

Daily Target

Harvey Silverglate

The Daily Stoic Journal Ryan Holiday, Stephen Hanselman, 2017-11-14 A beautiful daily journal to lead your journey in the art of living--and an instant WSJ bestseller! For more than two thousand years, Stoic philosophy has been the secret operating system of wise leaders, artists, athletes, brilliant thinkers, and ordinary citizens. With the acclaimed, bestselling books *The Obstacle Is the Way*, *Ego Is the Enemy* and *The Daily Stoic*, Ryan Holiday and Stephen Hanselman have helped to bring the Stoicism of Marcus Aurelius, Seneca, and Epictetus to hundreds of thousands of new readers all over the world. Now Holiday and Hanselman are back with *The Daily Stoic Journal*, a beautifully designed hardcover journal that features space for morning and evening notes, along with advice for integrating this ancient philosophy into our 21st century lives. Each week readers will discover a specific powerful Stoic practice, explained and presented with related quotations to inspire deeper reflection and application, and each day they will answer a powerful question to help gauge their progress. Created with a durable, Smyth-sewn binding and featuring a helpful introduction explaining the various Stoic tools of self-management, as well as resources for further reading, this is a lasting companion volume for people who already love *The Daily Stoic* and its popular daily emails and social media accounts. It can also be used as a stand-alone journal, even if you haven't read the previous books. For anyone seeking inner peace, clarity, and effectiveness in our crazy world, this book will help them immensely for the next year—and for the rest of their lives.

The Daily Check-In Michelle Williams, 2022-01-25 In *The Daily Check-In*, singer and actress Michelle Williams helps readers process the emotions that cause them to feel overwhelmed and gives them powerful strategies for discovering freedom and wholeness. In her book *Checking In*, Michelle Williams shared the painful seasons of struggle that left her feeling like she couldn't go on. In the midst of her wrestling, she came to realize her crucial need for connection—with God, herself, and others—and developed strategies for checking in with each. Her life-giving strategies have helped her overcome the thoughts and emotions that once threatened to derail her. Now she shares those strategies with readers who are on their own journeys toward mental wholeness—and who want to discover how to be free to live an abundant life. In this sixty-day guided journal, Williams leads readers through the process of identifying the thoughts, emotions, and behaviors that leave them feeling overwhelmed, unfulfilled, and alone. Through her unique blend of tender, sometimes humorous, and often thought-provoking wisdom, Williams shows readers how to overcome difficult circumstances and relationships with life-giving honesty and connection, offering powerful readings about overwhelming emotions and healing from hurt; key scriptures that emphasize the importance of checking in with God, themselves, and others; journaling prompts for personal processing; and short prayers to help readers lean on God for insight, strength, and courage on their journey toward mental wholeness.

The Daily Laws Robert Greene, 2021-10-12 A NEW YORK TIMES BESTSELLER From the world's foremost expert on power and strategy comes a daily devotional designed to help you seize your destiny. Robert Greene, the #1 New York Times bestselling author, has been the consigliere to millions for more than two decades. Now, with entries that are drawn from his five books, plus never-before-published works, *The Daily Laws* offers a page of refined and concise wisdom for each day of the year, in an easy-to-digest lesson that will only take a few minutes to absorb. Each day features a Daily Law as well—a prescription that readers cannot afford to ignore in the battle of life. Each month centers around a major theme: power, seduction, persuasion, strategy, human nature, toxic people, self-control, mastery, psychology, leadership, adversity, or creativity. Who doesn't want to be more powerful? More in control? The best at what they do? The secret: Read this book every day. "Daily study," Leo Tolstoy wrote in 1884, is "necessary for all people." More than just an introduction for new fans, this book is a Rosetta stone for internalizing the many lessons that fill Greene's books and will reward a lifetime of reading and rereading.

One Question a Day for Moms: Daily Reflections of Motherhood Aimee Chase, 2019-03-19 Track moments of motherhood in a beautiful keepsake journal This multi-year journal encourages mothers everywhere to take a moment to themselves each day and answer simple questions about their thoughts and musings. Questions range from big and small to serious and silly, giving Mom the opportunity to share her thoughts about her life, interests, personal goals, and special moments as a mother. Over the course of five years, she can look back and reflect on how the answers to these questions have changed or stayed the same. Questions include: If you could go somewhere alone for a day, where would it be? What is the funniest thing your child has said recently? What's your favorite guilty pleasure? What small gift did motherhood give you today?

