

## Life Makeovers 52 Practical Inspiring Ways To Improve Your Life One Week At A Time

New Age Brain Makeover Stand Up for Your Life Waking Up in Winter Love and Care for the One and Only You Live More, Want Less A Better You Body Library Journal Kaapse bibliotekaris Words on Cassette 2002 The Little Book of Talent Inspired Magic Crazy Busy The More of Less 168 Hours We Inspire Me Find Your Path Character Makeover The Art of Extreme Self-Care The Inspired Life I Tried to Change So You Don't Have To The Official CompuServe? 2000 Tour Guide American Book Publishing Record The Unmistakable Touch of Grace My Foot Is Too Big for the Glass Slipper Walking on Sunshine My Daily Affirmation Cards You Can Create an Exceptional Life Human Relations Be: A No-Bullsh\*t Guide to Increasing Your Self Worth and Net Worth by Simply Being Yourself Be Yourself, Everyone Else is Already Taken Self-care Cards Goal Sisters Take Time for Your Life Every Monday Matters Make Your Creative Dreams Real What Your Heart Needs for the Hard Days What Are You Waiting For? It's YOUR Life Funky to Fabulous Life Makeovers

### New Age

Internationally recognized coach and New York Times bestselling author Cheryl Richardson has toured the world empowering others to make lasting change. But when Richardson's own life no longer worked as it once had, a persistent, inner voice offered unmistakable guidance: it was time to reevaluate her life to uncover what really mattered. *Waking Up in Winter* is the candid and revelatory account of how at midlife, Richardson found renewed contentment and purpose through a heroic, inward journey. The unfolding story, told through intimate journal entries, follows Richardson from the first, gentle nudges of change to a thoughtfully reimagined life – a soulful, spring awakening. With an experienced coach's intuition and an artist's eye, Richardson reexamines everything – her marriage, her work, her friendships, and her priorities – gracefully shedding parts of the self that no longer serve along the way. In the end, she not only discovers what really matters at midlife, she invites readers to join her in the inquiry process by providing thought-provoking questions designed to usher them through their own season of transformation. Offering up Richardson's most powerful teaching tool yet – her own life – *Waking Up in Winter* takes readers on a brave, spiritual adventure that shows us all how to live a more authentic and meaningful life.

### Brain Makeover

Build your confidence, increase your value, and make a lasting impact—a brand authenticity expert shares her most powerful secrets. Everyone in marketing is talking “authenticity.” Which means making a personal or professional brand should be simpler than ever, right? What could be easier than “being yourself?” Simple? Sure. But easy? Not so much. Why? Because authenticity is unfiltered, unapologetic, and honest. Authenticity owns its imperfections and takes responsibility for mistakes. It shows up on the good and bad days. In short, authenticity feels scary. No wonder we try to brand ourselves as someone else we think will be more appealing than our real selves. Jessica Zweig founded the SimplyBe. agency to revolutionize an authenticity-first approach to branding. With *Be: A No-Bullsh\*t Guide to Increasing*

Your Self Worth and Net Worth by Simply Being Yourself, she shares her most powerful secrets for building authenticity, service, and real connection into your winning brand. "I'm opening up the freakin' vault to SimplyBe.'s best-in-class, trademarked methodologies, tools, and frameworks for clearing away everything that's keeping the real you from shining through," she says, including: Branding Reinvented—Forget the hacks and tricks, it's time to learn what personal branding is really about. Embracing Your Sh\*t—All that stuff you think you need to hide? That's actually your most important resource! Your Vibe Attracts Your Tribe—Learn to magnetize the people who most want to support you (and they're out there). Your Personal Brand Hologram®—SimplyBe.'s universal framework can crystallize your utterly unique brand platform. The Supernova™—Create winning content with the secret sauce of consistency and clarity. The Pinnacle Content Framework™—Take the stress out of strategy and find the most direct, effective path toward your goals. Getting Social Media Right—Stop chasing trends and learn the 10 sustainable, evergreen principles for online connection. Living Your Brand—Take your authentic personal brand where it matters most: offline and into your relationships, your workplace, and the way you show up in the world. "We are living at an inflection point," says Jessica Zweig. "For any brand—business or personal—the game is no longer about eyeballs, but engagement. No longer about impressions, but impact. Content is no longer king, clarity is. Your best strategy? Service and generosity. Your best solution? Authenticity." Here is a powerful guide for connecting with others, changing lives, and moving the world forward as only you can.

