

Its Easier Than You Think The Buddhist Way To Happiness Sylvia Boorstein

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Slow Cooker Central Kids Harvard Business Press

What if I could give you a pair of magical glasses that changed the way you saw the world? What if whenever you wore these glasses you felt much better? In fact, let's say the glasses are powerful enough to turn a bad day into a good day. In fact, they are powerful enough to change despair into hope. And these glasses only cost a few dollars. Interested? Most people would probably want to buy these glasses. The good news for you is that you can! This book can have the same effect as magical glasses, except that it doesn't work through magic. You will be taught how to be intentional about what you focus on and it will transform the way you feel. The world outside will remain as it is. But what you see there, will be radically different. Your life is actually much better than you think it is. How could I possibly know that about you? This assertion is based on solid research showing that the human mind naturally focuses on negative things. When you focus on the negative things in your life, you are going to feel bad and believe your life is bad. But in reality, there are many good things happening in your life that you just can't see yet because your attention is directed towards the bad stuff. This is where my magical glasses come in. I'm going to teach you in this book how you can start to see the good that is already in your life. This will cause you to feel much better. In addition, it will give you a more accurate view of reality.

I Think You'll Find It's a Bit More Complicated Than that Harmony

"Exploring art history with hands-on projects for kids" -- Cover.

Passing Your Weak Subjects PublicAffairs

A Pulitzer Prize-winning reporter explains how money flowed in and out of Trump's hundreds of enterprises, showing in simple terms how his family and courtiers used his presidency to enrich themselves, even putting national security at risk.

It's Easier Than You Think Cambridge University Press

The New York Times best seller that has helped hundreds of thousands of people around the world gain freedom from emotional pain and stress,

achieve what they want in life, and discover the truth of who they truly are The Sedona Method is a simple, powerful, and easy-to-learn technique to let go of unwanted and limiting thoughts and emotions in the moment, empowering you to make clearer, stronger choices and perform at your best. What makes the Sedona Method such a powerful tool that really works is that it is a process you can use anytime, anyplace to improve any area of your life and uncover the joy that is right within you. It is a quick yet highly effective way to expand your sense of inner security and well-being, even in today's challenging and demanding world. The Sedona Method will help you: Free yourself from long-standing emotional challenges such as fear and anxiety, anger, depression, shame, and trauma Enjoy deep feelings of inner peace and feel more happiness in everyday life Put an end, once and for all, to the struggle to quit smoking, drinking, overeating, and other impulsive, addictive, self-defeating behaviors Experience dramatic shifts in self-esteem and self-confidence so you can enjoy a satisfying career, build greater wealth, create fulfilling personal relationships, and much more Effortlessly find the courage to take meaningful action towards being, doing, and having the most exciting things life has to offer Finally uncover and live as the pure, self-radiant Beingness that you are. Letting go is a crucial survival skill. In this book, you'll learn how to recognize and then let go of the emotions that prevent you from making sound decisions and achieving your goals and aspirations. You'll learn that feelings are only feelings. Feelings are not facts, they are not who you are, and you can easily let them go. The Sedona Method will show you step by step how to tap your natural ability to release, allowing you to produce results that often seem miraculous. These claims may sound extravagant; but if you are open, you can attain an inner mastery and happiness you never dreamed possible. This can all be yours because the Sedona Method is not another "should" or external "fix." It is a practical way to transform yourself from the inside out, easily and permanently. For more than four decades, the Sedona Method has proven itself to be an exceptional tool for both personal and corporate effectiveness and wellness, with several independent studies confirming its value. Hale Dwoskin and these life-changing techniques have also been featured in Rhonda Byrne's popular works *The Secret* and *The Greatest Secret*. "Through my work with *Chicken Soup for the Soul* and through my *Self-Esteem Seminars*, I have been exposed to many self-improvement techniques and processes. This one stands head and shoulders above the rest for the ease of its use, its profound impact, and the speed with which it produces results. The Sedona Method is a vastly accelerated way of letting go of feelings like anger, frustration, jealousy, anxiety, stress, and fear, as well as many

other problems—even physical pain—with which almost everybody struggles at one time or another.” —From the foreword by Jack Canfield, co-creator of the #1 New York Times best-selling series *Chicken Soup for the Soul*®

