

The Answer John Assaraf Free

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Get Rich Click! Marc Ostrofsky 2013-01-08 A mainstream release of a previously self-published best-seller, written by a successful internet traffic developer best known for his record-breaking sale of the Business.com domain name, shares a wealth of insights, tips and strategies for using online resources to build wealth rapidly. **Learning to Slow the F*ck Down** Erica Mortimer 2018-08-28 Reading Learning to Slow the F*ck Down is like sitting down for a cup of coffee with a good friend. A friend is who is engaging, insightful and playfully irreverent. This book offers a raw and real look at the journey to mindfulness. A licensed mental health clinician, Erica recognizes that many people are afraid of change, of being alone, of living, of loving, of embracing the power within. Erica draws on both her professional and personal experiences to inspire others and provide a guide to inner peace. This is not your average book about meditation, it is more than that. In Learning to Slow the F*ck Down, Erica weaves analogy with insight to show how slowing down and being present can increase your productivity, joy, peace and pleasure. Erica shows how loosening your grip on life will allow you to move from a place of fear to a place of flow.

The Complete Vision Board Kit John Assaraf 2008-10-07 A vision board is a powerful tool that anyone can use to shape an ideal future through the power of intention and visualization. Learning how to vividly imagine your desired results–attracting your perfect soul mate, radiant health, abundant career opportunities, or building personal and community relationships to give back—is the first step on the path to making them happen. Break through unconscious, limiting beliefs and get ready to transform your future now. If you can envision it, you're halfway there! This book will explain and walk you through exactly how to create a vision board in conjunction with how to retrain your brain to actually start believing that you can achieve all your goals and dreams. Then, the universe will work its magic! This is a great personal gift and one your friends and family will love. *Ik hou van mijn vader* Shelley Admont 2019-08-13 Jimmy the little bunny doesn't start off knowing how to ride a two-wheeler bike like his big brothers. In fact, sometimes he gets teased for it. When Dad shows Jimmy how not to be afraid to try something new, that's when the fun begins. Het kleine konijntje Jimmy weet niet hoe hij moet fietsen zonder zijwielzjes zoals zijn grote broers doen. Soms wordt hij er zelfs om geplaagd. Als vader Jimmy laat zien dat je niet bang hoeft te zijn om iets nieuws te proberen, begint de pret. Dit kinderboek is onderdeel van een collectie korte bedtijdverhalen. Dit verhaal is ideaal om vóór het slapengaan aan je kinderen voor te lezen, maar ook leuk voor de hele familie!

The Book of Affirmations® Noah St. John 2013-08-19 Did you know that asking a new kind of question can immediately change your life? One morning in 1997, college student Noah St. John was in the shower when he asked himself a question that changed his life: Why are we trying to change our lives saying statements we don't believe . . . when the human mind responds automatically to something even more powerful? That’s when he invented the stunningly simple yet amazingly effective method he named Affirmations—a method that’s since helped tens of thousands of people around the world to attract more money, lose hundreds of pounds, find their soul mates, grow their businesses, and dramatically improve their lives, with just four simple steps. The Book of Afformations isn’t just another book on abundance. It’s a proven, step-by-step guidebook to living the life of your dreams. Inside this book, you'll discover:
• What the Belief Gap is and why it's keeping you stuck
• How a struggling insurance salesman increased his income by 560 percent in less than a year—and found the love of his life—using this method
• How a 13-year-old girl cured her chronic insomnia using this simple technique—in just one night
• What they told you about the Law of Attraction that's just flat-out wrong
• How to quit smoking and overcome depression without drugs or therapy
• The 2 most effective questions of all time, and the 1 question you should never ask
• How to create instant superstar performance in yourself and everyone in your organization
• And that's just the beginning! . . . Are you ready to join the Afformations Revolution?

