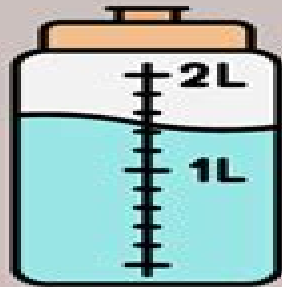


Morning Routine



hydrate



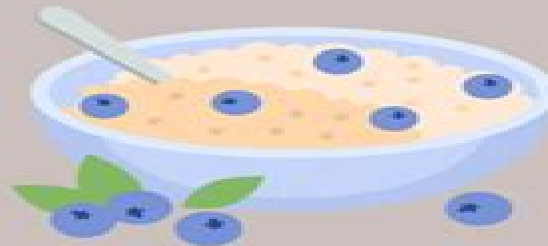
detox juice



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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Arrmon Abedikichi



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Unleashed Kimberly Magnus,2024-06-28 Are you trying to find work life balance Are you starting the journey of leadership in your career Do you see opportunities in your organization you want to help influence Are you wanting to accelerate your personal and professional development This book can help you with these and more Leading people is truly a privilege although it might not always feel that way While every company requires leaders not every company has a plethora of effective leaders If your exposure to great leadership has been light you might be selling yourself short on expectations Leadership is a wonderful journey of self discovery It requires humility curiosity and confidence Making that transition from being an individual contributor to a leader of people is not easy Give yourself grace be open minded learn something new every day and enjoy the experiences unabashedly Business leader Kimberly Magnus breaks down the principles of leadership lessons she learned through experience and reflection This book advocates for serving yourself first through intention You will then be well positioned to effectively serve your team through empowerment which paves the way to serve your organization through influence With over twenty years inspiring teams in the toy beer and market research industries Kimberly shares how she learned to live a values driven life and thrive as a result Strive for satisfaction not balance Focus on improving instead of proving Lead with empathy and vulnerability so your team can do and be their best while still loving tough Take more risks don't wait until you are ready because you will never be ready These are just a few of the many lessons Kimberly addresses in Unleashed If you want to build your confidence be inspired and learn new tools on how to maximize your impact this book can help

Crystal Clear, Rock Star Revealed! Chyna Dixon-Kennedy,2022-05-17 From the acclaimed author of Ice Palace Crystal Dreams comes a new exciting thriller Everyone's favorite couple is back to solve another baffling mystery their best one yet A wealthy heiress is discovered in a pristine park in sunny Los Angeles Their brand new detective agency is hired to solve this peculiar crime While investigating the rich socialite they're thrust into a whirlwind of strange happenings and demonic secret societies that will stop at nothing to preserve a lucrative empire The more they uncover the more they're sucked into a swirling vortex of deception high tech conspiracy theories and lies Appearing at the center of this complex controversy is a promising teen whose social media platform goes viral plus the narcissistic front runner in a contentious presidential election his true agenda remaining undisclosed As the nation is ravished by a fast spreading and highly contagious mutating virus key evidence is stumbled upon to unlock the case Now Detective Don Dellevega and Dr Crystal Knight Davenport must even up the odds by battling against Russian covert operatives It's a race against time to reveal the apocalyptic plan to the masses Before it's too late The stakes are high as the fate of an entire country hangs in the balance including the lavish lifestyle of one young rising rock star How to Finish This Book Peter Hollins,2025-11-05 Your unfinished projects are not a sign of laziness they're a sign of mental clutter poor task triage and too many open tabs in your brain How to Finish This Book And Just About Anything Else is your practical