Three Felonies a Day Harvey Silverglate, 2011-06-07 The average professional in this country wakes up in the morning, goes to work, comes home, eats dinner and then goes to sleep, unaware that he or she has likely committed several federal crimes that day ... Why? This book explores the answer to the question, reveals how the federal criminal justice system has become dangerously disconnected from common law traditions of due process and the law's expectations and surprises the reader with its insight.

Intuitive Eating for Every Day Evelyn Tribole, 2021-03-16 Award-winning dietitian, bestselling author, and co-founder of the intuitive eating movement, Evelyn Tribole, offers an inviting and practical introduction to intuitive eating—which Parade calls the anti-diet to end all diets. Intuitive Eating is a life-changing path to cultivating a healthy relationship with food, mind, and body. Intuitive Eating for Every Day breaks it down for you with daily guidance. This book will be your ally and solace against a world steeped in diet culture. It will illuminate and encourage your Intuitive Eating journey, with 365 practices and inspirations to help you: • Nurture the ten Principles of Intuitive Eating with 52 Weekly Intentions • Connect with your body in the here and now with Grounding practices • Cultivate gratitude for different aspects of nourishment with Meal Meditations • Identify self-trust disruptors and awaken inner knowingness • Strengthen your mental, emotional, and physical health by setting boundaries • Reflect on emotions and cravings • Practice self-compassion, body appreciation, and self-care These daily readings—read on their own or as a companion to the author's bestselling *Intuitive Eating*—make it easy to integrate this revolutionary program into your life. Intuitive Eating for Every Day offers constant support to help you make peace with food and reclaim and reconnect with the pleasure of eating. The perfect book for: • Anti-dieters • Fans of Intuitive Eating and *The Intuitive Eating Workbook* • Anyone looking for daily guidance on a happier and healthier way to eat • Wellness enthusiasts looking for healthy habits • Nutritionists and other health professionals • Mindfulness and meditation practitioners • Certified eating disorder specialists and anyone in eating disorder (ED) recovery

My Daily Target Book a Gift to My Self Janvi Rangari, 2021-09-19 its a daily target book , or to do book to write down your daily work to be achive . you can gift it to yourself . its a blank line book which contain 100 pages book size is 6x9

Your Daily Phil Phil Robertson, 2022-06-07 A daily dose of truth, morality, and biblical wisdom from A&E Duck Dynasty patriarch Phil Robertson in this 100-day devotional. There is a war being waged on the soul of America, but Phil Robertson believes there is hope. In this compilation of 100 days of readings taken from his bestselling books *The Theft of America's Soul* and *Jesus Politics*, now with newly added prayers and Bible verses, he shows how Americans can turn away from the lies of the devil and embrace the life-giving, healing, and wholly transforming love of God, helping to bring the kingdom of heaven to our homes, neighborhoods, churches, communities, and country. These 100 devotionals cover God-honoring principles, including committing to the life of Christ and his words; understanding the importance of kindness, respect, hard work, and financial stewardship; enjoying God's creation—Earth, animals, and each other. Written with captivating storytelling and unflinching honesty, this book is a call for Christians to wake up and use their time, talents, resources, influence, and votes to protect and advance the policies of King Jesus—the only policies that will truly heal the soul of America.

The Seven-Day Target Natalie Charles, 2013-04-02 Love never dies, but can it kill? He never meant to speak to her again. Back in Arbor Falls for a funeral, Special Agent Nick Foster has moved on. He has no plans to stay in his tiny hometown—or to reunite with the beautiful Libby Andrews. His onetime fiancée broke his heart, and what's past should stay buried. Libby doesn't want his help. Her childhood sweetheart can never know the real reason she ended their engagement three years before. But when a serial killer targets her, she must team up with the rugged agent for her own safety. Something in her past has put her in danger, and the passion they've reignited puts their future in deadly jeopardy.

Vibrate Higher Daily Lalah Delia, 2019-12-10 Tap into your inner power with this mind-opening guide to vibrational-based living from Instagram star and self-help pioneer behind the internet community Vibrate Higher Daily. "There is another way of being in the world. There is a better way to exist, rise, move beyond, and take our power back." Too often we feel pulled down by circumstances or the negativity of others. We think we have no

control over the things that are hurting us and holding us back from realizing our truest selves. But according to Lalah Delia, we have more power within us than we know: listen to your unique inner voice and trust your instincts. By doing so, you're already experiencing the transformative power of vibrational-based living. Vibrating higher daily is about making intentional day-to-day choices that lift us out of mindsets, habits, and lifestyles that don't serve us and into ones that do. This book is an invitation to engage with everything that feeds our soul and raises our vibration, and to simultaneously let go of the things bringing our energy down. Through poetry, mantras, and affirmations, Lalah Delia empowers us to live with higher potential and quality of being. *Vibrate Higher Daily* is a manifesto unlike any other for stepping into our power.