simplify your time Lothar Seiwert 2010-09-13 Zeit für das Wesentliche - wie man sie findet, beschreibt der Autor ganz im Stil der bekannten Siplify-Reihe. *De beslissende voorsprong* Patrick Lencioni 2013-07-19 Wie zoekt naar manieren om de concurrentie voor te blijven, komt al snel op het terrein van marketing, innovatie of strategie. Je wilt in feite slimmer zijn dan de rest. Maar ook de concurrentie volgt de ontwikkelingen op de voet, zodat je je behaalde voorsprong vaak al snel weer kwijt bent. Patrick Lencioni laat in dit toegankelijke maar diepgavende boek zien dat er een wereld te winnen is door niet slimmer maar gezonder te worden: wie politieke spelletjes, gebreklijke communicatie en slecht leiderschap weet uit te wieden, kan alle aanwezige ervaring, kennis en energie in zijn bedrijf maximaal inzetten. Een gezonde organisatie weet management, werkvloer en cultuur tot één geheel te smeden en dat is de enige manier om duurzaam concurrentievoordeel te behalen. Aan de hand van voorbeelden en tips uit zijn eigen praktijk laat Lencioni zien hoe uw organisatie gezond kan worden. Zo krijgt ook u de beslissende voorsprong.

Having It All John Assaraf 2007-11-06 No matter what you want in your life, Having It All will take you from where you are to where you want to be. Entrepreneur John Assaraf started with nothing and went on to create a multimillion-dollar empire and achieve the life of his dreams, earning himself the nickname “The Street Kid.” Now he shares the best of what he’s learned so you, too, can create the life of your dreams. Having It All contains practical exercises and powerful lessons to help you achieve greater happiness and long-lasting success. You will learn how to: Develop and utilize the seven power factors!l highly successful people use Apply the most advanced techniques that world-class athletes and entrepreneurs use to eliminate mental obstacles Pinpoint and design the exact life you truly want Use the power of your subconscious mind to develop empowering success habits *The Confident Creative* Cat Bennett 2010-04-01 Using simple methods and yogic theory, this unique guide focuses on the art of drawing as a way to unblock creativity and create artistic confidence. Both practicing and beginning artists will learn to develop drawing skills, overcome creative blocks, and enter the meditative state in order to find creative connections and confidence. Featuring full-color examples from professional artists, three different drawing methods, and exercises tested and developed in the author’s own drawing class, this is an invaluable tool for artists, writers, musicians, and all who wish to access their creative strengths and live inspired, authentic lives.

The Answer John Assaraf 2008-05-20 Outlines strategies for minimizing risks and maximizing success in today's business environments, drawing on scientific principles to outline a step-by-step process for “rewiring” one’s brain in order to enable an extraordinary life.

The Awakening Course Joe Vitale 2010-12-21 The complete mind, body, and spiritual transformation based on a highly successful course—now in paperback! The Awakening Course is Joe Vitale's most recent breakthrough program explaining the four stages of awakening. This thought-provoking book builds on everything Vitale has written and recorded to date, taking you to a whole new level of personal and professional transcendence. This book offers a proven step-by-step approach for finding and achieving your goals and desires through a complete mind, body, and spiritual transformation. Discover new perspectives on money, role models, and the power of your unconscious Re-state complaints into positive life-changing intentions, and turn your fears into a catalyst for success 5 steps for attracting anything or anyone into your life Joe Vitale is the author of the bestselling The Attractor Factor and The Key Let The Awakening Course take you to a place of transcendence.

Beyond Referrals: How to Use the Perpetual Revenue System to Convert Referrals into High-Value Clients Bill Cates 2013-03-26 More Introductions! More Appointments! More Clients! You face four hurdles to gaining new clients: finding enough of the right prospects, getting their attention, making the sale, and multiplying your clients through referrals. While referrals are important, they’re not the endgame. Beyond Referrals helps you turn referrals into introductions, appointments, and sales—showing you how to turn referrals into introductions to the prospects who are eager to hear from you. Then, you'll learn proven ways to convert a high percentage of prospects into high-value clients. "Bill's referral system is being used throughout our company because the results are undeniable. He has truly revolutionized the way our advisors are acquiring new clients through referrals. This book will turbocharge your client acquisition!" -- JOE JORDAN, Senior Vice President, MetLife "Beyond Referrals is a gold mine of value-based, profit-creating information. Utilizing Bill's Perpetual Revenue System, we learn that obtaining the referral is only the first step in an ongoing and very profitable cycle." -- BOB BURG, coauthor of The Go-Giver and author of Endless Referrals "Beyond Referrals explains how to avoid leaving money on the table from what I call the 'second sale.' You can read this book and double your business, or you can merely work twice as hard. That's not much of a choice." -- ALAN WEISS, PhD, author of Million Dollar Consulting and Million Dollar Referrals This is the ultimate blueprint for converting referrals into clients." -- Ivan Misner, PhD, New York Times bestselling author and founder of BNI

