

# Recharge A Year Of Self Care To Focus On You

As recognized, adventure as well as experience not quite lesson, amusement, as skillfully as bargain can be gotten by just checking out a books **recharge a year of self care to focus on you** in addition to it is not directly done, you could assume even more on the order of this life, something like the world.

We pay for you this proper as capably as easy pretension to get those all. We present recharge a year of self care to focus on you and numerous ebook collections from fictions to scientific research in any way. along with them is this recharge a year of self care to focus on you that can be your partner.

*Recharge* - Julie Montagu 2018-01-04

A month-by-month self-care bible by world-renowned wellness guru Julie Montagu. 'The ultimate self-care bible for women who want to find their balance in life' Mel Wells 'Wonderful and insightful . . . proves that when you choose YOU every single day, not only will you have more energy for yourself, but you'll have more energy to give back to everyone else.' Kris Carr 'This book is bursting with positivity, happiness & a whole wealth of knowledge' Chessie King Recently named one of the top ten holistic health icons in the world, Julie Montagu knows a thing or two about health and happiness. In *Recharge*, Montagu shares an abundance of guidance, tips and advice designed to help you keep self-care at the forefront of your mind and support you on your journey to a well-rounded sense of wellness. *Recharge* is your month-by-month self-care bible to help replenish your mind, body and soul. Each month of the year covers a specific area of self-care including mindful eating, managing stress, digital detox, rebuilding self-esteem, finding your passions and more.

**Superfoods** - Julie Montagu 2015-03-12

Commuting, working, exercising, parenting, socialising - our lives are busy and there simply isn't the time to sustain a super healthy lifestyle. We rarely wake up feeling energised or refreshed, so we pop some vitamins, slug a coffee and get going. Julie Montagu has the answer. She

is The Flexi Foodie and her book of 90 delicious recipes and friendly facts will show you how to introduce plant-based superfoods into your daily diet. Through meat-free, dairy-free and sugar-free recipes made with unrefined, wholesome ingredients, you can raise your energy levels, lose weight, lower your cholesterol, keep blood sugar levels under control, and look and feel more youthful than you have in years. Simply by adding more good foods into your day, you will naturally crowd out the bad ones. So, if you know you've got an indulgent dinner planned, whizz up a green juice in the morning and you'll get your five-a-day in one hit. If the week ahead looks gruelling, make some high-energy power balls on Sunday and eat one every afternoon for a boost. If you love a weekly steak, serve it with one of Julie's nutrient-packed side dishes and you've done some good with minimum effort. Enjoy what you cook, be flexible, eat well and feel so much better with Julie's brilliantly inspiring recipes.

Grace Trail - Anne Barry Jolles 2015-11-20

No matter who you are No matter what you've been through Grace Trail(R) will connect where you are now with where you want to go. You can walk the trail anywhere, anytime, with anyone by just showing up and asking the questions shared in this book. Created by acclaimed life coach Anne Barry Jolles in 2012 to help her cope with the worry of

having a son in combat in Afghanistan, Grace Trail has guided thousands of people to begin a simple conversation around joy, hope and resiliency. Plymouth, MA is the site of the original, beloved path, but it is not the only one. Grace Trail can be walked anywhere, from the comfort of the reader's kitchen to the office or any outdoor spot. Filled with easy to implement ideas, inspirational anecdotes, humor, compassion and realistic optimism, this book offers readers practical, immediate tools to take "5 Steps Toward Your Best Life.(R)" By asking and reflecting on key questions about the five components of GRACE - Gratitude, Release, Acceptance, Challenge and Embrace - you will find that you are walking off your worries and accessing hope. Move toward the life you were meant to live with Grace Trail. Grace Trail is the Trail that leads you back to you.

Hi My Name Is Cj - Willetta J. Davis 2013-12

Hi My Name Is C.J. is an easy to read, fun, interactive children's book. Meet 5 year-old C.J. and learn about all the things he likes and does. Enjoy the interactive pages by writing your own C.J. story and have fun drawing and coloring the characters. Have fun and use your imagination.

Restorative Rituals - Leslie Koren 2021-12-21

A daily dose of calm, with dozens of relaxing, nourishing, and rejuvenating rituals—all lushly photographed and in an irresistible impulse format.

