time to resolving coworker disputes. The Big Book of Conflict-Resolution Games offers a wealth of activities and exercises for groups of any size that let you manage your business (instead of managing personalities). Part of the acclaimed, bestselling Big Books series, this guide offers step-by-step directions and customizable tools that empower you to heal rifts arising from ineffective communication, cultural/personality clashes, and other specific problem areas—before they affect your organization's bottom line. Let The Big Book of Conflict-Resolution Games help you to: Build trust Foster morale Improve processes Overcome diversity issues And more Dozens of physical and verbal activities help create a safe environment for teams to explore several common forms of conflict—and their resolution. Inexpensive, easy-to-implement, and proved effective at Fortune 500 corporations and mom-and-pop businesses alike, the exercises in The Big Book of Conflict-Resolution Games delivers everything you need to make your workplace more efficient, effective, and engaged.

The average attention span of an adult is eight seconds—eight seconds! That is tough news for a presenter. It means you may have a room full of people, but their minds are elsewhere. You're competing with a slew of activities demanding their attention—email, texts, Facebook, YouTube, chats, and apps, in addition to thoughts about their next meeting and projects that are behind schedule. How do you get a message across in a world like that? The inability to powerfully inform and persuade amid an unprecedented number of distractions is one of the greatest hidden and pervasive costs of the twenty-first-century workplace. Learn to connect with your audience, and you'll stop having unproductive meetings and wasted time. In Presentation Advantage, FranklinCovey outlines its "Connect Model," the mental model that allows you to connect with the message, yourself, and the audience during any presentation by: Structuring relevant and purpose-driven messages Understanding how our brains best synthesize and remember key information Using visuals such as PowerPoint to inspire instead of torture your audience Aligning your message, body language, and tone of voice for a powerful delivery Whether to one person or one hundred, effective presenting is today's top business skill, and the experts at FranklinCovey help you master it. With the Presentation Advantage, you can deliver dynamic, compelling, and truly effective presentations every time.

50 Unique Full Page Intermediate to Master Colorist Mandala Drawings for Contemplation, Inspiration, and Introspection. One-sided pages; only one picture printed on each sheet. High-resolution images. Printed Single Sided on Bright White Paper 8x10" Dozens of coloring pages designed for adults. Coloring is a creative, novel way for busy adults to relax and unwind from the hectic pace of modern life. Unwind with detailed images that will keep you focused and entertained. Adults of any age and even older children who love to color can enjoy this unique and special coloring book. You don't need to have the skills of an artist to personalize these rich, intricate drawings. Each vibrantly detailed illustration is designed for creative experimentation. Reduce anxiety. Relieve stress. Improve concentration and focus.

Clearly explaining the how to of stress management and prevention, STRESS MANAGEMENT FOR LIFE, 4e emphasizes experiential learning and encourages students to personalize text information through practical applications and a tool box of stress-reducing resources, including activities and online stress-relief audio files. Michael Olpin and Margie Hesson offer more than just a book about stress; they offer students a life-changing experience. Well-researched and engaging, the Fourth Edition empowers students to experience personal wellness by understanding and managing stress, gives stress-related topics a real-life context, and motivates students to manage stress in a way that accommodates their lifestyle, values, and goals. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

"Intelligent and entertaining." —Kirkus Reviews (starred review) "Even better than the first book." —School Library Journal (starred review) Rowan and Citra take opposite stances on the morality of the Scythedom, putting them at odds, in the chilling sequel to the Printz Honor Book Scythe from New York Times bestseller Neal Shusterman, author of the Unwind dystology. Humans learn from their mistakes. I cannot. I make no mistakes. The Thunderhead is the perfect ruler of a perfect world, but it has no control over the scythedom. A year has passed since Rowan had gone off grid. Since then, he has become an urban legend, a vigilante snuffing out corrupt scythes in a trial by fire. His story is told in whispers across the continent. As Scythe Anastasia, Citra gleans with compassion and openly challenges the ideals of the "new order." But when her life is threatened and her methods questioned, it becomes clear that not everyone is open to the change. Old foes and new enemies converge, and as corruption within the Scythedom spreads, Rowan and Citra begin to lose hope. Will the Thunderhead intervene? Or will it simply watch as this perfect world begins to unravel?

A Time Best YA Book of All Time (2021) Two teens must learn the "art of killing" in this Printz Honor-winning book, the first in a chilling new series from Neal Shusterman, author of the New York Times bestselling Unwind dystology. A world with no hunger, no disease, no war, no misery: humanity has conquered all those things, and has even conquered death.

