

The 7 Ahas Of Highly Enlightened Souls How To Free Yourself From All Forms Of Stress

Offers advice for achieving greater inner peace and personal fulfillment through the use of twenty five exercises and activities drawn from traditions around the world, including visualization and meditation.

There are pivotal moments in the lives of all seekers when we realize that we've been traveling on our path of growth toward happiness and fulfillment, but, simply put, we want to go faster. How we have been living, working, and loving just isn't enough or even acceptable anymore. We know we're being called to something more significant and expanded—we can feel it. At these times what's needed is not simply more change or an adjustment in our outer life, but profound transformation. We don't just want to rearrange the pieces of ourselves so that they look better temporarily. We want nothing less than rebirth. We are ready for Soul Shifts. Soul Shifts is the groundbreaking new book from New York Times best-selling author and renowned transformational teacher Barbara De Angelis, Ph.D. Now, in her most powerful offering yet—and the culmination of her life's work—Dr. De Angelis offers a practical handbook for awakening, and a brilliant revisioning of the journey of personal and spiritual transformation that will inspire and enlighten longtime seekers as well as new arrivals to the path of growth. Soul Shifts are radical, vibrational internal shifts that spontaneously and inevitably transform the way you relate to yourself, to others, and to the world. For transformation to be real and lasting, it must originate from the inside out, so that instead of trying to constantly micromanage everything, you operate from true mastery at the deepest level of who you are—the soul level. When you learn how to make these Soul Shifts on the inside, everything on the outside of your life shifts. Places where you've felt stuck or confused become illuminated with new clarity and understanding. Obstacles turn into possibilities, dead ends transform into doorways, and challenges convert into astonishing maps leading you to exciting new territories . . . all because you have made a Soul Shift. A masterful and moving teacher, Dr. De Angelis will offer you illuminating guidance and invaluable techniques for living a life of practical spirituality and making your own personal Soul Shifts. Written with Barbara De Angelis's trademark eloquence, keen insight, and compassionate wisdom, Soul Shifts takes you on nothing less than a sacred inner journey to emotional and spiritual rebirth and lasting attainment. Reading it will leave you truly and authentically uplifted and transformed.

A useful book for early aspirant for Ayurvedic treatment. The author tells us why disease set in and the ways in which these can be tackled.

For ages 4-8. When Asha's lesbian mums become an issue for the teacher and the curiosity of classmates, Asha responds that having two mums is not a big deal. They are a family.

Author and Harry Potter fan Duncan Levy recognizes that "*Wingardium Leviosa*" may be the most popular spell incantation from the world of Harry Potter, but he'd be the first to remind fans that it isn't the only one.

The Unofficial Harry Potter Spellbook is a comprehensive companion for fans looking to delve deeper into the magical world of Harry Potter. Written by fifteen-year-old author Duncan Levy, this extensive collection of spells is not only a fun treat for fans but an extensive look into the magic that fuels the universe of Harry Potter.

The books of Harry Potter were written by British author J.K Rowling. Since the first book's publication back in 1997, the Hogwarts universe has since taken the world by storm, spawning a series of highly successful films, and a whole line of official and unofficial books, toys, games, and clothing lines.

The Unofficial Harry Potter Spellbook takes fans one step closer to the world of Harry Potter by providing them with a convenient and fun way of finding out the different magical spells that were used in the books. The book covers everything from hexes, jinxes, and curses, to charms and healing spells. Whether you're looking for a quick-read magic guide or a fun addition to your growing collection of Harry Potter memorabilia, *The Unofficial Harry Potter Spellbook* is perfect for you.

The Unofficial Harry Potter Spellbook is part of the THiNKaha series whose slim and handy books contain 140 well-thought-out quotations (tweets/ahas).

Do You BELIEF or do You KNOW? To believe is to say 'I don't know'. And belief is certainly not the truth. So how are we to realize and know our own truth? Mike George illustrates why and how to go beyond all our beliefs if we want to be free, happy and wise. In a sequence of vividly-detailed portraits, Maleka Donaldson reveals how veteran, public-school Kindergarten teachers respond to children's mistakes during day-to-day classroom instruction.