Moonchild - Mary Ann Kenny 2011-11-05

MoonChild: A Celebration of Menstruation is a must read for every pre-teen and teenage girl and anyone who wants to understand women. Its straightforward clear wisdom will free a girl from unnecessary shame and self-judgment. Through honor and understanding a healthy foundation is set for a girl to grow into womanhood. This rare examination of menarche and menstruation will assist any girl to create healthy self-esteem for herself, her relationships and her creativity throughout her life. The book's insights demystify the physical, emotional and social implications of this important passage into womanhood. MoonChild includes preparation for menstruation, tips on hygiene, self-

care and empowering ceremonies including the firsthand story of a Navajo girl's experience. Conscious preparation and awareness of the menstrual cycle is vital to the physical and emotional well being of a girl. Understanding the cycle of menstruation in conjunction with the lunar cycle adds a larger dimension to a girl's experience.

Holding Back The Tears - Annie Mitchell 2013-09-16

This is true story about real people is set in Edinburgh City and Dundee, where a petite Scottish Lassie called Rosie Gilmour, mother to Finlay Sinclair, receives news of the death of her son - who tragically has taken his own life by hanging. Rosie pretends her son is still alive by talking to him, for that takes away the unbearable pain of her loss. But once she begins to face up to the fact that Finlay is not coming back, her conversations become more of a challenge than she can handle. When memories of her past are triggered by everyday life events, they take her mind back and forth in time - back to her own childhood days in 1960, when she flirted with the fairground boys, and to the day she gave birth to Finlay - "ME LADDIE". Rosie's Scottish accent becomes more apparent whenever her emotions are heightened and she begins to recite poetry. She goes on to reveal doubts about her own self-worth and how she re-unites her role as mother - a role she had denied herself for seven years prior to Finlay's death. Rosie learns how to forgive herself and how to accept her loss with using practical coping strategies that sometimes but not always work for her. Many voices of different natures and walks of life appear in Rosie's, story with each one offering a part of their own belief to try and console her in her misery - except that she turns her back on any advice or support offered. Rosie is convinced that she can cope with her loss on her own and "needs no help from anyone, thank you" - until a sweet, gentle, soft-spoken voice begins to travel with her throughout her ordeal, leaving her no other choice but to listen. Eventually moving to the countryside in Angus, Rosie finds the isolation gives her life a new meaning offering her the opportunity to re-value her belief's about her own self values and decides the time has come to give her son a memorial service and invite a chosen few dance companions whom she met on a regular basis in Edinburgh to

honour this day. Rosie begins to accept she will never be the same person she once had been and shall never be again, believing now her journey through grief taught her many lessons making her a stronger and better person than she imagined she could ever be.

**Change the Workgame** - Serilda Summers-McGee 2016-08-27

Research shows that diverse workgroups are more productive, creative and innovative than homogeneous groups. In a global marketplace, and with the rapidly changing racial makeup of America, having a high function, diverse workforce is imperative for your organization's success. Change the WorkGame has been designed to show you how establish a diverse workforce throughout all strata of your organization and how to sustain your progress. As a human resources executive, diversity and inclusion consultant, and a member of historically marginalized communities, I have experienced wildly unsuccessful diversity and inclusion strategies; and advised, coached, and led wildly successful diversity and inclusion initiatives. Business leaders and department heads have used the steps outlined in this how-to guide to successfully recruit and retain diverse talent. Chris, a small business owner, says, "the diversity recruitment steps listed in the book, matched with real life scenarios really helps bring to life not only how to go about recruiting and retaining a diverse workforce, but why it is important." I promise that if you follow the 7 steps outlined in Change the WorkGame, you will increase the diversity of your workforce within 6 months following the activation of the last step and you will increase employee satisfaction by enhancing your managers and the inclusivity of your workplace. Don't wait to activate your diversity initiative. Don't wait to make your workforce stronger, nimbler, more creative, and more dynamic. Don't wait to establish an inclusive work environment where everyone feels respected, appreciated and heard. Be the person to take the lead towards Change. If not you, then who!? The workforce diversity and inclusion strategies and scenarios you are about to read have been proven to create positive and long lasting results for leaders. These strategies will help ALL employees inside your organization, but will specifically help you recruit and retain underrepresented employees.

