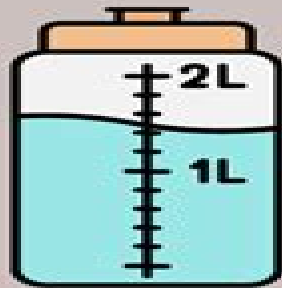


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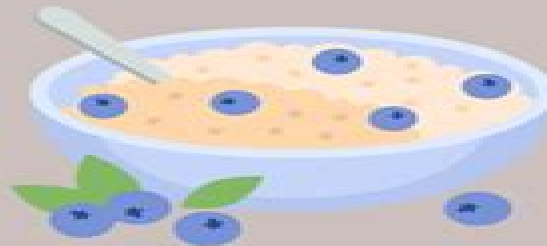
detox juice



10 minute stretch



self care



healthy breakfast



5 minute journal



go screen free for 30 minutes



top priority to do list



go out for fresh air

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A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name Dale Sidebottom.

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Your Devil Self Vs. Your Angel Self Harvi Vilks, 2021-05-05 Do YOU have a have a lack of purpose in life and sometimes feel like it is going nowhere And do YOU sometimes feel like walking away from everything But have YOU ever thought that it is NOT YOU vs society but infact it is YOU vs YOURSELF Yes there is a way to change YOUR thinking by rewiring YOUR mind In this short book I will take YOU on a journey where YOU will see your own life from a different prospective and YOU will appreciate your own life than YOU ever did before But the real question to YOU is how much VALUE do YOU provide for your own life And it all starts on page one All I want from YOU is a little self time and a little patience for YOURSELF

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Mental Downloads Bobby Njai, 2025-04-29 Everything in this book helped me transform myself and my life exponentially So I felt like if I didn t share this information with the world I would be a little greedy Therefore I decided to take all my notes thoughts affirmations poems and knowledge and put them all into a book format I hope you enjoy it And I pray that this book increases the quality of your life like it did mine

Routines: How to Create the Ultimate Daily Routine for More Energy (The Essential Guide to Creating Your Personal Morning Routine That Will Actually Work) Drew Parmer, 101-01-01 Struggling to start stop and start again Tired of relying on willpower that fades by friday The habit alchemist gives you a practical system to redesign your routines so change actually sticks In plain language you learn how habits form how to shape them on purpose and how to turn small actions into a stronger identity You will learn to Find your habit archetype 8 types match strategies to your wiring instead of fighting it Build keystone habits trigger positive chain reactions across your day Design your environment lower friction for the good stuff raise it for the bad Use identity based change prove the kind of person you want to be with tiny wins Stack habits and time your cues simple cue action reward loops that hold Break emotional loops stop stress driven routines and self sabotage before they spiral Recover fast from setbacks a clear relapse rescue plan so one slip doesn t become a slide If you ve tried organizing books before with little success this guide offers solutions specifically tailored to the adhd experience Concerns about complex systems We focus on simplicity and sustainability Skeptical about the time commitment Our practical advice is quick and actionable fitting seamlessly into your busy schedule Harness the tools enclosed to turn your challenges into victories shedding the mental and physical clutter that has held you back

All Work No Play Dale Sidebottom, 2021-04-26 Explore effective strategies to improve your mental health and the health of your colleagues and employees with this engaging and practical book *All Work No Play A Surprising Guide to Feeling More Mindful Grateful and*

Cheerful is a practical and rewarding handbook for reconnecting with joy and happiness daily The book shares strategies for play based mindfulness empathy and gratitude exercises that will help readers rediscover their inner child promote good mental health build and foster more meaningful connections with others and help combat loneliness and deep rooted toxic behaviors and thoughts You ll learn to Recognize and become self aware of thoughts blocking your way to healthy relationships and attitudes Prioritize mental wellbeing in your daily life and put an end to burnout and fatigue Use visual tools and self assessment forms to guide you through exercises that will increase your happiness focus and productivity Perfect for anyone who hopes to improve their ability to take joy and happiness from their daily routines All Work No Play is also ideal for businesses who wish to improve the health and wellbeing of their employees and colleagues