Now Scythes are the only ones who can end life—and they are commanded to do so, in order to keep the size of the population under control. Citra and Rowan are chosen to apprentice to a scythe—a role that neither wants. These teens must master the “art” of taking life, knowing that the consequence of failure could mean losing their own. Scythe is the first novel of a thrilling new series by National Book Award–winning author Neal Shusterman in which Citra and Rowan learn that a perfect world comes only with a heavy price.

International bestselling author Will Bowen teaches readers how to align their thoughts, words, and actions so that they create the habits, character, and destiny of happiness. Through practical advice, step-by-step instructions, and inspiring stories, Will helps readers remove their mental and lifestyle blocks so that happiness flows freely.

The Mindful Librarian: Connecting the Practice of Mindfulness to Librarianship explores mindfulness, approaching it in such a way as to relate specifically to the many roles or challenges librarians face. Coinciding with the increased need to juggle a variety of tasks, technologies, ebooks, and databases, the new Association of College & Research Libraries Framework for Information Literacy, and the challenges faced by solo librarians in school libraries which have suffered cutbacks in help in recent years, the time is exactly right for this publication. The authors hope to be helpful in some small way towards improving the joy and quality of life that librarians and library science students experience in their personal lives and jobs. The loftier goal would be to create a new lens from which to view librarianship, having a transformative impact on readers, and opening a new dialog within the profession. The topic of mindfulness is not new; it has been connected to various religious traditions in a wide variety of ways for centuries, most notably Buddhism. In the latter part of the 20th century, however, a secular version was popularized largely by the work of Jon Kabat-Zinn and his work on MBSR (Mindfulness Based Stress Reduction) at the University of Massachusetts’s Medical School. The medical benefits and the overall quality of life improvements from its adoption have exploded in recent years, in particular, the last two decades which have seen mindfulness traditions incorporated into education to a greater degree and with very positive results. Presents the only current LIS book that covers this topic in a way that applies directly to librarians Provides a topic that will be appealing to librarians, as it speaks to the pressures of budget cuts and consumer culture being felt across the academy Seeks to improve the joy and quality of life that librarians and library science students experience in their personal lives and jobs

Matt is six years old when he discovers that he is different from other children and other people. To most, Matt isn't considered a boy at all, but a beast, dirty and disgusting. But to El Patron, lord of a country called Opium, Matt is the guarantee of eternal life. El Patron loves Matt as he loves himself - for Matt is himself. They share the exact same DNA. As Matt struggles to understand his existence and what that existence truly means, he is threatened by a host of sinister and manipulating characters, from El Patron's power-hungry family to the brain-deadened eejits and mindless slaves that toil Opium's poppy fields. Surrounded by a dangerous army of bodyguards, escape is the only chance Matt has to survive. But even escape is no guarantee of freedom... because Matt is marked by his difference in ways that he doesn't even suspect.

Ease Anxiety, Improve Sleep, and Find Calm Through ASMR Join the millions experiencing the soothing power of ASMR (Autonomous Sensory Meridian Response), a radical new wellness trend for relaxation and stress-relief with proven benefits similar to meditation. In Unwind Your Mind, beloved ASMRtist Emma WhispersRed explores how this powerful practice can help us find calm and be present anytime and anywhere. Unwind Your Mind blends exercises to help you experience calm through ASMR every day. In her trademark therapeutic, soothing style, Emma WhispersRed helps us incorporate ASMR into our daily lives, revolutionizing our approach to self-care, mindfulness, and healing. Complete with a foreword from the psychologist who led one of the largest studies on ASMR, this essential guide to ASMR offers both the latest research on this growing phenomenon and the practical tools for fighting anxiety and finding calm in our lives. Unwind Your Mind is supplemented by three companion audio originals—the first of their kind widely available—ASMR for Your Commute, ASMR for Your Lunch Break, and ASMR for Bedtime. “The best thing about nixsen is the absence of a goal. It doesn’t serve a purpose, but it’s wonderful.” Don’t you think it’s time for a break? Plagued—as we are!—by nonstop pings and notifications, we have lost the knack of zoning out. Kicking back. Slacking off. Even when pandemic-induced lockdowns forcibly cleared our calendars, many who thought I’m free! filled their days with Netflix and doomscrolling. How can we reclaim our free time (planned or not) to truly rest and reset? The Dutch have it figured out: with nixsen. Perhaps their best-kept lifestyle secret, nixsen is the art of doing, well, nothing. It’s the opposite of productivity, and it’s incredibly good for your . . . MIND—it makes you calmer. BODY—it offers rest on hectic days. CREATIVITY—it clears a space for brilliant ideas. WALLET—it’s free! If you’re waiting for an invitation to go lie down in the sunshine, this book is it.