### Stand Up for Your Life

Praise for Be Yourself, Everyone Else is Already Taken "Mike's book is a wonderful expression of authenticity in action—clear, honest, instructive, and a passionate call to be your true Divine Self." —Cheryl Richardson, New York Times best-selling author, Take Time for Your Life "Mike Robbins provides a clear guide for intelligently and compassionately coming face-to-face with yourself and loving the person you meet. His five principles of authenticity teach us how to embrace and celebrate all aspects of who we are and what it means to be a spiritual being having a human incarnation." —Michael Bernard Beckwith, author, Spiritual Liberation "Be Yourself, Everyone Else is Already Taken is an empowering and refreshing book about how to be successful, real, and fulfilled in life. I highly recommend it." —Gay Hendricks, New York Times best-selling author, Five Wishes "Mike Robbins has written a powerful, down-to-earth, and insightful book on one of the most important aspects of happiness and fulfillment in life—authenticity. Be Yourself, Everyone Else Is Already Taken will give you tools and techniques to enhance your life and relationships in a profound way." —Marci Shimoff, New York Times best-selling author, Happy for No Reason "Be Yourself, Everyone Else Is Already Taken reminds us that God created each one of us for a unique purpose. We live in a world where the lines between fake and real have blurred. This powerful book teaches you how to access and express the realness you crave in your work, your relationships, and yourself." —Jon Gordon, author, The Energy Bus

### Waking Up in Winter

Start learning how to solve tomorrow's problems today. HUMAN RELATIONS prepares you to confidently put theory into action and get the results you want. Authors Dalton, Hoyle, and Watts use a unique approach that gives you the opportunity to experience firsthand the

contemporary issues of human relations in the twenty-first century. Plus, they've included all the study tools you need to help you get the grade you want.

### Love and Care for the One and Only You

"Every event we experience and every person we meet has intentionally been put in our path to help us lead more conscious and fulfilled lives," says Cheryl Richardson, the New York Times bestselling author of *Take Time for Your Life*, *Life Makeovers*, and *Stand Up for Your Life*. In her new book -- her most personal work to date -- she'll show you that, once you learn to view your life from this perspective, the person who smiles at you while you're walking down the street is no longer a stranger, the phone call from an old friend who crossed your mind the day before is no longer a surprise, and the failed relationship that left you brokenhearted is no longer a source of bitterness and pain. Instead, these experiences -- examples of what Richardson calls "the unmistakable touch of grace" -- are seen as blessings in disguise, gifts that make you stronger, more conscious, and, ultimately, more alive. To read this beautiful, intimate, and profoundly inspiring book is like having a conversation with Richardson herself. Filled with illuminating stories, provocative experiments, and striking examples of how grace has influenced her own life, Richardson will help you recognize that your life is being influenced, too, in ways you may never have imagined. *The Unmistakable Touch of Grace* helps you to see the hidden miracles that occur every day -- and gives you the courage to use them to make your life more meaningful, magical, hopeful, and complete.

### Live More, Want Less

Are you too busy? Are you always running behind? Is your calendar loaded with more than you can possibly accomplish? Is it driving you crazy? You're not alone. *CrazyBusy* – the modern phenomenon of brain overload – is a national epidemic. Without intending it or understanding how it happened, we've plunged ourselves into a mad rush of activity, expecting our brains to keep track of more than they comfortably or effectively can. In fact, as Attention Deficit Disorder expert and bestselling author Edward M. Hallowell, M.D., argues in this groundbreaking new book, this brain overload has reached the point where our entire society is suffering from culturally induced ADD. *CrazyBusy* is not just a by-product of high-speed, globalized modern life – it has become its defining feature. BlackBerry, cell phones, and e-mail 24/7. Longer work days, escalating demands, and higher expectations at home. It all adds up to a state of constant frenzy that is sapping us of creativity, humanity, mental well-being, and the ability to focus on what truly matters. But as Dr. Hallowell argues, being crazybusy can also be an opportunity. Just as ADD can, if properly managed, become a source of ingenuity and inspiration, so the impulse to be busy can be turned to our advantage once we get in touch with our needs and take charge of how we really want to spend our time. Through quick exercises (perfect for busy people), focused advice on everything from lifestyle to time management, and examples chosen from his extensive clinical experience, Hallowell goes step-by-step through the process of unsnarling frantic lives. With *CrazyBusy*, we can teach ourselves to move from the F-state – frenzied, flailing, fearful, forgetful, furious – to the C-state – cool, calm, clear, consistent, curious, courteous. Dr. Hallowell has helped more than a million readers free themselves of the distractions and compulsions of ADD. Now in *CrazyBusy*, he offers the same

sound, sane, and accessible guidance for anyone suffering from the harried pace of modern life. If you find yourself pulled into a million different directions, here at last is the opportunity to stop being busy, start being happy, and still get things done.

