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Sam Bracken,Echo Garrett

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Take Back Your Time Christy Wright,2021-09-14 It's not about doing more. IT'S ABOUT DOING WHAT MATTERS. As a busy mom with three young kids and a career, #1 national bestselling author Christy Wright knows what it's like to try to do it all and be stretched too thin. After years of running on empty, she realized she had to do something different. It wasn't just a matter of saying no to a few things. She had to figure out why she felt overwhelmed, overcommitted, and out of balance. Here's what she discovered: Life balance isn't something you do. It's something you feel. The great news is you can feel balanced — even in your busy life. In Take Back Your Time, Christy redefines what balance is and reveals the clear path to actually achieve it. You'll learn how to: Identify what balance looks like in your unique situation and season. Find confidence in the choices that are right for you. Feel peace even during chaotic times. Learn how to be present for your life and actually enjoy it! You weren't created to live busy and burnt out, unhappy and unfulfilled. You shouldn't be haunted by some elusive idea of balancing it all. There's more for you right now. Today. And it starts with taking back your time the guilt-free way.

The YUSA Guide To Balance Yusalife Ltd,2014 For all those that obtain a copy of the YUSA Guide to Balance, please contact us as we have a free gift for all our readers to accompany the book and assist you on your journey to self-betterment. All questions, comments and feedback are encouraged and openly received. For those that take the time to leave a review we thank you in advance. We are very reactive to people who contact us so get in touch in which ever way suits you best. Twitter - @ YUSALIFE Instagram @ YUSALIFE Website - www.YUSALIFE.com Email - connect@yusabundance.com YUSA promote the highest form of abundance with our primary role on the planet being to provide the keys in order for one to unlock the shackles of self-limitation. We over-stand that it is every human beings sole birth right on the planet to be granted access to the highest truth and upmost understanding of self to enable personal growth beyond the limitations and expectations of modern society. Many are at a crossroads in life and realise that the truth lies beyond what is portrayed in society today. In an age where information is so readily communicated, it's becoming increasingly difficult to decipher truth from disinformation with the external distractions that tend to steer the mind and awareness further from the true self. Investing time into self-improvement is essential for the achievement of peace, happiness, universal awareness, success and the opening of the doors to a balanced reality. All iconic Gurus, Shaman, Buddhists or anybody with a connection to their true state would agree spiritual knowledge (knowledge of self) is again absolutely vital in order for you to achieve your dreams and desires. The primary aim of YUSA is to assist one with the life tools and guidance necessary for accelerated self-betterment which we have utilised on a personal level in order to realise internal fulfilment, self-betterment, expansion of consciousness for the highest good and achieve personal desires. Our role in providing guidance for those becoming aware of the need for change and the healing of one's self to benefit all aspects of their lives will be an active role, we are in the midst of creating a self sustaining conscious community, connecting people from all walks of life in order to share experiences, techniques and stories that can help awaken and liberate the collective consciousness.

Finding Goldilocks Jeremy Shapiro,2020-03-17 Most human issues have two sides, with many shades of gray in between. As examples, think of closeness in relationships versus independent self-sufficiency, working for the future versus living in the present, kindness to others versus taking care of ourselves, and so forth. When people fixate on one side of a two-sided issue and move to an extreme, or swing like a pendulum between two poles of these spectrums, their thinking and behavior become unbalanced and ineffective, resulting in frustration, conflict and, sometimes, worse. What does this apply to? A remarkably wide range of issues that occur on different scales, from individual psychology to relationships to politics. On all these levels, black-and-white thinking is a poor guide for living in a world involving many shades of gray. The opposite of polarization is balance. The idea that optimal human functioning involves a moderate balance between two opposite extremes has roots in both ancient philosophy and modern psychology. The search for balanced moderation, with its dialectical capability for integrating opposite forms of truth, has never been more important than in our polarized age. Finding Goldilocks is a pioneering effort to help us understand, envision, and live in that zone. Polarized, black-and-white thinking results in maladaptive extremes of emotion and behavior. This type of thinking is at the root of a wide range of mental health problems, with Borderline Personality Disorder as the most severe example and depression, anxiety, perfectionism, and aggression as more common examples. Black-and-white thinking causes polarization and conflict in many relationships, especially in couples and parent-child relationships. This type of cognition can also be found at the root of the angry, bitter polarization afflicting politics in the United States and many other countries at the present time. The same basic psychological patterns and principles seem to spiral up through a variety of levels, from the micro to the macro. This ebook addresses polarization on all these scales. It also brings a wide variety of conceptual tools to bear on these issues. While the central idea can be traced to Aristotle, Buddha, and Confucius, Finding Goldilocks draws on cognitive, clinical, social, and political psychology, neurobiology, cybernetics, and evolutionary theory. The author also draws on his extensive experience as a psychotherapist to illuminate the problem of polarization in its many manifestations. Finding Goldilocks includes careful instruction in procedures that readers can use to analyze and plan solutions for personal problems and difficulties experienced by loved ones. These techniques involve creative use of diagrams, which enable us to use visual reasoning and supplements our usual reliance on words. Most of this material was published previously in an ebook for therapists called Psychotherapeutic Diagrams and is adapted here for non-therapists. Finding Goldilocks is a psychology book designed to help you understand other people, a self-help book designed to help you help yourself, and a proposal for cleansing politics of the shrill half-truths and reciprocal distortions that have crowded out reasonable discussion and debate. There is a deep throughline that links all these purposes of the ebook.