manual for clearing mental fog prioritizing what truly matters and creating momentum that lasts It s not about motivation it s about systems that make finishing inevitable Think of it as cognitive decluttering meets productivity minimalism You ll learn how to unload your brain structure your day like an engineer and finally stop being owned by your to do list Inside you ll discover The Brain Dump Protocol how to clear mental noise and sleep better by unloading your thoughts daily The 1 3 5 Task Method a foolproof system for separating the important from the merely urgent The Time Blocking Blueprint how to theme your days and schedule priorities before chaos sets in The 3 2 Rule crush overwhelm by doing less and actually finishing more The Slump Mode Protocol a science backed method for snapping out of inertia and reclaiming focus fast The DRY Principle consolidate repetitive tasks to buy back hours each week without burning out The Why Check In Habit reconnect your work to your values and stop drifting through meaningless busyness You ll stop measuring progress by how busy you are and start measuring it by what s done You don t need more motivation You need fewer decisions less noise and a system that finishes the work for you Whether you re writing a book building a business or just trying to stay ahead of your to do list this book will teach you how to finish what you start every single time Not just more productivity actual peace of mind clarity and momentum that never wears off

Infoselves Demetra Garbasevski, 2021-02-09 *Infoselves* delivers a multifaceted analysis of the commodification of self identity online from both a domination and a liberation perspective Drawing on multiple resources the book places its discussion of online identity within the larger context of self identity evolution arguing for the recognition of online identity as a legitimate component of the self identity system Advertising executive turned academic Demetra Garbasevski offers readers the means to understand the way our online identities are formed and used to reflect on the future of self identity and to become more aware of the radical implications of our digital footprint Readers will discover what it means to be an infoself in a deep digital context from exploring the informational makeup of self identity to examining the various sources of identity information found online to exposing the uses of this information through both latent and assertive self commodification Considering the many sources of information contributing to our identity narrative online some beyond our direct control managing the self is presented as one the greatest challenges of our digital present The book includes illuminating discussions of a variety of topics within the subject of online identity such as Foundational concepts related to the idea of identity including references to the works of Erik Erikson symbolic interactionists and social dramaturgy The evolution of online identity with examinations of early and current viewpoints of the phenomenon Personal branding online as the epitome of self commodification with examples from online celebrity micro celebrity and nano celebrity Original research contributing to the larger discussion about how identities are constructed and performed through the line Perfect for graduate students in advertising branding and public relations *Infoselves* also belongs on the bookshelves of those studying fields involving digital media Working professionals in any of these areas will also benefit from this book s insightful analyses of a variety of viewpoints on online identity

Maybe Once, Maybe Twice Alison

Rose Greenberg, 2023-10-03 A GOOD MORNING AMERICA BUZZ PICK Greenberg serves up some irresistible romantic angst in this page turner This is a knockout Publishers Weekly Starred Review Filled with the romance and angst that defines the years you come to know yourself with a shifting timeline covering two decades and ratcheting up the tension Maybe Once Maybe Twice is a novel of second chances and finding your own way You know that old saying if we are still single when we're 35 we should get married Well Maggie Vine made that vow with two different people at two very different stages of her life And they both showed up Maggie Vine's life is going extra medium At 35 she's pursuing her dreams of being a singer and being a mother though neither is successfully panning out So when Garrett Scholl stifled hedge fund manager by day but electrifying aspiring rock singer by night comes to her 35th birthday party with the intention to kiss Maggie senseless it feels like one piece might click into place Except he's engaged to someone else and Maggie knows she won't fit into the cookie cutter life he's building for himself Enter Asher Reyes Her first boyfriend from summer camp turned into heartthrob actor he's lived a successful yet private life ever since he got famous When a career changing opportunity is presented to Maggie after her reconnection with Asher it feels like everything music love family will fall into place But her past won't let her move on without a fight Everything you want in a smart romantic comedy deep tear inducing emotions sharp sardonic humor steamy sex scenes played by even steamier leads and an epic soundtrack underneath it all Associated Press **ReQovery**