### A Better You Body

### Library Journal

Get out of the way and let your dreams have a say! Now you have access to the remarkable power tools used by Hollywood insiders to transform their lives. The innovative Turnaround Techniques in Funky to Fabulous are based on a little known fact. Mammals are the only species that plays. Having fun is an integral part of how humans learn. The book's engaging approach is combined with scientific data to back up its theories. A game at the end of each chapter helps the reader anchor their learning. This unique combination make this a must read book. There are 65.8 million working women in America. 75% of them work full time. 60% of working women struggle with how to turnaround their stress. The key component of stress is feeling out of control. Funky to Fabulous reminds readers that "You are the Mayor of You-ville". The reader is the only one who has the power to change their day. The Turnaround Techniques are based on Neuro Linguistic Programming techniques.

### Kaapse bibliotekaris

"Originally published in Great Britain in 2015 by Short Books"--Title page verso.

### Words on Cassette 2002

Counsels readers on how to make strategic mental shifts to embrace a more positive outlook and tap creative energies, sharing uplifting quotes and stories as well as instructive exercises and meditations designed to align the heart and intellect for transformational benefits. Original. TV tie-in.

### The Little Book of Talent

### Inspired Magic

Author of the #1 New York Times bestselling Take Time for Your Life now shows you how to reclaim your life one week at a time Cheryl

Richardson, bestselling author and one of the most sought-after lecturers in the country, knows firsthand how tough it can be to juggle the daily demands of living in a fast-paced world, and how easily you can become disconnected from your true self and what makes you happy. In *Life Makeovers*, Cheryl has taken all the know-how and insight she has gleaned from her years as a personal coach and distilled it into a simple, year-long program that shows how making small changes, over time, can have a huge impact on the quality of your life. In fifty-two simple yet profound essays, Richardson provides a plan for both reflecting and taking action, along with specific, practical advice and exercises to help readers gradually and permanently remodel their lives, week by week. Easy to use and fun to read, this workbook is the perfect companion to *Take Time for Your Life*. Topics include: *The Gift of Time: It's Self-Management, Not Time Management Are We Having Fun Yet: When Life Gets Too Serious, Here's What to Do Give Your Brain a Vacation: For Finding the Best Ideas, Try This Standing in the Shadow: Whose Talent Are You Hiding Behind? Stop Juggling and Start Living: Here Are Some of the Balls to Drop Close Encounters: How to Make a Deeper Connection with Others* Her brief, personal essays will inspire you to make changes, and her *Take Action Challenges*, which appear with comprehensive resource sections at the end of every essay, will guide you through small steps that will slowly teach you to think, act, love, work, and even laugh in a whole new way. Written in Cheryl's signature, heartwarming style, *Life Makeovers* is the ideal book for anyone looking for a balanced way to reclaim their life one step at a time. How often do you daydream about living a better life—a life that reflects more of you, your values and deepest desires? How many times have you come to the end of a busy week and toyed with the fantasy of packing up and leaving it all behind? The "Life Makeover" program is a powerful year-long program for change. It is designed to support you in changing your life one week at a time. Each chapter consists of a topic of the week and contains a *Take Action Challenge* and a *Resources* section to support you in taking action quickly and easily. Be prepared for your life to unfold in wonderful ways. As you clean up the clutter, reconnect with your inner wisdom, strengthen your character, and take on the challenges of high-quality living, you'll find that the lost parts of yourself start to come together to form a pretty amazing life!

### CrazyBusy

Get rid of clutter and live a more meaningful life. From taking control of an overflowing closet to creating clear and achievable life goals, Mary Carlomagno shows you how to strip away the nonessentials and make room for serenity, change, creativity, and even enlightenment. Offering a practical week-at-a-time approach, Carlomagno helps you shed not only the unnecessary things that are cluttering up your day, but also the habits and mindsets that keep you from reaching your fullest potential.

