

## The Wondering Brain Thinking About Religion With And Beyond Cognitive Neuroscience

Rose translates the best from brain-based research into practical skills and strategies anybody can use. Field-tested on more than 100,000 people, these core concepts really work to reduce stress, manage anger, and improve relationships.

Jess has been in love with her best friend, Kate, for seven years, but her feelings have never been returned. One night they sleep together, and Jess finds out how much it is possible to be hurt by someone close. Jess and Kate struggle to redefine their friendship. They spend a week at Jess's family holiday house in a small seaside town, Awatangi, intending to make the time to talk things through, but the conversations never happen. Kate makes vague promises, but begins to have second thoughts. Jess wants Kate, and nothing else, and is heartbroken that isn't enough. Jess decides – while everything is changing in her life – that she doesn't want to go on living in the city, that she wants to return to Awatangi. Part of her hopes some physical distance between them may help things with Kate, and part of her – frustrated and upset – simply wants to leave Kate behind. In Awatangi, Jess meets Keri, a local lawyer who has also recently returned home. Like Jess, Keri surfs, and like Jess, she seems to feel some attachment to her family roots in Awatangi. Jess is drawn to Keri, but forces herself not to let anything happen. Despite everything, Kate is still Jess's closest friend, and she has loved Kate all her life. She feels she has to give the situation with Kate as long as she can to work itself out. Awatangi is about coping with feelings for a close friend that are not returned, set in a small holiday township on the West Coast of the South Island of New Zealand. It is an exploration of getting what you've always wanted and it not being enough, of being in love with one person and wanting another, and of finding out that life doesn't always turn out as expected.

Introduces the practice of "mindsight" and its potential for improving interpersonal relationships, explaining how challenges ranging from stress to severe trauma can be treated by redirecting the flow of energy and information in the brain.

This book is about particular thoughts that have been evoked when being an observant individual who chose to think aloud and formulate words together to convey feelings regarding the social environment and the different episodes which have been brought out from it.

Talk, Think, Feel is an exploration of emotions in children with cancer, their families, and the doctors who take care of them. In this thought-provoking work, Nathaniel Bayer offers insight into the emotional side of medicine and the range of feelings that pervade pediatric oncology and life in general. This book is a collection of reflections, stories, observations of clinical encounters, and extensive direct quotes from interviews Bayer conducted with twenty pediatric oncologists across the United States. The narrative voices are illuminating in their candor and provide a window into the thoughts of doctors and the close relationships they share with patients. The poignant vignettes-about the lives and even the deaths of children with cancer-serve as a way for readers to further understand the illness experience and to reflect on their own emotional responses. This book is part of an increasingly important conversation about the role of emotions in medicine. Join the discussion.

'This book is brilliant - read it and be prepared to reset your mood to happy. Your life won't be the same again' Daily Express Everyone wants to be happy and successful and yet the pursuit of both has never been more elusive. We are urged to craft careers that matter, to achieve more and waste no time on the small stuff, to be actively engaged in our communities and, while we are at it, to relish every second. Rather than thriving, all this pressure leads to declining wellbeing, relationships and, paradoxically, productivity. In The Happiness Track Emma Seppälä explains that behind our inability to achieve sustainable fulfillment are counterproductive theories of success. Success doesn't have to come at our personal expense. Drawing on the latest research into resilience, willpower, growth mindset, stress, creativity, compassion, mindfulness, gratitude training and optimism, Seppälä shows how nurturing ourselves is the most productive thing we can do to thrive professionally and personally. Filled with practical advice on how to apply these findings to your daily life, The Happiness Track is a life-changing guide to fast-tracking your success and creating an anxiety-free life.

