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Daily Reflections for Highly Effective People - Stephen R. Covey - 1994-03-21
Provides a daily reading program that keys on the author's guidelines to personal fulfillment and success and offers inspiration, insights, and motivational guidance

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Daily Reflections For Highly Effective Teens - Sean Covey - 1999-11-16
Daily selections of quotes, ideas, and inspirational thoughts offer teenagers guidance for improving their self-image, building friendships, achieving their goals, making important decisions, and gaining self-confidence

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Stephen Covey's ground-breaking, principle-centred approach has helped millions of readers attain personal fulfilment and professional success. Now his wisdom has been organized into a daily reading format - an easy to use distillation of the Seven Habits. The daily selections provide quick, concentrated explorations of the key concepts that make up the Seven habits.
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The 7 Habits of Highly Effective Teens - Sean Covey - 2014-05-27
Over 3 million copies sold. Over 800 positive reviews. Adapted from the New York Times bestseller The 7 Habits of Highly Effective People, The 7 Habits of Highly Effective Teens is the ultimate teenage success guide—now updated for the digital age. Imagine you had a roadmap—a step-by-step guide to help you get from where you are now, to where you want to be in the future. Your goals, your dreams, your plans...they’re all within reach. You just need the tools to help you get there. That’s what Sean Covey’s landmark book, The 7 Habits of Highly Effective Teens, has been to millions of teens: a handbook to self-esteem and success. Now updated for the digital age, this classic book applies the timeless principles of 7 Habits to the tough issues and life-changing decisions teens face. Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of our time, like cyberbullying and social media. In addition, this book is stuffed with cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world. Endorsed by high-achievers such as former 49ers quarterback Steve Young and 28-time Olympic medalist Michael Phelps, The 7 Habits of Highly Effective Teens has become the last word on surviving and thriving as a teen.

Living the 7 Habits - Stephen R. Covey - 1999-06-01
In the ten years since its publication, The 7 Habits of Highly Effective People has become a worldwide phenomenon, with more than twelve million readers in thirty-two languages. Living the 7 Habits: Stories of Courage and Inspiration captures the essence of people's real-life experiences, applying proven principles to help them solve their problems and overcome challenges. In this uplifting and riveting collection of stories, readers will find wonderful examples of hope and encouragement as they are touched by the words of real people and their experiences of change-change that got them through difficult times; change that solved family crises; change that mended broken relationships; change that turned their businesses around; change that influenced entire communities.

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**The Leader in Me** - Stephen R. Covey - 2012-12-11

Children in today's world are inundated with information about who to be, what to do and how to live. But what if there was a way to teach children how to manage priorities, focus on goals and be a positive influence on the world around them? The Leader in Me is that programme. It's based on a hugely successful initiative carried out at the A.B. Combs Elementary School in North Carolina. To hear the parents of A. B Combs talk about the school is to be amazed. In 1999, the school debuted a programme that taught The 7 Habits of Highly Effective People to a pilot group of students. The parents reported an incredible change in their children, who blossomed under the programme. By the end of the following year the average end-of-grade scores had leapt from 84 to 94. This book will launch the message onto a much larger platform. Stephen R. Covey takes the 7 Habits, that have already changed the lives of millions of people, and shows how children can use them as they develop. Those habits -- be proactive, begin with the end in mind, put first things first, think win-win, seek to understand and then to be understood, synergize, and sharpen the saw -- are critical skills to learn at a young age and bring incredible results, proving that it's never too early to teach someone how to live well.