### The More of Less

### 168 Hours

There are 168 hours in a week. This book is about where the time really goes, and how we can all use it better. It's an unquestioned truth of

modern life: we are starved for time. With the rise of two-income families, extreme jobs, and 24/7 connectivity, life is so frenzied we can barely find time to breathe. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and accomplish all kinds of goals. But then we give up because there just aren't enough hours to do it all. Or else, if we don't make excuses, we make sacrifices. To get ahead at work we spend less time with our spouses. To carve out more family time, we put off getting in shape. To train for a marathon, we cut back on sleep. There has to be a better way-and Laura Vanderkam has found one. After interviewing dozens of successful, happy people, she realized that they allocate their time differently than most of us. Instead of letting the daily grind crowd out the important stuff, they start by making sure there's time for the important stuff. They focus on what they do best and what only they can do. When plans go wrong and they run out of time, only their lesser priorities suffer. It's not always easy, but the payoff is enormous. Vanderkam shows that it really is possible to sleep eight hours a night, exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter. The key is to start with a blank slate and to fill up your 168 hours only with things that deserve your time. Of course, you probably won't read to your children at 2:00 am, or skip a Wednesday morning meeting to go hiking, but you can cut back on how much you watch TV, do laundry, or spend time on other less fulfilling activities. Vanderkam shares creative ways to rearrange your schedule to make room for the things that matter most. 168 Hours is a fun, inspiring, practical guide that will help men and women of any age, lifestyle, or career get the most out of their time and their lives.

### We Inspire Me

### Find Your Path

With this guide to a great time online, you'll discover the stops not to be missed on CompuServe 2000's world-class Internet service. Whether you're a beginner or a long-time member, you'll be brought up to date on searches, e-mail, and chat. In no time, you'll be able to dive headlong into CompuServe's forums and channels. This revised and updated edition of The Official CompuServe 2000 Tour Guide covers the newest features of version 6, including: the new and improved toolbar auto-completion in the URL toolbar to finish Web addresses based on member's history trail auto-completion of e-mail addresses using the entries in user's Address Book; HTML mail support mailbox sorting host-based address book (Internet access to e-mail Address Book) Address Book enhancements, including improved contact information storage client calendar syncs with online calendar so it can be accessed from any location the new answering machine" feature to Instant Messaging Media Player, with support for new audio, video and streaming formats Shopping Assistant A CD-ROM provides the latest version -- ready to be installed with 500 free hours of use. So why not book a trip or balance your checkbook -- what are you waiting for?

### Character Makeover

This is a personal playbook that will give the reader practical exercises to help: -Get to the source of what brings you greater happiness

-Eradicate behaviors and thought patterns that may be holding you back from achieving your goals -Move from procrastination to joy filled motivation -Get out of your head and into your dream life

### The Art of Extreme Self-Care

So you got the guy on the big white horse, and the beautiful little mermaids, and the picket fence, and your life isn't . . . perfect in every imaginable way? You're not alone. In 1997, Gabrielle Reece married the man of her dreams—professional surfer Laird Hamilton—in a flawless Hawaiian ceremony. Naturally, the couple filed for divorce four years later. In the end they worked it out, but not without the ups and downs, minor hiccups, and major setbacks that beset every modern family. With hilarious stories, wise insights, and concrete takeaways on topics ranging from navigating relationship issues to aging gracefully to getting smart about food, *My Foot Is Too Big for the Glass Slipper* is the brutally honest, wickedly funny, and deeply helpful portrait of the humor, grace, and humility it takes to survive the happily ever after.

### The Inspired Life

Provides strategies for making over one's inner life and explains how to transform such obstacles as self-doubt, conflict phobia, and anxiety into a firm foundation for building personal power and self-confidence.