The Instant-Series Presents "Instant Genius" How to Think Like a Genius to Be One Instantly! When you hear the word "genius" - what immediately pops into your mind? Perhaps, people like Albert Einstein, Isaac Newton, Leonardo da Vinci, and Thomas Edison just to name a few. What did all these folks have? What was the common factor that made them a genius? And is possible for you to also be like them? Now what is a genius? Geniuses are, first and foremost, extraordinary individuals... They are always somewhat ahead of their time, and their contributions to the world have shaped society into what we know it as of today with all the remarkable fleets of advanced achievements unheard of in the past - just look at how far we have come with modern medicine, science, technologies, etc. And geniuses have helped mankind evolved into more intelligent beings - pushing us to all strive for even greater possibilities. So how to become a genius? The widely-accepted notion is...you're either born with a genius IQ or not; however, being a genius has less to do with your level of intelligence. Everybody has their own form of genius. The key is how to unlock that inner genius of yours. Within "Instant Genius": \* How to easily create a custom "genius trigger button" step-by-step, so you can activate it to turn on your full-intellectual mental capacity at will, at anywhere, and at anytime. \* How to channel your inner genius through the power of your subconscious mind, by doing the "subconscious self-session" technique to open doors to new ways of thinking. \* How to use personalized "visual mental imprints" as your sources of inspirations and motivations to spark your creative genius to generate unlimited innovative ideas. \* How to develop genius reflexes to handle any complex problem and come up with ingenious solution to have people look up to you, always wanting to hear what you have to say. \* How to optimize your mind to work in relentless genius mode with full concentration and inexhaustible energy where obstacles no longer exist, through an in-depth "4-stages process" you can implement whenever you want. \* Plus, custom practical "how-to" strategies, techniques, applications and exercises on how to think like a genius. ...and much more. All of us has the potential to be our own geniuses. You just only need to be guided on how to unleash that genius brain power within you - to finally realize what you're truly capable of. You will be amazed and even surprised yourself.

The author presents his perspectives and personal experiences on mentalism and how it can be used to tap into the mind's hidden powers.

Colouring Mandala is not only fun, it is also a relaxing joyful artistic experience. In modern life, our mind is constantly under attack by numerous factors fights to get our attention,

it starts in the moment we open our eyes and ends when we lay in bed and try to fall asleep. Mandala drawings are a meditative tool, that helps our mind and spirit be more calm and focused, together with the joy of creating art works, it's the perfect tool for body and mind to all ages. Our mandala adult coloring book includes 50 beautiful mandalas and 50 inspiring quotes, creates a calm, artistic and meditative experience for body and mind.

Matt Johnson had a life he was happy enough with. Could he learn to be happy with his death as well? This zombie story is written from his point of view-- from normal, every-day security guard, to brain-eating, mindless zombie.

One CEO's journey through a successful life.

Sadie's mind is always flying off to the clouds and make-believe worlds, which sometimes gets her in trouble, but her mom comes up with a clever plan to bolster her confidence and help her feel better about her wandering, dreaming mind.

This work is a compilation of 25 thoughts that could direct your path towards peace, thoughtfulness and action. The thoughts in this space came to me as I witnessed truths of life unfolding for me through my own experiences. It is because of my desire to find tools for purpose in every event of my life that I find peace in both letting go and embracing that which is necessary. My hope is that: \* You will find complete freedom and blessings in loss as it was intended for your destiny. \* You will learn to look at your mistakes as natural lessons in your life rather than failures. \* You will understand how your burdens are really the fuel for your motivation towards perfection. \* You will realize that the thorns in your flesh can literally be the very tools you need to complete your assignment. \* You will see all is not lost and what you thought was tragic is just another stepping stone towards your true fulfillment. \* At the end of your spiritual literary journey with me, you will realize that you can be used AS IS for the fulfillment of your destiny.

Your Own Neuron is a daring adventure of parapsychology through the darkest and most enigmatic regions of the human mind. The human mind possesses various mysterious abilities that are often considered as science fiction. In this book the author investigates the foggy world of paranormal activities with the tools of modern neuroscience.

International bestselling author, Neuroscientist Abhijit Naskar elucidates how the bizarre parapsychological phenomena such as telepathy, clairvoyance, precognition, premonition, afterlife do not possess any kind of paranormal element after all. The book illustrates the hardcore biological foundation behind all kinds of paranormal experiences. These fascinating experiences are the gift from Mother Nature that make human beings the most inexplicable species on planet earth.