Each chapter will give you new insights towards enhancing your workforce and your workplace. Let me show you how to be the Change for your company.

**The Little Book of Self-Care** - Joanna Gray 2020-01-07

"To love oneself is the beginning of a lifelong romance." Oscar Wilde  
When pursuing your dreams and a joyous, fulfilling life, self-care isn't just beneficial, it's essential. More than just a fad, self-care is a way to nurture the soul, feel secure in your own skin and restore yourself to optimum health, both mentally and physically. Despite this, self-care isn't always at the top of everyone's to-do list and often becomes an afterthought in our busy lives. The Little Book of Self-Care shows you how to take time for yourself, keep stress at bay and take control of your mental health. Through restorative tips, positive quotes and inspiring exercises, learn how to untangle your busy life, embrace your wellbeing and fall back in love with yourself.

**Living Well, Spending Less** - Ruth Soukup 2014-12-30

In Search of the Good Life Have you ever felt that your life--and budget--is spiraling out of control? Do you sometimes wish you could pull yourself together but wonder exactly how to manage all the scattered pieces of a chaotic life? Is it possible to find balance??? In a word, yes.?? Ruth Soukup knows firsthand how stressful an unorganized life and budget can be. Through personal stories, biblical truth, and practical action plans, she will inspire you to make real and lasting changes to your personal goals, home, and finances. With honesty and the wisdom of someone who has been there, Ruth will help you: \* Discover your "sweet spot"--that place where your talents and abilities intersect. \* Take back your time and schedule by making simple shifts in your daily habits. \* Reduce stress in your home and family by clearing out the clutter. \* Stop busting your budget and learn to cut your grocery bill in half. Who Needs This Book? Living Well, Spending Less was written to bring hope and encouragement to every woman who currently feels overwhelmed or stressed with a life--and budget--that feels out of control. It speaks to the mom trying to juggle all the demands of a busy life with the pressure to keep up with those around her. It is a practical guide for those of us who

often long to pull ourselves together but don't always know how. It is real, honest, packed with practical tips, and speaks to the heart of the matter--how can we live the life we've always wanted? Want to know if this book is for you? \* Do you ever find yourself comparing your life to those around you? \* Have you ever wished for the courage to follow your dreams? \* Do you ever struggle to stay organized or get things done? \* Have you ever felt loaded down with stuff you don't really need....or even really want? \* Do you ever struggle to keep your finances on track? \* Do you sometimes long for deeper, more authentic relationships in your life? If the answer to any of these questions is YES, this book provides real and practical solutions from someone who has been there. Ruth doesn't just offer advice, she walks it with you, and shares with brutal honesty her own mistakes, failures, and shortcomings. It is encouraging, motivating, and life-changing. What Others Are Saying: "An incredible book that will teach you how to spend smart without compromising a great life. Ruth's stories and practical advice will make you want to be a better mother, wife, sister, and friend." --RACHEL CRUZE, coauthor with Dave Ramsey of Smart Money Smart Kids "Ruth knows firsthand how mamas like us live crazy busy lives, and she steps in as a friend to help us manage and love every minute of it. She offers her best tips for gaining control over the chaos with wisdom-based insights on all things thrifty and family. I'll be reading it again and again!" --RENEE SWOPE, bestselling author of A Confident Heart

**The Little Book of Self-Care** - Adams Media 2017-10-17

This beautiful, inspiring book features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Self-care is an essential part of wellness. From self-massage to meditations to decluttering, The Little Book of Self-Care provides relaxation exercises to help you focus on your own personal needs in an enjoyable way. By caring for yourself, you'll learn how to care for the world around you.