Change Your PERCEPTIONS, Create New PERSPECTIVES and Cultivate Greater CLARITY - Why do so few people truly, deeply change, even when they want to? Why do almost all those techniques and methods that promise to 'unleash your potential' and 'transform your life' seldom work? Why do so many people learn so many ways to relax but still suffer from stress? They don't change their MINDSETS. Only a new or different MINDSET can permanently change the way you think, feel, decide and create your life. It can only happen from inside out! That means challenging some of your own deeply held beliefs, shattering a few old illusions and hunting the truths that already exist within you. To help you do that Mike presents the best of his regular CLEAR THINKING articles/reactions from the last ve years. Each reaction contains a set of clues and signposts to help you change your own MINDSETS allowing you to - Make the shift from force to power - Cultivate serenity and patience - Live from inside out, not outside in - Practice the power of presence - Find balance by being centred - Become a completely free spirit. Mike George is an author of eleven books on how to awaken your awareness of your authentic self and thereby restore the essence of your being, which is love. He talks, teaches and tutors across the world on topics such as self-awareness, emotional intelligence, liberating leadership and 'continuous unlearning'. His other recent books include *The Immune System of the SOUL.*, *BEING Your Self* and *The 7 Myths About LOVE...Actually!*"

Revised and updated with the latest scientific research and updated case studies, the business classic that offers a revealing look at psychopaths in the workplace—how to spot their destructive behavior and stop them from creating chaos in the modern

corporate organization. Over the past decade, *Snakes in Suits* has become the definitive book on how to discover and defend yourself against psychopaths in the office. Now, Dr. Paul Babiak and Dr. Robert D. Hare return with a revised and updated edition of their essential guide. All of us at some point have—or will—come into contact with psychopathic individuals. The danger they present may not be readily apparent because of their ability to charm, deceive, and manipulate. Although not necessarily criminal, their self-serving nature frequently is destructive to the organizations that employ them. So how can we protect ourselves and our organizations in a business climate that offers the perfect conditions for psychopaths to thrive? In *Snakes in Suits*, Hare, an expert on the scientific study of psychopathy, and Babiak, an industrial and organizational psychologist and a leading authority on the corporate psychopath, examine the role of psychopaths in modern corporations and provide the tools employers can use to avoid and deal with them. Together, they have developed the B-Scan 360, a research tool designed specifically for business professionals. Dr. Babiak and Dr. Hare reveal the secret lives of psychopaths, explain the ways in which they manipulate and deceive, and help you to see through their games. The rapid pace of today's corporate environment provides the perfect breeding ground for these "snakes in suits" and this newly revised and updated classic gives you the insight, information, and power to protect yourself and your company before it's too late.

The leading reference on this topic has just gotten better. Building on the success of the previous two editions, all the chapters have been updated to reflect the latest developments in the field, and new chapters have been added on picolinic acids, oxathiapiprolin, flupyradifurone, and other topics. This third edition presents the most important active ingredients of modern agrochemicals, with one volume each for herbicides, fungicides, and insecticides. The international team of first-class authors from such renowned crop science companies as Bayer, Syngenta, Dow AgroSciences, DuPont (now Corteva Agriscience), and BASF, address all crucial aspects from the general chemistry and the mode of action to industrial-scale synthesis, as well as from the development of products and formulations to their application in the field. A comprehensive and invaluable source of timely information for all of those working in modern biology, including genetics, biochemistry and chemistry, and for those in modern crop protection science, whether governmental authorities, researchers in agrochemical companies, scientists at universities, conservationists, or managers in organizations and companies involved in improvements to agricultural production.

Straight-talking advice from the Skincare Queen Caroline Hirons is the authority in skincare - and for the first time, she's sharing her knowledge with the world. With over 100 million views of her blog and over 13 million views of her YouTube videos, she cuts out the jargon, tells you what you do and don't need, and is finally going to get the nation off face wipes for good! Skincare is the go-to book for people of all ages and skin types who want to feel and look fantastic. It explains the facts, the myths and the best way to get good skin - on any budget. With everything from Caroline's signature cheat sheets, simple tips and tricks to glow (inside and out!) understanding ingredients lists, and advice on how to choose the products that are right for you, this is the ultimate guide to healthier, brighter skin.