De Rockefeller-strategie Verne Harnish 2010-04-28 Verne Harnish is expert op het gebied van strategische groei. Uitgangspunt voor dit handboek zijn drie basisprincipes voor succesvol management, afkomstig uit de biografie van oliemagnaat John D. Rockefeller, over de rijkste zakenman in de VS, die Harnish uitwerkte tot een managementtool voor snelgroeiende bedrijven. De drie principes van Rockefeller zijn: . Prioriteiten: hebben we duidelijke prioriteiten voor de korte en lange termijn? Heeft iedereen zijn eigen prioriteiten daarop afgestemd?. Informatie: is er genoeg informatie om de performance en de wensen van onze klanten te peilen? Werk iedereen ook met en volgens die informatie?. Ritme: zijn er regelmatig vergaderingen om de koers en de verantwoordelijkheden scherp te houden? Worden die effectief en zinvol gehouden? De Rockefeller-strategie biedt het gereedschap om de juiste strategische beslissingen te nemen en deze vervolgens ook uit te voeren en te checken of er ook gedaan wordt wat gedaan moet worden. Harnish legt de theorie uit aan de hand van cases en je kunt direct aan de slag met het strategisch plan op één A4tje, het stappenplan en de financieringsgrid. Een onmisbaar handboek voor ambitieuze ondernemers, die liever ondernemer dan manager zijn, maar wél op koers willen blijven.'

Handbook for 1st Good Law of the Universe The Secret Formula for the Law of Attraction: Build Success Amornrat Boonyarit : Ami Lawyer 2021-03-16 Handbook for 1st Good Law of the Universe The Secret Formula for the Law of Attraction: Build Success and Go from 0 to a Million Baht within 1 Year: Make your life changes from your subconscious mind. Law of the Universe Make your life fulfilled Change your life;You will be like a magnet to attract wealth, health, fortune, love, success. Tips for you on how to harness the power of the Universe to create success. Create a new life with the high science pulling now. Creating successful transformations of people all over the world Number: 59 pages Writers: Amornrat Boonyarit & Ami Lawyer I meet most people living with worries, distress, stress, problems, obstacles, hardships, poverty, and not enough money. Many people have a lot of debt. Especially in this era, crises run into life because most people do not understand the Law of the Universe, which is the natural law of this world. This ignorance of the Universe's laws surrounding us, therefore, most people live according to destiny, as we can see from this moment. Most people around the world face a crisis of unemployment, business closures, and problems. Some people, when they are faced with situations may even hurt themselves. The energy that causes all these things that happen in our life are within us. We ourselves are attracting the things that come in. The author has studied the human evolution of psychic powers in science. The success, failure, poverty, riches of human beings are different. From a more in-depth study, scientists found we all have electric power and frequency and we are also the generators of electric energy from within ourselves all the time. Life exists within every human being and everywhere. Likewise, all things have the same point. By this frequency energy, there is a vibration and movement all the time. Suppose you send out what kind of energy waves within you. Your life will attract the same energy waves back. Most people do not know this secret. Therefore, if we send out the waves' result to the wrong side, which you do not want all the time, life is not a success— the secrets of all the laws of the Universe. You can follow and read all this content. Every human being has incredible energy within himself, but most people do not understand running for magical powers from other people from the outside. Once you have read all the content in this guide successfully, you'll discover the magical energy inside you. This energy will help you dissect the crisis miraculously, and you will be able to create a life-changing miracle for yourself. Anyone can create a new life at any moment with this guide The author's biography. The author has worked as a real estate consulting lawyer, debt management, and investment advisor for real estate business people for 20 years. The author loves learning human evolution in science and likes to study the energy of the mind. Also, the author prefers to be an astrological forecaster by doing it alongside a lawyer's career. Throughout her life, the author has been with legal counseling and has been helping people in the field. Laws and advice on life problems: From being an astrological forecaster, the author sees the root cause of suffering, sorrow, worry, stress, and various troubles that are caused by events within the mind to attract different things. Some people come into this kind of life because they do not understand the law, the Universe's forces, the law of gravity. The author has therefore made a manual for the laws of the universe forces. So that Thai people and the general public can understand, leading to success and change a new life according to the way we want. The secret formula, the law of attraction, which is the Universe's law, and certified the scientific process have established. Number: 59 pages Best wishes Amornrat Boonyarit: Coach Ami Lawyer