7 Skills for the Future Emma-Sue Prince, 2019-03-06 This business book is great for leaders middle managers entrepreneurs and anyone interested in PERSONAL DEVELOPMENT SOFT SKILLS FOR THE FUTURE RESILIENCE ADAPTABILITY Although we are born with these seven skills it is never too late to improve the way we use them in life and work Everyone should buy this book and keep it by their bedside for reference This way each of us can continually increase our happiness success and well being Mark Swindell Founder and CEO of Rock Rail It has been a delight to work with Emma Sue she has so much passion for what she does Her workshop and book are excellent and particularly fit well with our core company values definitely 7 key skills we need for our future Tanya Zuchowski Learning Development Manager at CMS Cameron McKenna Nabarro Olswang LLP A great CV might open a door but these 7 skills will determine your future success and happiness this gem of a book will help you to develop these essential work and life skills Dr Lisa Day Director of Studies Online MBA University of Liverpool Life is too important to live without some guidance this book is THE guidance all of us need to flourish in work and beyond University Professor Dr Sarah Mercer Professor of Language Teaching at the University of Graz Austria Feeling in control over your life is crucial to success and wellbeing Our world is changing so fast so furiously so ferociously that to stand out you need to tap into your own resources and competences Doing so puts you firmly back into the driving seat of your own life enabling you to be happier find and do work you love and have a true sense of purpose But what are the key competences that you need 7 Skills for the Future sets the scene for seven new soft skills that will propel you forward Through a combination of scientific research no nonsense advice practical exercises and case studies this book shows you how to understand develop and use Adaptability respond better to opportunities and change by being flexible and agile Critical thinking think smarter more resourcefully creatively and collaboratively Empathy nurture all your relationships by learning how to listen and be present Integrity trust values and honesty are the name of the game now as is authenticity Optimism be the most positive person you know Being Proactive respond rather than react and learn to reinvent yourself Resilience make mistakes bounce back learn from experience and move on to the next challenge By learning how to tap into these essential skills and understanding how to put them into practice each day of our lives we can be happier more effective

and able to cope with change in an uncertain and exciting future Happy Reading please do share your thoughts with us

German für Dummies Paulina Christensen, Anne Fox, Wendy Forster, 2019-07-11 German für Dummies bietet einen leichten Einstieg in die deutsche Sprache Das Buch ist in Englisch geschrieben Hier lernen Sie alles Wissenswerte zur Grammatik und zur Konjugation der Verben Mit kleinen Übungen können Sie das Erlernte festigen Im Mini Wörterbuch finden Sie die wichtigsten Vokabeln Und die beiliegende CD mit Dialogbeispielen aus dem richtigen Leben hilft Ihnen die Aussprache zu erlernen U.S. Army Special Forces Language Visual Training Materials - SPANISH - Plus Web-Based Program and Chapter Audio Downloads , Now included at the end of the book is a link for a web based program PDFs and MP3 sound files for each chapter Over 2 100 pages Developed by I Corps Foreign Language Training Center Fort Lewis WA For the Special Operations Forces Language Office United States Special Operations Command LANGUAGE TRAINING The ability to speak a foreign language is a core unconventional warfare skill and is being incorporated throughout all phases of the qualification course The students will receive their language assignment after the selection phase where they will receive a language starter kit that allows them to begin language training while waiting to return to Fort Bragg for Phase II The 3rd Bn 1st SWTG A is responsible for all language training at the USAJFKSWCS The Special Operations Language Training SOLT is primarily a performance oriented language course Students are trained in one of ten core languages with enduring regional application and must show proficiency in speaking listening and reading A student receives language training throughout the Pipeline In Phase IV students attend an 8 or 14 week language blitz depending upon the language they are slotted in The general purpose of the course is to provide each student with the ability to communicate in a foreign language For successful completion of the course the student must achieve at least a 1 1 1 or higher on the Defense Language Proficiency Test in two of the three graded areas speaking listening and reading Table of Contents Introduction Introduction Lesson 1 People and Geography Lesson 2 Living and Working Lesson 3 Numbers Dates and Time Lesson 4 Daily Activities Lesson 5 Meeting the Family Lesson 6 Around Town Lesson 7 Shopping Lesson 8 Eating Out Lesson 9 Customs and Courtesies in the Home Lesson 10 Around the House Lesson 11 Weather and Climate Lesson 12 Personal Appearance Lesson 13 Transportation Lesson 14 Travel Lesson 15 At School Lesson 16 Recreation and Leisure Lesson 17 Health and the Human Body Lesson 18 Political and International Topics in the News Lesson 19 The Military Lesson 20 Holidays and Traditions