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My Roadmap Sam Bracken,Echo Garrett,2012 An inspiring and transformational journal filled with writing prompts, questions, and fill-in-the-blank lists to help readers find meaning, vision, and purposed based on the seven rules of the road from Bracken's My Orange Duffel Bag.

Being Geek Michael Lopp,2010-07-21 As a software engineer, you recognize at some point that there's much more to your career than dealing with code. Is it time to become a manager? Tell your boss he's a jerk? Join that startup? Author Michael Lopp recalls his own make-or-break moments with Silicon Valley giants such as Apple, Netscape, and Symantec in Being Geek -- an insightful and entertaining book that will help you make better career decisions. With more than 40 standalone stories, Lopp walks through a complete job life cycle, starting with the job interview and ending with the realization that it might be time to find another gig. Many books teach you how to interview for a job or how to manage a project successfully, but only this book helps you handle the baffling circumstances you may encounter throughout your career. Decide what you're worth with the chapter on The Business Determine the nature of the miracle your CEO wants with The Impossible Give effective presentations with How Not to Throw Up Handle liars and people with devious agendas with Managing Werewolves Realize when you should be looking for a new gig with The Itch

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Balance Touré Roberts,2022-04-26 Imagine learning to tap into the awareness, sensitivity, and highest thought patterns that enable the most successful outcomes in life, love, and business. What would your life look like if you were able to break the patterns of inconsistency that keep you from your absolute best? Could it be possible to identify and regularly access the highest version of yourself, leaving behind past hit-or-miss cycles and instead starting to win in every key area of your life? These goals are not only possible--they are what you were made for! In *Balance*, bestselling author Touré Roberts guides us on the eye-opening journey that unpacks the divine formula that makes this a reality. This illuminating guide brings a unique and eye-opening perspective to the evasive concept of balance. Transcending familiar theories of work-life balance, Roberts teaches that balance is a state of existence, a becoming that, when realized, not only brings forth the highest version of an individual but optimizes their life's output, productivity, relational value, and overall achievement. As he unpacks balance with stunning relatability, Roberts connects with readers on every level. His easy-to-grasp style of teaching and unabashed vulnerability illuminate and clarify how living in balance is the longing in each human heart. Roberts shares life-changing personal stories and the principles they inspired while discovering balance in his own life. As an author, speaker, entrepreneur, CEO, and lead pastor of two large congregations in the United States--not to mention a devoted husband and dedicated father of six--Roberts knows that merely juggling responsibilities is not the answer. *Balance* departs from traditional techniques of time management and better organization to get to the core issues at stake. Roberts reveals that the path to true balance prioritizes self and discovers the unique, deep internal needs of the individual first. Identifying your deepest needs not only is life-transforming but brings forth your greatest self, pouring an overflow of your best and highest abilities into the lives of everyone around you, Roberts explains. *Balance* is not about learning to effectively give pieces of yourself to important parts of your life. *Balance* is about knowing and becoming your entire self--and then giving from your wholeness to everyone and everything within the context of your life. Key chapters include *The Power of No*, which unpacks why no is the most powerful word in your vocabulary; *There's No Team in I*, a liberating and paradigm-shifting exploration of the difference between being selfish and the transformational quality of a term Roberts coins as being self-ful; *The 5 Signs of Imbalance*, which will help you quickly identify the imbalances in your life and effectively respond before crisis hits; and *Balance after The Blow*, a step-by-step guide to get you back on your feet after experiencing an unexpected setback. You'll walk away from each illuminating chapter with powerful principles, tools, and prompts for self-evaluation. A personal navigation guide like no other, *Balance* charts your path to productivity, peace, positivity, purpose, and unlimited possibilities.