Summary of Noah St. John & John Assaraf's Afformations Everest Media 2022-03-04T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 You want more control over your choices every day, more free time to spend with your family, a more fulfilling career, more money to enjoy the good things in life, and a better love life. Isn't that why you're reading this book. #2 Positive statements have been used by millions of people to change their lives. However, many people have spent years writing, speaking, and listening to positive statements because that's what they were told to do. #3 Positive statements have been shown to help people achieve their personal and professional goals, but there's just one tiny problem: they don't work if there's something missing. #4 The human mind is an incredibly miraculous thing. It created the computer you are reading these words on, as well as the fields of science, religion, philosophy, and every work of art that has ever existed.

De wet van de aantrekkingskracht Michael Losier 2011-10-07 De surprise-bestseller van Forum dit voorjaar: een praktisch werkboek om The Secret ook in uw leven toe te laten.

Your Money Puzzle

Moving the Needle Joe Sweeney 2014-11-17 A detailed system that will help you achieve your professional and personal goals Moving the Needle provides both the “kick in the pants” and the game plan many of us need to break out of the rut and get moving to achieve our goals. CEOs, vice presidents, professionals, military personnel, and even college students frequently express frustration at the entrenched status quo, in which initiating progress feels like moving mountains. This book lights a path toward continual improvement, helping readers first find a direction, then make the key transitions that jumpstart forward progress. This highly practical guide outlines a change process that can be applied to professional or personal goals, giving readers a concrete plan for making big things happen. Rather than blindly shooting for the moon, readers will formulate a solid, systematic, actionable plan that can only result in progress. In today's tenuous business climate, employers and employees alike can be glued to the ground, unsure of the path they should take, or whether they have the freedom to move forward. Moving the Needle helps readers clarify their current position, identify their optimum position, and formulate a workable strategy for getting from here to there. Find what “moving forward” means for your career and life Shake off the doldrums of routine and establish a culture of innovation Improve performance on a consistent basis, at every level Break the inertia and get moving in the right direction Stagnation is diametrically opposed to progress. Moving forward requires a vision, a plan, and the impetus to get things done. Those who sense that big things can happen need to get clear, get free, and start Moving the Needle.

100 gelukkige dagen Fausto Brizzi 2015-04-07 Wat zou jij doen als je nog honderd dagen te leven had? Lucio zwiert door het leven. Hij heeft vrienden en vrouwen bij de vleet. Zijn vrouw Paola heeft er genoeg van en zet hem buiten de deur. Voorgoed. Een dag later krijgt Lucio vreelijk nieuws: hij heeft in het gunstigste geval nog honderd dagen te leven. Wat nu? Lucio besluit om ondanks alle gelukkig te zijn. Om zijn kinderen mooie herinneringen te kunnen geven, en de goede kanten van het leven te vieren. Maar kan hij wel betekenis geven aan het laatste stuk van zijn leven zonder zijn echte liefde, Paola? 100 gelukkige dagen is lachen door je tranen heen en genieten van het ware Italiaanse dolce vita. Een ode aan het leven! Fausto Brizzi is een Italiaanse tv-producer en maakte diverse bittersweet romantische comedy's. Zijn werk is vooral geliefd vanwege het onbetwisbaar Italiaanse levensgevoel en de sterke psychologische diepgang. Zijn debuutroman 100 gelukkige dagen - een grappig, wijs en ontroerend verhaal - zal de basis vormen van een grote

publieksfilm. 'In de stijl van Nick Hornby, met veel anekdotes en plezierige uitweidingen.' La Repubblica 'Superboek. Dit zou zomaar eens de zomerhit van 2015 kunnen worden!' Wim Krings, Boekhandel Krings, ex-boekenpanellid DWDD

