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Darren Clarke,Dr. Karl Morris

6 Weeks To Golf Fitness Phil Davies,2024 6 Weeks To Golf Fitness provides a series of step-by-step home exercise programs that will help improve every aspect of your golf game. The illustrated exercises can easily be performed using few and inexpensive equipments.

1-Day Diet - the Fastest Diet in the World! Jennifer Jolan,Rich Bryda,2014-01-06 If you've dreamed of a way to safely and quickly lose weight while still eating foods you love, then this book by bestselling weight loss authors Jennifer Jolan and Rich Bryda could be exactly what you're looking for.The 1-Day Diet is changing the diet and weight loss world. Based on hard science, it works without constantly dieting for days, weeks, and months at a time... without planning special meals...without counting calories... and without needing to exercise.The idea behind this diet was first discovered by professional athletes (who wanted to lose body fat without starving or feeling tired) and then perfected for women by a world-class diet expert.In fact, it's not unusual to lose 2-5 pounds the first day and up to 30 pounds the first month without fat returning. The Best Part? You're only allowed to do the diet 1-3 days per week. The rest of the week you can eat all your favorite foods (even bad foods) as long as you follow a few simple guidelines. Some of the secrets in this fascinating book include:The science behind why it's almost impossible to fail here. (Even if everything else hasn't worked.) - How to diet 1 day a week to KEEP fat off forever. (No yo-yo effect or worrying about fat creeping back on.) - A simple 5-minute exercise that can double your weight loss speed on the 1-Day Diet. (Exercise is NOT required-but you can lose weight TWICE as fast by doing this simple exercise that takes only 5 minutes per day.) - How to use the 1-Day Diet Plan to cut your food bill almost in half. - How to prevent fat gain even while pigging out on holidays and weekends. - How the 1-Day Diet naturally eliminates cravings and thinking about food. - A spice that lowers blood sugar levels, makes you more insulin sensitive (that's really good thing), and helps you lose weight. - The 1-hour window to eat as bad as you want without gaining fat. (If you really want to indulge, eat your bad meals at this exact time to carbs turn into energy instead of fat.) - Why the 1-Day Diet is NECESSARY for pre-diabetic people... or who have full-blown diabetes. (Millions of people are pre-diabetic and don't even know it.) - Why typical dieting and exercise are often no match for CRAZY, out-of-control hormones... and how to fix your hormones so weight loss follows. - The culprit found in processed foods at a rate of 1,000,000 times higher than estrogen found in women's breasts! A disaster for weight loss. - How our foods became so nutritionally empty that it now takes 26 of this fruit to equal the nutrition of 1 of them from 1914! - You know second-hand smoke is bad for you, right? Well, this common food is like the equivalent of second-hand smoke. Bad news... and you're eating it without even knowing it. - Women hold fat because they have 1,000 TIMES the concentration of these versus men (a big reason why women usually have a harder time losing weight). - This cheap substance has 84 different minerals... the version you probably get has only 2. Get the right one and start losing weight!Want more?10 FREE Bonus Reports are Linked on the Last Page of the Book:1. How to Lose Weight Spinning in a Circle like Kids2. The 20-Second Bathroom Trick for a Super-Charged Metabolism and a Flood of Energy3. One Tablespoon of this \$6 Supplement Detoxes 900 Yards of Toxins from Your Body4. Do-It-Yourself Face-Lift: How to Look 5 Years Younger in 2 Weeks - Got 5 Minutes a Day?5. The 50-Cent Miracle Weight Loss Food You're Not Eating6. #1 Cheap Supplement that Reverses Gray Hair & Infuses Health into Your Body7. How to Get Rid of Allergies in 90 Seconds with Water 8. The Ultimate 3-Second Fountain of Youth Neural Fat Loss Exercise9. The 15-Second T-Tap for Overcoming Hypothyroidism & Sluggish Energy10. How to Make Healthy Ice Cream in 2 Minutes and Other Sweet Surprises!

Anger Management For The Twenty-First Century Century Anger Management Publishing,2005 This is an excellent resource for learning how to manage and control issues relating to the emotion of anger. The book includes numerous lessons and helpful tools and information on topics such as stress management, empathy, assertive communication, forgiveness, expectation management, self-talk, judgment and impulse control management, and much more. This is a perfect book to use as a self help manual for individuals, couples, and families as well as mental health professionals, businesses, clergy, probation departments and law enforcement personnel. (Product description).