Curious George at the Parade H. A. Rey, 1999-10-25 George is excited to be in the city- it's the day of the big parade! But when the parade is delayed, George is distracted. He is also hungry. When it looks like a snack is just within reach, George has an idea. Soon the ball is rolling through another mischievous adventure.

The Zero-Waste Chef Anne-Marie Bonneau, 2021-04-13 *SHORTLISTED for the 2021 Gourmand World Cookbook Award* *SHORTLISTED for the 2022 Taste Canada Award for Single-Subject Cookbooks* A sustainable lifestyle starts in the kitchen with these use-what-you-have, spend-less-money recipes and tips, from the friendly voice behind @ZeroWasteChef. In her decade of living with as little plastic, food waste, and stuff as possible, Anne-Marie Bonneau, who blogs under the moniker Zero-Waste Chef, has preached that zero-waste is above all an intention, not a hard-and-fast rule. Because, sure, one person eliminating all their waste is great, but thousands of people doing 20 percent better will have a much bigger impact. And you likely already have all the tools you need to begin. In her debut book, Bonneau gives readers the facts to motivate them to do better, the simple (and usually free) fixes to ease them into wasting less, and finally, the recipes and strategies to turn them into self-reliant, money-saving cooks and makers. Rescue a hunk of bread from being sent to the landfill by making Mexican Hot Chocolate Bread Pudding, or revive some sad greens to make a pesto. Save 10 dollars (and the plastic tub) at the supermarket with Yes Whey, You Can Make Ricotta Cheese, then use the cheese in a galette and the leftover whey to make sourdough tortillas. With 75 vegan and vegetarian recipes for cooking with scraps, creating fermented staples, and using up all your groceries before they go bad--including end-of-recipe notes on what to do with your ingredients next--Bonneau lays out an attainable vision for a zero-waste kitchen.

Pete the Cat's Groovy Bake Sale James Dean, Kimberly Dean, 2018-05-01 Pete the Cat whips up something extra cool in the next Pete the Cat My First I Can Read tale from New York Times bestselling author-illustrator James Dean! The school's bake sale is a day away! Pete tries to make something yummy for his friends. But he seems to be only making a giant mess! Will Pete have something delicious in time for the bake sale? Beginning readers will love Pete's adventure in the kitchen in this My First I Can Read story, complete with original illustrations from the creator of Pete the Cat, James Dean. My First I Can Read books are perfect for shared reading with a child.

The Blue Day Book Illustrated Edition Bradley Trevor Greive, 2019-06-04 Nineteen years after its first printing, Bradley Trevor Greive's global bestseller *The Blue Day Book* has become a modern classic and is still bringing smiles to readers around the world. And because we all still have bad days now and then, the time is right for an illustrated edition of this uniquely funny, compassionate book that inspired an entire genre of uplifting gift books. This special edition features stunning new illustrations created by Claire Keane, the artist and animator who created the art for Disney's *Frozen*. Still included, of course, are the original, warm, supportive messages and humorous insights guaranteed to raise the spirits of anyone feeling down and blue.

Millionaire by Friday: A Daily Target Setting Planner and Organizer to Fulfill Your Goals D. D. Smith, 2019-03-20 Most people live mediocre lives filled with a lot of activity with very little to no productivity. I've created a framework that helps them set and achieve their goals faster so they can start living the life they've always wanted. Life is too short to live less than your best! You are either thriving or living an unhealthy and failing life. Don't hold yourself back. Your Life can be better than it is now! This is your undated goal planner and objective setting tool that you can use on a daily basis to start your day, live on purpose and achieve your most desired goals. Each page has entries for your day's date, your goal, why that goal is important to you, what you need to do to achieve your goals, what you need to address to achieve your goal and the deadline. Start achieving your objectives now! For best results, please use on a daily basis and in the mornings. It is IDEAL for BOTH Personal and Business use. This notebook is designed for use at home and Office - an effective goal planner for moms, women, teens, work, men, dads, youth, academic teachers and students. Start achieving your targets now! This goal setting journal is designed to empower you to create the life you want on a daily basis. Increase your bottom line; start achieving your hearts desires! Start living your life on purpose! If you're tired of life happening to you, and you're ready to make life happen, then this exact goal planner is precisely what you need! When you stop reacting to your environment and what life throws at you, and start planning your life purposefully, you gain new focus and clarity on what matters most. Become a goal digger starting today! Use this journal and notebook to schedule your day, by taking note of what your days goal is, what its important, what you need to do to make it happen, and what you need to address in your life to make it happen. If you know of other hungry friends and family who want to achieve greatness in their lives, consider partnering with them and hold each other accountable - a proven method for success! Don't have hungry friends? You may qualify to partner with the creator of this journal for a possible life transforming journey. Your life is counting on you to achieve your goals. Start achieving your goals now!