Als Het Leven Een Spel Is, Dan Zijn Dit de Regels Cherie Carter-Scott 2013-01-31 ‘Het leven wordt vaak vergeleken met een spel. Helaas krijgen we er geen spelregels bij en vertelt niemand ons hoe we het moeten spelen. We beginnen dus gewoon bij “Af”, verplaatsen ons over het bord, en hopen maar dat we het goed doen.’ Vijfentwintig jaar geleden maakte Cherie Carter-Scott Ph.D. een lijstje van haar Tien regels om een mens te zijn. De regels werden driftig gekopieerd en circuleerden op universiteiten, scholen, kantoren en binnen gespreksgroepen. Niemand wist wie de schrijfster was en ze werden twintig jaar later dan ook onder het kopje ‘Anoniem’ opgenomen in de wereldwijde bestseller Balsem voor de ziel. Als het leven een spel is, dan zijn dit de regels is de uitgebreidere versie van het oorspronkelijke lijstje. In heldere taal legt de schrijfster hier uit wat de regels inhouden en hoe u ze kunt toepassen om een gelukkiger mens te worden. ‘De regels stralen een zeer positieve kracht uit...’ Libelle ‘Een gids in het moderne level.’ GPD

Schrijven vanuit je hart Natalie Goldberg 2018-01-30 Meer dan een miljoen Nederlanders heeft de wens om een boek te schrijven. Maar hoe begin je hiermee? In 'Schrijven vanuit je hart' krijg je tips en oefeningen om je droom waar te maken. Zelf een boek schrijven is de droom van veel mensen. Met de tips en oefeningen van Nathalie Goldberg was zelf een boek schrijven nog nooit zo makkelijk. 'Schrijven vanuit je hart' is een gepassioneerde oproep om je diepste gedachten onder woorden te brengen. Het boek is opgebouwd uit 64 hoofdstukken van drie pagina's, waarin steeds een advies wordt uitgewerkt. Het zijn zonder uitzondering inspirerende teksten die tot de verbeelding spreken en de lezer stimuleren om te schrijven vanuit zijn of haar hart. **Woorden kunnen je brein veranderen** Newberg 2012-10-12 Helder, kort, rustig, vriendelijk en oprecht. Dat zijn de belangrijkste kenmerken van compassievolle communicatie, een nieuwe methode om beter te leren communiceren met collega's, bazen, klanten, kinderen, geliefden etc. De auteurs ontwikkelden twaalf communicatietechnieken waarmee je vertrouwen kunt winnen, conflicten kunt oplossen en meer intimiteit kunt creëren. Regelmatig toepassen van die technieken verbetert het functioneren van het brein aanzienlijk.

Superbrein Deepak Chopra 2013-06-06 De geest beheert de hersenen, en niet andersom. Een mens kan zijn hersenen trainen en veranderen. Twee pioniers op gezondheidsgebied delen hun afwijkende visie op de werking van hersenen, gebaseerd op zowel wetenschap als spiritualiteit. Zij beweren dat de geest de hersenen beheerst, en niet andersom. Een mens kan nieuwe neurale wegen ontwikkelen door mindfulness en meditatie te beoefenen. Het is niet voor niets dat de hersenen van mediterende monniken er anders uitzien dan die van de meeste mensen. Conclusie: de hersenen zijn ons krachtigste instrument om gezondheid en geluk te bereiken.

Beyond The Secret Alexandra Bruce 2007-09-01 Based on a best-selling documentary film of the same name, this books presents the “Law of Attraction,” which, according to the tagline, “has traveled through centuries to reach you.” By synthesizing “how to get rich” ideas from classic self-help books by Wallace D. Wattles (The Science of Getting Rich), Napoleon Hill (Think and Grow Rich!), and Charles Haanel (The Master Key System) with twenty-five modern-day self-improvement gurus like Jack Canfield, Bob Proctor, Michael Bernard Beckwith, James Ray, Lisa Nichols, and Joe Vitale, author Rhonda Byrne and her team have created an almost alchemically rich and compelling promise. They claim that “The Secret” was discovered by such historical luminaries as Plato, da Vinci, Galileo, Napoleon, Hugo, Beethoven, Newton, Edison, and Einstein/ that “The Secret” has existed in fragments in religions, philosophies, and oral traditions for centuries. . . . but only now has it all been put together. “The Secret is everything you have dreamed of. . . and is beyond your wildest dreams,” trumpet the marketing materials. Could it really be true, or is it just a new spin on the very old (and decidedly not secret) “the power of positive thinking” wedded to “ask and you shall receive”? Alexandra Bruce goes behind the scenes to investigate the phenomenon, from its roots in Australia to the sales bonanza that has seen creator Rhonda Byrne become the most successful debut author in memory. Bruce takes a hard but fair look at the “teachers” featured in The Secret and the “Law of Attraction” that is the central theme. To truly understand the significance of The Secret, perspective is needed. Beyond The Secret delivers that and much more.