Hollywood Days with Hayes Hayes Grier,2016-11-15 Twelve days and twelve nights in Hollywood with Hayes Hayes Grier has just landed his first big Hollywood role, the lead in a big budget blockbuster film. There he meets Violet Reeves, an aspiring writer, who has also been given her first big break. If she aces her new job as Hayes's assistant on the film, which means making sure he is on time, knows his lines, and doesn't get himself killed, the director will read Violet's own screenplay. The only problem? Violet has a huge crush on Hayes. She has to keep her emotions in check, impress Hayes, and add some heart to her script. But what about Violet's heart? Does Hayes feel the same way about Violet as she does about him? Social media superstar Hayes Grier sets this story, based on the hit story on Episode (the world's largest interactive storytelling app), during the hot days and long nights of a Hollywood shoot. In addition to this novel, fans will get an exclusive, never-before-seen Q&A with Hayes, A Perfect Day with Hayes, and some family photos!

Honest Riches Holly Mann,2008-12-01 Honest Riches, by Holly Mann, is a comprehensive guide to making an honest living through Internet Marketing. Working from home has never been so lucrative as now. This is up-to-date, includes 10 full books in one, and will be your blueprint to online success. It is the Only guide you will need.

The Four Magic Moves to Winning Golf Joe Dante,2009-03-25 The legendary golf instructional, available again. This is, along with Harvey Penick's Little Red Book, THE book Golf professionals turn to. Thirty years ago I was recommending Joe Dante's book The Four Magic Moves To Winning Golf as a must read for aspiring PGA professionals. What Dante said in '62 has influenced many of the game's finest teachers. Dante was a visionary.--Gary Wren, author of New Golf Mind When published, The Four Magic Moves To Winning Golf radically changed the way many players thought about the golf swing. Dante's system showed how simple it was to improve one's game, and at the same time gave the golfer one of the most comprehensive analyses of swing mechanics ever published. Now, thirty-three years after its original publication, Main Street is proud to reissue this classic instructional. Dante begins by sweeping out all the misconceptions of the game. If good golf is to be learned and the poor player is to improve, a purging must take place, painful as it may be. Dante discusses a few basics of grip and stance, and then he gets to the heart of his book, the four magic moves. As he reveals each of the moves, Dante focuses on the physical checkpoints so that any golfer can make sure that his or her swing is on the right track. The Four Magic Moves To Winning Golf is straightforward and easy to understand, yet unlike other golf books it is irreverent and audacious in its approach to mastering the game. The publication of this rediscovered classic is sure to establish Joe Dante's reputation as one of golf's greatest teachers.

Multiple Streams of Income Robert G. Allen,2011-01-19 In Multiple Streams of Income, bestselling author Robert Allen presents ten revolutionary new methods for generating over \$100,000 a year—on a part-time basis, working from your home, using little or none of your own money. For this book, Allen researched hundreds of income-producing opportunities and narrowed them down to ten surefire moneymakers anyone can profit from. This revised edition includes a new chapter on a cutting-edge investing technique.

The Way to Trade John Piper,2006-05-01 Most people lose in the markets for one simple reason - they trade emotionally. Good trading is not a question of doing, it is a question of being. How do you trade? Trading is a life experience. It is not like any other business. The beauty of trading is that it becomes an expression of your own personality. The truth is, good traders don't do, they simply are. And to become a good trader you have to create a model built around an approach that suits you. The Way to Trade will help you do just that. Find your own route to success.

How to Write and Publish Your Own EBook in as Little as 7 Days Jim Edwards,Joe Vitale,2007-04-01 For people who want to test the market and for people who feel they have a book in them, writing an ebook is one way to get started, according to Edwards and Vitale.

Creative Memories: The 10 Timeless Principles Behind the Company That Pioneered the Scrapbooking Industry Cheryl Lightle,2005-07-12 With business lessons from the leader in the multibillion-dollar scrapbook industry, this book tells the classic American success story. Cheryl Lightle, once an unemployed single mom, goes on to become the cofounder of one of the most successful direct selling companies in the United States.

Golf - the Mind Factor Darren Clarke,Dr. Karl Morris,2012 This is the definitive guide to the mental side of golf, written by the popular, multiple tournament-winning Ryder Cup golfer Darren Clarke. He dispenses clear, practical advice on everything from tackling stress and combatting fear, to maintaining positive thoughts and avoiding the dreaded 'yips'.