The Sedona Method CreateSpace

The very best journalism from one of Britain's most admired and outspoken science writers, author of the bestselling *Bad Science* and *Bad Pharma*. In 'Bad Science', Ben Goldacre hilariously exposed the tricks that quacks and journalists use to distort science. In 'Bad Pharma', he put the \$600 billion global pharmaceutical industry under the microscope. Now the pick of the journalism by one of our wittiest, most indignant and most fearless commentators on the worlds of medicine and science is collected in one volume.

Report Createspace Independent Publishing Platform

Now You're Talking! Do you want to be bulletproof at work, secure in your relationship, and content in your own skin? If so, it's more important than ever to be aware of what your body is saying to the outside world. Unfortunately, most of what you've heard from other body language experts is wrong, and, as a result, your actions may be hurting, not helping, you. With sass and a keen eye, media favorite Janine Driver teaches you the skills she used every day to stay alive during her fifteen years as a body-language expert at the ATF. Janine's 7-day plan and her 7-second solutions teach you dozens of body language fixes to turn any interpersonal situation to your advantage. She reveals methods here that other experts refuse to share with the public, and she debunks major myths other experts swear are fact: Giving more eye contact is key when you're trying to impress someone. Not necessarily true. It's actually more important where you point your belly button. This small body shift communicates true interest more powerfully than constant eye contact. The "steeple" hand gesture will give you the upper hand during negotiations and business meetings. Wrong. Driver has seen this overbearing gesture backfire more often than not. Instead, she suggests two new steeples that give you power without making you seem overly aggressive: the Basketball Steeple and the A-OK Two-Fingered Steeple. Happy people command power and attention by smiling just before they meet new people. Studies have shown that people who do this are viewed as Beta Leaders. Alpha leaders smile once they shake your hand and hear your name. At a time when every advantage counts—and first impressions matter more than ever—this is the book to help you really get your message across.

You Say More Than You Think HarperCollins Australia

"Nader's assessment of how concentrated wealth and power undermine democracy is clear and compelling, but it's his substantive vision of how we ought to respond that makes *Breaking Through Power* essential reading. Written just before Donald Trump's Electoral College victory, Nader's latest book reads with even greater urgency now."--Yes Magazine In *Breaking Through Power*, Ralph Nader draws from a lifetime waging--and often winning--David vs. Goliath battles against big corporations and the United States government. In this succinct, Tom Paine-style wake-up call, the iconic consumer advocate highlights the success stories of fellow Americans who organize change and work together to derail the many ways in which wealth manipulates politics, labor, media, the environment, and the quality of national life today. Nader makes an inspired case about how the nation can--and must--be democratically managed by communities guided by the United States Constitution, not by the dictates of big businesses and the wealthy few. This is classic Ralph Nader, a crystallization of the core political beliefs and commitments that have driven his lifetime of advocacy for greater democracy. "Ralph Nader is the grand progressive of our time. We overlook his words at our own peril! This book is required reading."--Cornel West "Ralph Nader's *Breaking Through Power* is a brilliant analysis of corporate power and the popular mechanisms that can be used to wrest back our democracy. No one has been fighting corporate domination longer, or understands it better, than Nader, who will go down in history not only as a prophet but an example of what it means to live the moral life. We disregard his wisdom and his courage at our peril."--Chris Hedges, Pulitzer-Prize winner and author of *Wages of Rebellion: The Moral Imperative of Revolt* "Nader goes beyond delineating the problem and provides a critical prescription to battle the toxicity of unjust power--one that every individual can, and must, embrace."--Nomi Prins, author, *All the Presidents' Bankers* "People are recognizing that our founding, fundamental values of fairness, justice, and opportunity for all--the very values that define our America--are being shoved aside to create an un-America of plutocracy and autocracy. Ralph