**365 Days Of Positive Thinking & Reflection** - Deborah Lawson - 2020-05-14

Daily inspiration for positive thinking and Reflection. The easiest way for anyone to change his/her life is by changing his/her thought. Your thought is what defines you and the outcomes that you would produce in life. And when your thought is corrupted, it reflects in everything that you say and do. If you must have positive thoughts, you must be willing to feed your mind with positive information and reflect on that information until it becomes part of you. And one of the ways in which you can feed your mind with positive information is by reading and meditating on positive life-changing motivational quotes that have the potential to reconfigure your mind to concentrate on the positive aspects of life. With 365 days of positive thinking and reflection, you'll transform your mindset and motivate yourself to face life with more zeal, enthusiasm and optimism. This positive thinking one quote a day inspirational quote book is loaded with positive life-changing quotes that will open your mind to see life differently. 365 days of positive thinking covers all aspects of life in short, straight-to-the-point and easy to understand quotes. As you read through this book and reflect on the great words of wisdom in the pages of this book all through the year, I assure you that your life will be energized, motivated and activated for exploit. Welcome to your year of positivity!

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engaging our strengths and locating our powerful, individual voices. Why do we need this new habit? Because we have entered a new era in human history. The world is a profoundly different place than when THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE was originally published in 1989. The challenges and complexity we face today are of a different order of magnitude. We enjoy far greater autonomy in all areas of our lives, and along with this freedom comes the expectation that we will manage ourselves, instead of being managed by others. At the same time, we struggle to feel engaged, fulfilled and passionate. Tapping into the higher reaches of human genius and motivation to find our voice requires a new mindset, a new skill-set, a new tool-set - in short, a whole new habit.

The 8th Habit - Stephen R. Covey - 2013-01-08
In the 7 Habits series, international bestselling author Stephen R. Covey showed us how to become as effective as it is possible to be. In his long-awaited new book, THE 8th HABIT, he opens up an entirely new dimension of human potential, and shows us how to achieve greatness in any position and any venue. All of us, Covey says, have within us the means for greatness. To tap into it is a matter of finding the right balance of four human attributes: talent, need, conscience and passion. At the nexus of these four attributes is what Covey calls voice - the unique, personal significance we each possess. Covey exhorts us all to move beyond effectiveness into the realm of greatness - and he shows us how to do so, by engaging our strengths and locating our powerful, individual voices. Why do we need this new habit? Because we have entered a new era in human history. The world is a profoundly different place than when THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE was originally published in 1989. The challenges and complexity we face today are of a different order of magnitude. We enjoy far greater autonomy in all areas of our lives, and along with this freedom comes the expectation that we will manage ourselves, instead of being managed by others. At the same time, we struggle to feel engaged, fulfilled and passionate. Tapping into the higher reaches of human genius and motivation to find our voice requires a new mindset, a new skill-set, a new tool-set - in short, a whole new habit.

Daily Reflections on Addiction, Yoga, and Getting Well - Rolf Gates -
Deeply personal essays and daily prompts for self-reflection while healing from addiction and walking the road of recovery from the author of Meditations from the Mat and Meditations on Intention and Being. You are a process that has called forth a teaching for this day. This teaching will not be new to you; rather it will be reminding you of what you already know. Reminding you of who you already are. Rolf Gates, author of Meditations from the Mat, has walked the walk of the 12-step method of recovery while traveling down the Buddhist eightfold way and practicing the Eight Limbs of Classical Yoga. His integrated approach has been the key to his understanding of sobriety for over 25 years. In his series of 365 essays, Gates explores the lessons and experiences from his own practice and study, classical teachings, and his career as a teacher and coach. Each eloquent and brief essay is accompanied by a self-reflection prompt to help guide you on your journey of introspection and change. As the co-founder of the Yoga + Recovery Conference at Kripalu Center for Yoga and Health and Esalen Institute, Gates has made a significant contribution to understanding the role that yoga can play in recovery from addiction. With his personalized approach to both the modern and classic teachings and by embedding it within the space of the human heart and everyday life, Gates is a solid guide to finding and living the freedom that lives within each of us.