Smartify Your Space T.S Avini, 2025-08-01 Transform your home into a versatile efficient and intelligent environment with Smartify Your Space DIY Projects to Create a Smarter Living Environment This comprehensive guide is perfect for anyone looking to harness the potential of smart technology in their living spaces without needing technical expertise Learn how to Create a seamless smart home ecosystem with practical step by step projects that suit every room from intelligent security systems to climate control solutions Optimize energy usage and enhance convenience with smart lighting and appliance integration improving your home's efficiency and your quality of life Whether you're motivated by sustainability security or

the allure of cutting edge technology this book empowers you to build a smarter home tailored to your unique needs Bring your living environment into the future begin your smart journey today *The Product Diploma* Davis Treybig, Alan Ni, 2019-05-16 The complete guide on landing a job as an Associate Product Manager APM Two former Google APMs share everything they wish they knew when they were applying for product roles out of college See a breakdown of what it's like to be a product manager and what a day in the life looks like Learn how to prepare for APM roles while in college from what classes to take to what extracurriculars to pursue Finally read about how to master the APM interview from high level strategies to sample interview questions In 2002 the product executive at Google and future Yahoo CEO Marissa Mayer made a big bet It was the kind of big bet that Google has become known for but this wasn't a bet on self driving cars or a game changing app In fact the bet wasn't about a product at all it was about product managers Back in the early 2000's product managers were in short supply or at least the kind that Google was looking for Google wanted product managers who were deeply technical people who not only knew how to write code but who fundamentally understood technology They also wanted product managers who were hungry and could execute on the smallest details but who could also think strategically They weren't finding what they were looking for in the existing pool of product managers So Mayer pitched a radical idea what if Google hired entrepreneurial and talented computer science majors straight out of college and taught them to be product leaders Google would create a small close knit community which could learn the role together as they rotated through different teams in the company Those in the program would be transformed into the type of product leaders Google wanted people who could speak in both business and technical terms and who could take products all the way from a high level idea to a launch The job would be called Associate Product Manager or APM for short Fast forward fifteen years and the Google APM program has become one of Mayer's most indelible contributions to the search giant The first class of Google APMs was just 6 people but today there are over 40 APMs in each class Google APMs have gone on to become Google VPs C level execs of tech giants like Facebook and Asana and founders of numerous successful startups such as Optimizely Mayer's program was such a success that it has been adopted by almost every other tech giant as well as many successful startups Today companies like Facebook Uber Dropbox Workday and LinkedIn all hire product managers out of college into APM like programs Although there are some subtle differences between each program Facebook RPMs rotational product managers have 6 month rotations versus Google's year long rotations and Microsoft has hundreds of new grad product managers each year they all have the same foundational goal of finding and developing the product leaders of tomorrow Today the product manager role has become one of the most coveted and prestigious jobs for ambitious college students but it is also one of the most competitive and misunderstood Perhaps you picked up this book because you heard about the product manager role and want to understand more about what it is and whether it is right for you Or perhaps you heard about how rigorous and intimidating the application and interview processes can be and you want to get a leg up We faced those same questions and

felt the same way and that's why we decided to write this book. Before we became Google APMs we were frantically googling: Should I be a software engineer or PM out of school? What do companies look for in new grad PMs? How do I prepare for the interviews? and What does a PM do exactly? At the time we didn't find great answers and still there aren't many answers out there today. This book gives you the answers we were looking for; we've synthesized everything we learned through the job search application and interview process along with everything we've learned on the job. We discuss what it means to be a product manager and why you could be a good or bad fit for the role. We talk about what to do during college across classes, extracurriculars, and internships to develop the skills that will help you excel as a PM. Finally, we teach you how to land and then nail a product management interview. For each topic we cover, we've also asked our peers, new grad PMs from Google, Facebook, and more, to reveal their secrets as well.

The Accidental Entrepreneur S. Sivakumar, 2017-08-21

For any new entrepreneur setting out on starting his/her own business, the very thought of setting up an enterprise may seem like a mammoth task. However, as author Sivakumar shows through his own experience, business is dependent only on one's attitude and ethics, and not knowledge or experience. Along with his two partners, he began his business out of a garage and grew it over three decades to make it a globally recognized firm that worked with partners across different countries and captured a huge part of the domestic market. The lessons to be learnt are aplenty, and the author weaves them in through an anecdotal recounting of his partners and his experiences as he takes us through a journey like none other.