97 percent of all communication is nonverbal. Only 7 percent of meaning comes from our words. Have you ever been curious as to what people are thinking about? In this book you will learn the Techniques and strategies that will enable you to recognize certain behavioral patterns. You will learn what people really think about you, You can use these techniques to improve your relationships, career, and self development. The techniques used in this book can be used on anyone at anytime. This book contains proven steps and strategies on how to read other people through their body movements, their head gestures, their posture, their proxemics, and even by looking into their eyes. A greater percentage of modern communication is considered as nonverbal. A tilt of one's head, the thrust of one's lip - all of these provide subtle clues about his personality and the meaning behind his words. Understanding other people on sight and deciphering their messages through their unconscious movements will help sharpen your intuition and develop your critical thinking skills. Often, we tend to judge people in a very biased manner. The fact is that these preconceptions are difficult to get rid of. Many times, this causes us to form inaccurate judgments. This book's goal is to help you see the social world from a whole new angle. Nonverbal Cues will show you the truth. There are several factors that hinder an individual's ability to communicate freely. If you're a parent or a caregiver, it is important to identify nonverbal cues that indicate distress. Being able to analyze a person on sight may also be extremely beneficial to one's career and social life. It helps you to become a better communicator and allows you to build your presence. On an intimate level, being able to decode a person's non-verbal messages will help you determine the degree of their interest towards you. More than that, being able to read a person on sight prevents you from being the victim of deceit. No one wants to go about blindly in this world. By reading this book, not only will you be able to really look at people, you will also be able to perceive them. What you will get from this book

- Learn to differentiate between different Gestures and Kinesics
- Learn what hand gestures and body movements really imply
- Determine if someone agrees or disagrees through Head gestures
- Determine if someone is attracted through their eye contact
- Read true intentions and feelings towards you from facial expressions
- Learn how Proxemics(distance) influence's someone's behavior
- Learn how to read posture and body movements

Benefits this book can provide you

- Build a Stronger Career
- Have a better Social Life
- Have more self confidence
- Have deeper relationships with people

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Creativity and the Wandering Mind: Spontaneous and Controlled Cognition summarizes research on the impact of mind wandering and cognitive control on creativity, including imagination, fantasy and play. Most coverage in this area has either focused on the negative consequences of mind wandering on focused problem solving or the positive effect of mindfulness, but not on the positive consequences of mind wandering. This volume bridges that gap. Research indicates that most people experience mind wandering during a large percentage of their waking time, and that it is a baseline default mode of brain function during the awake but resting state. This volume explores the different kinds of mind wandering and its positive impact on imagination, play, problem-solving, and creative production. Discusses spontaneous and controlled processes in creativity Examines the relationship between mind wandering, consciousness, and imagination Reviews research on problem-solving, imagination, play, and learning Highlights the positive impact of mind wandering on creative thought and output

Have you ever had a daydream? If so, you've had a dissociative experience. The same is true if you've had an out-of-body moment or thought you were somewhere else as you drifted off to sleep. These are seemingly harmless and temporary dissociations. But further down the spectrum of such experiences, you find people actually traveling to a strange city and suddenly not remembering how they got there. You also find people with multiple personalities and other disordered thinking. In *The Wandering Mind*, Dr. John Biever and co-author Maryann Karinch use the stories of people all along the spectrum of dissociative conditions—from those who are “perfectly normal” to those diagnosed with Dissociative Identity Disorder—to expose the natures and functions of dissociation. Their lives and stories serve as a way of exploring chronic dissociation and the trek back to good mental health. The authors look closely at what signs and symptoms indicate normal, everyday dissociation, and those that indicate a more serious problem. While daydreamers may not meet the criteria for diagnosis, trauma victims who relive their nightmares in real time may require both diagnosis and treatment. The authors also delve into the phenomenon of deliberate dissociation, such as Buddhist monks in meditation. And they take a close look at the process of diagnosing a dissociative disorder as well as factors that put patients on the road to reintegration and recovery.