Self-Education - James Umber 2015-08-02

Self-Education Using Self Education to Teach Yourself and Learn Anything, Achieve Financial Freedom or Land your Dream Job Do you

want to improve your life by learning almost any new skill or skill set you can imagine, from the comfort of your own home, in your own time? Do you want to simply learn what you want, when you want, for free and build a better future for yourself and your family? If you answered yes to either of these questions, you have come to the right place! Let me ask you something else. Are you one of the few people smart enough to break away from the crowd and realize that there is a much better, faster, easier, cheaper and more efficient way of learning? That's exactly what self-education is! It's so cheap and can fit within ANY budget, even if you don't want to spend a single penny, it's up to you! In this book James show us how we can find a lot of free information to educate ourselves on pretty much any topic you can think of. He talks about the various benefits of self-education (which there are a lot of!), gives examples of some famous household names that are surprisingly all self-educated, tells us how we can educate ourselves with motivational tips and tricks to keep you on track, information on goal setting and much, much more besides. This book is packed with fantastic information that will get you started on the path to a brighter and better tomorrow, no matter what direction you want to go in, from making money from the comfort of your own home, to starting a new career and even building on your existing skill set at your current job, this book is here to help!

Recharge - Julie Montagu 2018-01-04

A month-by-month self-care bible by world-renowned wellness guru Julie Montagu. 'The ultimate self-care bible for women who want to find their balance in life' Mel Wells 'Wonderful and insightful . . . proves that when you choose YOU every single day, not only will you have more energy for yourself, but you'll have more energy to give back to everyone else.' Kris Carr 'This book is bursting with positivity, happiness & a whole wealth of knowledge' Chessie King Recently named one of the top ten holistic health icons in the world, Julie Montagu knows a thing or two about health and happiness. In Recharge, Montagu shares an abundance of guidance, tips and advice designed to help you keep self-care at the forefront of your mind and support you on your journey to a well-rounded sense of wellness. Recharge is your month-by-month self-care bible to

help replenish your mind, body and soul. Each month of the year covers a specific area of self-care including mindful eating, managing stress, digital detox, rebuilding self-esteem, finding your passions and more.

*Heartbreak Therapy* - D. Foy Hutchins 2015-12-02

In his first book, Pastor D. Foy Hutchins candidly shares his journey of emotional healing after a season of loss, pain, and disappointment. Once happily married and budding in ministry, Hutchins found his world caving in when he seemed to have lost it all. After a heartbreaking divorce and devastating church failures, he found the inner strength to rebound and recover. Heartbreak Therapy is designed to help you rediscover the possibilities that seem so bleak. As you read, you will find that emotional healing is possible and you can recover.

*The Path to Real and Lasting Inner Peace* - Jane Milardo 2012-05-23

The Path to Real and Lasting Inner Peace outlines how anyone can achieve true peace of mind, greater happiness and satisfaction in life. While it is written by an experienced psychotherapist, it is geared toward anyone who is open and ready to make positive life changes and is motivational and inspiring!

**The Self-Care Journal** - Mary Flannery 2020-06-16

Through daily words of wisdom, reflective prompts, advice, and creative exercises, this attractive journal will help you develop mindfulness about your daily habits. Chart the things you can do every day to better love and appreciate yourself--from the simplest, such as embracing movement, repeating an affirmation, or focusing on your breathing, to the more profound, such as making mindful lists of the good things in your life.

**Use It** - Cheryl Hunter 2012-06

As eighteen-year-old Cheryl Hunter escapes rural Colorado for the bright lights of Europe, she does so with nothing more than an over-packed suitcase and a dream. Once there, her mind is bent on solving one problem alone: how does a small-town cowgirl pull off the feat of becoming an international supermodel? When Cheryl is abducted, raped and brutally beaten instead, she is faced with solving a much bigger problem: how does she survive? Using her journey of rising from the

ashes as fuel, Hunter delivers a step-by-step method that can be applied by anyone who has ever dealt with less-than-favorable circumstances. In a world where—let's face it—life often hijacks our personal agendas, Cheryl shows you how to immediately take back the reins, design a life you love, and become the unstoppable force of nature you were born to be.

Confidently You - Michele Badie 2016-06-17

Confidently You: 21-Day Action Plan To Your Professional Best, written by Podcaster and Career Confidence Blogger & Coach Michele Badie, is a guide full of easy to implement career tips and thought triggers that will help you at any stage of your career to evolve into your next level of professional best. This book is an excellent resource for just about anyone from new grads to seasoned workers and can be utilized as a tool in the workplace to inspire professional development and implement team building exercises. In this guide Badie has identified timeless topics and components which includes:- Career-centric topics that will boost your professional esteem.- Daily activities that can help you generate a new perspective to advancing in your career.- Action lists and affirmations that promote and develop successful career traits.