Principle-Centered Leadership - Stephen R. Covey - 2009-12-02
An inspirational and practical guide to leadership from the New York Times–bestselling author of The 7 Habits of Highly Effective People. Covey, named one of Time magazine’s 25 Most Influential Americans, is a renowned authority on leadership, whose insightful advice has helped millions. In his follow-up to The 7 Habits of Highly Effective People, he poses these fundamental questions: How do we as individuals and organizations survive and thrive amid tremendous change? Why are efforts to improve falling so short in real results? How do we unleash the creativity, talent, and energy within ourselves and others? Is it realistic to believe that balance among personal and professional life is possible? The key to dealing with the challenges that we face is to identify a principle-centered core within ourselves and our institutions. In Principle-Centered Leadership, Covey outlines a long-term, inside-out approach to developing people and organizations. Offering insights and guidelines on how to apply these principles both at work and at home, Covey posits that these steps will lead not only to an increase in productivity and quality of work, but also to a new appreciation of personal and professional relationships as we strive to enjoy a more balanced, rewarding, and ultimately more effective life. “There seems to be no limit to the number of writers offering answers to the great perplexities of life. Covey, however, is the North Star in this field . . . without hesitation, strongly recommended.” —Library Journal
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The Seven Habits of Highly Effective People - Stephen R. Covey - 1997
A revolutionary guidebook to achieving peace of mind by seeking the roots of human behavior in character and by learning principles rather than just practices. Covey's method is a pathway to wisdom and power.

Shine the Light of Truth on Shame - Barb Tonn - 2017-05-18
Shine the Light of Truth on Shame is a refreshingly unique book that provides an honest, thorough, easily understood, and insightful program to release us from the pain of shame. Author Barb Tonn shares from a deep well of tools she developed working as a psychotherapist, who for over thirty years specialized in healing shame. The book will appeal to a variety of people: those who have heard of shame and are interested in learning more about it; those who are already working to heal their shame, anxiety, depression, bipolar disorder, PTSD, abuse, and adult children issues while in therapy or utilizing self-help and personal growth tools; counselors; people in recovery from addictions; and those who are mindfully and spiritually changing the direction of their lives from one of war to one of peace. The book takes a deep dive into where shame is anchored in our lives and world and then presents solutions for creating a new paradigm for living that is held in love instead of shame. It provides powerful techniques
living that is held in love instead of shame. It provides powerful techniques how to release from it, and 365 days of reflections and meditations to help release us from the grip of shame. The daily format provides interventions that can easily be integrated into one’s daily life, a step at a time. As readers move through the year of daily interventions, they are brought more deeply into the healing of shame. By day 365 readers have a working program for intervening on shame that can be easily utilized for the rest of their lives. Author Barb Tonn has been in recovery from shame and addictions for close to forty years. She is able to address many of the needs of the recovering and 12-Step community, as well as the community at large. She speaks to many of the needs of recovering individuals that often go unaddressed and greatly impact the quality of their recovering lives. The author deeply believes that unaddressed shame is the greatest cause of relapse in people healing from eating disorders, sexual addiction, substance abuse, codependency, gambling addiction, alcoholism, workaholism and other addictions. This unresolved shame prevents the individual from achieving the peace that is possible and desirable in recovery. Shine the Light of Truth on Shame is a powerful journey out of shame and into peace. The author shares her 30 years of experience working with clients in healing their shame as well as 40 years of healing. Her personal sharing helps the reader feel the love and peace that is possible when shame is brought into healing.

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**The Daily 5** - Gail Boushey - 2006-01-01
Describes the philosophy of the Daily 5 teaching structure and includes a collection of literacy tasks for students to complete daily.