Phone Detox Plan T.S. Avini, 2025-08-12

Phone Detox Plan: Only Keep What You Truly Use offers a transformative journey to declutter your digital life by focusing only on what truly matters. This comprehensive guide empowers you to navigate the complexities of smartphone usage in today's hyperconnected world. Learn to distinguish essential apps from digital clutter, enabling you to streamline your device and enhance productivity while minimizing distractions. Explore techniques for setting healthy digital boundaries, allowing technology to enhance your life rather than dominate it. Through practical strategies, personalized tips, and insightful advice, this book helps you regain control over your smartphone habits and fosters a more intentional approach to digital engagement. Whether you're looking to improve mental health, boost productivity, or simply find balance, embark on this detox journey today and transform the way you interact with technology for a better tomorrow.

EAI International Conference on Technology, Innovation, Entrepreneurship and Education Ping Zheng, Vic Callaghan, David Crawford, Tiina Kymäläinen, Angelica Reyes-Munoz, 2019-06-08

This book presents the proceedings of the 2nd EAI International Conference on Technology Innovation Entrepreneurship and Education TIE 2018, which took place at Ravensbourne University London, London, UK, on September 4, 2018. The central theme of the conference is emerging technologies in relation to business, education, social, and political needs that make modern society flourish. The proceedings feature papers from a cross-disciplinary audience that explore the process of creativity and innovation. The goal is that the various disciplines can learn from each other and see how they might benefit from the cross-fertilization of practices.

Shem Creek Dorothea Benton

Frank,2015-02-26 Meet Linda Breland single parent of two teenage daughters The oldest child Lindsey who always held her younger sister in check is leaving for college soon And Gracie is giving her nightmares It s time for one last family holiday Between the married men the cold New Jersey winters her pinched wallet and her ex husband who has married a beautiful successful woman ten years younger than she is Linda has given up thinking of her own needs But on this holiday welcomed by her generous and advice dispensing sister Mimi Linda slowly begins to discover a sweeter rhythm of life And then there s Brad Jackson a former investment banker with a restaurant on Shem Creek Like everyone else Brad s got a story of his own but could it now involve Linda too **Digital Marketing in Practice** RaptorDynasty,2025-10-11 Digital Marketing in Practice A Roadmap to Your First Online Customers is a hands on guide for anyone ready to turn digital marketing knowledge into real results Instead of theory it gives you a clear step by step path from finding a profitable niche and crafting irresistible offers to building your first website attracting traffic and converting visitors into paying customers Each chapter includes actionable plans proven tools and real world examples to help you launch fast earn your first sales and grow with confidence Your roadmap to a sustainable online business starts here *Regretting You* Colleen Hoover,2019-12 Save 50% on 1 when you buy 2 Shop items Soon to be a major motion picture starring Allison Williams and Dave Franco From 1 New York Times bestselling author of It Ends with Us comes a novel about family first love grief and betrayal that will touch the hearts of both mothers and daughters Morgan Grant and her sixteen year old daughter Clara would like nothing more than to be nothing alike Morgan is determined to prevent her daughter from making the same mistakes she did By getting pregnant and married way too young Morgan put her own dreams on hold Clara doesn t want to follow in her mother s footsteps Her predictable mother doesn t have a spontaneous bone in her body With warring personalities and conflicting goals Morgan and Clara find it increasingly difficult to coexist The only person who can bring peace to the household is Chris Morgan s husband Clara s father and the family anchor But that peace is shattered when Chris is involved in a tragic and questionable accident The heartbreaking and long lasting consequences will reach far beyond just Morgan and Clara While struggling to rebuild everything that crashed around them Morgan finds comfort in the last person she expects to and Clara turns to the one boy she s been forbidden to see With each passing day new secrets resentment and misunderstandings make mother and daughter fall further apart So far apart it might be impossible for them to ever fall back together Use Your Smartphone to Lose Weight Jerry Dugan,2014-01-02 This eBook is ideal for that busy person who is serious about making a lifestyle change but doesn t have time or money for a gym or personal trainer Use Your Smartphone to Lose Weight shares Jerry Dugan s strategy of using smartphone apps to hold himself accountable as he made lasting habit changes needed to create a healthy lifestyle Readers of this book will learn about app features they may not have considered and gain insights on the slow and steady strategy Dugan applied to reach his own success 56 pounds lost in 6 months *Bright Business Model* Florin Diumea,2022-07-05 Workbook FREE Workshop Bright Business Model will help you easily 1 Design validate and

