## Zap Impex Handmade Leather Journal Diary Notebook Sketchbook With Blank Paper Double Dragon Design Pocket Book With Cord 10 X 7 Inch

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Guided Prompts and Self-Reflection to Reduce Stress and Improve Wellbeing Independently Published

BURN BRIGHT, NOT OUT. Stress has been called the "Health Epidemic of the 21st Century" by the World Health Organization. It is estimated to cost North American businesses more than \$320 billion a year, and studies show we are working longer and harder than ever before, leaving very little time for much else. With everything competing for your time, energy, and attention, stress is unavoidable. But how do you manage stress without sacrificing the things you want to achieve in life and work? The Burnout Gamble is full of stories, tools and strategies to teach you how to conquer stress, beat burnout, and stay motivated. THIS BOOK HELPS YOU: - Recognize the 12 stages of burnout (and which ones you're going through). - Understand the negative consequences of stress on yourself and others. - Control your stress and recover from burnout. - Prevent burnout and achieve more using a simple 6-step solution. - Build resilience. - Learn from the mistakes of real entrepreneurs, executives, and employees just like yourself. - And much, much more! Imagine a version of yourself that is thriving, productive, and motivated. The Burnout Gamble will help you become that version of yourself.

Honest to Greatness BenBella Books

In today's hyper-transparent world, consumers have enormous power to decide which brands are worth their time and money-so how do you make sure they choose yours? Unfortunately, most leaders and organizations are stuck following archaic, detrimental business practices. Meanwhile, savvy consumers and employees across every generation are making their stance perfectly clear: They are not interested in supporting organizations that seem inauthentic, soulless, or untrustworthy. In this environment, only the honest will survive. In Honest to Greatness, serial Inc. 5000 entrepreneur Peter Kozodoy shows how today's greatest business leaders use honesty—not as a touchy-feely core value, but as a business strategy that produces game-changing, industry-dominating success. Through case studies and interviews with leaders at Bridgewater Associates, Sprint, Quicken Loans, Domino's, The Ritz-Carlton, and more, Kozodoy presents fresh business concepts that anyone in the workplace can implement in order to: • Reach, engage, and retain your best customers • Attract and inspire the best talent in any industry • Create an unbeatable culture of innovation that dominates your competitors • Earn your team's respect and loyalty • Unlock deep personal fulfillment by setting the "right" goals Filled with powerful lessons for current and future leaders, this timely book demonstrates how to use honesty at both the organizational and individual level to achieve true greatness in business and in life.

## An Easier Way to Get Your Most Important Things Done--Now! Amy Cesari

High performers share this common characteristic: a nagging sense that no matter what they have accomplished, they are capable of more. That drive to test themselves and their own capacity to contribute brings with it a host of questions, but often their focus on achieving does not allow for taking the time to reflect on how to navigate choices more powerfully. With overflowing shelves of 'success' books, The Game-Changer's Guide to Radical Success is that step back, that opportunity for reflecting, assessing, course-correcting and realigning. The Game-Changer's Guide to Radical Success offers a refreshing, immersive, personal and active approach to getting clear on how you want your life to feel - and making it happen. Not in some faraway fantasy future, but right NOW. Celebrated corporate culture strategist and motivator Tevis Trower shows people who are already 'successful' how to boost their life from good to optimal. Using innovative, proven tools, targeted strategies, and your own unique input, Tevis helps you design and set a course toward a personal best you once only dreamed of, changing your owngame - and reaching your own Radical Success.

Charmed (Black and White) Createspace Independent Publishing Platform

Provides information on creating a sacred space, promoting good energy, and creating incantations, potions, and charms.

Beautiful varieties for home and garden Pavilion

Networking doesn't have to feel like a sales-focused event where you're using people to get ahead. Create meaningful connections, easily strike up genuine conversations, and dazzle people with your natural charm. In Confident Introvert, Stephanie Thoma shows you the key steps you'll need to take to unlock your potential and win at networking. Within these pages, you'll discover strategies that go beyond collecting business cards to find your natural confidence and connect with anyone.