Denise's Daily Dozen Denise Austin, 2010-01-05 From Denise Austin comes the perfect health book for anyone who wants to live better but just can't seem to find the time. Much more than just another exercise book, Denise's Daily Dozen covers a whole range of health and diet related concepts yet manages it all in a no-stress, time-conscious program of 12's. At its core, this book contains the minimum daily requirements to keep the reader flexible, strong and trim. Organized simply into seven chapters, which equal the seven days of the week, it covers a full week in daily allotments. Each day will have its own focus from Monday being fat burning day to Sunday's recharge and rejuvenate. Denise has created a total body program, including a 7-day balanced meal plan that includes healthy recipes, and a workout that encompasses 12 exercises done in 12 minutes each day. Everyone can take just 12 minutes, at whatever time of the day works for them, and turn it over to these simple and fun exercises. Cardio, toning, yoga and breathing exercises...they're all here but in a way that maximizes effect while minimizing time. Beyond a dozen exercises for each day of the week this book will include many other of Denises dozens for each day.

One Drawing a Day Nadia Hayes, 2019-02-12 Grab inspiration by the #2 pencil and sketch your dreams and visions all over this creative journal. Draw a pirate, a cat with a mohawk, or the thing you desire most. Draw a ghost, an old friend, or a ferocious gerbil. You'll never be at a loss for ideas with *One Drawing a Day*. Each page offers a brand-new prompt to help you stretch yourself as an artist and a person. Let this journal be your instant muse anytime you need a creative boost, an emotional outlet, or an escape from the mundane. Live boldly and make your mark with *One Drawing a Day*. • 365 prompts for the creative adventurer in you • Add meaning and satisfaction to each and every day • Build a portfolio of your work to keep forever

I Love You Every Day Isabel Otter, 2022-01-04 The fourth book in a collectable new series that celebrates the true spirit of the holidays every day, this colorful novelty picture book engages with the sweet tenderness of Valentine's Day year-round and makes an ideal gift! Through adorably-illustrated vignettes, this gifty, heartwarming picture book reflects on the meaning of love and the many ways it can be expressed, encouraging readers to embrace the spirit of Valentine's Day every day! With an array of intimate moments showing that love is 'everywhere you look,' *I Love You Every Day* shares the message that love, hope, kindness, and generosity are relevant all year round. Concentric heart-shaped die-cuts and a special write-in section at the end make this the perfect gift for a loved one.

Calm the Chaos Journal, 2018

The Day God Made You Rory Feek, 2020-06-16 In this empowering book, Grammy Award-winning singer and songwriter Rory Feek of Joey+Rory encourages children that God made them unique creations. Your children or grandchildren will love cuddling up with you to discover how God delighted over each and every detail of their lives and personalities as He created them—from the shape of their eyes to the sound of their laughter. *The Day God Made You* also reminds preschoolers and elementary-aged children that God knew their families, their friends, their tears, their gifts,

and even their dreams and hopes from the very beginning. This beautiful and affirming story for 4-to-8-year-olds celebrates the diverse and wonderful features God created in each of His children with Rory Feek’s moving lyrical rhymes; reminds all children—including all races and ethnicities, different abilities, and those with special needs—that God created them with purpose and love; encourages positive self-acceptance and self-esteem as children learn to be happy with themselves because God delights in who He created them to be; and is a comforting and inspiring read to share at story times or for sending children to bed with peaceful hearts. This colorful picture book with vivid illustrations from artist Malgosia Piatkowska is a great gift for Christmas, birthdays, baptisms, confirmations, adoption parties, and end-of-school-year celebrations. Delightful rhymes and a powerful message of love make this the perfect parent-child read for families of all shapes and sizes, including nuclear families, single-parent homes, foster families, and adoptive families.

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powers won t leave him alone nor will his need to be with the only woman he has ever loved betty ross

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