deliver a solution that solves a problem and manifests your purpose 2 Design validate and deliver a solution that solves a problem and manifests your purpose 3 Build your inner leadership manual 4 Craft a valid business solution 5 Map your business topography the path and design a purpose driven business system 6 Build a Tree of Goals ToG to stay focused on the goals and O K R s objectives and key results 7 Build a Tree of Challenges to solve any challenges your business journey may face 8 Develop an Action Reaction Diagram to generate a S M A R T Action Plan 9 Organize and sync data about you your purpose and your vital business elements in a simple visual way using the power of the 2x2 design thinking matrix You will design an effective business strategy that directly targets your customers fundamental beliefs and needs An Integrated Suite of Tools to 1 Learn Bright business model and 2x2 design thinking matrix are interactive methods to help you craft your Inner Leadership Manual and Bright Business Model 2 Validate Brsiness workshops help to brainstorm your idea test and validate 3 Connect with purpose driven bright entrepreneurs like you The primary mission of this program is to build a permanent mastermind group where Purpose driven entrepreneurs connect to change the existing business paradigm from for profit to for purpose and use the business journey as a path to a meaningful life connect with ourselves nature and community Bright Business Model works for 1 New businesses in search of a way to generate first sales and existing companies are ready to adapt the existing business model for the new normal 2 The program is designed for start up founders in the early stages and leaders within the existing company setting out to adapt the current model to the new economic environment 3 A new start up deals with different challenges than a project manager within an existing business The bright business model and 2x2 design thinking matrix apply to both contexts Depending on your Current State starting point you ll approach the canvases and diagrams according to your goals and constraints *Progress Over Perfection* Emma Norris,2020-05-05 Emma Norris guides you in setting purposeful plans that are right for you and nurturing a healthier approach to prioritizing so you can live a more value based life She ll guide you through mono tasking batch working productivity and resting not quitting Being busy or constantly on the go doesn t always mean we are being productive Sometimes it can feel like we are doing too much and accomplishing too little Or we can have lots of plans and not know exactly where to start achieving what we want This can make us feel overwhelmed and burned out leaving little room to figure out what we want to do and lots of room to doubt ourselves Having more mindful productivity habits can combat these challenges by helping you keep track of your goals and accomplish them You can pick the right methods to achieve things without feeling stress anxiety or the pressure of external factors while also improving your focus and living a purposeful life Life doesn t always go as planned and when that happens we want to be prepared to be our most productive selves Each chapter of this book is tailored to help you achieve mindful productivity You ll learn to Pursue progress over perfection Embrace the chaos Set boundaries Create realistic objectives Practice mindfulness And much more You ll not only nurture a more stress free lifestyle but also learn to embrace the unexpected challenges that may come your way You will learn how to

cultivate productivity into your everyday routine so you are able to achieve anything you set your mind to without the pressure of doing everything With Progress Over Perfection you ll find the courage and the resolve to do what you want to do without having to compromise your plans to fit the pressures of everyday society It s possible to be your true self and achieve anything you want even among the chaos

Intersectional Intimacy Jin Lee, 2025-11-24 Intersectional Intimacy Identity Work of Racialized Women in Online Dating Cultures is the first book to examine both shared and divergent stories from those who identify as women with race related experiences navigating online dating cultures and to explore how their experience of intimate relationships is mediated by the apps While many women turn to dating apps in search of intimacies their navigations are continuously mediated and challenged by hierarchies of race gender class and sexuality embedded in online dating cultures This book traces the ongoing and layered processes through which racialized women develop their stories of online intimacies by making use of their identities and further cultivate their subjectivities It also addresses the global dimensions of these practices illustrating how global and local power structures intersect with personal experience afforded by the popularity of dating apps and how these readings change with their mobility Intersectional Intimacy will be an essential text for students of gender studies sociology and politics as well as those interested in race media studies digital culture and communications

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