*Career ReCharge* - Beth Benatti Kennedy 2018-10-10

Does going to work fire you up or drain the life out of you? Do you flourish or flounder when faced with change? Do you have the energy you need or are you running on empty? Resilience has become a necessary business competency

The Conversation That Matters Most - Dewitt Rowe 2010-05-03

In The Conversation That Matters Most, DeWitt Rowe takes his readers on a unique and fascinating journey of self-exploration and discovery. The author not only guides us toward a complete reevaluation of how we view success; he convinces us that the way we define it and pursue it must also be reexamined. How often do we stop and question the assumptions that have defined us? Are we more intelligent than we have been led to believe? Do our idiosyncrasies make us strange...or simply unique? How often do we make a decision based on what's expected of us, rather than on our innate sense of what works? DeWitt delves into

areas that are rarely discussed, areas that reward us with a richness of comprehension, awareness, discovery, and wisdom. Every page is a reminder of the control we have over our lives if only we can understand how to use that control in a positive and result-oriented manner. Utilizing this book's guides and lessons, we can be assured of a fuller and more satisfying life.

**A Monk in the Bee Hive** - Skye Ann Louise Taylor 2014-11-01

Beekeeping and monasticism have for centuries been partners, and here this ancient practice continues, combining the mystery of the soul with the magic of the hive.

5-MINUTE RECHARGE - LYNNE. EVERATT 2019

"Take five minutes out of your day to experience the small win of a mental, physical and emotional recharge that could change your life. Researchers have discovered the formula for living a good life, so why is depression still the world's leading disability and anxiety the most common mental health disorder in North America? Most people don't know what will truly make them happy, and far too few make proven wellness practices a part of their lives. To cope with all the stresses we encounter, we need to actively care for ourselves, which includes heeding our ancient programming that demands that we move our bodies, connect face-to-face and get enough sleep. Science has proven that you have the power, through your habitual ways of thinking and behaving, to renovate the space inside your head, making it brighter, more resilient, and a more enjoyable place to hang out. The 5-Minute Recharge will teach you 31 proven techniques for thriving at work and in life, including: - the mental fitness technique that's better than magic mushrooms - the best way to grow new brain cells and ensure you continue to look good in your genes as you age - the easily accessible trait that's associated with the high-performance personality - what George Clooney can teach you about tapping into your inner wisdom - the Navy SEAL tactic you can use to trigger relaxation even in tense situations Each of the 31 strategies is backed by research and includes additional resources to enrich your understanding of wellness and inspire you to care for yourself in quick, fun, life-affirming ways. With

your well-being in mind, authors and soul sisters Lynne Everatt and Addie Greco-Sanchez designed these 31 hands-on tools for creating a greater sense of having enough time, connecting with others, nourishing your body and mind, feeding positivity, and taking time for reflection. And that's worth getting charged up about."--

**Restore, Recharge, Flourish - 52 Cards** - Joanna Gray 2021-08-17

When pursuing your dreams and a joyous, fulfilling life, self-care isn't just beneficial, it's essential. More than just a fad, self-care is a way to nurture the soul, feel secure in your own skin and restore yourself to optimum health, both mentally and physically. Despite this, self-care isn't always at the top of everyone's to-do list and often becomes an afterthought in our busy lives. These cards show you how to reflect, find perspective and take time for yourself. With prompts, thoughtful tips and positive quotes on each card, learn how to cultivate self-care, untangle your busy life and embrace your well-being.

*Trinity of Coaching* - DeNeen Attard 2014-10-08

Trinity of Coaching: God, You, and Your Life Coach is a practical guide for coaches, coaching clients, ministers, and laypeople. Packed with research-supported techniques, practical advice, and life application lessons, this book is an excellent tool to help you integrate your Christian faith and Biblical principles into your coaching sessions and daily activities.