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**Everyday Greatness** - Stephen R. Covey - 2009-05-04
Inspiring stories and practical insights challenge readers to live a life of everyday greatness. Best-selling author Stephen Covey and Reader's Digest have joined forces to produce an extraordinarily volume of inspiration, insight, and motivation to live a life of character and contribution. The
Edition takes Dr. Covey’s philosophy and remasters the entire text to challenge readers to make three important choices every day: The Choice to Act - your energy The Choice of Purpose - your destination The Choice for Principles - the means for attaining your goals Topics include: Searching for Meaning Taking Charge Starting Within Creating the Dream Teaming with Others Overcoming Adversity Blending the Pieces With stories from some of the world’s best known and loved writers, leaders, and celebrities, such as Maya Angelou, Jack Benny, and Henry David Thoreau, and insights and commentary from Stephen Covey, the Wrap Up and Reflections at the end of each chapter help create a project that can be used for group or personal study.

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**First Things First** - Stephen R. Covey - 2015-07-14
The New York Times–bestselling time management book from the author of The 7 Habits of Highly Effective People. Stephen R. Covey’s First Things First is the gold standard for time management books. His principle-centered approach for prioritizing gives you time management tips that enable you to make changes and sacrifices needed in order to obtain happiness and retain a feeling of security. First Things First: The Interactive Edition takes Dr. Covey’s philosophy and remasters the entire text to include easy-to-understand infographics, analysis, and more. This time-saving version of First Things First is the efficient way to apply Dr. Covey’s tested and validated time management tips, while retaining his core message. This guide will help you: • Get more done in less time • Develop and retain rich relationships • Attain inner peace • Create balance in your life • And, put first things first “Covey is the hottest self-improvement consultant to hit US business since Dale Carnegie.” —USA Today “Covey has reached the apex with First Things First. This is an important work. I can’t think of anyone who wouldn’t be helped by reading it.” —Larry King, CNN “These goals embody a perfect balance of the mental, the physical, the spiritual, and the social.” —Booklist

**The Daily Stoic** - Ryan Holiday - 2016-10-18
From the team that brought you The Obstacle Is the Way and Ego Is the Enemy, a beautiful daily devotional of Stoic meditations—an instant Wall
For the millions of Americans who want spirituality without religion, Sam minds—from George Washington to Frederick the Great to Ralph Waldo Emerson, along with today's top performers from Super Bowl-winning football coaches to CEOs and celebrities—embraced the wisdom of the ancient Stoics? Because they realize that the most valuable wisdom is timeless and that philosophy is for living a better life, not a classroom exercise. The Daily Stoic offers 366 days of Stoic insights and exercises, featuring all-new translations from the Emperor Marcus Aurelius, the playwright Seneca, or slave-turned-philosopher Epictetus, as well as lesser-known luminaries like Zeno, Cleanthes, and Musonius Rufus. Every day of the year you'll find one of their pithy, powerful quotations, as well as historical anecdotes, provocative commentary, and a helpful glossary of Greek terms. By following these teachings over the course of a year (and, indeed, for years to come) you'll find the serenity, self-knowledge, and resilience you need to live well.

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**Waking Up** - Sam Harris - 2014-09-09

For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, Waking Up is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. Waking Up is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

**White Fragility** - Robin DiAngelo - 2018-06-26

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are
describe how to leverage these “silent writing-to-learn discussions” “vital, necessary, and beautiful book” (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and “allows us to understand racism as a practice not restricted to ‘bad people’ (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

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The Best-Kept Teaching Secret - Harvey "Smokey" Daniels - 2013-10-11
Your fast-track to student engagement Everywhere Smokey Daniels speaks, there’s one teaching strategy that teachers embrace above all others. That single method for transforming students from passive spectators into active learners . . . for evoking curiosity, inspiring critical thinking, and building powerful writers along the way. Now, that best-kept teaching secret is revealed: Written Conversations. Smokey and coauthor Elaine Daniels describe how to leverage these “silent writing-to-learn discussions” structure by structure Mini-memos Dialogue journals Write-arounds Digital discussions . . . with detailed descriptions, lessons, and annotated student samples—making this the most practical teaching book in recent memory.