Get Inside the Mind of a Vicious Serial Killer Serial killers are a different breed of killer. They're people you know. People with families. They're often polite and cordial in public settings. They're often educated. And most times, they're just the guy-or girl-next door. But deep beneath the polite and innocent looking exterior, lays a deranged sociopath that kills habitually-and without a shred of mercy or remorse. Now, inside this book you'll gain a firsthand understanding of why serial killers do what they do. You'll discover the thought patterns, motives, and behavioral traits that set serial killers apart. You'll know the inner working of a serial killers mind, and what REALLY drives them to commit their horrendous acts. This is unlike any other book you've read on criminal psychology, as the content can get quite detailed and graphic. We're not here to make you feel good, only to share the real facts and theories associated with serial killer behavior. When you're finished reading this book you should understand a serial killer's world, the thought process of a serial killer, and the background of a serial killer. Real life serial killers will be used as examples throughout this book as well. Download this book today and also discover The definition of a serial killer What separates serial killers from other kinds of killers The four subcategories of serial killers Elaborate tactics serial killers use to ensnare their victims How serial killers are NEVER what you'd expect A list of serial killers along with their crimes, motives, and personal lives detailed Belle Gunness, the famous man killer who was never found The theory of organized and disorganized serial killers The category of missionary killers Children who are serial killers!?! The surefire sign that reveals if one will grow up to be a serial killer Jeffery Dahmer's thought processes The kinds of living conditions that breed serial killers How head trauma at an early age could lead to serial killing How moving around a lot at an early age can lead one to become a serial killer An inside look at the notorious Ted Bundy The psychology of Son of Sam and how he would choose his victims Much, much more So whether you work in healthcare, law, or would just like to be an informed citizen-this book will help you grasp and identify serial killer behavior at a deeper level. Download This Book Today and Discover the Inner workings of a Serial Killer's Twisted Mind

The Wandering Mind What the Brain Does When You're Not Looking University of Chicago Press

"All physicians are involved in the management of pain at some level or the other, but of the various specialties and health professions, surgeons are at the frontline of delivering perioperative pain care. *Perioperative Pain Management for General and Plastic Surgery* offers a concise yet comprehensive overview of the surgical pain management field to help practitioners effectively plan and enhance perioperative pain control. Chapters provide guidance on solving common dilemmas facing surgeons who are managing patients with pain related problems and clinical decision-making, and explore essential topics required for the trainee and practitioner to quickly assess the patient with pain, to diagnose pain and painful conditions, determine the feasibility and safety of surgical procedure needed, and arrange for advanced pain management consults and care if needed. This text also explores the latest evolving techniques and appropriate utilization of modern equipment and technology to safely provide care. Highly accessible and written by experts in the field, *Perioperative Pain Management for General and Plastic Surgery* is an ideal resource for practicing surgeons, anesthesiologists, critical care personnel, residents, medical students"--Provided by publisher.

Moira is a powerful empath, a psychic graced with the ability to read emotions and memories. Her skill is as much a curse as a gift, for in the harshly stratified city of Braxton empaths are slaves. Clever and beautiful, Moira has learned to rely on no one but herself. Determined to escape life as a concubine, she kills her master, and is imprisoned for the crime. This could be the end for Moira, but the government has need of her skills. A mysterious serial killer known as the Phoenix has been planting suggestions in his victims' minds that drive them to murder and suicide. To gain her freedom, Moira partners with Keenan Edwards, a handsome young detective, to stop the killer. Hunting the Phoenix will bring Moira on a more dangerous road than she imagined, forcing her to confront dark minds, twisted moralities, and her growing feelings for the detective.

Sharing Random Thoughts ~ *The Wonderings of a Wandering Mind* is exactly what the name implies. This is a book composed of the blog posts of the same title. The author's posts cover everything from an observation of nature, to the political climate of the day to her take on spiritual matters. Ever wonder about a squirrel crossing the road or what if the earth wobbles just a little too much in its rotation? Ever want to express your opinions and ideas? That is exactly what this book of random thoughts is all about. The author takes the reader on an ever-changing path of thought provoking and entertaining messages

*Mind Your Thoughts* is a book that will help you quiet and focus your thoughts so you speak directly to your unconscious state of being in a language the mind understands.