**Recharge** - Insight Editions 2020-10-27

In today's high-speed world of overstimulation and overachievement, our personal batteries have never felt more drained. Sometimes it is necessary to stop and take the steps to recharge. Recharge: A Day and Night Reflection Journal supports making changes to your daily habits that will restore and boost your energy levels and the quality of day-to-day life. Each daily spread includes space to track and record your goals, stresses, diet, and activities, and then reflect on the impact those things had on your energy level throughout the day. Featuring delicate illustrations and a graceful, contemporary design, this 90-day journal is perfect for those wanting to make meaningful changes in their daily life that will optimize their energy and overall health.

**The Self-Care Year** - Alison Davies 2021-09-30

The Self-Care Year reveals how to re-connect with your body and mind and engage with your surroundings, how to slow down, live in tune with the seasons, and pay attention to the present moment. Each season is different and special, bountiful and beautiful in its own unique way. The book is divided into spring, summer, autumn and winter and covers how you can harness the changing seasons and take inspiration from the natural world, with bite-sized self-care practices, projects and mind and body exercises for each chapter. Offering tips and rituals for better sleep, yoga positions, breathing and meditation exercises, as well as simple craft projects and seasonal affirmations, this book is for those who are seeking a slower pace and want to carve out quiet, mindful moments in their lives. Whether you're a lover of the first buds of spring, a summer sun worshipper, a fan of the crisp burnt offerings as the year turns or a winter wonderland devotee, there is something for everyone.

**A Year of Self-Care** - Zoe Shaw 2021-02-02

Embrace self care with a year of prompts, quotes, and affirmations Strengthen your mental well-being through quick daily prompts that make it easy to establish a rewarding habit of self care. This book includes 366 different insightful prompts, powerful quotes, and encouraging affirmations to help you start every day with a sense of positivity and optimism. Explore all forms of self care--Discover what self care means for you with exercises that include writing down what you're grateful for, taking a refreshing new route to work, or taking a breather from social media. Bite-size inspiration--Prime your mind for self care by reading each brief entry in the morning and living it out with intent and purpose for the rest of the day. A theme for every month--Explore 12 different values that bolster self-care as you move through the year, including relationships, gratitude, simplicity, and discipline. Spend one full year forming healthy habits for practicing self care every day of your life.

**Breaking Normal** - Daniel Eisenman 2017-05-30

Over the past decade of creating epic personal development retreats, Daniel Eisenman has traveled around the world experiencing beautiful,

exotic settings and amazing people. His one big observation is that so many people keep the lid on their growth and opportunities to thrive. This is a self-imposed limitation ... nobody tells us to do this! Daniel blows the lid off and gives you a retreat experience in a book. What's inside Breaking Normal: ReWild Your Inner Child and Set the Truth Free?\*You'll get to feel what it means to be raw and vulnerable, excited and glowing with a sacred knowledge about your future. \*You'll learn to communicate with others in a way that cuts through the limitations we used to let entangle us. \*You'll have tools and insight for building your own tribe, be it your family or community or the world at large.

*Self-Care for Empaths* - Tanya Carroll Richardson 2020-09-08

Balance your unique emotional and energetic sensitivities—and avoid taking on other people’s feelings—with these 100 practical activities, rituals, and quizzes, designed specifically for empaths everywhere! If you are an empath, you understand that your unique sensitivity—unusually high awareness of surrounding emotions and energies—can sometimes feel like a challenge. You may find yourself overwhelmed by large groups, worn out by other people’s emotions, or inexplicably uncomfortable in certain places. Finding the time and space—and having the empath-specific tools—to rest, recharge, and reconnect with your own emotions and energy is vital for your self-care. Finally, there’s a book that helps you do just that! In *Self-Care for Empaths*, you’ll find 100 exercises, quizzes, and rituals that you can incorporate in your daily life to keep you feeling centered, grounded, and energized, including: - Techniques to help you avoid becoming overwhelmed and drained, like building in healthy retreat and recovery time. -Tools for setting stronger boundaries, like learning how to tune in or more mindfully tune out of other people’s energies and emotions. -Tricks for remembering that you’re not responsible for other people’s emotions so you can avoid people-pleasing, rescuing, and codependency. -And tips for honoring your personal gifts and skills, like exercises to connect to the deeper meaning and purpose of your empath nature. With *Self-Care for Empaths*, you’ll learn how easy it can be to incorporate self-care techniques into your daily routine to stay relaxed, refreshed, and enjoy

the magic of your empath abilities.

