

Change Your Schedule Change Your Life How To Harn

Do you want to eat the foods you love and still lose weight? In this fresh, new approach to weight loss, 21 Days to Change Your Body (and Your Life) will show you how to lose weight by changing the way you think about dieting. Be healthier, happier and enjoy a better quality life—while still living fully. Based on the author's own experience with losing more than 80 pounds, Helen M. Ryan shows you how to overcome the mental blocks to weight loss success, how to fit exercise into your busy day, and what you should think and eating to fit into your "skinny jeans." Finally, a real book for real people that offers a step-by-step guide that will help you win the internal weight loss war. It's real, honest, refreshing and engaging. Are you ready to take back your life and lose weight? Let's begin your future. It starts now. Visit the book web site at 21daystochangeyourbody.com

Empowerment and "New York Times" bestselling author Morganstein offers her low readers an extreme organization intervention—a deeper approach to life management for people who crave a change in their lives.

Transform your organization with speed and efficiency using this insightful new resource Incremental improvement is no longer sufficient in helping organizations navigate the complexity, uncertainty and volatility of today's world. In Change: How Organizations Achieve Hard-to-Imagine Results in Uncertain and Volatile Times, authors John P. Kotter, Vanessa Akhtar, and Gaurav Gupta explore how to create non-linear, dramatic change in your organization. You'll discover the emerging science of change that teaches us about how to build organizations — from businesses to governments — that change and adapt rapidly. In Change you'll discover: why the ability of organizations to deal with threats and take advantage of opportunities in the face of ever greater complexity and uncertainty is being severely challenged In-depth, evidence-based, actionable solutions for dealing with institutional resistance to change Case studies and success stories that describe organizations who have successfully built the ability to change quickly into their DNA A universal approach for how to dramatically improve outcomes from various change efforts, including: strategy execution, digital transformation, restructuring, and more Perfect for managers, executives, and leaders at companies of all types and sizes. Change will also prove to be a valuable asset to other professionals who serve these organizations. This book is for anyone seeking a proven approach for delivering fast, sustainable and comprehensive results.

Practical tips and suggestions on decorating one's home to fully express one's needs and personality, with projects and workbook-style explorations.

How Organizations Achieve Hard-to-Imagine Results in Uncertain and Volatile Times

School Counselor Journal, Blank Paperback Notebook to Write In, School Counseling Appreciation Gifts, 150 Pages, College Ruled

Change Your Home, Change Your Life

The Ayurvedic Self-Care Handbook

How a New Science Reveals Our Extraordinary Potential to Transform Ourselves

The Small Changes That Change Everything

Take Control, Gain Confidence, Change Your Life

Ancient self-care for modern life Feeling burned-out, unmotivated, or stuck? The Ayurvedic Self-Care Handbook is here to help. This authoritative guide to ancient healing offers more than 100 daily and seasonal Ayurvedic rituals—each taking 10 minutes or less—to reconnect you with nature's rhythms, and to unlock better health, as you: Boost and stabilize your energy with yogic breathing Overcome transitions with grounding meditations Undo physical and emotional stress with personalized yoga postures Prevent and treat disease with nourishing tones and teas Pause and refresh with daily and weekly journaling prompts. Get back in sync with nature—and rediscover your potential to feel good.

Panchakarma: The Ayurvedic Art & Science of Detoxification and Rejuvenation describes the individualized, therapeutic approach to Ayurvedic wellness practices and the many restorative benefits they offer. Written by professional practitioners and instructors with decades of experience in Ayurvedic counseling, this book presents time-honored processes and techniques to remove toxins and correct imbalances. The five core treatments of Panchakarma are described, along with the preparatory steps that must be followed by those seeking Ayurvedic-based solutions. Panchakarma reveals how nutritional and lifestyle adjustments, along with individualized therapies, can improve metabolic activity while reducing stress and bringing peace of mind.

Empowerment and "New York Times" bestselling author Morganstein offers her low readers an extreme organization intervention—a deeper approach to life management for people who crave a change in their lives. The world's leading expert on habit formation shows how you can have a happier, healthier life: by starting small. Myth: Change is hard. Reality: Change can be easy if you know the simple steps of Behavior Design. Myth: It's all about willpower. Reality: Willpower is fickle and finite, and exactly the wrong way to create habits. Myth: You have to make a plan and stick to it. Reality: You transform your life by starting small and being flexible. BJ FOGG is here to change your life--and revolutionize how we think about human behavior. Based on twenty years of research and Fogg's experience coaching more than 40,000 people, Tiny Habits cracks the code of habit formation. With breakthrough discoveries in every chapter, you'll learn the simplest proven ways to transform your life. Fogg shows you how to feel good about your successes instead of bad about your failures. Already the habit guru to companies around the world, Fogg brings his proven method to a global audience for the first time. Whether you want to lose weight, de-stress, sleep better, or be more productive each day, Tiny Habits makes it easy to achieve.