In the twenty-first century, more than ever, everything and everybody seems to be on the move. Global flows of people, goods, food, money, information, services and media images are forming an intensely mobile background to everyday life. Social scientists, too, are on the move, seeking new analytical purchase on these important aspects of the social world by trying to move with, and to be moved by, the fleeting, distributed, multiple, non-causal, sensory, emotional and kinaesthetic. *Mobile Methods* addresses the challenges and opportunities of researching mobile phenomena. Drawing on extensive interdisciplinary discussion, the book brings together a collection of cutting-edge methodological innovations and original research reports to examine some important implications of the mobilities turn for the processes of 'research', and the realm of the empirical. Through analysis that addresses questions such as 'how are social relationships and social institutions made in and through mobility?', and 'how do people experience mobility in twenty-first century world cities?', the authors mobilize sociological analysis, bringing new insights and opening up new opportunities for engagement with contemporary challenges. This book is a key text for undergraduate and postgraduate students of disciplines including Human Geography, Social Policy, Sociology and Research Methods.

A colorful guide to the art of meditation furnishes techniques, spiritual insights, and tips, along with more than one thousand meditations, visualizations, affirmations, and inspirational quotations for use any time of the day, organized according to such themes as true love, coping with adversity, how to be good, and more. Original.

Leadership is not learned or developed, it is liberated and revealed through authenticity of character. There is no magic formula and there is no 'right way', simply the personal realization of one's real identity, which is no one, the intrinsic nature of consciousness, which can hold on to nothing, and the recognition that there is nowhere to go

Tools to make hard problems easier to solve. In this book, Sanjoy Mahajan shows us that the way to master complexity is through insight rather than precision. Precision can overwhelm us with information, whereas insight connects seemingly disparate pieces of information into a simple picture. Unlike computers, humans depend on insight. Based on the author's fifteen years of teaching at MIT, Cambridge University, and Olin College, *The Art of Insight in Science and Engineering* shows us how to build insight and find understanding, giving readers tools to help them solve any problem in science and engineering. To master complexity, we can organize it or discard it. *The Art of Insight in Science and Engineering* first teaches the tools for organizing complexity, then distinguishes the two paths for discarding complexity: with and without loss of information. Questions and problems throughout the text help readers master and apply these groups of tools. Armed with this three-part toolchest, and without complicated mathematics, readers can estimate the flight range of birds and planes and the strength of chemical bonds, understand the physics of pianos and xylophones, and explain why skies are blue and sunsets are red. *The Art of Insight in Science and Engineering* will appear in print and online under a Creative Commons Noncommercial Share Alike license.

"A complete guide to achieving peace of mind and a true sense of self-worth: discover contentment by giving due emphasis to what really matters- the gifts of peace, love and harmony within reach of us all; contains 25 specially devised step-by-step exercises to help you control your emotions, think clearly and positively, find tranquility, and enjoy life's blessings to the full; includes more than 50 specially commissioned artworks, for visual inspiration."--Back cover.

What is the difference between fear and excitement and how can you tell them apart? How do the mind and body make emotions? When can anxiety be good? This science-based graphic book addresses these questions and more, revealing just how strange anxiety is, but also how to unravel its mysteries and relieve its effects. Understanding how anxiety is created by our nervous system trying to protect us, and how our fight-or-flight mechanisms can get stuck, can significantly lessen the fear experienced during anxiety attacks. In this guide, anxiety is explained in an easy-to-understand, engaging graphic format with tips and strategies to relieve its symptoms, and change the mind's habits for a more positive outlook.

Spirit Release covers psychic attack, curses, witchcraft, spirit attachment, haunting, soul rescue, deliverance and exorcism. This comprehensive guide has been developed over many years as course material in the College of Psychic Studies in London. It looks at the symptoms of psychic attack and spiritual attachments, what to do and how to prevent them.

