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become free of all
chains. Many people will
hold on to a lifestyle
that is not working for
them just because they
think that's just the
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never seem to understand what exactly is holding them back from getting things done efficiently. For those people, now is the time to question yourself! Is the problem

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educational, spiritual,
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doing our thing. Trying
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style, recapture a sense of
control over your life and
help you cope better with*

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destiny and be everything
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which children reshape their parents' lives, whether it's their marriages, their jobs, their habits, their hobbies, their friendships, or their internal senses of self. She argues that changes in the last half-century have

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economics, psychology,
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world blind, said Mahatma Gandhi. If you know anyone, who has extreme and radical views on religion or any ideology, that cause harm to society. This book can be an eye opener to narrow minded people, who think

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the cultural norms, and a permanent busyness pervades even our quietest moments. Little wonder so many of us are burning out. In a culture that tacitly coerces us into blind activity, the art of doing nothing

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is disappearing. Inactivity can induce lethargy and indifference, but is also a condition of imaginative freedom and creativity. Psychoanalyst Josh Cohen explores the paradoxical pleasures of inactivity, and

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considers four faces of inertia - the burnout, the slob, the daydreamer and the slacker.

Drawing on his personal experiences and on stories from his consulting room, while punctuating his discussions with

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portraits of figures associated with the different forms of inactivity - Andy Warhol, Orson Welles, Emily Dickinson and David Foster Wallace - Cohen gets to the heart of the apathy so many of us feel when faced with

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the demands of contemporary life, and asks how we might live a different and more fulfilled existence.

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Doing well with money isn't

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necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people.

Money—investing, personal finance, and business decisions—is typically

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taught as a math-based field, where data and formulas tell us exactly what to do. But in the real world people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a

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The first several chapters will inspire and allow you to focus and fertilize your thought process. The later chapters feature in-depth explanations of some potential jobs you can work from anywhere. But, when you

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***begin to think outside of
the box, the list of
opportunities can be almost
endless! After completing
the reading of all 160
empowering pages, you can go
forward on your quest with
confidence while applying***

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*everything you've learned so far! Order Work From Anywhere NOW - and literally change the way you view your work! *Please realize that this is not intended to be a standalone guide, as the very subject matter inside*

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really IS a work in progress. Not only is working from anywhere a relatively new prospect, but we typically utilize technology to do it. Since innovations are inevitable, we must progress with them

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and stay up-to-date.

***Furthermore, it is
recommended that you also
read The Four Agreements
and/or similar introductory
works for additional
information and inspiration!
In Thich Nhat Hanh's latest***

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*teachings on applied
Buddhism for both the work
place and daily life,
chapters include dealing
with workplace scenarios;
dealing with home and
family; encounters with
strangers and with daily*

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*life; transportation; and
creating communities
wherever you are. This book
is designed for adults who
are new to meditation as
well as those who are more
experienced. The emphasis is
on how to use applied*

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Buddhism in daily life. Work aims at contributing to new models of leadership and doing business. It is also a book full of life-coaching advice, finding happiness, and positive psychology. We all need to "Chop Wood and

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***Carry Water". Most of us
experience work, hardship,
traffic jams, and everything
modern, urban life offers.
By carefully examining our
everyday choices we can move
in the direction of right
livelihood; we can be a***

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*lotus in a muddy world by
building mindful
communities, learning about
compassionate living, or by
coming to understand the
concept of "Buddha nature."
Work also discusses mindful
consumption, or the mindful*

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*use of limited resources.
Instead of Living Large in
Lean Times or Ramen to
Riches we can learn to
appreciate living less large
and think about what kind of
riches we want for ourselves
and others.*

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*Advice on achieving success
and satisfaction in life
away from the work place.
Searching for Secrets
Return of Dragons
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Too Smart to Work in
Corporations*

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***The Joy of Movement
Be Assertive! Be Your
Authentic Self!
Elements of Life
Why We Have to Stop***

In this new book from Routledge
and MiddleWeb, author Rita Platt
shows how you can create a joyful

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classroom community in which students are determined to work hard, be resilient, and never give up. She describes how to help build students ' purpose, mastery, and autonomy, so they take ownership over their work and develop a

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growth mindset for success. Topics covered include: Why joy and effort go hand in hand How to build a classroom climate of caring and achievement Why mastery and goal setting are important How to work with differentiated instruction How

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to work with cooperative and collaborative learning Why parent-teacher connection is vital How to take your practice of joy and effort beyond the classroom And much more! Each chapter includes practical tools, tips, and ideas that

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you can use immediately to develop these skills in students, so they find more joy and success in the learning process.