The founder and executive chairman of the World Economic Forum on how the impending technological revolution will change our lives We are on the brink of the Fourth Industrial Revolution. And this one will be unlike any other in human history. Characterized by new technologies fusing the physical, digital and biological worlds, the Fourth Industrial Revolution will impact all disciplines, economies and industries - and it will do so at an unprecedented rate. World Economic Forum data predicts that by 2025 we will see: commercial use of nanomaterials 200 times stronger than steel and a million times thinner than human hair: the first transplant of a 3D-printed liver: 10% of all cars on US roads being driverless; and much more besides. In The Fourth Industrial Revolution, Schwab outlines the key technologies driving this revolution, discusses the major impacts on governments, businesses, civil society and individuals, and offers bold ideas for what can be done to shape a better future for all.

This blank paperback journal is perfect for a school counselor. It can be used to write notes of conversations with students, teachers or parents, or to keep track of appointments, Or, it can be used as a general journal to write lists, ideas or thoughts. It is a great school counselor appreciation gift.

21 Rituals to Change Your Life

How to Harness the Power of Clock Genes to Lose Weight, Optimize Your Workout, and Finally Get a Good Night's Sleep

If You Change Your Mind

Deep Work

The Circadian Code

How to Change Your Mind

Rules for Focused Success in a Distracted World

"Pollan keeps you turning the pages . . . cleareyed and assured." —*New York Times* A #1 *New York Times* Bestseller, *New York Times* Book Review 10 Best Books of 2018, and *New York Times* Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences *When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various attitudes of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives.*

'A must-read' *Mark Manson* We are living through a crisis of distraction. Plans get sidetracked, friends are ignored, work never seems to get done. Why does it feel like we're distracting our lives away? In *Indistractable, behavioural designer Nir Eyal* reveals the hidden psychology driving you to distraction. Empowering and optimistic, this is the book that will help you design your time, realise your ambitions, and live the life you really want. If you value your time, your focus or your relationships, this book is essential reading' *Jonathan Haidt, author of The Righteous Mind 'A guide to staying focused in an age of constant distraction' Guardian 'Exactly what most of us need in order to focus on what is important, rather than the dazzling, illuminated, unsatisfying distractions of modern life' Matt Haig 'Does exactly as it promises. Amazing' Chris Evans 'The best guide I've read for reclaiming our attention, our focus and our lives' Arianna Huffington*

THE PHENOMENAL INTERNATIONAL BESTSELLER: 1 MILLION COPIES SOLD *Transform your life with tiny changes in behaviour, starting now. People think that when you want to change your life, you need to think big. But world-renowned habits expert James Clear has discovered another way. He knows that real change comes from the compound effect of hundreds of small decisions: doing two push-ups a day, waking up five minutes early, or holding a single short phone call. He calls them atomic habits. In this ground-breaking book, Clear reveals exactly how these minuscule changes can grow into such life-altering outcomes. He uncovers a handful of simple life hacks (the forgotten art of Habit Stacking, the unexpected power of the Two Minute Rule, or the trick to entering the Goldilocks Zone), and delves into cutting-edge psychology and neuroscience to explain why they matter. Along the way, he tells inspiring stories of Olympic gold medalists, leading CEOs, and distinguished scientists who have used the science of habits to stay productive, motivated, and happy. These small changes will have a revolutionary effect on your career, your relationships, and your life.* **A NEW YORK TIMES AND SUNDAY TIMES BESTSELLER 'A supremely practical and useful book.' Mark Manson, author of The Subtle Art of Not Giving A Fck 'James Clear has spent years honing the art and studying the science of habits. This engaging, hands-on book is the guide you need to break bad routines and make good ones.' Adam Grant, author of Originals' Atomic Habits is a step-by-step manual for changing routines.' Books of the Month, Financial Times 'A special book that will change how you approach your day and live your life.' Ryan Holiday, author of The Obstacle is the Way**