Meditation is nothing more than relaxation, and in a meditative state, your conscious can relax and allow you to speak directly to the unconscious. The unconscious is in charge

of your life, even though you allow your conscious to be in control. If you want to experience change in your life, you need to learn to bypass the conscious control which can be described as critical, analytical, and most of all judgmental. Meditating through relaxation is how you reprogram your unconscious with new concepts and information. The unconscious learns by applying this information against the storage of all your memories, experiences, reactions, and emotions. Also, the unconscious is much more accepting of change because it processes information without judgment. You will see both mental and physical changes resulting from this process. Practice with the thoughts in this book; your unconscious will understand even if your conscious seems confused. Mind your thoughts and experience a human metamorphosis from the inside out. The purpose of meditation is to quiet the mind. Meditation removes the clutter of thoughts from everyday life, and also helps you to get in touch with your higher consciousness. It does take practice, so do not become discouraged. Set aside 45 minutes each evening before you go to sleep. Sit in a quiet room, in a comfortable and relaxed position wearing loose clothing. Close your eyes and take a deep breath in through your nose and let it out slowly through your mouth. With each breath in, clear your mind of all thoughts, and feel your body relax. Repeat this 9 times before beginning. This book contains 81 thoughts for you to meditate on. There are 9 sets of 9 thoughts each. Start with Set One and allow 5 minutes of meditation for each thought. After your initial warm up of 9 deep breaths, read the first thought of the first set. Close your eyes and continue your deep breathing as you reflect on the thought and what it may mean to you and your life. Think of nothing else. Repeat this with each thought until you complete Set One. It will take you at least 9 evenings to get through all of the sets in the book. You may want to repeat a set over and over again before moving on to the next set. Eventually, you will have your favorite thoughts that you will want to dedicate your meditations on. Most people enjoy thoughts of wisdom, but rarely take the time to internalize them enough to be life changing. Practice mindfulness in life and create ripples that will forever change your life. This is not an instructional book on the art of meditation.

So You Think You're Smart is an eclectic collection of word games, riddles and logic puzzles to tantalize, tease and boggle the brains of readers of all ages and educational levels. The brain teasers are about ordinary words and things that everybody knows about so only common sense and a bit of resourcefulness are needed to solve them. The book is in its 17th printing and has appeared on Saturday Night Live.

"On the origin of Mind' is a detailed description of how the mind works. It explains the dynamics from the neuronal level upwards to the scale of group behaviour, society and culture."--Publisher's website. Do you ever feel like you could do more with your life, but you don't know where to start? Do great ideas keep going through your mind, barely changing from year to year? Do you need the tools to get you going in the right direction? This book has one purpose: To help you make your dream come true, no matter how big that dream might be. To change your life you need the desire to change and the commitment to make that change possible through action. Mind to Mind Conversations will help start you on the path to a new life.

Your child's mind is like a garden that needs tending. If you water it with knowledge, then it will grow and bloom. Treat this activity book as the water that helps the garden grow. There are plenty of exercises to do so there's no room for boredom. What are you waiting for? Secure a copy today!

A prosthesis that can communicate with and be controlled by your brain. A microchip placed in the eye of a person previously blind that allows the patient to see again. A machine that can tell us what a person is thinking about. Drugs tailor made for a specific person to help them deal with emotional issues. The stuff of science fiction? No. It is reality. The human brain is not only our most complex organ, but also the most complex entity known to mankind. We are in an age of fantastic and prolific neurological research with advances occurring faster than in any other scientific field. This research promises to help us with our mental health, social adjustment, satisfaction with life, our ability to learn, and our ability to remember, (and forget). The brain contains approximately 90 billion neurons. We are beginning to understand their functions more and more each day. This three-pound organ the shape of a cauliflower has fascinated man for centuries. The study of the brain is now less philosophical and more scientific. As neurological research becomes more and more enlightening and practical, a general understanding of the brain and the major issues of neurological science become more important. It is not rocket science or brain surgery (pun intended) to have a basic understanding of the state of our knowledge of the brain today. This book will acquaint the reader with thirty of the most important and interesting topics in the study of the brain. The author will assume that the reader has limited knowledge of the brain and it's functions, and will present information in every day language with very limited use of scientific jargon. The brain is responsible for how we perceive our world and how we behave in it. Let us begin our journey of understanding it.