Nader's new book *Breaking Through Power* provides progressive boat-rockers with inspiration and a plan for reclaiming America from the greedy Plutocrats and Fat Cats who think democracy is for sale to the highest bidder."--Jim Hightower "I read Ralph Nader for the same reasons that I read Tom Paine. He knows what he thinks, says what he means, and his courage is a lesson for us all."--Lewis Lapham "Nader insists on speaking up for the little people and backs his arguments and decent sentiments with hard facts."--Publishers Weekly "This book is short, easy to read, and deserves more than five stars. Nader speaks for the average American, and backs up his arguments with facts. This is extremely highly recommended."--Paul Lappen, *Midwest Book Review* About Ralph Nader: Named by *The Atlantic* as one of the hundred most influential figures in American history, and by *Time* and *Life* magazines as one of the most influential Americans of the twentieth century, Ralph Nader has helped us drive safer cars, eat healthier food, breathe better air, drink cleaner water, and work in safer environments for more than four decades. Nader's recent books include *Animal Envy*, *Unstoppable*, *The Good Fight*, and the bestseller, *Seventeen Traditions*. Nader writes a syndicated column, has his own radio show, and gives lectures and interviews year round.

Stronger Than You Think Ten Speed Press

In *Anarchy Unbound*, Peter T. Leeson uses rational choice theory to explore the benefits of self-governance. Relying on experience from the past and present, Professor Leeson provides evidence of anarchy "working" where it is least expected to do so and explains how this is possible. Provocatively, Leeson argues that in some cases anarchy may even outperform government as a system of social organization, and demonstrates where this may occur. *Anarchy Unbound* challenges the conventional self-governance wisdom. It showcases the incredible ingenuity of private individuals to secure social cooperation without government and how their surprising means of doing so can be superior to reliance on the state.

The Big Cheat Simon and Schuster

Think of the toughest problems in your organization or community. What if they'd already been solved and you didn't even know it? In *The Power of Positive Deviance*, the authors present a counterintuitive new approach to problem-solving. Their advice? Leverage positive deviants--the few individuals in a group who find unique ways to look at, and overcome, seemingly insoluble difficulties. By seeing solutions where others don't, positive deviants spread and sustain needed change. With vivid, firsthand stories of how positive deviance has alleviated some of the world's toughest problems (malnutrition in Vietnam, staph infections in hospitals), the authors illuminate its core practices, including: · Mobilizing communities to discover "invisible" solutions in their midst · Using innovative designs to "act" your way into a new way of thinking instead of thinking your way into a new way of acting · Confounding the organizational "immune response" seeking to sustain the status quo Inspiring and insightful, *The Power of Positive Deviance* unveils a potent new way to tackle the thorniest challenges in your own company and community.

Zak George's Dog Training Revolution Sedona Press

A revelatory and timely look at how technology boosts our cognitive abilities—making us smarter, more productive, and more creative than ever It's undeniable—technology is changing the way we think. But is it for the better? Amid a chorus of doomsayers, Clive Thompson delivers a resounding “yes.” In *Smarter Than You Think*, Thompson shows that every technological innovation—from the written word to the printing press to the telegraph—has provoked the very same anxieties that plague us today. We panic that life will never be the same, that our attentions are eroding, that culture is being trivialized. But, as in the past, we adapt—learning to use the new and retaining what is good of the old. *Smarter Than You Think* embraces and extols this transformation, presenting an exciting vision of the present and the future.

Amazing Stories Parallax Press

You Matter More Than You Think introduces a new way of thinking about climate change and social change. It focuses on how the small changes we make can have a big impact, and why each of us matters when it comes to sustainability.