Katrina Vaillancourt, 2024-07-03 Unraveling QAnon A Survivor's Guide to Recovery Over the past two years Katrina Vaillancourt shared her story of entry into and exit from the QAnon conspiracy community with me for a book on which I was working Her account is brimming with curiosity insight and vulnerability So many of us have stereotypes of people who follow QAnon and other conspiracy theories and we forget the very human reasons that people turn in this direction which offers equally human strategies to bring them back Through her radical openness Katrina opens a door for those curious enough to listen instead of judging Her message can help many Jamil Zaki Stanford Professor of Psychology and author of War for Kindness and Hope for Cynics In the throes of the 2020 pandemic Katrina Vaillancourt a dedicated Bernie Sanders supporter and seasoned Nonviolent Communication trainer found herself unexpectedly spiraling down the rabbit hole of QAnon ReQovery How I Tumbled Down the QAnon Rabbit Hole and Climbed Out is her candid vulnerable account of the six tumultuous months she spent ensnared by the Pastel Q phenomenon a journey marked by shock elation deep disillusionment and ultimately recovery Navigating through intense emotional highs and devastating lows Katrina's story is not just about the allure of a conspiracy that captivated millions worldwide but also about the profound psychological toll it takes With the world turned upside down by a global crisis she delves into how sophisticated social media algorithms exploit our deepest fears and desires creating echo chambers that reinforce extreme ideologies Through her expertise in Nonviolent Communication Katrina offers a rare glimpse into the subtle yet powerful ways our everyday interactions can either fuel division or foster understanding ReQovery goes beyond a personal saga it is a crucial guide laden with insights into

dismantling the psychological traps set by movements like QAnon and reclaiming a sense of reality grounded in present moment truths This book is an indispensable resource for anyone struggling to understand a loved one lost to QAnon providing not just context but also hope and practical solutions for bridging seemingly insurmountable ideological divides Join Katrina on her journey back to rationality equipped with empathy clarity and a heartfelt roadmap for healing Topics Thoroughly Covered in ReQovery How could anyone intelligent fall into QAnon How on earth could a Bernie supporter flip to supporting Trump How did she get out What did other s do that helped her come around What were the turning points that helped her question QAnon And so much more ReQovery is a must read for anyone personally touched by or studying the challenges of misinformation and ideological extremism dividing our nation and harming the mental health of our people As a scholar deeply committed to engaging our differences together in deliberation rooted in the fundamental American values we share I find Katrina s path to be a powerful call to embrace our shared humanity Barbara A McGraw JD PhD professor of social ethics law public life and politics author of Rediscovering America s Sacred Ground Public Religion and Pursuit of the Good in a Pluralistic America As a certified Nonviolent Communication trainer for over two decades and a mediator before that I struggled when two dear friends fell into QAnon in 2020 I had tried everything and still these relationships were suffering When Katrina reached out to me for support during her recovery our conversations provided mutual benefit I offered her empathy and she gave me insights into QAnon that I couldn t have gained otherwise This education helped me rebuild and maintain close friendships with those holding different worldviews than my own May the wisdom of Katrina s personal experience of recovery as shared in this book be a beacon of light for all who are seeking to restore relational bonds in the wake of QAnon Jim Manske Nonviolent Communication assessor trainer mediator As an expert in neuroscience trauma and Compassionate Communication I believe Katrina s story is essential to creating compassion and connection across political divides especially divisions caused by QAnon Sarah Peyton certified NVC trainer founder of Resonance Healing author of The Antiracist Heart

Ruin Me: Caleb & Ruby #1 (A Sister's Best Friend Slow Burn Romance) Claire Raye,2020-10-28 Ruin Me is book one in Caleb and Ruby s duet and book three in the Hawthorn Hills Duet Series A two part slow burn sister s best friend New Adult romance Ruin Me must be read before Rescue Me in order to enjoy the full story Life at its worst can be ruining Caleb Parker is broken and lost and her support is everything But she has no idea how deep his trauma runs Ruby Collins is his sister s best friend and his new roommate Broken as he is he knows he should keep his distance But when Ruby s professor lurks too closely Caleb steps in And what was meant to be a ruse turns into so much more Together they can heal each other but it s the past that nearly ruins them The Hawthorn Hills Duet Series follows eight couples Each two book duet must be read in order to enjoy the couple s full story but the series can be read in any order You ll find angst filled slow burn epic love stories along with topical storylines and some amazingly real and raw characters