Life is full of challenges. There are times when you will feel like you've done everything to the best of your ability, but in the end, it still didn't work. Have you ever wondered why? Was it because life is unfair, or was it because you were actually "expecting the worst"? Have you considered expecting the best instead? You may think, "Of course, I considered great things to happen!," but science says otherwise. People who are preparing for something are found to be thinking more of the bad things that could happen than the positive outcomes. More often than not, thinking about unfortunate events actually make it happen. Hoping that you will not be late for a meeting will cause you to be late. Thinking of saying a complex sentence inappropriately actually makes you tongue-tied. Do you know why? It is because your thoughts have the power to change things and events. In this book, you will learn how to master positive thinking by learning about the power of thought and the Law of Attraction. With these core principles, this book will teach you ways on how to think positively by hacking your body, your speech, and your actions. You will know about scientific studies that proved the benefits of positive thinking. You will also be introduced to the successful life teachers who used positivity to become successful. Finally, you will be provided with step-by-step guides on how you can do it yourself. You are on your way to becoming a positive person who will enjoy living a good life by spreading the positive vibrations to the world! After downloading this book you will learn... Chapter 1: The Power of Thought Chapter 2: Mind over Body: The Power of Expectation Chapter 3: Mind over Matter: The Power of Intention Chapter 4: Mind over Society: The Power of Mental Communication Chapter 5: The Law of Attraction Chapter 6: Become a Positive Thinker: Start with Your Body Chapter 7: Become a Positive Speaker Chapter 8: Become a Positive Doer And Much, much more!

Agent Miriam 'Mac' Mackenzie is called to listen to the deathbed confession of a serial killer. The accused killer spent twenty years hunting and killing the most horrific criminals . The case is even more bizarre in that the killer took her daughter, Dana, with her on her mission to destroy evil. After two FBI agents are killed Mac finds herself in the center of an internal investigation. Worse yet, she's beginning have feelings for Dana, who may or may not be a killer like her mother. As the clock ticks down to the final showdown, Mac realizes nothing is as it seems.

"Does the fact that as much as fifty percent of our waking hours [finds] us failing to focus on the task at hand represent a problem? Michael Corballis doesn't think so, and with [this book], he shows us why, rehabilitating woolgathering and revealing its ... useful effects. Drawing on the latest research from cognitive science and evolutionary biology, Corballis [posits that] mind-wandering not only frees us from

moment-to-moment drudgery, but also from the limitations of our immediate selves"--Amazon.com.

Extrasensory Perception or ESP is something you can develop that will give you an intuition like no other. The problem for most people is they don't know how to develop their own intuition. There are some people in the world who know how to do telepathy and literally move matter with their mind alone. This has been documented and witnessed. There are other people who can just 'know' what someone else is thinking; like having x-ray vision into someone else's thoughts. Wouldn't that be something? To be able to read the thoughts of another human being? It would be very useful in many notable contexts. You'd know what your boss was thinking? You'd be able to guess what others felt about you? But really you would know--there wouldn't be any guessing! This book is going to help you develop your own ESP, so you can achieve knowing what other people think, without them having to come out and tell you. I remember back during my college years, a communications teacher lecturing on how the greatest ability one has, concerning verbal communication, is not verbalizing what shouldn't be verbalized. She was referring to the pricelessness of remaining silent when one doesn't have anything useful or meaningful to say. After you get through with this book, you'll be able to tap into what other people are thinking about. You'll be able to harness the power of your own Extrasensory Perception to intuit psychically what other people are thinking. This is a very valuable skillset, because once you are able to know what other people are thinking, you can predict their actions, making activities, like selling, easy to do. You can likewise predict with almost certain accuracy when other people mean you harm but appear innocent enough. You would be able to read people's thoughts, getting inside their heads, so you could persuade and communicate ideas that resonated with them. It would be like having your own private entrance into the world of someone else. Listen, we have a lot to cover. This book will get you there, but I need your full attention. Are you ready to learn? I hope so. Let's learn how to Develop ESP. Grab Your Copy Now!