**A Spirit of Laziness** - Tawana R. Powell 2015-08-04

One of the hardest habits to break, a spirit of laziness dwells in the lives of many. It is one of the greatest disguises in life, camouflaged by other excuses, yet working at every angle. It is quiet, almost unnoticeable, often times labeled as something else, something more acceptable. It is one of the most deceiving comfort zones, allowing you to feel safe and out of the way of challenges and change. It is a spirit that is always hoping to never be discovered because such a spirit knows that once it's realized or found out and dealt with, there's no stopping anyone who rids of it, sets goals and aims to succeed. Tawana R Powell -----

----- I have to admit when I read about the Spirit of Laziness I figured I was exempt because of my drive and passion for results.

Reading this line opened my eyes to a deeper meaning "You must be willing to take a mental picture of your life, break it all down, and do the math." Everyone should take a moment and do the math because you may realize the Spirit of Laziness may be in the numbers. I recommend you read the book and figure out what it takes to rid yourself of this spirit. -- Theo Bowling, Management/Financial Services -----

----- As an educator with 22 years of experience in the classroom, I often ask myself, "How can I motivate lazy students?" A SPIRIT OF LAZINESS is a great resource to use in my classroom to help conquer this feat! I will work, along with my students, to set goals that help us eliminate that spirit of laziness! Work ethics, grades, behavior, self-esteem will improve! I want my students to be able to motivate themselves enough so that they will feel a sense of pride in everything they do. --Tanya Riley, WSFCS 8th grade Math Teacher

**Turning This Thing Around** - Keith Maginn 2012-12-22

Turning This Thing Around is an inspiring memoir of overcoming personal struggles. This brutally honest, deeply personal account of redemption takes readers on a moving spiritual journey. Confronted with a myriad of obstacles—a debilitating arthritic disease, narcolepsy, anxiety and depression—the author was outwardly happy, but inwardly miserable. Pushed to the lowest point of his life, Maginn shares how he gradually

turned things around and used his experiences to grow as a person. Supplemented by heartfelt poetry by the author and with quotes from Gandhi to Dr. Wayne Dyer to Eckhart Tolle, Turning This Thing Around has universal themes that speak to nearly everyone, as we all must face challenges as part of being human. It is a self-help memoir of sorts: the author discusses not only what he overcame, but also how he did so—and how others can, too. Unlike many popular memoirs on the market, this is a story that more people can relate to. Maginn was not raised in an eccentric family (Jeannette Walls in The Glass Castle, memoirs by Augusten Burroughs), nor did he travel to Italy, India and Indonesia, as Elizabeth Gilbert did in Eat, Pray, Love. Rather, Turning This Thing Around is a story of a normal young man's resiliency when battling extraordinary circumstances.

Are You Ready to Recharge Your Battery? - Sharon Weinstein 2019

"Do you feel emotionally and physically drained? Are you tired of being sick and tired? Are you tired of saying YES when you mean NO? Does overwhelm follow you wherever you go? In Are You Ready to Recharge Your Battery...Secrets of work/life balance, Weinstein offers you the reset button that will recharge your batteries. She tells it like it is and unveils the secrets we all need." --Amazon.

**Lessons Mama Never Taught Me** - Karen Renee January 2016-04-16

Ten women tell their personal stories about the lessons their mothers failed to teach them about dating, racism, body image, money, morals, drugs, sex and other social ills that are relevant for our young girls, women and young men. It is crucial that fathers discuss these same important lessons with their sons as well.

Mommy and Daddy Love You Exactly As You Are! - Wade Galt 2007-09

Babies are so easy to love. It feels so natural to love a newborn child unconditionally. The love just naturally flows out of us. Nobody has to teach us. Nobody has to ask us. Nobody has to convince us. It just happens. How wonderful it would be if we could always love, cherish, and appreciate our children as gorgeous, loving, angels. How great it would be to carry our love with us and maintain it powerfully forever. We can do that. We simply need to be nudged to remember. We just need to

be reminded what we hold dear and precious. We only need to take time out for a few moments and bask in the memory (and the present moment reality) of what is so amazingly and divinely wonderful about our gifts from the divine. This book is one of those reminders. Read this to your children so they (and you) remember how much you love them.