Smarter Than You Think Allen & Unwin

The founders of Australia's #1 finance podcast network, Equity Mates, show how you can tap into the awesome power of the stockmarket - it's easier than you think! Does the stock market seem too complicated? Do you think that investing is only for those with more money? Do you want to start investing but don't know where to begin? This is the guide to investing you've been waiting for. Investing in the stock market has never been more accessible. Alec and Bryce show why the stock market has been the most powerful money-making machine that has ever existed and how you can access it with just a few spare dollars. They break down the jargon and give you all the information you need to build the confidence to get started today. They explain how to use online investment platforms, managed funds and exchange-traded funds, what to invest in and what to avoid, how to keep it simple, and why the biggest risk is not investing. Get Started Investing draws on advice from over 150 expert investors from around the world, and stories from everyday small investors just like you. Whether you're in school, building your career or nearing retirement, Alec and Bryce will help to make your money work for you. 'I'm a massive fan of these two blokes. They cut through the jargon to help anyone switch from being a saver to an investor. Saving to invest is how real wealth is built.' DAVID KOCH, TV presenter 'I wish I'd read this book 15 years ago! A perfect start for any beginner who is thinking about investing. It's a must-read for anyone who's scared of the stock market, like I was.' USMAN KHAWAJA, Test cricketer

Stronger Than You Think PEN BREW PUBLISHERS

Ideal for students of any subject, this highly accessible and practical study guide gives you quick and easy strategies to help you make decisive progress in the subjects you find difficult or uninteresting, leaving you free to concentrate on the subjects you love

Start It Up Hachette UK

This book comprises of poems, stories, open letters, articles and many more, all in both English and Hindi language. Thoughts and emotions of 40 writers are penned down and as a result we have got a book titled "IT'S MORE THAN YOU THINK" "I hope you will enjoy reading a book which is full of love, adventure, breakup, inspiration, and many more. WISH YOU HAPPY READING.

Jacaranda Snow Brewster Press

'Nine out of ten How-To books are a bore. This is the one out of ten. It's easy to read, with original ideas and useful advice for wannabe tycoons' Jeff Randall, Sky News presenter and Daily Telegraph columnist Running your own business is nowhere near as tough as you might think. So what are you waiting for? Luke Johnson is Britain's busiest tycoon, with a personal fortune estimated at £120 million. From Pizza Express and Channel 4 to his incisive Financial Times column, Johnson has spent two decades on the business frontline. In *Start It Up*, Johnson sets out to inspire - and guide - every budding entrepreneur. He tackles the issues that really matter - finding the right idea, sourcing funds, and getting the best from the people you meet on the way - chiefly yourself. 'Luke Johnson is independent, unorthodox, even bloody-minded - it's what makes him worth reading' Peter Bazalgette, Chairman, Endemol 'It's all here - the triumphs and disasters, the iron law of the business cycle, and the timeless wisdom of those who've gone before him' Brent Hoberman, founder of lastminute.com 'Very few people have had more impact than Luke Johnson' Peter Harden, founder, Harden's Restaurant Guides

You Are Stronger than You Think Simon and Schuster

Newly married and established in her career as an award-winning newspaper journalist, Maggie Downs quits her job, sells her belongings, and embarks on the solo trip of a lifetime: Her mother's. As a child, Maggie Downs often doubted that she would ever possess the courage to visit the destinations her mother dreamed of one day seeing. "You are braver than you think," her mother always insisted. That statement would guide her as, over the course of one year, Downs backpacked through seventeen countries?visiting all the places her mother, struck with early-onset Alzheimer's disease, could not visit herself?encountering some of the world's most striking locales while confronting the slow loss of her mother. Interweaving travelogue with family memories, *Braver*

Than You Think takes the reader hiking the Inca Trail to Machu Picchu, white-water rafting on the Nile, volunteering at a monkey sanctuary in Bolivia, praying at an ashram in India, and fleeing the Arab Spring in Egypt. By embarking on an international journey, Downs learned to make every moment count?traveling around the globe and home again, losing a parent while discovering the world. Perfect for fans of adventure memoirs like *Wild* and *Welcome to the Goddamn Ice Cube*, *Braver Than You Think* explores grief and loss with tenderness, clarity, and humor, and offers a truly incredible roadmap to coping with the unimaginable.