What Would YOU Say? Some people say, "I am spiritual but not religious". Others say, "I am religious and my spirituality is based on my religion". And a few say, "My religion is my spirituality". Then there are those who say, "Religion is spiritual and you can't be spiritual without religion". And a very few say they cannot be compared as both are the same! Phew! So there is an obvious mixing of the two ideas. That's why untangling them can only happen in one's own consciousness when there is clarity about each. Mike sets out to help you discern the difference between religion and spirituality but in a way that engages you to 'see for your self'. In 101 areas of comparison he articulates both the substantial and the subtle differences with simplicity and wisdom. Why is it important? In his words, "Right now religion still dominates our world. For many it provides a comfortable set of beliefs by which to live. But if you want to prepare your self for what is to come, if you want to be ready, willing and able to face the challenges ahead, you will need to cultivate your spirituality. And that, for many, is not so comfortable".

Plant Drug Analysis has proven an invaluable and unique aid for all those involved with drug production and analysis, including pharmacists, chemical and pharmaceutical researchers and technicians, drug importers and exporters, governmental chemical control agencies, and health authorities. From the reviews of the German Edition: "The reviewer would like to recommend this excellent book to all chromatographers, as he considers it highly relevant to the solution of numerous problems. Its main purpose is the demonstration of thin-layer chromatograms of the usual commercial drugs as an aid in testing for identity and purity. ... 165 colour plates, each showing 6 chromatograms and all of superb quality photographs ..." (Journal of Chromatography)

An introduction to the art and practice of meditation, this guide lays down the foundation for ongoing spiritual development. A series of ten lessons provide specific insight into Raja Yoga, with practical exercises to complement and to help an understanding of the method and underlying teachings.

'I was swept along by Asha's story from the first page.' SARAH DRIVER, author of The Huntress trilogy Asha lives in the foothills of the Himalayas. Money is tight and she misses her papa who works in the city. When he suddenly stops sending his wages, a ruthless moneylender ransacks their home and her mother talks of leaving. From her den in the mango tree, Asha makes a pact with her best friend, Jeevan, to find her father and make things right. But the journey is dangerous: they must cross the world's highest mountains and face hunger, tiredness - even snow leopards. And yet, Asha has the unshakeable sense that the spirit bird of her grandmother - her nanijee - will be watching over her.

New York Times bestselling author Donald Miller uses the seven universal elements of powerful stories to teach readers how to dramatically improve how they connect with customers and grow their businesses. Donald Miller's StoryBrand process is a proven solution to the struggle business leaders face when talking about their businesses. This revolutionary method for connecting with customers provides readers with the ultimate competitive advantage, revealing the secret for helping their customers understand the compelling benefits of using their products, ideas, or services. Building a StoryBrand does this by teaching readers the seven universal story points all humans respond to; the real reason customers make purchases; how to simplify a brand message so people understand it; and how to create the most effective messaging for websites, brochures, and social media. Whether you are the marketing director of a multibillion dollar company, the owner of a small business, a politician running for office, or the lead singer of a rock band, Building a StoryBrand will forever transform the way you talk about who you are, what you do, and the unique value you bring to your customers.

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The guide to shortening your execution cycle down from one year to twelve weeks Most organizations and individuals work in the context of annual goals and plans; a twelve-month execution cycle. Instead, The 12 Week Year avoids the pitfalls and low productivity of annualized thinking. This book redefines your "year" to be 12 weeks long. In 12 weeks, there just isn't enough time to get complacent, and urgency increases and intensifies. The 12 Week Year creates focus and clarity on what matters most and a sense of urgency to do it now. In the end more of the important stuff gets done and the impact on results is profound. Explains how to leverage the power of a 12 week year to drive improved results in any area of your life Offers a how-to book for both individuals and organizations seeking to improve their execution effectiveness Authors are leading experts on execution and implementation Turn your organization's idea of a year on its head, and speed your journey to success.

Learn to maximize the quality (and quantity) of your leisure time ; Learn simple stress-relief exercises that produce immediate results ; Master basic meditation techniques for calming the mind ; Enrich the quality of your sleep and dream life ; Ease tension with exercises from shiatsu massage, yoga, and other Eastern practices ; Use visualization to reawaken the senses and deepen relaxation ; Gain control of your life and increase your enjoyment of every day.