Too often, we settle for the notion that self-care means giving ourselves treats and rewards for good behavior. But it’s so much more than that. Welcome to the self-care revolution! A day of indulgence at a spa—or at home on the couch—might help us unwind and feel temporarily renewed, but is that all there is to self-care? In this book Tracey Cleantis changes the dialogue and shows why real self-care is more than just routine self-indulgence—it’s a lifelong practice that’s essential to finding fulfillment and joy. An Invitation to Self-Care uncovers seven principles for care that are rooted in self-empowerment and self-knowledge. Through personal stories and observations, exercises and quizzes, and interviews with experts and everyday people, Tracey invites you to consider self-care across your relationships, finances, spiritual and professional life—and more. By accepting who we are, what we need, and how those needs evolve over time, we create space for self-care’s transformational magic in our lives. In fact, an authentic self-care practice is the secret to the life you’ve always wanted.

The Wind-Up Bird Chronicle is a tour de force—and one of Haruki Murakami’s most acclaimed and beloved novels. In a Tokyo suburb, a young man named Toru Okada searches for his wife’s missing cat—and then for his wife as well—in a netherworld beneath the city’s placid surface. As these searches intersect, he encounters a bizarre group of allies and antagonists. Gripping, prophetic, and suffused with comedy and menace, this is an astonishingly imaginative detective story, an account of a disintegrating marriage, and an excavation of the buried secrets from Japan’s forgotten campaign in Manchuria during World War II.

A groundbreaking mind-body protocol to heal chronic pain, backed by new research. Chronic pain is an epidemic. Fifty million Americans struggle with back pain, headaches, or some other pain that resists all treatment. Desperate pain sufferers are told again and again that there is no cure for chronic pain. Alan Gordon, a psychotherapist and the founder of the Pain Psychology Center in Los Angeles, was in grad school when he started experiencing chronic pain and it completely derailed his life. He saw multiple doctors and received many diagnoses, but none of the medical treatments helped. Frustrated with conventional pain

management, he developed Pain Reprocessing Therapy (PRT), a mind-body protocol that eliminated his own chronic pain and has transformed the lives of thousands of his patients. PRT is rooted in neuroscience, which has shown that while chronic pain feels like it's coming from the body, in most cases it's generated by misfiring pain circuits in the brain. PRT is a system of psychological techniques that rewires the brain to break out of the cycle of chronic pain. The University of Colorado-Boulder recently conducted a large randomized controlled study on PRT, and the results are remarkable. By the end of the study, the majority of patients were pain-free or nearly pain-free. What's more, these dramatic changes held up over time. The Way Out brings PRT to readers. It combines accessible science with a concrete, step-by-step plan to teach sufferers how to heal their own chronic pain.

As researchers have pursued biology's secrets to the molecular level, mathematical and computer sciences have played an increasingly important role--in genome mapping, population genetics, and even the controversial search for "Eve," hypothetical mother of the human race. In this first-ever survey of the partnership between the two fields, leading experts look at how mathematical research and methods have made possible important discoveries in biology. The volume explores how differential geometry, topology, and differential mechanics have allowed researchers to "wind" and "unwind" DNA's double helix to understand the phenomenon of supercoiling. It explains how mathematical tools are revealing the workings of enzymes and proteins. And it describes how mathematicians are detecting echoes from the origin of life by applying stochastic and statistical theory to the study of DNA sequences. This informative and motivational book will be of interest to researchers, research administrators, and educators and students in mathematics, computer sciences, and biology.

Organizing expert Donna Smallin gives you a simple 7-step plan for conquering clutter forever. Using a friendly tips-based format, she walks you through hundreds of small strategies that add up to big successes. She explains how to assess your situation (beginning with a great little quiz that helps you identify some of your core clutter issues), and then she helps you set your intentions and find profound, personal motivations for creating a more ordered life for yourself. You'll then move on to painlessly letting go of what you no longer need, creating a place for each of the things you decide to keep, and implementing simple systems that will KEEP your home clutter-free with a minimum of effort. The print edition of Unclutter Your Home has more than 100,000 copies in print, and this ebook has been thoroughly revised and updated to reflect the way we live today.