To support the broadening spectrum of project delivery approaches, PMI is offering A Guide to the Project Management Body of Knowledge (PMBOK® Guide) - Sixth Edition as a bundle with its latest, the Agile Practice Guide. The PMBOK® Guide - Sixth Edition now contains detailed information about agile; while the Agile Practice Guide, created in partnership with Agile Alliance®, serves as a bridge to connect waterfall and agile. Together they are a powerful tool for project managers. The PMBOK® Guide - Sixth Edition - PMI's flagship publication has been updated to reflect the latest good practices in project management. New to the Sixth Edition, each knowledge area will contain a section entitled Approaches for Agile, Iterative and Adaptive Environments, describing how these practices integrate in project settings. It will also contain more emphasis on strategic and business knowledge—including discussion of project management business documents—and information on the PMI Talent Triangle™ and the essential skills for success in today's market. Agile Practice Guide has been developed as a resource to understand, evaluate, and use agile and hybrid agile approaches. This practice guide provides guidance on when, where, and how to apply agile approaches and provides practical tools for practitioners and organizations wanting to increase agility. This practice guide is aligned with other PMI standards, including A Guide to the Project Management Body of Knowledge (PMBOK® Guide) - Sixth Edition, and was developed as the result of collaboration between the Project Management Institute and the Agile Alliance.

Lose weight, supercharge your energy and sleep well every night

A 30-Day Ayurvedic Plan to Reset Your Metabolism, Lose Weight, and Restore Your Body's Natural Balance to Heal Itself

How Anyone, Anywhere Can Make A Difference

Change Your Fortune

SHED Your Stuff, Change Your Life

Change Your Schedule, Change Your Life

The Science of Getting from Where You Are to Where You Want to Be

'There are enough plums, cherries, raisins and sultans in this delightful cake to inspire, surprise, motivate and enthuse anyone. Warmly recommended' - Stephen Fry Today, more than ever, we are aware of the power of personality. Are we introverts, extroverts, neurotic, open-minded? Psychology has always taught that there are personality types, some advantageous, some often seen as less so, and the common perception is that we're stuck with what we're given. The introvert will never break out of their shell, the narcissist will be forever trapped gazing into the mirror (or endlessly tweeting about perceived attacks on their brilliance). Be Who You Want argues that contrary to the old adage, not only can the leopard change his spots, he can swap them for stripes, and that he can do so to his own advantage. In psychological terms, although our initial personality type is moulded by a combination of genetic influences and early experiences, it is not fixed. It's malleable, voluntary even. This book will tell the story of how our personalities are formed and gives us the tools to shape them in the ways which we desire and which will benefit us most. Drawing on the latest psychological theories and methods, interviews with leading experts, as well as personal anecdote, Christian Jarrett shows us that we can shape ourselves in ways that make our lives better. The book provides evidence-based ways to change our personalities and become more emotionally stable, extrovert and open-minded. It also delves into the upsides of the so-called Dark Triad of personality traits - narcissism, Machiavellianism, and psychopathy - and how we might exploit their advantages without ourselves going over to the dark side.

*The year ahead looking much the same as the last? Another 365-day grind of meetings, dinner dates, and deadlines? If so, try this book—the perfect gift for the adventurous reader. Part instruction manual, part therapy, part religious cult, part sheer anarchy, this *Book Will Change Your Life* will help you poke a stick in the spokes of your routine. It's not the soft-hearted kind of book that's interested in how you have to say; rather it contains 365 daily orders, each one of which could turn your humdrum existence into a daily free-fall. Whether learning to tell one joke properly, spending an hour talking to a tree, or choosing a motto to live by, this *Book Will Change Your Life* will lead you to make every day of the next year the first day of your new life.*

Great Results Begin with Great Questions. In this new expanded edition of her classic international bestseller, Marilee Adams shows how the kinds of questions we ask shape our thinking and can be the root cause of many personal and organizational problems. She uses a highly instructive and entertaining story to show how to quickly recognize any undermining questions that pop into your mind - or out of your mouth - and reframe them to achieve amazingly positive and practical results. The third edition includes a new introduction and epilogue and two powerful new tools that show how Question Thinking can dramatically improve coaching and leadership. Based on Adams's decades of research and experience, this book can make a life - transforming difference - as it already has for many thousands of people around the world.

Change your daily routine, transform your health. Circadian rhythms are biological processes or clocks that exist in each one of our cells. Programmed to turn genes on or off at different times of the day or night, they influence every aspect of our health from weight and energy levels through to resistance to disease and infection, and how well we sleep. Now, in The Circadian Code, this new science is revealed, showing that the timings of our day (when we eat, when we work, when we exercise) are more crucial than we ever thought before. And that, most importantly, if your daily schedule is out of sync with your circadian rhythms, you can fix it! Whether you are a shift worker, a frazzled dieter, someone suffering from sleep problems or chronic illness, whatever your health concern, The Circadian Code is the key to unlocking your health.