Customized for the Salem Volcanoes (Minor League Team in Salem Oregon) This book gets rid of all the myths and misunderstandings of the baseball swing. For the first time in 120 years of baseball, we now fully understand the swing from a precise analytical perspective - - and here it is! There are two books: Book 1 (this book) is the stand-alone manual written specifically (in baseball language) for fans, ballplayers, and coaches of all levels, including Little League coaches and their dads. It carefully walks you through the swing telling you what is happening, how, and why. It's unlike anything you have ever seen in the baseball literature. You'll be amazed. For FANS, certain chapters are written specifically for you, so you (1) know what to watch for during a game; (2) how to classify batters into different styles; and (3) the final chapter describes the styles of different Home Run Kings from Babe Ruth to Barry Bonds. You'll learn lots and enjoy the game that much more. Book 2 is Technical Supplements, which are referenced in Book 1, with lots of graphs and tables - - based on our computer model which exactly matches the swing. Book 2 is for coaches, trainers, weight trainers, as well as teachers and students of the swing. Perfect for a college course!

How many times have you told yourself quit being such a PUSHOVER and stand up for what you really think and believe? Why don't you just speak up already? Are you fed up with pleasing others or settling for what you get instead of going for what you really want and need? Can you imagine how freeing and amazing it would be to get your power back and daring to be who you genuinely are? Are you looking for a straightforward and easy way to improve your self-esteem, reduce your self-criticism, feel better about yourself and have a healthier and happier life? If it sounds familiar then I urge you to keep reading. You are about to discover Be Assertive! Be your authentic self! This is not another book that gives you a plaster to put on the problem. This is a clear-cut cognitive behavioural therapy workbook that will help you become a more empowered and assertive individual, as well as, strengthen your self-esteem. It confronts the issue head on, asks you hard questions and reveals the true core source of your unassertiveness. By identifying and understanding the key psychological barriers that prevent you from acting assertively, challenging them directly and applying the newly learned strategies, you will be able to achieve permanent solutions. It will take a lot of motivation, energy, courage and hard work to create a change in your life but it is indisputably worth it. You may ask yourself: What are the Benefits of reading Be Assertive! Be your authentic self!? 1. Developing practical and constructive strategies/skills that will improve your communication style, recapture a sense of control over your life and help you cope better with difficult situations in the present and the future. 2. Being able to communicate and express your own authentic unique self. 3. The dismantling of your inner bully and self-defeating behaviours will help you achieve your potential and a happier and more fulfilled life. 4. Learning to challenge your daily negative thoughts will change and improve your emotions, behaviours, physical and psychological well-being and add balance to your life. 5. The strengthening and the enhancement of your awareness of your personal strengths, as well as, changing the way you think about yourself and others will enable you to achieve personal growth. 6. Attaining a better understanding and acceptance of yourself. 7. Bonus- introducing self-compassion to your life This is your chance to live the life you truly desire and deserve. Go for it! and Buy your copy now!