Alcoholics Anonymous - Alcoholics Anonymous - 2012-08

Meditations on Intention and Being - Rolf Gates - 2015
Yoga has never been more popular. Throughout the United States, people are turning to this ancient practice as a response to the pressures of today's hectic world. In Meditations on Intention and Being, acclaimed yoga teacher Rolf Gates draws on twenty years of teaching experience to explore and explain how to take the mindfulness of yoga off the mat and integrate it into every aspect of life. Presented in the form of 365 inspirational daily reflections, Gates helps readers--from experienced yogis to novices seeking a little tranquility--to fundamentally reconsider their relationships with their minds, bodies, and the universe around them through self-reflection. Over the course of seven chapters, he explores Effortlessness, Nonviolence, The Spirit of Practice, Mindfulness, Compassion and Loving-kindness, Equanimity and Joy, and Intention and Being, giving readers the tools they need to effect positive changes in their lives.
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Based on a Navy SEAL's inspiring graduation speech, this #1 New York Times bestseller of powerful life lessons "should be read by every leader in America" (Wall Street Journal). If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves and the world—for the better. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire readers to achieve more, even in life's darkest moments. "Powerful." --USA Today "Full of captivating personal anecdotes from inside the national security vault." --Washington Post "Superb, smart, and succinct." --Forbes

The 48 Laws of Power - Robert Greene - 2000-09-01
Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control—from the author of The Laws of Human Nature. In the book that People magazine proclaimed "beguiling" and "fascinating," Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence ("Law 1: Never Outshine the Master"); others teach the value of confidence ("Law 28: Enter Action with Boldness"); and many recommend absolute self-preservation ("Law 15: Crush Your Enemy Totally"). Every law, though, has one thing in
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<td>Robert Greene</td>
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**The 21 Indispensable Qualities of a Leader** - John C. Maxwell - 2007-09-16

“The 21 Indispensable Qualities of a Leader gets straight to the heart of leadership issues. Maxwell once again touches on the process of developing the art of leadership by giving the reader practical tools and insights into developing the qualities found in great leaders.” - Kenneth Blanchard, Coauthor of The One Minute Manager® “Dr. John Maxwell is the authority on leadership today. His innovative yet timeless principles on how to effectively lead others have personally impacted my life and my business. This is a must-read for any organization that wants to succeed in the new millennium.” - Peter Lowe, President of Peter Lowe International and Peter Lowe’s SUCCESS Seminars “My dear friend John Maxwell has proven his ability to lead leaders. I anticipate learning even more from his new book.” - Max Lucado, Author of Just Like Jesus


Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of The Laws of Human Nature. In the book that People magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, The 48 Laws of Power is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

**Food for the Heart** - Chah - 2005-06-10

Renowned for the beauty and simplicity of his teachings, Ajahn Chah was Thailand's best-known meditation teacher. His charisma and wisdom influenced many American and European seekers, and helped shape the American Vipassana community. This collection brings together for the first time Ajahn Chah's most powerful teachings, including those on meditation, liberation from suffering, calming the mind, enlightenment and the 'living dhamma'. Most of these talks have previously only been available in limited, private editions and the publication of Food for the Heart therefore represents a momentous occasion: the hugely increased accessibility of his words and wisdom. Western teachers such as Ram Dass and Jack Kornfield have extolled Chah's teachings for years and now readers can experience them directly in this book.

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in mindful meditation as you embrace possibility, awaken to curiosity, and private editions and the publication of Food for the Heart therefore represents a momentous occasion: the hugely increased accessibility of his words and wisdom. Western teachers such as Ram Dass and Jack Kornfield have extolled Chah's teachings for years and now readers can experience them directly in this book.

**The 7 Habits of Happy Kids** - Sean Covey - 2011-06-07
In The 7 Habits of Happy Kids, Sean Covey uses beautifully illustrated stories to bring his family's successful philosophy to the youngest child. For the Seven Oaks friends, there is always something to do. Whether they're singing along with Pokey Porcupine's harmonica or playing soccer with Jumper Rabbit, everyone is having fun and learning all sorts of things. These seven stories show how practicing the 7 Habits makes this possible for the whole Seven Oaks Community. From learning how to take charge of their own lives to discovering how balance is best, the Seven Oaks friends have tons of adventures and find out how each and every kid can be a happy kid!