### I Tried to Change So You Don't Have To

An inspiring, hilarious memoir about learning to resist the pressures of conformity, love yourself for who you are, embrace your flaws, and unlock your true potential. Now cohost of Fox's *The Real* and SiriusXM's *Café Mocha*, Loni Love hasn't taken the typical path to becoming America's favorite straight-talking girlfriend and comedian. She was not the child of Hollywood legends and she never wore a size 00. Rather, she grew up in housing projects in Detroit, more worried about affording her next meal than going on a diet. When she moved to Hollywood after graduating college with an engineering degree, seeking to break out in the entertainment world, there was nothing that would convince her to eat the kale salads and quinoa bowls that her colleagues introduced her to, which looked to Love like "weeds my grandma used to pay me a dollar to pull from her yard." Still, despite the differences that set her apart in the status-driven world of entertainment where being thin, young, blond, and bubbly is sometimes considered a talent, Love spent years trying to fit in -- trying to style her hair just so, dieting, dating the men she thought she was supposed to be with. In this book, she tells the uproariously funny story of how she overcame the trap of self-improvement and instead learned to embrace who she was. As Love writes, "There's a saying a lot of people live by: 'Fake it till you make it.' For me, it's always been 'fake it, and then have the whole thing blow up in your face.'" *I Tried to Change So You Don't Have To* explores all of the embarrassing mistakes, terrifying challenges, and unexpected breakthroughs that taught her how, by committing ourselves to our own path, we can take control of our destiny.

## The Official CompuServe? 2000 Tour Guide

"Simple and Powerful!" - John Gray, Ph.D., #1 New Your Times bestselling author of Men Are from Mars, Women Are from Venus Do you want to be happier with the choices you make? Would you like to choose healthier habits that will ensure a better quality of life? Retrain your brain for lasting positive changes with the brand new edition of Brain Makeover - featuring 40% MORE original content! In this book, Health and Happiness expert Phyllis Ginsberg guides you toward these goals and gives you the tools to experience: -A better understanding of how your thoughts affect your health and happiness -A greater sense of well-being -An increased level of happiness Practical and easy to follow messages will inspire you to take the steps necessary to have The Life you deeply desire. Each week you will be guided to think about, write about, or do something that will have you on your way to building new neural pathways and lasting changes for a happier, healthier and more abundant life!

## American Book Publishing Record

## The Unmistakable Touch of Grace

52 devotions celebrate the beauty of our uniqueness and include practical tips for healthy recipes, exercise plans, and wellness suggestions

## My Foot Is Too Big for the Glass Slipper

"This book contains simple, practical ideas and techniques that anyone can use. By following this step-by-step success system, you can change your life from where it is now, to having the life of your dreams. It does not matter where you are right now. You may be doing okay but know you can be even more successful. Perhaps you are struggling to keep your head above water or, like most people, you're somewhere in between. Wherever you are right now, this book will help you devise a plan for your lifelong success. You can turn your life around beginning today. I know how you feel. I've seen hardship. I also know that you can change your circumstances. I have done it and I have watched as hundreds of thousands of others have done it too. The information in this book is not theory. These are not just a lot of nice ideas. They are proven strategies that work. These ideas have stood the test of time. The principles have been passed down through the ages. I have used these simple ideas to make major changes in my own life. I know they work and I know that if they worked for me, they'll work for you. Is this book a cure for the ills of the world? Of course not but it is a simple to use guide that can help you turn your life around. It can help a friend or loved one gain the confidence they need to change their life. I know this deep in my heart. I know the ideas in What Are You Waiting For?, It's Your Life work. I've used them in my own life to go from living, as Thoreau so aptly put it, 'a life of quiet desperation,' to living a life today that is beyond my wildest dreams. Sometimes, all a person needs is a glimmer of hope. Sometimes, they need to know someone understands their frustration what they're going through. Sometimes, a simple little book comes along and offers that hope and

encouragement." -- Jim Donovan, Author, Speaker, Life Coach

## Walking on Sunshine

A revolutionary new approach to setting goals and achieving success shows women how to do both by supporting each other, providing motivation, and holding each other accountable when the need arises. Original. 25,000 first printing.

## My Daily Affirmation Cards

## You Can Create an Exceptional Life

52 Mondays, 52 Activities, 52 Ways to Make a Life-Enhancing Difference. Monday used to be the least favorite day of the week. Monday was the day that ended the weekend; the day you had to go back to work; and the day you started a diet or decided to quit smoking again. Not anymore! Authors Matthew Emerzian and Kelly Bozza do a total makeover on the bad image of Mondays and make that day mean something amazing, something incredible, something unbelievable. Every Monday Matters does this by taking 52 Mondays, providing 52 creative but doable activities, giving 52 down-to-earth ways to make a difference, one for each Monday of the year. It's a perfect way to have a positive impact, get others involved, and make a difference in your life and the lives of others. Includes fifteen-minute bonus DVD providing two celebrity segments, a word from the authors, and codes to unlock special features of the EMM official website: [EveryMondayMatters.com](http://EveryMondayMatters.com). Book is made from 95% recycled paper.