The Power of Coaching...Engaging Excellence in Others! Machen MacDonald 2007

Master of Service Norman Lacasse 2010-09-29 MASTER OF SERVICE Extraordinary results in your life, work, your business. Find out the missing answers. This is the book to read right now. *Become the trademark for your type of business, the trademark in your town, the “In Demand” person. *Make your customers life better, faster. *People will give you business because you will deliver superior quality of services. *Doing business with you will mean “Worry Free” for your clients. *Learn how to remove quickly the hassle from their life. *You don’t want the customer just once, you want the business for life. Lacasse has been the spark of the service industry for more than 20 years. Thousand of customers rave about the results created for them. In his book he shares his surefire ways to get results.

Minimalisme Joshua Fields Millburn 2018-01-18 Minimalisme is een inspirerend boek dat helpt om je te bevrijden van ballast, en ruimte te maken in je leven voor wat echt belangrijk is – want ons geluksgevoel wordt door andere dingen bepaald dan de economie. De prestatie- en consumptie maatschappij dwingt ons voortdurend tot meer: meer hersenloze consumptie, meer informatie, meer sociale media, en dat alles in de jacht op een gelukkiger leven. Maar je zit nooit genoeg hebben van dingen die je niet echt nodig hebt, want dat leidt alleen maar tot schulden, depressies en ontvreemdheid. Er is meer in het leven dan rekeningen en geld en werk. Jeugdvernieuwers Joshua Fields Millburn en Ryan Nicodemus waren nog jong, hadden goedaetald werk en leefden een ‘rijk’ leven. Totdat ze merkten dat ze niet gelukkig waren en hun beider relaties stuk liepen. Ze ontdekten minimalisme, waardoor ze in staat waren hun bloedeelze baan op te zeggen, de meeste van hun bezittingen van de hand te doen en zich te richten op wat echt belangrijk is, zoals gezondheid, passie en persoonlijke groei – een betekenisvol leven.

Living Well with a Long-Term Health Condition Angeliki Bogosian 2020-05-10 Living well with a long-term health condition is one of the most challenging experiences one can have. Written based on the most recent research evidence, this straightforward guide to managing both the emotional and physical aspects of chronic illness gives practical suggestions of how those living with a range of conditions can most effectively manage their symptoms whilst still living an active and fulfilling life. Covering a range of topics including self-management of pain, fatigue, stress and lifestyle changes, and adapting to a diagnosis, the book provides an accessible resource that will enable patients and carers to better understand and meet the psychological challenges of long-term condition. By taking a holistic approach, Bogosian empowers the individual to identify their own goals and the pathways to achieve them to reach personal satisfaction, while negotiating the complexities of their condition. This book will be an indispensable guide to those living with a long-term illness, as well as their family members. It will also be of interest to specialist nurses, care consultants, or social workers working with people with a chronic illness.

Personality Isn't Permanent Benjamin Hardy 2020-06-16 Psychologist and bestselling author Benjamin Hardy, PhD, debunks the pervasive myths about personality that prevent us from learning—and provides bold strategies for personal transformation In Personality Isn't Permanent, Dr. Benjamin Hardy draws on psychological research to demolish the popular misconception that personality—a person’s consistent attitudes and behaviors—is innate and unchanging. Hardy liberates us from the limiting belief that our “true selves” are to be discovered, and shows how we can intentionally create our desired selves and achieve amazing goals instead. He offers practical, science-based advice to for personal-reinvention, including:
• Why personality tests such as Myers-Briggs and Enneagram are not only psychologically destructive but are no more scientific than horoscopes
• Why you should never be the “former” anything—because defining yourself by your past successes is just as damaging to growth as being haunted by past failures
• How to design your current identity based on your desired future self and make decisions here-and-now through your new identity
• How to reframe traumatic and painful experiences into a fresh narrative supporting your future success
• How to become confident enough to define your own life's purpose
• How to create a network of “empathetic witnesses” who actively encourage you through the highs and lows of extreme growth
• How to enhance your subconscious to overcome addictions and limiting patterns
• How redesign your environment to pull you toward your future, rather than keep you stuck in the past
• How to tap into what psychologists call “pull motivation” by narrowing your focus on a single, definable, and compelling outcome The book includes true stories of intentional self-transformation—such as Vanessa O'Brien, who quit her corporate job and set the Guinness World Record for a woman climbing the highest peak on every continent in the fastest time; Andre Norman, who became a Harvard fellow after serving a fourteen-year prison sentence; Ken Arlen, who instantly quit smoking by changing his identity narrative; and Hardy himself, who transcended his childhood in a broken home, surrounded by issues of addiction and mental illness, to earn his PhD and build a happy family. Filled with strategies for reframing your past and designing your future, Personality Isn't Permanent is a guide to breaking free from the past and becoming the person you want to be.