Never Cold Call Again Frank J. Rumbauskas, Jr.,2010-12-03 Cold calling is the lowest percentage of sales call success. If you invest the same amount of time in reading this book as you do in cold calling, your success percentage and your income will skyrocket.- Jeffrey Gitomer, Author, Little Red Book of Selling You can never get enough of a good thing! Read this book and USE its contents!- Anthony Parinello, Author, Selling to Vito and Stop Cold Calling Forever Salespeople everywhere are learning the hard way that cold calling doesn't work anymore. Yet, millions of salespeople are stuck in the past, using twentieth-century sales techniques to try to lure twenty-first century customers. There has to be an easier way to find prospects - and there is. Today's most successful salespeople are using modern technology to bring prospects to them, rather than fishing for prospects over the phone or knocking on doors. Never Cold Call Again offers practical, step-by-step alternatives to traditional cold calling for salespeople, small business owners, and independent professionals who are actively building a client base. The Information Age presents endless opportunities for finding leads without cold calling. In fact, Frank Rumbauskas's system brings prospects to the salesperson, rather than the other way around. Readers will find unbeatable sales advice on effective self-promotion, generating endless leads, how to win prospects using e-mail, prospecting on the Web, networking, developing effective proposals, and much more. Frank J. Rumbauskas Jr. (Phoenix, AZ) provides marketing consultation and coaching services to firms who wish to provide qualified leads to their sales force rather than have them spend productive work time cold calling. He is the author of the self-published hit Cold Calling Is a Waste of Time (0-9765163-0-6).

Silent Sales Machine 10.0 Jim Cockrum,2017-08-11 This all time top seller is now in it's 10th major update (Fall 2017). As one of the most read Internet business success books of all time, Jim is committed to keeping it up to date and always full of the most cutting edge ideas. Multiple online business strategies are documented as the author advises everyone from newbies to seasoned professionals on what does and doesn't work in the world on online business and Internet marketing. You, the reader, will learn to establish multiple automated income streams using proven, creative concepts with numerous examples given. Topics covered include: Selling on Amazon.com, creative uses of eBay, finding and growing a loyal audience online, social marketing, automating your online efforts, effective email marketing and multiple real life success stories from his ever growing audience of creative and successful online entrepreneurs. BONUS: Buyers get full free access to Jim's \$97 email marketing course (see Section 3's Action Steps for the link!)

Secrets of Self-made Millionaires Adam Khoo,2018

Safe Money Millionaire Brett Kitchen,Ethan Kap,2011-05-01 The Safe Money Millionaire debunks the financial wisdom that has cost Americans trillions in losses in the stock market. Now more than ever baby boomers and Americans saving for retirement are looking for safety for their money rather than chasing returns on Wall Street. In this book we crush the financial myths ranging from 401(k)'s being a good place for retirement savings, to diversifying with Mutual Funds, to keeping your credit score high and getting a low interest rate. The solution is a predictable, easy to follow plan to growing wealthy without risking money on Wall Street, reducing or eliminating interest paid to banks and credit card companies, plus protecting yourself from taxes that can ravage retirement savings in qualified plans.

Magnetic Sponsoring Mike Dillard,2014-10-20 Magnetic Sponsoring is unlike anything you've ever seen or read before when it comes to building a network marketing or MLM business. This is NOT a book for people who want to follow the herd, or get average results handing out samples, holding home parties, or buying leads. It is for the few who want to become leaders in this industry. Who want to walk across the stage, and who want to earn 7-figures. It is for those who would rather be the hunted than the hunter. Who prefer to work smarter, instead of harder. Who want to build a life-long business, instead of an opportunity, and for those who value truth over hype. If you're tired of chasing your friends and family members, posting fliers on phone poles, cold calling leads, and handing out business cards, then Magnetic Sponsoring is exactly what you've been looking for. In this book, I will teach you... - How to get an endless number of prospects to call you, with credit card in hand ready to buy your product, or join your business. - How to create a life-long business with zero competition. - How to make income whether your prospects join your business or not. - How to legitimately produce endless leads for free. - How to create automated marketing systems that sell and recruit for you. - How to sponsor top industry leaders instead of tire-kickers. - How to become an Alpha man or woman that people respect and follow. - How I used these strategies to make over \$50 million online, and become the #1 residual income earner in my opportunity. The Revised and Expanded Edition includes a new forward by Tim Erway, access to BONUS chapters and action guide PDFs, a private online community, an attraction marketing success interview series, and a BRAND NEW interview with me, which will help you apply these powerful marketing strategies in your business as fast as possible. Thank you for your leadership.

Free Marketing Jim Cockrum,2011-08-31 Simple, powerful marketing strategies every business can afford to implement There's never been a better time to be a marketer or entrepreneur than right now. Thanks to the Internet, a new world of free and inexpensive tactics can help get the word out to the prospects of any business with a limited marketing budget. Free Marketing delivers more than 100 ideas to help any small business owner or marketer generate new revenue—with little or no marketing budget. With both Internet-based and creative offline ideas, you'll discover ways to turn your top customers into your unpaid sales force, get your competitors to help you promote your new products, and other innovative ways to get the word out. Create a squeeze page, the most powerful one page website you'll ever build Use simple YouTube videos to grow sales Hold an eBay auction for publicity purposes (author Jim Cockrum made \$30,000 and earned tons of free publicity from just one auction) and more! Grow a successful business without letting your marketing budget tell you No. Jim Cockrum has proven that the most powerful marketing strategies are the cheapest.

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