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Defining You Fiona Murden,2021-05-27 Winner of Self Development Book of the Year The Business Book Awards MAKE SENSE OF YOU As a psychologist Fiona Murden helps smart people to improve their performance Through a series of insightful questions she will seek out their strengths limitations and motivations to decode what it is that really drives them and what environments they will thrive in All while putting them at ease so she can create their truest personality profile By mapping out this process of self reflection in this award winning book she has enabled all of us to explore our own stories and to live life with confidence in who we are and in knowing what works best for us Since its first publication Defining You has been awarded both the Self Development Book of the Year and the Axiom Business Book Award Using this series of expert tools let Fiona help you to get to know yourself better understand what really makes you tick and reach your full potential in life and work With chapters on The Story of You Describing You Developing You Confidently You and Optimising You this fully revised and updated second edition also includes A look at your emotional resilience coping with challenges and setbacks is a key factor in managing our daily lives and governing our decisions A more in depth exploration of mental health and how it affects focus and high performance A fully revised chapter on sleep and stress relief An introduction of the 3 S s concept Sleep Self Awareness and Social Support Puts the spotlight on your own journey helping you find your way to a happier more successful life Kenny Wilson CEO Dr Martens Whoever you are and whatever point you find yourself here s a bespoke map for what happens next Jon Hendry CEO Prezzo Ltd Highly recommended for anyone serious about understanding themselves and becoming the very best they can be Jo Warmesley HR Director Waitrose

Boosting Brain Power Prabhat Chadha, The book is dedicated to Covid Warriors The brain is the most complex thing we have yet discovered in our universe It contains billions of cells inter linked through trillions of connections The Second brain Gut brain have a profound impact on our lives The Four happy chemicals are strong motivators Avoiding mental clutter reading and healthy food enhances brain power The brain constantly changes up to age of 70 75 years due to Neuroplasticity Mental illness is nothing to be ashamed and can be treated like other diseases The celebrities how they came out of their mental stigma diseases Children mental illnesses and cure There are inspiring words stories of celebrities Einstein Stephen Hawking Barack Michelle Obama Elon Musk and others How to Activate unused areas of brain by Pranayama s The mind works at conscious rational and the subconscious creative intuitive The Mental Acuity can be increased by Gratitude Forgiveness and Humor Creative Visualization is excellent for achievement of goals Causes of Global warming and how to reduce these New Employment Technologies How to have world of inner and outer peace One

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Inner Peace Made Easy Aaron Soltys,2016-09-13 Every day we re bombarded with information on world events that are almost too much to process Add marketing that s designed to make us want more more and better and you have a recipe for free floating stress anxiety and debt But if you re like author Aaron Soltys you realize one day that there has to be more to life than constant consumerism and always looking out for Number 1 Inner Peace Made Easy will help you arrive at a place where you can consistently think about things from a positive and empowering perspective It will help you approach life with focus and purpose so you can live your best life and find the inner peace that eludes so many Inner Peace Made Easy is a powerful mental health primer for simplifying your life your thinking and finding and maintaining a calm center It focuses on minimalism creating a Zen home environment showing compassion feeling gratitude respecting life yours and others and so much more This easygoing straightforward book presents concepts that can be practiced by anyone anywhere regardless of religious or spiritual beliefs and values Inner Peace Made Easy will help you change how you look at yourself and the world around you almost immediately Inner Peace for Busy People Joan Z. Borysenko Ph. D.,2009-10 Borysenko has written 52

inspirational yet practical essays that will help people create and maintain a sense of inner peace Stories encompassing spirituality science and humor provide easy to learn skills to help change attitudes and regain inner peace **10 Secrets for Success and Inner Peace** Dr. Wayne W. Dyer,2016-07-19 From New York Times bestselling author Dr Wayne W Dyer 10 Secrets for Success and Inner Peace is a thought provoking book for those of us who have chosen to consciously be on our life path The ten secrets for success and inner peace presented here apply whether you re just embarking on your path are nearing the end of it or are on the path in any way Dr Dyer urges you to read these ten secrets with an open heart By doing so you ll learn to feel the peace of God that truly defines success **Yoga Journal** ,2002-05 For more than 30 years Yoga

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Healthy Gaians Richard Levitón,2007-01-02 Headline in boldface and or small caps do in 2 lines maximum The healthier we are in body mind and culture the more we can happily interact with the Spirit of Earth or Gaia who needs our attention now Main text Health how to keep it regain it or even optimize it concerns many today But we usually think of health in personal terms human terms What about the health of the Earth To be healthy rather than sick has planetary implications and Healthy Gaians shows you ways of improving your health to help improve the planet s Welcome to a diverse anthology of 70 articles on human health drawn from a journalistic career spanning 25 years Here are bodywork cancer the immune system vaccinations eurythmy chakras Jungian psychology intuition conflict resolution healing with art music sound and color singing to the dying dreams water rejuvenation the poetics of the elements near death experiences the purpose of evil myth living and quantum shamanic adventures You ll get familiar with lots of natural health modalities such as herbalism acupuncture flower essences and bionutrient fortification And meet a stimulating group of health pioneers such as R D Laing William Irwin Thompson Barbara Walker Fred Alan Wolf Robert Sardello Caroline Myss M F K Fisher Kyriacos Markides and

Rowena Kryder among others Each gives innovative ways to free ourselves from the ill health constraints of body mind and culture as part of the larger process of becoming healthy Gaians exactly what the planet needs from us There are many ways to better health The important thing is to start getting healthy so you can help the planet in its time of need Then the Earth can start sending back the good health vibrations to you now you re back in the health loop Note Be sure to note boldface two line headline at top this is 250 words but the book s format will be large and it will fit easily without crowding

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