GRE Analytical Writing Supreme: Solutions to the Real Essay Topics Vibrant Publishers,2022-12-15 Find

everything that you need to know about writing GRE compliant essays in GRE Analytical Writing Supreme Solutions to Real Essay Topics This book includes 145 Issue and Argument Tasks Expert Tips and Strategies Scoring Guide Overview of the GRE updated after Covid 19 Overview of Analyze an Issue and Analyze an Argument Tasks Printable Answer Sheets online GRE Stress Management book online 6 month and 8 week study plans online To get a comprehensive practice of the Analytical Writing section of the GRE this book is all you need The book is filled with official 72 Analyze an Issue and 73 Analyze an Argument prompts with sample essays The sample essays written on a wide variety of topics show what high scoring essays in the GRE look like Before the sample essays elaborate strategies for deconstructing the prompts weighing their pros and cons to form an opinion and considering alternative opinions are also given These strategies will enhance your critical thinking skills and give your brain a healthy workout Apart from this the book contains all the information about the GRE General Test and the two tasks A detailed scoring guide containing information on the areas checked in the essays is also given Lastly tips and tricks are also provided to practice writing your own essays on printable answer sheets provided online Additional Online Resources You can access a GRE Stress Management ebook that is available online This book is filled with tips strategies and study plans to help you crack the GRE About Test Prep Series The focus of the Test Prep Series is to make test preparation streamlined and fruitful for competitive exam aspirants Students preparing for the entrance exams now have access to the most comprehensive series of prep guides for GRE GMAT and SAT preparation All the books in this series are thoroughly researched frequently updated and packed with relevant content that has been prepared by authors with more than a decade of experience in the field

The Endurance Handbook Philip Maffetone, 2015-06-09 Are you a triathlete runner cyclist swimmer cross country skier or other athlete seeking greater endurance The Endurance Handbook teaches athletes how to stay healthy achieve optimal athletic potential and be injury free for many productive years Dr Philip Maffetone's approach to endurance offers a truly individualized outlook and unique system that he has refined over three decades of training and treating athletes ranging from world champions to weekend warriors Maffetone's training and racing philosophy emphasizes building a strong aerobic base for increased fat burning weight loss sustained energy and a healthy immune system Good nutrition and stress reduction are also key to this common sense big picture approach Dr Maffetone also dispels many of the commonly held myths that linger in participatory sports and which adversely impact performance and explains the truths about endurance such as The need to train slower to race faster will enable your aerobic system to improve endurance Why expensive running shoes can actually cause foot and leg injuries The fact that refined carbohydrates actually reduce endurance energy and disrupt hormone balance How overtraining can be avoided in its earliest stages And much more If you are looking to increase your endurance and maximize your athletic potential The Endurance Handbook is your one stop guide to training and racing effectively Skyhorse Publishing as well as our Sports Publishing imprint is proud to publish a broad range of books for readers interested in sports books about baseball pro

football college football pro and college basketball hockey or soccer we have a book about your sport or your team In addition to books on popular team sports we also publish books for a wide variety of athletes and sports enthusiasts including books on running cycling horseback riding swimming tennis martial arts golf camping hiking aviation boating and so much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home

Resonant Minds Sara Leila Sherman, Morton Sherman, 2025-05-06 Resonant Minds The Transformative Power of Music One Note at a Time invites readers to reimagine music as a dynamic interactive force that reshapes how we live learn and connect By blending personal stories recalling childhood car rides where Ode to Joy was joyfully reinvented with animal noises and made up words with cutting edge research and practical insights the father daughter writing team Sara Leila Sherman and Mort Sherman PhD help us understand how to use music intentionally Featuring a distinct approach this book includes interactive QR codes that bring the music to life This immersive journey reveals how integrating mindful listening action whether breathing with Bach or shaking it off with Taylor Swift can reduce stress boost creativity and strengthen communities With a foreword by Goldie Hawn and praise from thought leaders like Doris Kearns Goodwin and Bena Kallick Resonant Minds is a call to transform our everyday musical experiences into a source of joyful life changing action one note at a time