What the New Science of Psychedics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence

The Hot Belly Diet

Indistractable

Train Your Mind, Change Your Brain

Change Your Schedule, Change Your Life

21 Days to Change Your Body

Not a Diet Book

*Cutting-edge science and the ancient wisdom of Buddhism have come together to reveal that, contrary to popular belief, we have the power to literally change our brains by changing our minds. Recent pioneering experiments in neuroplasticity—the ability of the brain to change in response to experience—reveal that the brain is capable of altering its structure and function, and even of generating new neurons, a power we retain well into old age. The brain can adapt, heal, renew itself after trauma, compensate for disabilities, rewire itself to overcome dyslexia, and break cycles of depression and OCD. And as scientists are learning from studies performed on Buddhist monks, it is not only the outside world that can change the brain, so can the mind and, in particular, focused attention through the classic Buddhist practice of mindfulness. With her gift for making science accessible, meaningful, and compelling, science writer Sharon Begley illuminates a profound shift in our understanding of how the brain and the mind interact and takes us to the leading edge of a revolution in what it means to be human. Praise for Train Your Mind, Change Your Brain "There are two great things about this book: one is that it shows us how nothing about our brains is set in stone. The other is that it is written by Sharon Begley, one of the best science writers around. Begley is superb at framing the latest facts within the larger context of the field. This is a terrific book."—Robert M. Sapolsky, author of Why Zebras Don't Get Ulcers "Excellent . . . elegant and lucid prose . . . an open mind here will be rewarded."—*Discover* "A strong dose of hope along with a strong dose of science and Buddhist thought."—*The San Diego Union-Tribune**

A book of transformation and guidance that cheers the spirit and awakens a sense of personal responsibility. We use words every day to communicate, to express our feelings and thoughts, but we often forget how powerful they can be and how important it is to choose them with care if we wish to attract love, happiness and success. With honesty and warmth, Andrea Gardner shares her own ups and downs on her journey to changing her words and her world, and provides the inspiration and tools that you need to find your own true purpose and transform your life to match your dreams. From attracting prosperity and improving your relationships, to finding your true purpose and serving the world, Andrea touches on a wide variety of themes, and helps you laugh at your failings with love, and then pick yourself up and carry on to the wonderful life that you truly deserve. This is a light and entertaining read, but it contains a very powerful message that may very well change your world for good.

The General Theory of Employment, Interest, and Money, written by legendary author John Maynard Keynes is widely considered to be one of the top 100 greatest books of all time. This masterpiece was published right after the Great Depression. It sought to bring about a revolution, commonly referred to as the 'Keynesian Revolution', in the way economists thought—especially challenging the founding of the market economy tends naturally to restore itself on its own, and regarded widely as the cornerstone of Keynesian thought. This book challenged the established classical economics and introduced new concepts. 'The General Theory of Employment, Interest, and Money' transformed economics and changed the face of modern macroeconomics. Keynes' argument is based on the idea that the level of employment is not determined by the price of labour, but by the spending of money. It gave way to an entirely new approach where employment, inflation and the market economy are concerned.

Whatever the desire of your heart—better schools, better neighborhoods, more positive workplaces, more connected families, or more engaged communities—Change Your World will guide you through the entire process to take action and start making an impact today right where you are. You can bring about positive, lasting change in the world, and you don't have to be rich and famous or lead a big organization to do it. Global leadership and development icons John C. Maxwell and Rob Hoskins provide the inspiring and practical roadmap to get started being the change you want to see—in your community and beyond. For many of us, the world we live in feels broken, yet change is easier than we think. Learn from the firsthand experiences shared by the authors from their work helping to transform communities, businesses, and millions of lives around the world. In Change Your World, they show you how to identify your cause Live out the values that make a difference Become a catalyst for change Join the right team or recruit one of your own Work together with others to make a difference Measure your impact and keep improving You'll not only be encouraged to make a difference based on the needs you see around you; you'll be equipped to take action and start making an impact today.

Be Who You Want

the life-changing million-copy #1 bestseller

Unlocking the Science of Personality Change

Change Your World

Who am I and What Should I Do with My Life?