## Vintage Roses GRANDE

Abandon the networking-for-networking's-sake mentality in favor of a more powerful and effective approach to creating and the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made enhancing connections. STOP NETWORKING. Seriously, stop doing it. Now. It is time to ditch the old networking-for networking's-sake mentality in favor of a more powerful and effective approach to creating and enhancing connections. In Superconnector, Scott Gerber and Ryan Paugh reveal a new category of professionals born out of the social media era: highly valuable community-builders who make things happen through their keen understanding and utilization of social capital. Superconnectors understand the power of relationship-building, problem-solve by connecting the dots at high levels, Metal Curtain Walls Simon and Schuster

and purposefully cause different worlds and communities to interact with the intention of creating mutual value. How can you become a Superconnector? Gerber and Paugh share instructive anecdotes from a who's who roster of high achievers, revealing how to systematically manage a professional community and maximize its value. Of utmost importance is practicing Habitual Generosity, acting on the knowledge that your greatest returns come when you least expect them, and that by putting others' needs first the good karma will flow back to you tenfold. Gerber and Paugh also explore winning strategies such as The Art of Selectivity, a well-honed ability to define which relationships matter most for you and decide how you will maintain them over time. Full of helpful advice on how to communicate with anyone about anything, Google-proof your reputation, and much more, Superconnector is a must-read for those seeking personal and business success.

A Writer's Daily Journal of Words & Inspiration Franklin Classics Trade Press

Nurture your well-being through a year of journaling and self-reflection Guided journaling is a simple but powerful tool. It can help you attend to your emotional needs, boost your mood, and set goals both big and small. With a focused prompt for every day of the year, the 52-Week Mental Health Journal helps you navigate four core pillars of good mental health--calm and resiliency, connection and engagement, goals and purpose, and healthy living--so you can thrive in every area of your life. This yearlong mental health journal includes: Quick and effective prompts--Take just a few minutes each day to reduce stress, increase your connection to others, and find deeper meaning in your life. Evidence-based methods--The exercises in this mental health journal are rooted in researchsupported techniques like mindfulness and cognitive behavioral therapy. Inspiring quotes--Find wisdom and motivation with poignant words from philosophers, artists, writers, and more. Discover a clear path to improved well-being with the 52-Week Mental Health Journal.

The Australian Official Journal of Trademarks Simon and Schuster

176 lined pages. 5" wide x 7" high (12.7 cm wide x 17.8 cm high). Bookbound, faux leather cover. Ribbon bookmark. Elastic band place holder. Acid-free, archival paper. Inside back cover pocket. Add elegance to your writing with these beautiful journals, featuring intricate designs, decorative stitching, and embossing on faux leather.

Coloring Book of Shadows Rockridge Press

With Let That Sh\*t Go Journal, you'll find moments of profanity-laced catharsis and joy through journaling activities and inspirations that are positive as f\*ck. Within these truly charming pages, you'll find ways to let go of the bullsh\*t and lift your spirit a little f\*cking

Stop Networking and Start Building Business Relationships that Matter Castle Point Books

Merry meet! I'm Brittany Nightshade of the Atrum Angelus coven. I have spent many years traveling and learning about the Craft of Magick. One area of Magick that is typically shied away from by practitioners is Black Magick. The Rule of Three amongst other things such as the Wiccan Reed's validity have been debated for decades and it's considered taboo by the majority of the community. That being said it is still openly practiced and I myself find The Dark Arts to be a magnificent way to reach your full potential. I've taken the section of my Book of Shadows pertaining to Black Magick, brushed it up a bit and added some spells from a few of my coven sisters in hopes to present them and make them as accessible as possible to anyone who wishes to walk The Left Hand Path. I've also included some basic information on Runes and a glossary for commonly used words related to Witchcraft towards the end of the book. I've tweaked these spells to fit my needs from time to time and you can do the same as the words aren't what give the spells power, your energy is what really matters, so feel free to do the same and change what you want to suit your own needs. Let the rituals be the vessel that carries your enemies to their demise.