Evolve or Die Robin Crow 2010-04-26 Bring positive change and attain the highest levels of success Robin Crow has years of experience working in the trenches as an entrepreneur and business owner. Now he has put all that work at your disposal with his unique Seven Step Challenge. Presented as a call to action, Evolve or Die delivers optimistic solutions to become better than you were yesterday and realize abundance at every level for personal and professional growth. The method teaches Exceed expectations Gets things done 100% accountability Commit to continual improvement Boundless optimism Environmental responsibility Make a difference Whether you're the CEO or cleaning the CEO's office, by following the author's program you'll be able to regain control, refocus, and bring positive change to attain the highest levels of success.

Emotionele Vergelijkingen Chip Conley 2012-08-22 Wiskunde maken van emoties lijkt tegenstrijdig, maar in dit boek is het inspirerend en ongelooflijk effectief. Een voorbeeld: Geluk = Plezier - Angst. Aan de hand van het persoonlijke verhaal van de auteur wordt een heldere methode gepresenteerd die zichtbaar maakt wat je wel en néét kunt beïnvloeden. Het resultaat is dat je objectief over je emoties nadenkt, de noodzakelijke aanpassingen doet, zodat de emotionele balans wordt hersteld.

Hyperfocus Chris Bailey 2018-08-31 In 'Hyperfocus' biedt productiviteitsexpert Chris Bailey nuttige inzichten en effectieve tactieken om onze aandacht te managen. Dit is namelijk nooit eerder zo overgestimuleerd en overvraagd geweest als nu. We hebben het drukker dan ooit, maar lijken minder voor elkaar te krijgen. Tegelijkertijd voelen we ons ongemakkelijk bij verveling en een gebrek aan prikkels en afleiding. Op basis van recent neurowetenschappelijk onderzoek toont Chris Bailey aan dat ons brein twee standen heeft die je kunt activeren als je je aandacht effectief inzet: hyperfocus, de stand voor diepe concentratie, en snipperfocus, de creatieve en reflectieve stand. Door neurowetenschap, psychologie en mindfulness te combineren helpt Bailey je om elk van deze twee mentale standen optimaal te benutten. Zo krijg je meer focus in werk en leven.

Op weg naar herstel / druk 12 Oscar Carl Simonton 2007-02 Psychotherapeutische benadering van het ontstaan en de bestrijding van kanker.

Do Over Matt Theriault 2010-11

De twaalf poorten naar de ziel / druk Heruitgave Dan Millman 2006 Twaalf adviezen om het dagelijks leven bewuster, gezonder en levenslustiger te ervaren.

The secret Rhonda Byrne 2017-05-09 'The Secret' van Rhonda Byrne verscheen in 2006. Miljoenen mensen over de hele wereld lazen het boek of bekeken de film. In april 2007 verscheen de Nederlandse vertaling van het boek. De rest is geschiedenis. Inmiddels zijn er bijna 400.000 Nederlandse exemplaren van het boek verkocht. De tiende jubileumeditie van het boek dat het leven van velen ingrijpend heeft veranderd, nu met een gouden randje en een nieuw voor- en nawoord van de Rhonda Byrne. The Secret helpt je bereiken wat je zelf voor onmogelijk houdt: geluk, succes, gezondheid, geld, relaties. Wat is The Secret? Wat is het geheim van The Secret? The Secret? Wat kan het betekenen voor jou? 'The Secret' gaat in op de kracht van de Law of Attraction (Wet van de Aantrekking). Technieken die hiervoor gebruikt worden zijn het zetten van een intentie of een intentie of de visualisatie van een droom. The Secret openbaart alle facetten van het geheim, dat het leven transformeerde van iedereen die er ooit mee in aanraking kwam... Plato, Beethoven, Shakespeare, Einstein. Leer het geheim kennen, bereik het onmogelijke... 'Ik ben opgevoed volgens de denkwijzen van 'The Secret''. En het werkt, dat merk ik bij alles wat ik doe. - Fajah Lourens, bestsellerauteur van 'Killerboby dieet'. 'Het boek heeft een veel interessantere impact op m'n leven gehad dan geld verdienen. Ik leef relaxter, geniet meer van het moment, ik leef m'n leven echt. - Catherine Keyl