God loves us and has a plan for us. Every human being is a part in that plan. There is opposition in all

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things, and overcoming trials is one of the most important lessons we can learn. It took me a long time to figure this out and I am grateful for what I have learned. But those lessons did not come without a price. In this little book, I will humbly

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share some of what I have learned. Are you happy at work? Or do you just grin and bear it? We spend an average of 25% of our lives at work, so it ' s important to make the best of it. The Joy of Work? looks at happiness and unhappiness from a

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fresh perspective. It draws on up-to-date research from around the world to present the causes and consequences of low job satisfaction and gives helpful suggestions and strategies for how to get more enjoyment from work.

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The book includes many interesting case studies about individual work situations, and features simple self-completion questionnaires and procedures to help increase your happiness. Practical suggestions cover how to improve a job without

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moving out of it, advice about changing jobs, as well as how to alter typical styles of thinking which affect your attitudes. This book is unique. The subject is of major significance to virtually all adults - people in jobs and those who are

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hoping to get one. It is particularly distinctive in combining two areas that are usually looked at separately - self-help approaches to making yourself happy and issues within organizations that affect well-being. The Joy of Work?

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has been written in a relaxed and readable style by an exceptional combination of authors: a highly-acclaimed professor of psychology and a widely published business journalist. Bringing together research from business and

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psychology - including positive
psychology - this practical book will
make a big difference to your
happiness at work - and therefore
to your whole life.

Clutter has a negative effect on
your life. You want to live

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differently, but you haven't been able to make progress. Marcie Lovett, author of *The Clutter Book*, will motivate you to make the changes you want. Learn to let go of what you don't need and find room for what you value. The

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direct, accessible writing style and interactive exercises will inspire you to succeed. In this book, Marcie guides you through the process of letting go of the clutter that is keeping you from achieving success. Whether your clutter is

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caused by things, commitments or thoughts, Marcie encourages you to make the choices to conquer your challenges. If previous attempts at letting go of clutter have not been successful for you, you will benefit from the motivation and wisdom

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Marcie offers. Written in a straightforward and accessible style, filled with insight and real-life stories, the book enables readers to learn from the experience of others and overcome obstacles to success. You will understand why

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you keep clutter, save time and money by avoiding unnecessary purchases, discover the habits that hold you back, find ways to fight procrastination and create systems that allow you to retrieve and return items. Whether you want to live

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with less or live with what you have,
this is the book for you.

The 30-Day System to Success,
Wealth, and Happiness on the Job
Timeless lessons on wealth, greed,
and happiness
All Joy and No Fun

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Jobs, Happiness, and You

How to Enjoy Your Leisure Time

Like Never Before

The Clutter Book

Her Obsession

*Chris Roscoe, son of a policeman, was
a corpsman in the Army. After his tour*

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of duty in Vietnam, he went to college to pursue a nursing degree so he could continue to help the sick and injured. Along the way he met Alexandra Walton, a beautiful rich girl. They were classmates and friendly acquaintances, but after the class was over, they went

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their separate ways...until years later when Alex was injured in an accident and admitted to the hospital where Chris worked. They rekindled the friendship; only this time they fell in love. After marriage and a beautiful daughter, Chris discovered that he

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didn't know his wife. Alex had a hidden past, one that she was ashamed of but that didn't stop her from turning to it when her life wasn't going well, in her opinion, anyway. Chris loved and cherished her; together they had a beautiful new home, a child, and

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everything she could want, he found out that it wasn't enough. She wanted more, and what she wanted, he couldn't give her. Alex's story is one shared by many. Her struggle with substance abuse affected her marriage...and her life.