A Guide to the Project Management Body of Knowledge (PMBOK(R) Guide-Sixth Edition / Agile Practice Guide Bundle (HINDI)

How to Change Your Life

*"The No. 1 Sunday Times Bestseller James Smith has already changed thousands of lives with his international phenomenon Not A Diet Book. Are you ready to change yours? Are you sick of always wearing black and getting tracked in the dark? Are you fixated with a number on the scales? Are you afraid to step into the gym and commit to a routine? Is your confidence at an all-time low? Is all of this having a negative impact on your life, relationships and happiness? With every tool you'll ever need to learn to reset your current mindset and attitude towards your diet and training, chapters include: * Fat loss versus muscle gain * Metabolism and 'body types' * Protein targets and calorie tracking * Common fitness fallacies * Female fat loss * Supplements * Training versus exercising * The importance of sleep * Forming habits This book will put you back in control. It is not a fad diet or a short-term training plan. It will empower you to adopt better habits that will allow you to take charge of your life.*

Flip your world upside-down (for the better!) with Change Your Fortune. Turn your life upside-down (for the better!) with Change Your Fortune. Learn how to take your life in a whole new direction by following the daily advice schedule, or flip to a random page for on-the-go inspiration. The 365 unique, life-transforming activities motivate you to achieve more, work harder, and change your perspective on the world. Each entry has an oblique strategy to help you approach change in a new perspective: write only your left hand, or sleep with your head at the head of your bed! Change Your Fortune makes the perfect gift for anyone looking to take control of their future.

From an internationally recognized physician who combines Eastern and Western medicine, a groundbreaking diet and total body health plan centered on digestive balance and metabolic transformation. The complaints that Dr. Suhus hears on a daily basis, from high body weight, low energy, and poor sleep, to headaches, unexplained congestion, and depression, all have a surprising common denominator: a weak digestive [fire]. Drawing on traditional Indian practices and principles, The Hot Belly Diet shows you how to optimize your digestive powers to foster rapid weight loss and vibrant health. At the core of this three-phase diet that makes lunch the most important meal of the day is a dish called kichadi (pronounced kitch-a-dee)a completely nutritious but incredibly easy-to-make meal that helps clear out your [ama], or the digestive sludge that antagonizes weight loss, provokes hormonal imbalances, and ultimately triggers inflammation;the root cause of virtually all disease. This unique book also explains what foods are incompatible (milk and eggs, for example), why the sensation of hunger is essential, and how to time your meals throughout the day to avoid snacking. The Hot Belly Diet changes your relationship with food to make healthy eating[and living]effortless. Whether you're suffering from a chronic condition, looking to prevent future illness, or just want to feel your best every day, The Hot Belly Diet will re-establish your body's natural balance, creating a thinner, healthier, and happier you.

One Word is a simple concept that delivers powerful life change! In 1999, the authors discovered a better way to become their best and live a life of impact. Instead of creating endless goals and resolutions, they found one word that would be their driving force for the year. No goals. No wish lists. Just one word. Best of all . . . anyone, anytime can discover their word for the year. One Word that will Change Your Life will inspire you to simplify your life and work by focusing on just one word each right? One Word creates clarity, power, passion and life-change. The single power, One Word, impacts all six dimensions of your life: mental, physical, emotional, relational, spiritual and financial. Simply put, One Word sticks. There is a good meant for you when you find it, live it, and share it, your life will become more rewarding and exciting than ever. Join thousands of people and hundreds of schools, businesses, churches, and sports teams who have found their one word . . . and discover how to harness the transformational power of One Word. The book includes a personal Action Plan and simple process to help you discover your word for the year.

This Book Will Change Your Life

Change Your Words, Change Your World

One Word that will Change Your Life

Tiny Habits

Prepare and Repair Your Body for Spontaneous Weight Loss

Dare to Change Your Life

Change

Winner of the 2016 Marfield Prize In 1902, Rainer Maria Rilke—then a struggling poet in Germany—went to Paris to research and write a short book about the sculptor Auguste Rodin. The two were almost polar opposites: Rilke in his twenties, delicate and unknown; Rodin in his sixties, carnal and revered. Yet they fell into an instantaneous friendship. Transporting readers to early twentieth-century Paris, Rachel Corbett's You Must Change Your Life is a vibrant portrait of Rilke and Rodin and their circle, revealing how deeply Rodin's ideas about art and creativity influenced Rilke's classic Letters to a Young Poet.