It s not easy to BE your self in a world where almost everyone wants you to be someone else! Even friends and colleagues often want you to be their version of you! We are surrounded and ambushed every day by a thousand images and voices calling us to invest our identity in their product, their brand, their label, their service. It s not surprising we all go through our own personal form of identity crisis . Sometimes it lasts a lifetime! That s why who you think you are, is usually who you are not! Until you truly know your self you cannot be at peace, you will not be able to truly love and authentic happiness will be elusive. Mike George explores and explains: how you can liberate your self from ego, the false you, and rediscover the real you; how to let go of the attachments that are holding you back; why fear, anger and sadness sabotage your happiness so frequently and the ways to liberate your self from this emotional suffering; how to align with the spiritual laws of consciousness, renew your soul energy and be free of stress; how to choose your feelings anywhere and anytime; how to realise and see what s IN the way IS the way. Mike George is an author of several books on how to awaken your awareness of your true self and thereby restore the essence of your being, which is love. He talks inspirationally, teaches deeply and tutors mindfully across the world on topics such as self-awareness, spiritual intelligence, liberating leadership and continuous unlearning . His other recent books include The 7 Myths About LOVE Actually! and The Immune System of the SOUL.

Read Heidi Grant Halvorson's blogs and other content on the Penguin Community. Just in time for New Year's resolutions, learn how to reach your goals-finally-by overcoming the many hurdles that have defeated you before. Most of us have no idea why we fail to reach our goals. Now Dr. Heidi Grant Halvorson, a rising star in the field of social psychology shows us how to overcome the hurdles that have defeated us before. Dr. Grant Halvorson offers insights-many surprising-that readers can use immediately, including how to: • Set a goal so that you will persist even in the face of adversity • Build willpower, which can be strengthened like a muscle • Avoid the kind of positive thinking that makes people fail The strategies outlined in this book will not only help everyone reach their own goals but will also prove invaluable to parents, teachers, coaches, and employers. Dr. Grant Halvorson shows readers a new approach to problem solving that will change the way they approach their entire lives. Watch a Video

Ingu is an ordinary boy, and his life is as ordinary as it can be. There is nothing special about it. But, now and then, he goofs-up or makes a mistake or fails. With each of these missteps, Ingu learns something new and moves on, as every oh-no moment has a hidden aha lesson. Follow Ingu's journey from age four to eleven, and read about the ahas Ingu has from his oh nos.

In this revelatory, authoritative portrait of Donald J. Trump and the toxic family that made him, Mary L. Trump, a trained clinical psychologist and Donald's only niece, shines a bright light on the dark history of their family in order to explain how her uncle became the man who now threatens the world's health, economic security, and social fabric. Mary Trump spent much of her childhood in her grandparents' large, imposing house in the heart of Queens, New York, where Donald and his four siblings grew up. She describes a nightmare of traumas, destructive relationships, and a tragic combination of neglect and abuse. She explains how specific events and general family patterns created the damaged man who currently occupies the Oval Office, including the strange and harmful relationship between Fred Trump and his two oldest sons, Fred Jr. and Donald. A firsthand witness to countless holiday meals and interactions, Mary brings an incisive wit and unexpected humor to sometimes grim, often confounding family events. She recounts in unsparing detail everything from her uncle Donald's place in the family spotlight and Ivana's penchant for regifting to her grandmother's frequent injuries and illnesses and the appalling way Donald, Fred Trump's favorite son, dismissed and derided him when he began to succumb to Alzheimer's. Numerous pundits, armchair psychologists, and journalists have sought to parse Donald J. Trump's lethal flaws. Mary L. Trump has the education, insight, and intimate familiarity needed to reveal what makes Donald, and the rest of her clan, tick. She alone can recount this fascinating, unnerving saga, not just because of her insider's perspective but also because she is the only Trump willing to tell the truth about one of the world's most powerful and dysfunctional families.