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The bestselling author of The Willpower Instinct introduces a surprising science-based book that doesn't tell us why we should exercise but instead shows us how to fall in love with movement. Exercise is health-enhancing and life-extending, yet many

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of us feel it's a chore. But, as Kelly McGonigal reveals, it doesn't have to be. Movement can and should be a source of joy. Through her trademark blend of science and storytelling, McGonigal draws on insights from neuroscience, psychology,

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anthropology, and evolutionary biology, as well as memoirs, ethnographies, and philosophers. She shows how movement is intertwined with some of the most basic human joys, including self-expression, social connection, and mastery--and why it is

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a powerful antidote to the modern epidemics of depression, anxiety, and loneliness. McGonigal tells the stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more, with examples

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that span the globe, from Tanzania, where one of the last hunter-gatherer tribes on the planet live, to a dance class at Juilliard for people with Parkinson's disease, to the streets of London, where volunteers combine fitness and community service, to races

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in the remote wilderness, where athletes push the limits of what a human can endure. Along the way, McGonigal paints a portrait of human nature that highlights our capacity for hope, cooperation, and self-transcendence. The result is a

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revolutionary narrative that goes beyond familiar arguments in favor of exercise, to illustrate why movement is integral to both our happiness and our humanity. Readers will learn what they can do in their own lives and communities to harness the power of

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*movement to create happiness,
meaning, and connection.*

*One mistake can shatter dreams and
shape the future. Alexis knows this first
hand. Even though her memory of that
day is hazy, she has spent the last ten
years trying to put it behind her. Armed*

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with the knowledge that her career will be her only legacy, Alexis works night and day to prove that she is more than just her last name. It's not only that she doesn't have time for love. She doesn't have the heart for it. After all, there's no point in starting something you

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can't finish. When she meets Adam, she's drawn to him in a way even she can't deny. The film student is dark and brooding and strangely charming. He's the perfect distraction from her mundane life. And, as if fate is pushing them together, he seems to be around

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every corner. It's enough to almost make her entirely forget about her past and take a chance. But Adam can recall every detail that she's forgotten. What she doesn't remember, he can't forget.

Twenty-five years ago, Zelinski was

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fired from his engineering job for taking too much vacation time. Now, he works only four or five hours a day--and earns a better living than 80 percent of the corporate world. Here the bestselling author provides an inspiring guide for all those creative,

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*ambitious individuals who want to
escape the rat race and make a good
living on their own terms.*

*A Book for the Retired, Unemployed
and Overworked*

*Cultivating a Culture of Effort and Joy
in the Classroom*

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I Am a Work in Progress

The Book

*How to Let Go of a Lifestyle That Will
Never Set You Free*

Let Go and Get Ready to Fly

Control, Alt, Delete

A dreamtime journey takes

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Giraffe on a quest to discover that changing our physical appearance is not the answer to finding happiness. Through friends and a special meeting with a unicorn, wonderful learning takes place on the

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importance of accepting and loving yourself with joy, enthusiasm, and gratitude. The book also includes practical information and exercises to assist parents with developing the practice of everyday

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gratitude in our lives.

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we

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are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air,

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and us. The Book by Linde utilises new and ancient knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with

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simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a

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summary within each one:
Lifestyle; Food & Nutrition;
Medical Care; Mind; Water; and
Now Live the final chapter
which you can cast your eye
over first as it is a synopsis of
the complete works. It is highly

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recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately

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prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving

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time & money and gaining
longevity; Fuses together
specialised areas in health &
mind, lifestyle & environment
under one cover; Identifies our
day to day toxic exposures that
we are unaware of and

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provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health,

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prosperity and happiness;
Provides you with ancient
knowledge and practices to
new, from science including
quantum physics, to
philosophy, psychology, and
important detail on nutrition,

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exercise, energies and
medicine; Is very current,
answering all the conflicting
hype about diets, the next
super food or the bad effects of
conventional drugs or sugar
that are in the media weekly,

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even daily; For more information please visit www.thebookbook.co.uk
It is easy to be happy, but there is a prerequisite. We first must understand how happiness works. Like anything

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else in life, things become a lot easier once we understand them. Doing math, for example, is only difficult as long as we don't understand it. Happiness works on the same principle. Rather than teaching

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us how happiness works, society presents us with stepping-stones on the road to happiness, such as: if you study this, you will get that job, and then you will be happy. If you own this, you will impress

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your friends, and then you will be happy. If you eat healthy and exercise regularly, you will lose those pounds, and then you will be happy. Lucky Go Happy is not a stepping-stone and will ? demonstrate how we

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lose out on more than 70
percent of potential happy time
by living for weekends; ?
explain how contentment can
yield the same amount of
happiness as ecstasy; ?
provide concrete proof that

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money can never make us happy; ? highlight why it is absolutely essential to be unhappy at times; ? illustrate how a midlife crisis happens; ? offer the simple formula to calculate the amount of

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happiness, or unhappiness, you experience; ? show that happiness is not around the next corner; it is here and now; and ? help you understand how happiness works. Written for teenagers and adults, this easy-

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to-read book will equip you with the knowledge to make you happier and happy more often. Rather than waiting for it, you can make happiness happen for yourself and for those around you. ?Money

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makes the world go round;
however, happiness greases
the axle. Without this lubricant,
life will seize.?