**The Daily Meditation Book of Healing** - Worthy Stokes - 2020-05-05
Healing through meditation—a year of daily reflections to help you embody positive thinking. Learn how daily meditation books can help you heal yourself and transform your life—one day at a time. The Daily Meditation Book of Healing will help you address trauma, anxiety, and emotional distress with encouraging and inspirational reflections and affirmations for every day of the year. Discover the benefits of spending a few minutes a day in mindful meditation as you embrace possibility, awaken to curiosity, and take inspired action. Expand your potential as you devote yourself to the practice of compassionate tenderness in a way that only daily meditation books allow. Go beyond other daily meditation books with: 365+ days of healing—Ground yourself and begin a year-long journey with the guidance of hopeful daily meditations. Mindful recovery—Look inward and change your thinking with affirmations that stimulate positivity and inner peace. Wisdom for everyone—Get the most out of your daily meditation books as you ruminate on powerful and transformational reflections open to all spiritual beliefs. Unlock the potential of daily meditation books as get help healing and becoming your best self.

**The Purpose Driven Life** - Rick Warren - 2012-10-23
The New York Times #1 bestselling book by Pastor Rick Warren that helps you understand and live out the purpose of your life. Before you were born, God already planned your life. God longs for you to discover the life he uniquely created you to live—here on earth, and forever in eternity. Let The
books in history, with more than 35 million copies sold, The Purpose Driven Life is far more than just a book; it's the road map for your spiritual journey. A journey that will transform your life. Designed to be read in 42 days, each chapter provides a daily meditation and practical steps to help you discover and live out your purpose, starting with exploring three of life's most pressing questions: The Question of Existence: Why am I alive? The Question of Significance: Does my life matter? The Question of Purpose: What on earth am I here for? The book also includes links to 3-minute video introductions and a 30- to 40-minute audio Bible study message for each chapter. Plus questions for further study and additional resources. The Purpose Driven Life is available in audiobook, ebook, softcover, and hardcover editions. Also available: The Purpose Driven Life video study and study guide, journal, devotional, book for kids, book for churches, Spanish edition, Large Print edition, and more.

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Daily Reflections - A a - 2017-07-27
This is a book of reflections by A.A. members for A.A. members. It was first published in 1990 to fulfill a long-felt need within the Fellowship for a collection of reflections that moves through the calendar year--one day at a time. Each page contains a reflection on a quotation from A.A. Conference-approved literature, such as Alcoholics Anonymous, Twelve Steps and Twelve Traditions, As Bill Sees It and other books. These reflections were submitted by members of the A.A. Fellowship who were not professional writers, nor did they speak for A.A. but only for themselves, from their own experiences in sobriety. Thus the book offers sharing, day by day, from a broad cross section of members, which focuses on the Three Legacies of Alcoholics Anonymous: Recovery, Unity and Service. Daily Reflections has proved to be a popular book that aids individuals in their practice of daily meditation and provides inspiration to group discussions even as it presents an introduction for some to A.A. literature as a whole.

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The 7 Habits of Highly Effective People - Stephen R. Covey - 2013
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The 5 AM Club - Robin Sharma - 2018-12-04
Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, The 5am Club will walk you through: How great geniuses, business titans and the world’s wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed “Insider-only” tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, The 5am Club is a work that will transform your life. Forever.