Sensing Machines Chris Salter, 2022-04-19 How we are tracked surveilled tantalized and seduced by machines ranging from smart watches and Roombas to immersive art installations Sensing machines are everywhere in our world As we move through the day electronic sensors and computers adjust our thermostats guide our Roombas count our steps change the orientation of an image when we rotate our phones There are more of these electronic devices in the world than there are people in 2020 thirty to fifty billion of them versus 7.8 billion people with more than a trillion expected in the next decade In Sensing Machines Chris Salter examines how we are tracked surveilled tantalized and seduced by machines ranging from smart watches and mood trackers to massive immersive art installations Salter an artist scholar who has worked with sensors and computers for more than twenty years explains that the quantification of bodies senses and experience did not begin with the surveillance capitalism practiced by Facebook Amazon Netflix and Google but can be traced back to mathematical and statistical techniques of the nineteenth century He describes the emergence of the sensed self investigating how sensor technology has been deployed in music and gaming programmable and immersive art environments driving and even eating with e tongues and e noses that can taste and smell for us Sensing technology turns our experience into data but Salter's story isn't just about what these machines want from us but what we want from them new sensations the thrill of the uncanny and magic that will transport us from our daily grind

GRE Analytical Writing: Solutions to the Real Essay Topics - Book 1 Vibrant Publishers, 2022-11-26 GRE Analytical Writing Solutions to the Real Essay Topics Book 1 includes detailed strategies to tackle the Analytical Writing section This book

includes 73 Solved Issue and Argument Topics Detailed and Expert Strategies to approach the tasks Scoring Guides Overview of the GRE updated after Covid 19 2 GRE Study Plans online Stress Management Techniques online The 73 solved issue and argument tasks are divided into categories of Arts Education Government and Politics Philosophy Science and Technology and Society This will enable you to practice a wide variety of essay topics and make you familiar with the actual question types in the GRE Detailed strategies to approach each Issue and Argument task are also included to give you an insight into the process of writing a logically sound essay These detailed strategies will enhance your critical thinking skills help you organize your thoughts and pen them down in a timed environment The book also includes an overview of the GRE General Test that will make it easier to understand the format of the test Additionally a detailed scoring guide for the two tasks in the book allows you to comprehend the scoring process and gives you a chance to improve your weak areas to get the best possible score About Test Prep Series The focus of the Test Prep Series is to make test preparation streamlined and fruitful for competitive exam aspirants Students preparing for the entrance exams can now access the most comprehensive series of prep guides for GRE GMAT ACT and SAT preparation All the books in this series are thoroughly researched frequently updated and packed with relevant content that has been prepared by authors with more than a decade of experience in the field *GRE Analytical Writing Supreme: Solutions to Real Essay Topics* Vibrant Publishers,2020-06-10 Topics sorted by categories 145 Solved Issue and Argument topics with strategies to be used as benchmark Expert Strategies and simplified methods to produce focused responses Online access to printable Answer sheets *GRE Analytical Writing Supreme Solutions to Real Essay Topics* is composed of three books that have already benefited thousands of GRE test takers worldwide Available individually as well the following titles are a part of this book *GRE Analytical Writing Solutions to the Real Essay Topics Book 1* Improve your AWA score by going through the solutions to 32 official Issue and 33 official Argument topics Learn how to approach and write essays for each of them *GRE Analytical Writing Solutions to the Real Essay Topics Book 2* Get new perspectives on how to write with the help of strategies and sample essays The 33 official Issue and 32 official Argument tasks will give you tons of practice *GRE Analytical Writing Solutions to the Real Essay Topics Book 3* Get insights on the Analytical Writing section and discover ways to write 15 more official topics With these three books combined you have everything you need to succeed at the Analytical Writing section of the GRE test A whopping 145 essays will not only trigger but also boost your analytical and critical thinking abilities tremendously This way you start working on your answers before the actual test day Besides owning this power packed book gives you value for your money