Beyond Sugar Shock Connie Bennett, C.H.H.C., C.P.C., A.C.C. 2012-06-01 From Connie Bennett, author of the bestseller Sugar Shock!—the book that Mehmet Oz said “spills the beans” on the shocking impact of sugar and simple carbohydrates—comes Beyond Sugar Shock, the first book to provide a simple, practical, mind-body-spirit plan to help readers break free of their sugar or carb addiction. For the millions of people who suffer with problems such as low libido, excess weight, overpowering fatigue, and many other unexplained ailments, Beyond Sugar Shock provides a step-by-step, six-week program to gently guide readers to a healthier life. In this friendly, compassionate book, they'll find:
• A playful, but serious Sugar Shock Quiz to help readers learn about their personal sugar addiction.
• Easy, tried-and-true techniques that Connie used—and that her clients and Sugar Freedom Now participants now use—to successfully quit her sugar habits.
• Dozens of easy tips and tactics to stomp out carb cravings.
• Simple meal plans, tasty recipes, and a food/lifestyle pyramid that shows readers how to let go of quickie carbs and nonfoods (the Standard American Diet or SAD) and instead enjoy real, wholesome, health-giving nutrition.
• Entertaining, interactive “adventurcises” (adventurous exercises) such as “Do Sugary Soul Searching,” “Party with the Produce,” and “Snatch the E-Z Vitamins.”
• Affirmations to refresh, rejuvenate, and renew the mind, body, and spirit.
• Remarkable success stories with before-and-after photos. In Beyond Sugar Shock, readers will find out that letting go of their sugar or carb addiction is much simpler than it seems—and it can even be fun! And once they’ve addressed their addiction, readers will not only look and feel better, but will also experience an overpowering sensation of joyous freedom and a sweeter, balanced life.

Het 80/20-principe Richard Koch 2017-11-18 Nieuwe editie van ‘Het 80/20-principe’, de klassieker van Richard Koch waar wereldwijd meer dan een miljoen exemplaren van verkocht zijn. Het 80/20-principe klinkt als een aardige vuistregel, maar het is meer dan dat: het is een wetenschappelijk bewezen principe. Richard Koch toont in dit boek aan dat het 80/20-principe voor organisaties te gebruiken is als analyse-instrument (met welke producten behalen we de hoogste winst?), er op persoonlijk vlak als denkmethode (op welke thema's moet ik focussen, wat zijn de beste oplossingen?). In beide gevallen is het resultaat: betere beslissingen, minder gedoe, meer effectiviteit. Op strategisch niveau, maar ook in je dagelijkse werk. Iedereen, van de CEO tot de professional, kan met dit boek zijn voordeel doen. Het helpt je te kiezen, te beslissen en sneller vooruit te komen. De jubileumeditie van dit standaardwerk is aangevuld met nieuwe hoofdstukken over de werking van het principe in (online) netwerken.

The British National Bibliography Arthur James Wells 2009

Why Me? Laurie Roper, M.S. 2015-02-10 Fourteen-year-old Jackson Elderberry Monroe is an indigo with unusual abilities. Due to acceleration codes imbedded in his DNA, he is picked by a group of Guardian extraterrestrials to help protect the planet Earth from sinister alien technology deliberately designed to pull Earth into a black hole in the center of the galaxy. The Guardian extraterrestrials choose TeTe, a strangely weird but wise representative from the sixth dimension to prepare and train the young indigo for what pertends to be a very dangerous time travel mission and to open his mind to the true history of the planet, which has been safely kept on selenite crystals until now. Intrigued by an adventure that includes taking hyperspace leaps while transcending time, making new alien friends, and indulging in off planet retrieval missions and recreational opportunities, Jackson decides to give the training program a try. Now only time will tell if Jackson and the Guardian team will be successful in altering the timeline of Earth's fall. Why Me? is the continuing science fiction tale of a gifted teenager’s journey through hyperspace, with the help of an alien mentor, in an effort to save Earth from a horrifying fate.