Twelve Years a Slave Da Capo Lifelong Books

NEW! This is a DAILY PLANNER. As a journal, this has been our BESTSELLER. Now you can have this same beautiful cover on a DAILY PLANNER. Use this as a planner or a gratitude journal. Two-page per week view. Undated. Marked with Monday, Tuesday, Wednesday, etc., each with five lines to use as a place to write appointments or things you are grateful for each day. Each journal has 52 Weeks and each week includes an inspirational quote.

The Herbalist's Bible Nocturnelle JournalLined Grande

This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

Poetry made easy with ideas and vocabulary prompts Instagram poetry is sweeping the nation, and millions of people are finding their feelings are best expressed in modern poetic form. This handy guided journal offers a theme and word suggestions on each page, helping writers and would-be writers exercise their creative muscles and practice their art.

Report on Procurement Penguin

"Having been born a freeman, and for more than thirty years enjoyed the blessings of liberty in a free State—and having at the end of that time been kidnapped and sold into Slavery, where I remained, until happily rescued in the month of January, 1853, after a bondage of twelve years—it has been suggested that an account of my life and fortunes would not be uninteresting to the public." -an excerpt

John Parkinson's Lost Classic Rediscovered Bookbaby

Nocturnelle JournalLined GrandeGRANDE

125 Writing Ideas for Inspiration and Self Exploration Red Wheel/Weiser

110 pages cream paper ornaments on each page perfect binding 60# white offset paper 8.5"x11"

Smash Poetry Journal Penguin

What do you do when your life feels as busy as a three-ring circus? Juggling Elephants tells a simple but profound story about one man with a universal problem. Mark has too much to do, too many priorities, too much stress, and too little time. As he struggles to balance his many responsibilities without cracking under the pressure, Mark takes a break to attend the circus with his family. There he has a surprising conversation with a wise ringmaster. He leaves with a simple but powerful lesson: Trying to get everything done is like juggling elephants -- impossible. So Mark begins to think about his work, family, and personal life the way a ringmaster thinks about the many acts in a three-ring circus. He discovers that managing his various acts can be fun and easy once he changes his attitude and follows his new friend's ongoing guidance. Mark soon realizes: • If you keep trying to juggle elephants, no one, including you, will be thrilled with your performance. • A ringmaster cannot be in all three rings at once. • The key to the success of a circus is having quality acts in all three rings. • Intermission is an essential part of any good circus. Juggling Elephants is a wonderfully lighthearted guide for everyone who feels like they're about to be squashed. It will help you better focus your time and energy, so you'll be able to enjoy more of the things that are important to you. Above all, it will teach you how to run your circus, instead of letting the circus run you.

White, Red and Black Magic Spells Graywolf Press

This introduction to singing bowls (also known as Tibetan bells), describes their history, and gives practical information about procuring and using them as ritual and therapeutic tools.

Starspeak Prabhat Prakashan

Paperblanks Nocturnelle journal, a reproduction of an antique French binding, is based on a cover designed in 1829 by publishers A. & W. Galignani for The Poetical Works of Thomas Moore. This notebook cover suggests the fine Moroccan leather, structural sturdiness, careful finishing and ridged spine preferred for bindings of that era <a href="https://doi.org/10.1007/journal.org/">The Only Start-up Book You'll Ever Need</a> Peter Pauper Press

From The Book of Shadows as seen in the television series Charmed, this book contains over 270 pages full of black & white illustrations, handwritten notes, and spells as well as other information. The cover is has been painstakingly created in high-quality crisp graphics with a leather design and gold emblem finished in non-gloss paperback, to make this look like an exact replica used. This book is fully bound and printed premium cream paper, with each numbered. This is the perfect book for any Charmed fan or anyone who appreciates television memorabilia / props in general. The full coloured version of this can also be found via the same authour.