Discusses how to optimize your body, heart, mind, and soul in order to lower anxiety levels and make better choices. The bestselling author of My Orange Duffel Bag helps readers "overcome obstacles, set a big vision, and define a life of purpose greater than self" (Michael K. Simpson, author of Unlocking Potential). Sam Bracken's backstory would make Dr. Phil turn tail and run. During his childhood, he suffered years of abuse and was even set on fire by a relative. What didn't kill Bracken made him stronger. And he is now on a mission to bring self-empowerment to others—to realize a life of grit and grace. This book is about achieving a purpose-driven life. You'll have to push past failure again and again. And it is also about beating the odds no matter how high they are stacked against you. To be a true leader, you have to start with yourself. In Sam Bracken's GUTS, you will learn about: Mental strength Resisting feelings of low self esteem Self-empowerment Building self confidence Living a life of passion And, most importantly, what it takes to have grit and grace "Sam Bracken had no advantages, but went from being a hopeless street kid to a champion college football player. In this insightful book, he illustrates how success in life is less about talent, wealth, or good luck, and more about GUTS. And having GUTS is a choice anyone can make!" —Sean Covey, author of The 7 Habits of Highly Effective Teens New for Halloween 2019 - Expanded Edition - Includes More Than 100 Unique Halloween Designs Pumpkins, Haunted Houses, Jack-O-Lanterns, Witches, Skulls, Trick-or-Treaters, Cats, Owls, Bats, and Much More New Halloween Adult Coloring Book with more than 100 illustrations. A spooky and fun adult coloring book filled with Halloween themes of all varieties. Designs of various styles that range from simpler to more complex for all levels of coloring enthusiasts. Halloween coloring book for adults, teens, men, and women. Carefully chosen design will provide hours of fun, stress relief, creativity, and relaxation. Full page designs are printed single side on 60 lb paper stock. Relax and unwind as you color these dazzling illustrations. This Halloween coloring book for grown-ups features: A variety of styles sure to please all levels of colorists Each page is 8 1/2 by 11 inches Each page is professionally composed Beautiful and unique designs, no repeats Single-side pages lessen the chance of bleed through and make removal and display easy High-resolution printing Great gift idea or buy one for yourself

An eminent photographer presents over 200 photos of horses from around the world.

From one of the pioneers of the scientific study of happiness, an indispensable guide to living your best life. What makes a good life? Is it money? An important job? Leisure time? Mihaly Csikszentmihalyi believes our obsessive focus on such measures has led us astray. Work fills our days with anxiety and pressure, so that during our free time, we tend to live in boredom, watching TV or absorbed by our phones. What are we missing? To answer this question, Csikszentmihalyi studied thousands of people, and he found the key. People are happiest when they challenge themselves with tasks that demand a high degree of skill and commitment, and which are undertaken for their own sake. Instead of watching television, play the piano. Take a routine chore and figure out how to do it better, faster, more efficiently. In short, learn the hidden power of complete engagement, a psychological state the author calls flow. Though they appear simple, the lessons in Finding Flow are life-changing.

Whether you're newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, Eight Dates offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. "Happily ever after" is not by chance, it's by choice—the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, Eight Dates offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and

more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling—it's about both of you being active and involved.

The instant New York Times bestseller *A* step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

This is a comprehensive guide to Scrum for all (team members, managers, and executives). If you want to use Scrum to develop innovative products and services that delight your customers, this is the complete, single-source reference you've been searching for. This book provides a common understanding of Scrum, a shared vocabulary that can be used in applying it, and practical knowledge for deriving maximum value from it.

Escape from the everyday stresses in your life and unwind with *Chromalaxing, Kaleidoscope Series, Adult Coloring Book #1*. The first book in this great new series. Forty intricately and delightfully designed images. Printed one side per page. The reverse side includes the image number so you can leave your thoughts and specific feedback for us per image. Your finished work may be suitable for framing or gift giving. Our website (<http://www.chromalaxing.com>) features fun art contests. Enter today and show us your masterpiece for a chance to win great prizes. Vote for your favorites too. Our designs offer a pleasing variety in image complexity suitable for beginner to expert-level. Provides unlimited hours of relaxing stress relief, as well as an enjoyable artistic outlet. Tap into the soothing and rejuvenating effects that coloring has been shown to produce. Join countless adults all over the world and rediscover the fun and relaxing hobby of coloring. Grab your pencils, pens... relax and explore your creative side today. #1 New York Times bestselling author Joyce Meyer shows readers how to become free from the burden of stress so that they can achieve God's best for their lives. As technology increases your accessibility, it becomes harder to mute the background noise of your life and receive God's guidance. Joyce Meyer calls this *Overload*, when the demands of your busy life become all-consuming and overwhelming. But to experience the joyful life God has planned, you must make time to focus on His Word. Then you'll receive His healing calmness and gain the strength to take on life's challenges, from physical ailments to problems in relationships. Through the practical advice and Scriptural wisdom in this book, you'll learn how to unplug and free yourself from burdens that weigh you down. You'll gain simple, effective tips for better rest and stress management and discover the fulfilling life you were meant to lead.