Proceedings ,2002 **GRE Analytical Writing: Solutions to the Real Essay Topics - Book 1 (Sixth Edition)**

Vibrant Publishers,2020-12-05 65 Solved Issue and Argument topics with strategies to be used as benchmark New Essays included Expert Strategies and simplified methods to produce focused responses Scoring Guides for Issue and Argument tasks as per the GRE Guidelines Prepare to score higher on the Analytical Writing section of the GRE test with the sixth

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autism spectrum brain style in positive descriptive language that is tailored to the needs of individual clients Each chapter provides readers with compelling and instantly recognizable ways to reveal the autistic brain s strengths and differences reframe behavioral patterns using neuro affirming language and link those descriptions to practical positive supports The book includes a glossary of descriptive terms and multiple examples of autistic Brain Style Profiles that hold the client s lived experience at the center of treatment while allowing for individualized treatment and support based on the client s age and verbal fluency This book is an ideal resource for clinicians who wish to reframe diagnosis into a strengths based narrative and partner with clients to support self determined needs *Runner's World* ,2008-07 *Runner s World* magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling *Public Sociology* John Germov, Marilyn Poole,2023-05-12 *Public Sociology* highlights the relevance of sociological perspectives to Australian social life and encourages students to apply a sociological gaze to their own lives and the communities in which they live This fully revised and updated fifth edition adds new chapters and material on a wide range of contemporary issues from the COVID 19 pandemic and fake news to Indigenous issues and the Black Lives Matter BLM movement *Public Sociology* presents a wide range of topics in a user friendly and accessible way introducing key theories and research methods and exploring core themes including youth families and intimate relationships class and inequality and race and ethnic relations All chapters have been extensively revised to bring them up to date in a fast changing social world reflecting the latest sociological debates in response to changing lifestyles and evolving political landscapes In addition to updated statistics and research findings an expanded glossary and the latest citations to the scholarly literature each chapter includes numerous learning features for students and instructors including definitions of key terms concise summaries of main points discussion questions and guides to further reading and additional resources This is the essential sociological reference to help students in the social sciences make sense of a complex and challenging world New to the Fifth Edition New chapters on the COVID 19 pandemic Indigenous issues youth and identity and sport Exploration of the latest social issues including the pandemic BLM expanded discussion of gender MeToo LGBTIQ and intersectionality rising inequality and the post truth age All chapters thoroughly revised and updated with the latest research Updated design images and chapter opening vignettes to engage the reader *The New You* Nelson Searcy, Jennifer Dykes Henson,2019-01-01 How many of us are living up to our full God given potential What s holding us back and how can we overcome it These are the questions Nelson Searcy and Jennifer Dykes Henson want us to ask and answer with the help of *The New You* With energy and enthusiasm the authors take a holistic view of health that encompasses the physical spiritual emotional and mental areas of our lives giving us proven systematic ways to dramatically improve each Readers come away with specific strategies to lose weight get more sleep lower stress nurture better relationships connect with God and much more Anyone who wants to trade in the frustration of average living and less than health for the hallmarks of the new life