**The Self-Care Cookbook** - Gemma Ogston 2020-05-12

Nourishing and comforting plant-based recipes to boost your energy, help you sleep, and brighten your mood. So many of us go about our busy lives without eating wholesome food. Yet without giving our body what it truly needs to fuel us through the day (and night), we get ill, feel low, and have trouble sleeping. In *The Self-Care Cookbook*, plant-based chef Gemma Ogston introduces us to eating as the ultimate form of self-care, whether you're a full-time vegan, flexitarian, or just looking for simple recipes developed with wellness in mind. Each recipe has been crafted to nurture your body and mind. Organized by some of the core goals of self-care routines--Restore, Rebalance, Reflect, and Renew--*The Self-Care Cookbook* demonstrates countless ways to embrace your mood and understand your body's needs through recipes as well as activities outside of the kitchen. With over 60 delicious meals including Firey Bean Stew for the days you feel under the weather, Calming Miso Pasta to give your gut flora a super boost, and Indulgent Chocolate Pudding (because you deserve it), *The Self-Care Cookbook* is for anyone who needs some extra TLC and finds comfort in creating healthful, cozy meals--whether it's dinner for one or a meal shared with the people you love.

**Anxiety Warrior** - Elke Scholz 2018-06

*Anxiety Warrior* Volume One came from seeing so many people in my private practice looking for strategies to lower anxiety. *Anxiety Warrior* Volume Two has delved deeper into more resources, and shares heart-felt, heroic stories of people like us. Together they make a complete resource for managing and lowering anxiety.

[The Self Helper](#) - Adam Wolfe 2016-01-04

*The Self Helper* is an interactive self-discovery workbook and journal. If we are truly going to help each other and the world, we need to work on our selves first. *The Self Helper* was created to do just that.

*The Witch's Book of Self-Care* - Arin Murphy-Hiscock 2018-12-11

"From Wiccan author Arin Murphy-Hiscock comes this fantastic guide to spiritual self-care with a witchy bent. *The Witch's Guide to Self-Care* contains recipes for products and spells for self-restoration." —Bustle  
Self-care and magic work together in this guide to help you become the best version of yourself. You'll learn how to nourish your body and spirit with herbal remedies, spells, and rituals inspired by witchcraft in this unique, enchanted guide to self-care. Self-care is a necessity for any modern woman. The goals of self-care are simple: healthy mind, healthy body, healthy spirit. This book helps you prioritize yourself with a little help from the magic of witchcraft. *The Witch's Book of Self-Care* has advice for pampering your mind, body, and spirit with spells, meditations, mantras, and powerful activities to help you to keep healthy, soothe stress, relinquish sadness, channel joy, and embrace your strength. This book features such magical self-care remedies: -A Ritual to Release Guilt: Learn to burn whatever causes you pain and process painful memories or work through heavy emotions in this therapeutic ritual. -Green Space Meditation: Learn how to reconnect with the healing energies of nature, even in the middle of a bustling city, as part of a series of meditations based on the elements and your senses. -DIY Body Butter: Create your own custom soothing and smoothing body butter, powered by crystal and essential oils suited to your intention, and sanctified by a ritual. And much more! *The Witch's Book of Self-Care* shows you how easy it is to connect to the earth, harness your personal power, and add a little magic to your everyday life for a better you!

[How I Did It!](#) - Gregory Davis 2013-03-20

*How I Did It!*, the new book from Bishop Greg Davis, challenges readers to make disciplined lifestyle changes that will propel them forth to success! Bishop Davis shares the path that led to his personal weight loss victory and encourages readers to apply the same techniques for victorious results in all areas of life. *How I Did It!* offers readers the secret to overcome any great challenge faced!!!

[Your New Story, Your New Life](#) - Bo Sebastian 2016-09-06

Rewrite a new story for your life. Learn how to think in a new way. Bo

Sebastian, a Consulting Hypnotist, helps you retrain the neural pathways of your brain. Turn your dreams into reality by shifting your thoughts.

Learn to manifest what you have been hoping for your entire life! This book teaches you simple steps to create a more balanced you.