Prepared to live at your prime? Integrative neurologist Dr. Kulreet Chaudhary discovered a beautiful side effect to the eating and lifestyle tools she gave her brain patients--spontaneously shedding excess pounds. In this, her first book, she shows us how to sharpen the brain, and smarten and heal the gut. Weight gain is not about the food, but about the body's environment. Excess weight is a result of the body being in a toxic, inflammatory state. If your body is not prepared or 'primed' for weight loss, you will fight an uphill biochemical battle. Her program is not about what you can't have or do, it's about adding simple teas and herbs, and succeeding without giving up any foods you love. With The Prime, Dr. Chaudhary has reverse engineered our way of eating, so we can stop dieting backward and start losing weight instead. You'll learn: --The importance of neuroadaptation, food addiction, and the brain (or, why your brain and gut have made it so hard to lose weight in the past!) --Why it's not about what you eat, but what you digest --How to determine if you have a Leaky Brain--and what The Prime can do about it (hint: everything) --How to easily crush cravings (no willpower required), ignite energy and fat, and biohack your lifestyle habits. Lastly, you'll learn how to live fully Primed, the secrets of the Super-Digest, and when you're ready to explore new foods, how to eat according to your unique constitution.

Creating personal ritual in our lives allows us to bring the presence of the sacred into the everyday. The rituals in this book have been designed as symbolic acts providing a framework for anyone to use to create positive change in their lives. The 7 morning rituals are designed to help you 'wake with determination', the 7 afternoon rituals focus on 'living on purpose', and the 7 evening rituals are about 'retiring with satisfaction'.

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of Give and Take). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep--spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In Deep Work, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then

presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, Deep Work takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller

A Business Book of the Week at 800-CEO-READ

7 Cures for the Punctually Challenged

365 Creative Strategies to Transform Your Life

You Can Change the World

Holistic Healing Rituals for Every Day and Season

How Prout Can Change Your Life

Atomic Habits

The Kids' Guide to a Better Planet

An eye-opening handbook from a leading Ayurvedic physician that blends cutting-edge science on "clock genes" with ancient eastern wisdom to help us understand how to harness the power of chronobiology to effortlessly lose weight, sleep better, exercise stronger, reduce stress, and boost our wellbeing. "It's not you, it's your schedule." Does it sound like magic? It's not. We've all heard of circadian rhythms—their biological processes that give us jet lag and make us night owls or early birds. But few of us know just how profoundly these diurnal patterns affect our overall health. Bad habits like skipping meals, squeezing in workouts when it's convenient, working late into the night to maximize productivity and then trying to "catch up" on sleep during the weekend disrupt our natural cycles. A growing body of research on chronobiology reveals just how sensitive the human body is to these rhythms all the way down to the genetic level. Our "clock genes" control more than we realize, and small changes can make the difference between battling our bodies, and effortlessly managing weight, sleep, stress, inflammation, and more. Marrying ancient Ayurvedic wisdom with the latest scientific research, Dr. Suhas Kshirsagar's holistic step-by-step 30-day plan gives you the tools—and the schedule—you need to transform your life. With diagnostic quizzes to determine your specific mind-body type, you will learn to adapt you schedule for effortless wellness for life.

In this hilarious and heartfelt debut novel, an aspiring screenwriter learns sometimes love has its own script. Harry wants nothing more than to write Hollywood screenplays. He knows the first step toward achieving that goal is winning a screenwriting competition that will seal his admission into the college of his dreams, so he's determined to spend his summer free of distractions--also known as boys--and finish his script. After last year, Harry is certain love only exists in the movies anyway. But then the cause of his first heartbreak, Grant, returns with a secret that could change everything. To complicate things further, new-in-town Logan is charming and sweet, making Harry question everything he knows about romance. As Harry tries to manage his feelings for Grant and Logan, he realizes life doesn't always follow a script.

With an introduction by comedian and novelist David Baddiel A novel in seven volumes, Marcel Proust's In Search of Lost Time is considered a major literary work of the twentieth century. And even more crucially, one that you should have read by now. However, as one of its most distinguishing features is its staggering length, many of us feel intimidated and perhaps, even, fatigued at the thought of diving in. Alain de Botton's hilarious and unexpected Proustian manual, is then, the perfect antidote to this problem. In How Proust Can Change Your Life, de Botton masterfully distills what Proust says about friendship, reading, being alive and taking your time, and mixes it with his own, no less nourishing commentary. As de Botton rereads Proust for our collective benefit, we see the continued relevance of his work and the rich and varied insights he can offer us, from how

Panchakarma: the Ayurvedic Art and Science of Detoxification and Rejuvenation

12 Powerful Tools for Leadership, Coaching, and Life (Third Edition)