God promises will find *The New You* an effective personal guide for the journey People are looking for the big miracle or the one secret solution or the one answer to solve all their problems This exciting book focuses on small steps many small steps to transform your life Elmer L Towns cofounder and vice president Liberty University Are you tired worn down discouraged and longing for a vibrant life a new you Then this book is the prescription you need Nelson Searcy and Jennifer Dykes Henson have compiled a simple yet comprehensive list of biblical principles anchored in scientific fact that when applied energizes the tired rejuvenates the worn down and invigorates the discouraged Because of God s design for life if you do what this book teaches you cannot avoid a healthier and happier life Timothy R Jennings MD DFAPA psychiatrist and author of *The Aging Brain* and *The God Shaped Brain* *The New You* is like a handbook for life The content is clear concise and compelling And Nelson and Jennifer write in a style that is straightforward biblical and highly practical Your life will be better if you read and do what this book says Lance Witt founder Replenish Ministries Having no vision for your life should be alarming However having a big vision with no plan is senseless This book will help you cultivate both I love what Nelson and Jennifer have done because they ve made complicated concepts incredibly approachable You re going to want to keep this book near you for the rest of your life Clay Scroggins lead pastor North Point Community Church *The New You* proves a timely book as Christians are recognizing in increasing number the call to offer our bodies as living sacrifices Rom 12 1 Matthew C Easter assistant professor of Bible Missouri Baptist University The best book in a long time about how to balance spiritual and physical health Searcy and Henson give an easy to follow plan for improving health while growing your spiritual life Keep this book on your nightstand in your car or in your bag to consult it often and learn how physical health and spiritual growth were intended to work together Bob Whitesel DMin PhD award winning author of 13 books coach consultant and speaker on church health and growth at ChurchHealth.net Progress not perfection This approach to life keeps me sane and moving in the right direction It is also what makes *The New You* such a valuable tool for making the most of your wellness Read and apply this book and your total person will be transformed Steve Reynolds pastor of Capital Baptist Church in Annandale Virginia and author of *Bod4God Twelve Weeks to Lasting Weight Loss* A refreshing and eye opening read Their practical and frank confrontation of the questions and unhealthy habits we often have encourages truthful reflection on how we serve as ministers and Christians This is balanced brilliantly with the small steps to change which provide motivation and are nonthreatening for persons who can become overwhelmed by just thinking about getting healthy Dwight Fletcher founder and senior pastor Transformed Life Church Kingston Jamaica I was not a healthy pastor I was overweight out of shape stressed out and headed for an early grave Two years ago I finally decided to put into practice the principles that Nelson shares in this new book the same principles that he has been living and sharing with me through coaching Nelson is right it really is the small things done consistently over time that make a huge impact in every area of life In the past two years I ve lost over eighty five pounds and kept it off I have more energy than I ve ever had and I m healthier than I ve ever

been I cannot wait to share this book with you You really are one small step away from a brand new you Pastor Chris Rollins Coastal Community Church Charleston South Carolina Nelson has been my friend and role model for ministry for nearly thirty years I have witnessed him excel in every area of life from school to family life to church leadership The principles that have helped him to be a good friend husband father and pastor are shared in The New You in order to take you from an average life to an abundant life Michael A Jordan pastor Mount Vernon Baptist Church Axton Virginia In The New You Nelson and Jennifer not only give the reader a checkup but they also give strategies for improving the most important areas of life If you desire greater energy clearer thinking and spiritual vitality this is the book for you Brian Moore lead pastor Crosspointe Church Anaheim This book will strengthen your life regardless of your faith You will walk away stronger mentally spiritually physically and emotionally From the first chapter to the last you will find big and small ideas you can use now Don t wait buy this book now Jimmy Britt lead pastor Rocky River Church Charlotte North Carolina Nelson and Jennifer have done it again Having known Nelson for over a decade I have personally benefited from the teachings in this book I recommend this book to everyone And I think it would be a great book for small group study too Dr Rick Mandl senior pastor Eagle Rock Baptist Church Los Angeles California The New You is actually about reclaiming YOU The YOU God envisioned the YOU God created the YOU God loves In addition to physical health Nelson and Jennifer delve into the spiritual emotional and mental dimensions of what makes for a healthy YOU And that s where The New You really shines Their holistic approach to your health provides insights galore and at the end of each chapter simple and specific strategies to help YOU reclaim more of what God intended for YOU all along Pastor Kent Wilson creator of 9Minutes2Fit workout program certified functional aging specialist and assistant to the bishop in the Northwestern Ohio Synod of the Evangelical Lutheran Church in America Wholeness and healing are at the top of God s priority list By clearly explaining the biblical principles that point to full health the authors make human wholeness not only understandable but through a series of small steps doable Stan Pegram lead pastor BMZ Regional Church

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