You're More Powerful than You Think Little, Brown Spark

Discover the ten myths sabotaging your love life, and the practical, science-backed tools you can use to reveal your relationship's hidden strengths and build a fulfilling, long-lasting bond. Dr. Gary W. Lewandowski Jr. is a nationally recognized expert on the psychology of relationships. In his first book, he blends hot-off-the-press science, engaging writing, impactful examples, and fascinating stories to present an impressive range of refreshing and eye-opening set of insights. For instance, did you know that . . . To forecast your relationship's future, you are the worst person to ask. Men are the real romantics in heterosexual relationships, not women. The amount of sex you should have to keep your relationship going strong is lower than you think. It's okay to be selfish. Putting me before you, can help both of you. When it comes to closeness, you can have too much of a good thing. Struggles actually strengthen your relationship. In terms of partner support, what you're not seeing is more important than what you notice. When your relationship doesn't help you become a better person, ending it does. A bold, fresh take on what it means to love and be loved, *Stronger Than You Think* will help you more confidently and accurately view yourself and your relationship—so that you can fully appreciate the love you have, or find the one you want and deserve.

It's Easier Than You Think Flatiron Books

"Without a doubt the most accessible and down-to-earth introduction to the basic tenets of Buddhism available . . . a delight to read." —San Francisco Chronicle Using delightful and deceptively powerful stories from everyday experiences, beloved Buddhist teacher Sylvia Boorstein demystifies spirituality, charts the path to happiness through the Buddha's basic teachings, shows how to eliminate hindrances to clear seeing, and develops a realistic course toward wisdom and compassion in a wonderfully engaging guide full of humor, memorable insights, and love. "[An] obviously loving heart . . . shapes these translations of Buddhist tenets and practices." —Publishers Weekly "A fine introduction to Buddhism cast in the language of everyday experience. Highly recommended." —Library Journal "Endearingly personal wisdom in doses that slide right into the heart." —Jon Kabat-Zinn, author of *Wherever You Go, There You Are* "Filled with delightfully wise and simple teachings." —Jack Kornfield, author of *A Path with Heart*

You Matter More Than You Think: Quantum Social Change for a Thriving World Harper Collins

Imagine a dog who listens to you, comes to you, follows you, and looks to you for guidance. This ideal relationship is possible with the techniques of veteran trainer Paul Loeb. His revolutionary philosophy is simple: your dog can learn more -- and more quickly -- if information is delivered properly. Loeb's groundbreaking theories and humane, holistic teaching style will get visible results in approximately three hours. Not only will you find step-by-step methods to teach housebreaking, paper training, and the basic commands, but you'll also discover: Why one-word commands, including "No," are ineffective Why food rewards and choke chains are not good training tools Why teaching your dog to come to you is essential -- and teaching your dog to sit is not How to adapt your dog's behavior to your lifestyle -- whether you need your dog to walk without a leash, ride politely in a car, remain on your property...or do just about anything else you can imagine! Now you can have the well-behaved dog you've always wanted -- and your dog will have an owner who understands his or her language. With *Smarter Than You Think*, you and your dog can share the special bond of true understanding.

Mini-Masterpieces Shadow Mountain

Good news spoken to a despairing person may do more lasting good than drugs. Then why

doesn't the Gospel of Jesus solve the world's problems of discouragement and despair? Through the nearly two millennia since Christ's apostles' wrote letters containing the Good News to early Christians, accretions of Bad News have attached themselves to the Gospel like barnacles on a ship. Intelligent human beings are confused. Their natural common sense can't help but perceive contradictions between what the Bible proclaims and what many churches teach. Only a small amount of arsenic ruins an otherwise good meal, and the Gospel can be nullified by man-made Bad News. This book courageously cuts through the Bad News that has mysteriously infiltrated the Gospel, and restores the pure New Testament ideas. That pristine Good News once "turned the world upside down" (to quote the enemies of the apostles in Acts 17:6). Surely the time has come for the world again to hear such Good News proclaimed in clarity.