Balance the Bossy Brain Taleen Keuftedjian,2021-06-14 This is not your average anxiety or panic attack book. Are you ready to learn how to stop feeling sick from anxiety? It's time to stop just managing anxiety and fight back! Go head to head with your anxious monster so they can disappear for good. This book will teach you the ABCs of anxiety and provide you with the tools necessary to free yourself from fear, panic, phobias, and depression. And it doesn't stop there. It incorporates concepts related to the mind, body, and soul to help provide you with a better chance of beating anxiety for good. I know from personal experience that these methods work, and I share my real-life examples to help you understand how to apply them in your own life. *What to Expect From This Anxiety Self Help Book* Learn how to face your fears to free yourself from the anxious monster. Avoidance only makes anxiety worse. Learn how to get out of fight or flight mode to reduce the stress hormones running through your body. Stress keeps the vicious cycle of fight or flight going. Learn mindfulness exercises for anxiety and panic attack relief. Expose yourself to panic so you can get comfortable with being uncomfortable. Use affirmations for anxiety to boost your confidence and strength. Detox and nourish the body because a happy brain begins with the gut. Release stagnant emotional trauma and ditch the ego to free yourself from perpetual negativity. Let go of the past and future so you can live in the present moment to free yourself from depression. Discover true happiness from within. So, check out this book if you're ready to learn how to stop feeling sick from anxiety.

The Rough Guide to the Best iPhone and iPad Apps (2nd Edition) Rough Guides,2013-09-01 The must-have guide to the Best iPhone and iPad Apps for every iOS user So many apps and so little time. How do you get to the best with a minimum of fuss? The Rough Guide to the Best iPhone and iPad Apps solves the problem. It pinpoints the 500 best free and paid for applications in all major categories. Whether its navigation or news, photography or productivity, games or utilities this book highlights the best running on iPhone, iPad (or both) from the marquee names to the hidden gems. Discover the 500 finest applications your iOS was born to run with The Rough Guide to the Best iPhone and iPad Apps. Now available in ePub format.

Off Balance Matthew Kelly,2011-09-15 The prescriptive follow-up to the New York Times bestseller *The Dream Manager*. One of the major issues in our lives today is work-life balance. Everyone wants it; no one has it. But Matthew Kelly believes that work- life balance was a mistake from the start. Because we don't really want balance. We want satisfaction. Kelly lays out the system he uses with his clients, his team, and himself to find deep, long-term satisfaction both personally and professionally. He introduces us to the three philosophies of our age that are dragging us down. He shows us how to cultivate the energy that will give us enough battery power for everything we need and want to do. And finally, in five clear steps, he shows us how to use his Personal & Professional Satisfaction System to establish and honor our biggest priorities, even if we spend a lot more time on some of the lesser ones.

The Value of Debt in Building Wealth Thomas J. Anderson,2017-02-06 The book of financial wisdom that your future self will thank you for reading For many adults under 40, 'debt' is a four-letter word—something that should be avoided but is all too often unavoidable. In *The Value of Debt in Building Wealth*, bestselling author Thomas J. Anderson encourages you to rethink that. You'll walk away from this book with an understanding of how you can use debt wisely to secure the financial future you envision for yourself and your family. Student loans, mortgages, lines of credit, and other forms of debt are all discussed in detail, with a focus on smart planning for those who are accumulating assets—and debt—now. Should you rent or buy? How important is liquidity? What is good versus bad debt? How much debt should you have? What debt-to-income and debt-to-asset ratios should you aim for? Fixed debt or floating debt? What's the best way of saving for college and retirement? These are big questions that deserve thorough answers because the choices you make now could influence the course of your life. This thought-provoking book will open your eyes to savvy financial strategies for achieving your goals faster and with healthier bank accounts. Explore strategies for smart debt management, explained by one of the nation's top financial advisors Gain an understanding of investment basics and key financial concepts you'll need to achieve your long-term goals Understand the risks of having debt and the potential risks of being debt-free Make financial decisions now that will maximize your wealth, freedom, and opportunity later This book is not about buying things you cannot afford. It is about liquidity, flexibility and optimizing your personal balance sheet. *The Value of Debt in Building Wealth* is full of ideas you can apply to your own situation—no matter what your current asset level. Read this book today and thank yourself

later.