The Mamba Mentality: How I Play is Kobe Bryant's personal perspective of his life and career on the basketball court and his exceptional, insightful style of playing the game—a fitting legacy from the late Los Angeles Laker superstar. In the wake of his retirement from professional basketball, Kobe “The Black Mamba” Bryant decided to share his vast knowledge and understanding of the game to take readers on an unprecedented journey to the core of the legendary “Mamba mentality.” Citing an obligation and an opportunity to teach young players, hardcore fans, and devoted students of the game how to play it “the right way,” The Mamba Mentality takes us inside the mind of one of the most intelligent, analytical, and creative basketball players ever. In his own words, Bryant reveals his famously detailed approach and the steps he took to prepare mentally and physically to not just succeed at the game, but to excel. Readers will learn how Bryant studied an opponent, how he channeled his passion for the game, how he played through injuries. They'll also get fascinating granular detail as he breaks down specific plays and match-ups from throughout his career. Bryant's detailed accounts are paired with stunning photographs by the Hall of Fame photographer Andrew D. Bernstein. Bernstein, long the Lakers and NBA official photographer, captured Bryant's very first NBA photo in 1996 and his last in 2016—and hundreds of thousands in between, the record of a unique, twenty-year relationship between one athlete and one photographer. The combination of Bryant's narrative and Bernstein's photos make The Mamba Mentality an unprecedented look behind the curtain at the career of one of the world's most celebrated and fascinating athletes.

When told "Luca, you're growing like a weed!", 2 year old Luca responds "I'm not a weed, I'm Luca". Journey with Luca as she discovers herself among all of her silly family's comparisons.

"Open Book, Open Mind: Open Mic" is the latest literary work from author/singer/songwriter/entertainer/actor Big Daddy Abel. The author of the Amazon.com Best Selling E-book/digital short story series "Open Mic" is back with this culminating title loaded with many new stories and extras. Life on the road in a band provides many fun times and funny stories for BDA to share with you in this collection of humorous essays. Also included are several short stories in which Big Daddy collaborated with authors Giovanni Gelati and Tommy Jannarone. Time spent on the road

and in hotels provides a fertile environment for many hours pondering the world at large. BDA shares his views in a comical, light hearted and, at times, thought provoking manner on everything from politics to cultural relations and proper etiquette while attending live shows to behind the scenes encounters with rock stars and movie stars while on the set of television and movie productions. This book spans from sharing his great (times 9) grandmother's unfortunate experience in Salem during the Witch Trials into the future possibilities of language, encounters and the interconnectedness of everything. Inspired by such great authors as Mark Twain, Douglas Adams and Kurt Vonnegat, as well as, the comedic styles of Lewis Black, Ron White, Jim Gaffigan, Chris Rock, Patton Oswalt and even a touch of Bill Maher, Big Daddy Abel shares his views of the world while wearing his heart on his sleeve and keeping his "real" heart in the right place. He lays himself emotionally naked for you to read, ponder and absorb. This, is real, at times all "too real." Be prepared to laugh, think and maybe even shed a tear. Guard yourself, as Big Daddy takes you for a "real" ride into his real mind, real heart and real soul.

Sometimes, the things that a child hears about himself or herself is confusing to him or her. That is the case with the young boy in Almond Eyes. As a young child, he is constantly told that he has "beautiful Almond Eyes". He doesn't understand what this means until he asks his mother. She explains that his eyes are shaped like almonds because he is Korean. The boy then notices the different eye shapes of all of his friends. This is a wonderful book about celebrating the differences among friends.

Intellectual Eroticism is a series of poems aimed at the sapiosexual mind. To take many different intellectual approaches, hoping to press the mental buttons that control the stimulation of said mind. No two are the same, so of course there is "nerdplay" (Power Cosmic), for the scientific and rational mind. Wordplay, (Mental Spillage), that paints vivid pictures for those with a passionate fantasy mindset. As well as tones of animalistic aggression and or comedic timing (She Wants Me) that may also create mental friction or heat. The "Intellectual Series" of books will explore the mind erotically, romantically and even politically as future books join the series. Hoping to not only spark thought, but positive conversation. The first book in the series "Intellectual Eroticism" looks to evoke mental stimulation and conversation that leads to the kind of physical confrontation that you can appreciate again, and again... And again...

"Mac McPhail's writing is like a breath of fresh air - deeply exhilarating and much needed, particularly in the world today. His columns have brought our readers much joy. Whether writing about his roots in the Clement community or offering a refreshing approach to the political world of today, Mac's columns teach life lessons we'd all do well to take to heart. Everyone should enjoy this book!" Sherry Matthews, General Manager The Sampson Independent Clinton, N.C.

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