When Designing Your Life was
published in 2016, Stanford's
Bill Burnett and Dave Evans

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taught readers how to use design thinking to build meaningful, fulfilling lives (“Life has questions. They have answers.” -The New York Times). The book struck a chord, becoming an instant #1

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Now, in DESIGNING YOUR
WORK LIFE: How to Thrive and
Change and Find Happiness at
Work they apply that
transformative thinking to the
place we spend more time than

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anywhere else: work.

DESIGNING YOUR WORK LIFE
teaches readers how to create
the job they want—without
necessarily leaving the job
they already have.

“Increasingly, it’s up to workers

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to define their own happiness and success in this ever-moving landscape,” they write, and chapter by chapter, they demonstrate how to build positive change, wherever you are in your career. Whether

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you want to stay in your job and make it a more meaningful experience, or if you decide it's time to move on, Evans and Burnett show you how to visualize and build a work-life that is productive, engaged,

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meaningful, and more fun.

Lucky Go Happy

Working Hard, Working Happy

Reset

The Life-Changing Magic of Not

Giving a F*ck

Not Working

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Remember Who You Truly Are
Make Happiness Happen!

The "genius" national bestseller on
the art of caring less and getting
more -- from the author of Calm the
F*ck Down and F*ck No
(Cosmopolitan). Are you stressed

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out, overbooked, and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? It's time to stop giving a f*ck. This brilliant, hilarious, and practical parody of Marie Kondo's bestseller The Life-

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Changing Magic of Tidying Up explains how to rid yourself of unwanted obligations, shame, and guilt -- and give your f*cks instead to people and things that make you happy. The easy-to-use, two-step NotSorry Method for mental

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decluttering will help you unleash the power of not giving a f*ck about: Family drama Having a "bikini body" Iceland Co-workers' opinions, pets, and children And other bullsh*t! And it will free you to spend your time, energy, and

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money on the things that really matter. So what are you waiting for? Stop giving a f*ck and start living your best life today! Discover more of the magic of not giving a f*ck with The Life-Changing Magic of Not Giving a F*ck Journal.

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How much do we know ourselves is critically very important and perhaps very essential. Life we do face many curves up and down while in course of life. Marriage, becoming parent, life traumas and recoveries, retiring from jobs, empty

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nest, loss of relations, death of beloved. So yes various experiences... We get tired sometimes and immediately ask a question "why me?," but do remember the universe is not short of any wakeup calls we are just

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very quick in reactions. The four elements of life Air, Water, Earth, Fire are the only truth which than render the whole meaning of being as a human. Are we authentic? Are we living in courage? Are we kind and in patience? Are we grateful?

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How we face life and respond to life is all that matters. Elements of Life explores the options and choices which will help you to live more in tune with what you want from life. Motivational chapters simple questions based on elements of life

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- air, fire, water and earth providing simple strategies of life help you to live in harmony with yourself, others and the world, enhancing you to be true to your values and to interact with others while being In more patience. To do otherwise is to

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foster discontentment and unhappiness, but everyone wants to be in peace and lead a happy life in the end of the day. Living in moderation balancing all the elements of being authentic, being in peace, being grateful, being a

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little more compassionate can improve the very purpose of being in this awesome life.

In the tradition of Jennifer Close's *Girls in White Dresses* comes a "a pin-sharp, utterly addictive debut" (*Vogue U.K.*) told in vignettes that

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speaking to a new generation not trying to have it all but hoping to make sense of it all. "Everyone" has been talking about this book. . . . Charming and funny, this read is simply delightful. "Bustle" "A deadpan comic debut for the

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procrastination generation. The Guardian Claire Flannery has just quit her office job, hoping to take some time to discover her real passion. The problem is, she's not exactly sure how to go about finding it. Without the distractions of

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a regular routine, Claire confronts the best and worst parts of herself: the generous, attentive part that visits her grandmother for tea and cooks special meals for her boyfriend, Luke, and the part that she feels will never measure up

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and makes regrettable comments after too many glasses of wine. What emerges is a candid, moving portrait of a clear-eyed heroine trying to forge her own way, a wholly relatable character whose imperfections and uncanny