Sleep is the most important part of anyone's journey to a healthy and happy life, and with this book you can learn how to fix your sleep schedule and recover precious hours of relaxation. If you're like most people, odds are you aren't getting enough sleep. Thanks to shifts in our culture America is in the midst of an epidemic of sleeplessness, and unfortunately, sleep deprivation has bigger consequences than one might think, ranging from irritability, brain fog, and weight gain to serious conditions like hormone dysregulation, heart disease, memory impairment, diabetes, and Alzheimer's. In *Better Sleep, Better You*, functional medicine pioneer and sleep expert Frank Lipman, MD, and Casper co-founder Neil Parikh team up to offer a one-stop resource to help you reap the benefits of sleeping well every night. Unlike the dozens of articles offering a "quick fix" for insomnia, Lipman and Parikh understand that there's no such thing as a one-sleep-fits-all solution. By clearly explaining the latest developments in sleep science and all the factors that affect your sleep—including when and how you eat and exercise, how you handle stress, how you nap, and how you engage with technology—*Better Sleep, Better You* helps readers create a personalized sleep protocol that works for their lifestyle and needs. Packed with fascinating science, engaging case studies, and easy-to-implement practical advice, *Better Sleep, Better You* provides everything you need to optimize your sleep, productivity, and happiness—for life.

David Hoffmeister is a modern-day mystic who has been invited to over 30 countries and 49 states to shine and share his consistently peaceful state of mind, radiant joy and dedication to Truth. This book is a compilation of his teachings, collected from email messages, website postings, and interviews. It also includes transcripts of in-depth dialogues from the earliest days of his work with those who came from around the world to join with him. The book consists of three volumes: *Book One—Laying the Foundation*, *Book Two—Unlearning the World*, and *Book Three—Transfer of Training*. David's journey involved the study of many pathways culminating in a deeply committed practical application of *A Course in Miracles*. His astonishing gift for applying the metaphysics of the Course to everyday issues and concerns brings the deep ideas of the Course to life. The essays and conversations in this book work like an elixir that has the power to literally unwind the willing mind back home to God. Get ready to have your world rocked and turned upside down! David Hoffmeister's life is a living demonstration of the mind awakened. Your life will never be the same after joining David and his students in going deep into the unwinding of everything you think you think and everything you think you know—opening the way to the experience of who and what you truly are. The mind may be boggled by this book's uncompromising approach, but the Heart will soar in recognition

A guide on how to influence people without coercion or fear explains how to get people to respect who you are, what you stand for, and where you want to get in life

Addressing a wide range of conditions, including digestive problems, anxiety, and depression, this handy guide helps readers

reclaim basic health by using proven techniques to reconnect with their bodies. The authors show how to tap into the body/spirit's intuitive center and perform simple, quick exercises to heal. Twenty-seven line drawings and 11 photographs simplify the process, and gentle humor offers encouragement. From the Trade Paperback edition.

Celebrity manual therapist and movement coach Aaron Alexander shows readers how posture and body alignment are powerful tools for building strength, achieving peak performance, reducing pain, and approaching the world with a new sense of confidence. Good posture is about more than standing up straight: It can change your mood, alleviate pain, rid your body of stressful tension, and may be the difference between getting that raise you've wanted and attracting your ideal mate, or not. But in order to reap all those benefits, the body must be properly integrated. Celebrity movement coach and manual therapist Aaron Alexander offers a revolutionary approach to body alignment to build strength, reduce pain, and put you on a direct path to peak performance that is both fun and accessible. The Align Method centers on five daily optimizations that can be easily integrated into any workout, mindfulness practice, or daily life activity: Floor Sitting Hanging Hip-Hinging Walking Nose Breathing A truly aligned life isn't limited to sweating in a gym or stretching in a yoga studio, and Alexander provides the fundamental principles to optimize your physical and mental process in any situation. Blending Eastern philosophy with Western mechanics, The Align Method brilliantly outlines the necessary tools to leverage the power of your own senses and body language to feel more flexible and confident, and details exactly how to reshape your environment for enhanced creativity and longevity. This is the quintessential user's manual to feeling better than you ever thought possible, and looking great while you're at it!

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