Do you know love? Have you discovered love? If you think you have this book will make you think again. So what is LOVE exactly and why are we so confused? Mike George takes you on a journey to the very heart of your life where love lives and has always lived. Along the way he dispels the myths about love, clearly defines and locates love, and reveals exactly why we are all so ?emotionally confused? about love. Waking up from the illusions, delusions and confusions that keep us asleep. There is a journey we all must make. We will either choose to make it or we will be forced to make it. It is the journey of awakening from our ignorance that makes us suffer to an enlightenment that restores our happiness. After 35 years on this 'inner road' Mike George sets out the phases, levels and the mindsets that we will all encounter along the way. He maps the journey simply and concisely in a way that is accessible to anyone. He shows us how to wake up and free our self from the illusions and delusions that we have all absorbed and how to stay awake in a world that depends on us being asleep! Mike is an author of 12 books on spirituality and self-awareness.

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 tiny 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 F*ck '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

Diversity and Inclusion to build better products from the front lines at Google Establishing diverse and inclusive organizations is an economic imperative for every industry. Any business that isn't reaching a diverse market is missing out on enormous revenue potential and the opportunity to build products that suit their users' core needs. The economic "why" has been firmly established, but what about the "how?" How can business leaders adapt to our ever-more-diverse world by capturing market share AND building more inclusive products for people of color, women and other underrepresented groups? The Product Inclusion Team at Google has developed strategies to do just that and Building For Everyone is the practical guide to following in their footsteps. This book makes publicly available for the first time the same inclusive design process used at Google to create user-centric award-winning and profitable products. Author and Head of Product Inclusion Annie Jean-Baptiste outlines what those practices look like in industries beyond tech with fascinating case studies. Readers will learn the key strategies and step-by-step processes for inclusive product design that limits risk and increases profitability. Discover the questions you should be asking about diversity and inclusion in your products for marketers, user researchers, product managers and more. Understand the research the Product Inclusion team drove to back up their practices Learn the "ABCs of Product Inclusion" to build inclusion into your organization's culture Leverage the product inclusion suite of tools to get your organization building more inclusively and identifying new opportunities. Read case studies to see how product inclusion works across industries and learn what doesn't work. Building For Everyone will show you how to infuse your business processes with inclusive design. You'll learn best practices for inclusion in product design, marketing, management, leadership and beyond, straight from the innovative Google Product Inclusion team. Beware of who you trust... When Ridley Jones steps off a New York street corner to save the life of a young child, she is thrown into a whirlwind of violence, deception and fear, and her world is turned upside down. But just as she has a chance to pick up the pieces of her shattered life, another seemingly ordinary act leads her into dark territory she never knew existed, and where she must question everything she knows about those close to her. Forced to hunt down a ghost from the past, Ridley risks everything and learns to trust no one in a race to find the truth before it finds her...

Never underestimate the power of a book title! Titles spell the difference between messages that are read and absorbed, and those that go unnoticed. '#BOOK TITLE tweet Book01' stimulates a new way of thinking about titles and outlines a process for choosing perfect titles and subject lines. Concise and to the point, this book helps business professionals reap maximum value for the time and money they invest in creating and distributing their message. Its tested process for effective title selection is invaluable for business professionals who know that writing can build their brand and position them as thought leaders. If you are an author, an entrepreneur, or an information marketer, you will find that this gem of a book sparks your creativity and provides new directions for effective writing. '#BOOK TITLE tweet Book01' gets you to rethink the importance of titles and see the central value of the title in all your written projects. It demonstrates the importance of market research and early feedback in title selection.

By focusing on the power of a title, it gives you a head start on a broad range of writing projects and helps you to examine them in the context of the needs and interests of your readers. Roger C. Parker is a "32 Million Dollar Author," book coach, and online writing resource. His 38 books have sold 1.6 million copies in 35 languages around the world. In this book he shows you how to take a fresh look at titles and re-examine their effectiveness. The hundreds of examples he provides will inspire you to recognize good titles when you see them, and apply their lessons to your own projects. '#BOOK TITLE tweet Book01' coaches you to welcome writing projects, and optimize your written communication to maximize the value of your time, your money, and your brand. '#BOOK TITLE tweet Book01' is part of the THINKaha series whose 100-page books contain 140 well-thought-out quotes (tweets/ahas).

This little book strips away the illusions which surround the modern malaise we call stress. Then, in seven insights, it reminds us of the essence of all the different paths of spiritual wisdom.

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