True Balance Sonia Choquette,2010-03-10 When you balance your seven energy centers, you reclaim your natural rights and reestablish your natural order. You begin to undo the damage that was caused by living your life backward, from the head first, forgetting the body and spirit altogether. As with everything in nature, if your life isn't supported by a grounded source of energy, it will wither and lose its vitality. As you learn about the chakras, you will discover that balancing them isn't particularly hard, especially if you think of it as a process of not just living your life, but actually loving your life. -- From the Introduction How can we balance our time and energy when our days are so hectic? How can we find harmony in mind, body, and spirit? In *True Balance*, renowned intuitive and spiritual healer Sonia Choquette presents a step-by-step workbook for finding balance within our seven essential energy centers, or chakras. Drawing upon her deep personal experience and practice, she offers a wise and down-to-earth guide to achieving harmony. With supportive questionnaires, practical advice, and many specific remedies, Choquette leads us to a balanced life filled with creativity and blessings.

Leading From a Healthy and Balanced Place-A Woman's Guide To Creating Balance in Her Personal and Professional Life Laticia Jackson,

Living in Balance Joel Levey,Michelle Levey,2021-03-28 THE QUINTESSENTIAL MANUAL FOR LIVING IN HARMONY AND BALANCE. Living in Balance is a timely, powerful, inspiring, and profoundly practical guide for everyone seeking to realize greater wisdom, compassion, resilience, creativity, well-being, and health in their lives. Drawing insights from nearly 50 years of field-tested experience, internationally acclaimed mind-science researchers, wellness educators, and corporate consultants Dr. Joel and Michelle Levey offer a rare synthesis of ancient wisdom traditions with cutting-edge research on extraordinary human performance pointing toward mindfulness, personal mastery, and resilience as being the keys to thriving and living in balance. With a myriad of principles and practices that can be woven into the fabric of daily life, it's the ultimate manual for living in a complex, uncertain, and rapidly changing world.

Balancing Privacy and Free Speech Mark Tunick,2014-08-21 In an age of smartphones, Facebook and YouTube, privacy may seem to be a norm of the past. This book addresses ethical and legal questions that arise when media technologies are used to give individuals unwanted attention. Drawing from a broad range of cases within the US, UK, Australia, Europe, and elsewhere, Mark Tunick asks whether privacy interests can ever be weightier than society's interest in free speech and access to information. Taking a comparative and interdisciplinary approach, and drawing on the work of political theorist Jeremy Waldron concerning toleration, the book argues that we can still have a legitimate interest in controlling the extent to which information about us is disseminated. The book begins by exploring why privacy and free speech are valuable, before developing a framework for weighing these conflicting values. By taking up key cases in the US and Europe, and the debate about a 'right to be forgotten', Tunick discusses the potential costs of limiting free speech, and points to legal remedies and other ways to develop new social attitudes to privacy in an age of instant information sharing. This book will be of great interest to students of privacy law, legal ethics, internet governance and media law in general.

360 Living Jacquelyn Salvador,Yvon Dalat,2018-03-22 Ever feel burnt out? Missing a deeper meaning? Inexplicably unhappy? Sometimes life gets off-balance, but with the right steps, we can find the personal path to authentic happiness and balance. This guide will help you define your unique path to better living. Refreshing & empowering A STUNNINGLY beautiful discussion on happiness and how to achieve it. A must read! More than inspiring...allowing me to start feeling that I can do anything 360 Living is your go-to guide for practical, actionable solutions to improve your life in every area -- starting today. PACKED WITH personal reflection, research-backed strategies, and groundbreaking insights into the connections between our life factors. You'll get step by step guidance on optimizing your work, relationships, health, and more, based on dozens of award-winning books, blogs, and studies on the art of living the good life. YOU'LL LEARN why happiness matters, what really makes a happy life, and how to cultivate your own intuition and define your own best life. For example: -How meditation changes the brain -Why spending less time working can actually make us more productive -What really makes for a healthy diet & a toned physique --CONTENTS-- Preface: Goodness expands from the inside out Chapter 1: Why Happiness? Chapter 2: Diving into the Data Chapter 3: Life-Work Balance Chapter 4: Productivity Chapter 5: Achievement Chapter 6: Social Connection Chapter 7: Connection to Places Chapter 8: Life Vision Chapter 9: Self-Fulfillment Chapter 10: Nutrition Chapter 11: Sleep Chapter 12: Physical Activity Chapter 13: Stress Management Chapter 14: Emotions Conclusion: A Wide-Angle View: Putting it all Together ALSO INCLUDED: the free digital 360 Living toolkit, full of valuable tools to track your strategies and plan your trajectory toward your best life. You already have everything within you to change your life for the better. This book is just a catalyst to put it all into action. There is no better time than today. Start your journey with the guidance and support of 360 Living. We can't wait to see what you'll make out of all that potential.

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