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observations highlight what makes us all different and yet inescapably linked. Praise for Not Working
□Ruefully funny . . . features a kind of millennial Bridget Jones whose red wine□and□TED Talk□fueled pursuit of a higher purpose in life

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leads to hard truths and hangovers. Vogue In this laugh-out-loud debut, Claire Flannery is a lost soul who quits her day job to discover her true passion. In taking a hard look at her own character, Claire finds that her loveable

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qualities are sometimes squashed by mistakes, like the evenings she blurts inappropriate remarks after too many glasses of wine. [Lisa] Owens's story is a smart, relatable and delicious debut. Harper's Bazaar It's no mean feat to

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fashion a novel out of the stuff of everyday life. . . . Fortunately, Owens is quite a writer. . . . Not Working works because there is lots going on beneath its placid, ordinary surface. . . . With this funny, serious debut, Lisa Owens

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has proved that she's one to watch. The New Statesman There are sharp observations about generational change, particularly on the topic of work. . . . The novel is a light read but it raises some timely issues. . . . A

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secure job with a future is not that easy to find, as Claire's comic and compelling tale serves to show.

This book offers a form of catharsis for anyone who has felt that they are not quite doing their job right. . . . It is soothing to find you are not

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the only one noodling along in your career. Financial Times Stellar . . . [Owens has an] ability to take the potentially trite problem-of-the-privileged trope and deftly craft it into readable fun. Publishers Weekly Owens offers a millennial

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take on the traditional British chick-lit heroine. . . . Claire is a realistically awkward character who will appeal to readers looking for a less-angsty take on the new adult trend. [Booklist](#) "A novel as insightful about the contemporary

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dilemmas facing young professionals as it is sharp, incisive and laugh-out-loud funny. The Observer "Lots of people say they laugh out loud when they read a book they love. But in the case of Not Working, I really did laugh out

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loud, often and
raucously.[] Elisabeth Egan, author
of A Window Opens
"An important reminder of simple
everyday practices to improve how
we all work together, which will lead
to greater team and individual

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happiness and performance. Great results will follow."--Jack Dorsey, CEO of Twitter and Square "With just 30 changes, you can transform your work experience from bland and boring (or worse) to fulfilling, fun, and even joyful."--Daniel Pink,

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author of When and Drive The vice president of Twitter Europe and host of the top business podcast Eat Sleep Work Repeat offers thirty smart, research-based hacks for bringing joy and fun back into our burned out, uninspired work lives.

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How does a lunch break spark a burst of productivity? Can a team's performance be improved simply by moving the location of the coffee maker? Why are meetings so often a waste of time, and how can a walking meeting actually get

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decisions made? As an executive with decades of management experience at top Silicon Valley companies including YouTube, Google, and Twitter, Bruce Daisley has given a lot of thought to what makes a workforce productive and

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what factors can improve the workplace to benefit a company's employees, customers, and bottom line. In his debut book, he shares what he's discovered, offering practical, often counterintuitive, insights and solutions for

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reinvigorating work to give us more meaning, productivity, and joy at the office. A Gallup survey of global workers revealed shocking news: only 13% of employees are engaged in their jobs. This means that burn out and unhappiness at

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work are a reality for the vast majority of workers. Managers--and employees themselves--can make work better. Eat Sleep Work Repeat shows them how, offering more than two dozen research-backed, user-friendly strategies,

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including: Go to Lunch (it makes you less tired over the weekend) Suggest a Tea Break (it increases team cohesiveness and productivity) Conduct a Pre-Mortem (foreseeing possible issues can prevent problems and creates a

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spirit of curiosity and inquisitiveness) "Let's start enjoying our jobs again," Daisley insists. "It's time to rediscover the joy of work."

The Joy of Working
30 Hacks for Bringing Joy to Your
Job

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The No.1 Sunday Times Business
Bestseller □ 30 Ways to Fix Your
Work Culture and Fall in Love with
Your Job Again

Real Success Without a Real Job
The Joy of Not Working
Remembering Joy

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Joy at Work

This book is two things. It's an eye-opener to the fact that we don't have to do a million things to be productive (or successful). And it's a coach that helps us trim the fat, get real with our

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particular job may be important because of the emotional rewards it offers or for the money. But beneath the surface, your labors are shaping your destiny for better or worse. If you ignore the deeper issues, you

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