## Human Relations

Beloved author and teacher Cheryl Richardson updates her classic, New York Times best-selling self-care manual, giving you the permission and practical tools you need to dramatically upgrade your life. "For the last twenty years I've dedicated my personal and professional life to the importance of self-care by teaching from my own experience," writes Cheryl Richardson. "In the past, I've sacrificed my health and my relationships for work, given to others at the expense of my own needs, and watched my dreams slip through the cracks of a busy life. As a result, I've learned a lot about what it takes to put an end to the madness. . . . From years of personal experience, as well as coaching great men and women, I've come to understand that selfishness leads to selflessness. When we care deeply for ourselves, we naturally begin to care for others - our families, our friends, our greater global community, and the environment - in a healthier and more effective way. We tell the truth. We make choices from love instead of guilt and obligation. And we soon realize that we're all connected and that our individual actions affect a greater whole." This updated edition of Cheryl's best-selling handbook *The Art of Extreme Self-Care* brings her message home to readers in a fresh and compelling way. Her practical, action-oriented program outlines 12 strategies to transform your life one month

at a time, each one challenging you to alter one behavior that's blocking your path. Chapters include "End the Legacy of Deprivation," "Take Your Hands off the Wheel," "The Absolute No List," and "Does That Anger Taste Good?" (Hint: it really doesn't.)

## Be: A No-Bullsh\*t Guide to Increasing Your Self Worth and Net Worth by Simply Being Yourself

A collaborative work by the best-selling author of *You Can Heal Your Life* and the best-selling author of *The Art of Extreme Self-Care* shares a series of intimate, empowering conversations on such topics as self-acceptance, enabling positive relationships and aging consciously.

## Be Yourself, Everyone Else is Already Taken

Reprogram your subconscious mind and create a life that honors your deepest desires by using daily affirmations that keep you focused on vibrant health, meaningful experiences, rich relationships, abundant prosperity, and more. In this inspirational card deck, Cheryl Richardson gives you the tools you need to strategically create your life by keeping your intentions firmly rooted in your conscious mind. Use these cards every day and watch your life change forever!

## Self-care Cards

A best-selling author and life coach encourages women to claim their purpose and being to develop it in their lives, offering eye-opening stories from women who share how they have messed up in the area of character and how it slowed down the completion of their God-ordained destiny. Original. 25,000 first printing.

## Goal Sisters

Live the life you've always dreamed of! America's #1 personal coach offers an inspiring, practical seven-step program to help you create the life you want. Imagine finding time to do all the things you want to do. Having plenty of energy for family and friends. Having control over your income and finances. Taking care of your physical and emotional well-being. If you feel as though the life you're living doesn't reflect your true priorities and is leaving you stressed out and unfulfilled, you're not alone. Cheryl Richardson--the leader in the new field of personal coaching, what she calls "a personal trainer for the soul"--has helped thousands of people make changes toward living a high-quality life, and in *Take Time for Your Life* she offers her step-by-step program so you can too. If you're tired of living a life that feels out of control and are ready to live life on your own terms--while still meeting your responsibilities--get ready to take action! Packed with useful exercises, checklists, concrete advice, client success stories, personal anecdotes, and a wealth of resources, Cheryl Richardson's seven-step program shows you how to identify and eliminate the things in life that are draining you and replace them with the things that fuel you. She gives you permission to put yourself at the top of your list. By doing so, you will find not only more energy and more enthusiasm but also that your relationships,

your finances, your work, and your sense of well-being are improved and better balanced. Whether you're a corporate executive working sixty hours a week, a single parent trying to raise a family, someone starting his or her own business, or going back to school, *Take Time for Your Life* shows you how to step back, regain control, and make conscious decisions about the future you'd like to create. Richardson's strategies for overcoming the obstacles that block you from living the life you want will help you discover a world in which your priority list reflects your true desires. Take time for your life--and begin living a life that you love. From the Hardcover edition.