A guide to putting cognitive diversity to work Ever wonder what it is that makes two people click or clash? Or why some groups excel while others fumble? Or how you, as a leader, can make or break team potential? Business Chemistry holds the answers. Based on extensive research and analytics, plus years of proven success in the field, the Business Chemistry framework provides a simple yet powerful way to identify meaningful differences between people’s working styles. Who seeks possibilities and who seeks stability? Who values challenge and who values connection? Business Chemistry will help you grasp where others are coming from, appreciate the value they bring, and determine what they need in order to excel. It offers practical ways to be more effective as an individual and as a leader. Imagine you had a more in-depth understanding of yourself and why
teams and in your organizations, improving collaboration to achieve the
had a clearer view on what to do about it so that you could always perform
at your best. Imagine you had more insight into what makes people tick and
what ticks them off, how some interactions unlock potential while others
shut people down. Suppose you could gain people’s trust, influence them,
motivate them, and get the very most out of your work relationships.
Imagine you knew how to create a work environment where all types of
people excel, even if they have conflicting perspectives, preferences and
needs. Suppose you could activate the potential benefits of diversity on your
teams and in your organizations, improving collaboration to achieve the
group’s collective potential. Business Chemistry offers all of this—you don’t
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**Ten Traits of Highly Effective Principals** - Elaine K. McEwan - 2003-05-30
Increase your own effectiveness with the help of the built-in facilitator's
guide, ideas, reflections, behaviors, habits, and inspiring stories.

**Rich Dad, Poor Dad** - Robert T. Kiyosaki - 2016-04-27
Although we have been successful in our careers, they have not turned out
quite as we expected. We both have changed positions several times-for all
the right reasons-but there are no pension plans vesting on our behalf. Our
retirement funds are growing only through our individual contributions.
Michael and I have a wonderful marriage with three great children. As I
write this, two are in college and one is just beginning high school. We have
spent a fortune making sure our children have received the best education
available. One day in 1996, one of my children came home disillusioned with
school. He was bored and tired of studying. “Why should I put time into
studying subjects I will never use in real life?” he protested. Without
thinking, I responded, “Because if you don’t get good grades, you won’t get
into college.” “Regardless of whether I go to college,” he replied, “I’m going
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**E-Tivities** - Gilly Salmon - 2004-08-02
Beyond the hype of online learning lies a straightforward question: how do you really deliver worthwhile learning online? This book, based on action research, provides a simple answer to this fundamental question by exploring a key technique that enables teachers and learners to use available technologies happily and successfully. So, what are e-tivities? They are motivating, engaging, purposeful activities developed and led by an e-moderator. They are frameworks for active and interactive online learning. E-tivities are in the hands of the teachers themselves and promote active e-learning. This is not a book about the technology of online learning. Practical, accessible and direct, it looks at personalizing and customizing teaching and learning. Written for use in any topic, subject or course, E-tivities explores: the importance of activities in online learning; designing and running e-tivities; the five-stage model of teaching and learning online. Backed up extensive illustrations and case studies, and including a unique collection of 35 Resources for Practitioners, this is a book for all professionals involved in online learning.

**First Things First** - Stephen Covey - 1993
Shows readers why their previous time-managing attempts have failed, how to overcome bad habits, the connections between time and money management, how to maintain control when delegating, and how to keep resolutions.

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**Don't Sweat the Small Stuff and It’s All Small Stuff** - Richard Carlson - 1997-11-03
Don't Sweat the Small Stuff and It's All Small Stuff is an audiobook that tells you how to keep from letting the little things in life drive you crazy. In thoughtful and insightful language, author Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life. You can learn to put things into perspective by making the small daily changes Dr. Carlson suggests, including advice such as "Choose your battles wisely"; "Remind yourself that when you die, your 'in' box won't be empty"; and "Make peace with imperfection". With Don't Sweat the Small Stuff you'll also learn how to: * Live in the present moment * Let others have the glory at times * Lower your tolerance to stress * Trust your intuitions * Live each day as it might be your last With gentle, supportive suggestions, Dr. Carlson reveals ways to make your actions more peaceful and caring, with the added benefit of making your life more calm and stress-free.
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