### Take Time for Your Life

"I want to be healthy and fit 52 weeks of the year, but that doesn't mean I have to be perfect every day. This philosophy is a year-round common-sense approach to health and fitness that involves doing your best most of the time—and by that I don't mean being naughty for three days and good for four. I mean doing your absolute best most of the time during every week, 52 weeks of the year."—Carrie Underwood  
Carrie Underwood believes that fitness is a lifelong journey. She wasn't born with the toned arms and strong legs that fans know her for. Like all of us, she has to work hard every day to look the way that she does! In *FIND YOUR PATH* she shares her secrets with readers, with the ultimate goal of being the strongest version of themselves, and looking as good as they feel. Carrie's book will share secrets for fitting diet and exercise into a packed routine—she's not only a multi-Platinum singer, she's a businesswoman and busy mom with two young children. Based on her own active lifestyle, diet, and workouts, *FIND YOUR PATH* is packed with meal plans, recipes, weekly workout programs, and guidelines for keeping a weekly food and workout journal. It also introduces readers to Carrie's signature Fit52 workout, which involves a deck of cards and exercises that can be done at home—and it sets her fans on a path to sustainable health and fitness for life. Fit52 begins with embracing the "Pleasure Principle" in eating, making healthy swaps in your favorite recipes, and embracing a long view approach to health—so that a cheat a day won't derail you. Throughout the book, Carrie shares her personal journey towards optimal health, from her passion for sports as a kid, to the pressure to look perfect and fit the mold as she launched her career after winning *American Idol*, to eventually discovering the importance of balance and the meaning of true health. For Carrie, being fit isn't about crash diets or a workout routine that you're going to dread. It's about healthy choices and simple meals that you can put together from the ingredients in your local grocery store, and making the time, every day, to move, to love your body, and to be the best version of yourself.

### Every Monday Matters

A manual for building a faster brain and a better you! *The Little Book of Talent* is an easy-to-use handbook of scientifically proven, field-tested methods to improve skills—your skills, your kids' skills, your organization's skills—in sports, music, art, math, and business. The product of five years of reporting from the world's greatest talent hotbeds and interviews with successful master coaches, it distills the daunting complexity of skill development into 52 clear, concise directives. Whether you're age 10 or 100, whether you're on the sports field or the stage, in the classroom or the corner office, this is an essential guide for anyone who ever asked, "How do I get better?" Praise for *The Little Book of Talent* "The Little Book of Talent should be given to every graduate at commencement, every new parent in a delivery room, every

executive on the first day of work. It is a guidebook—beautiful in its simplicity and backed by hard science—for nurturing excellence.”—Charles Duhigg, bestselling author of *The Power of Habit* “It’s so juvenile to throw around hyperbolic terms such as ‘life-changing,’ but there’s no other way to describe *The Little Book of Talent*. I was avidly trying new things within the first half hour of reading it and haven’t stopped since. Brilliant. And yes: life-changing.”—Tom Peters, co-author of *In Search of Excellence*

## Make Your Creative Dreams Real

Let this book be your haven, guide, fairy godmother, or map for making your creative dreams real. It's a "paper lantern" to illuminate your path. Your dreams glow in the dark even if you don't ever tend to them. They will wait for you. I know this from my experiences as a recovering procrastinator and perfectionist. My dreams waited for me -- now you can begin to make your creative dreams REAL!

## What Your Heart Needs for the Hard Days

Don't Settle for More Most of us know we own too much stuff. We feel the weight and burden of our clutter, and we tire of cleaning and managing and organizing. While excess consumption leads to bigger houses, faster cars, fancier technology, and cluttered homes, it never brings happiness. Rather, it results in a desire for more. It redirects our greatest passions to things that can never fulfill. And it distracts us from the very life we wish we were living. Live a better life with less. In *The More of Less*, Joshua Becker helps you

- Recognize the life-giving benefits of owning less
- Realize how all the stuff you own is keeping you from pursuing your dreams
- Craft a personal, practical approach to decluttering your home and life
- Experience the joys of generosity
- Learn why the best part of minimalism isn't a clean house, it's a full life

The beauty of minimalism isn't in what it takes away. It's in what it gives. *Make Room in Your Life for What You Really Want* “Maybe you don't need to own all this stuff.” After a casual conversation with his neighbor on Memorial Day 2008, Joshua Becker realized he needed a change. He was spending far too much time organizing possessions, cleaning up messes, and looking for more to buy. So Joshua and his wife decided to remove the nonessential possessions from their home and life. Eventually, they sold, donated, or discarded over 60 percent of what they owned. In exchange, they found a life of more freedom, more contentment, more generosity, and more opportunity to pursue the things that mattered most. *The More of Less* delivers an empowering plan for living more by owning less. With practical suggestions and encouragement to personalize your own minimalist style, Joshua Becker shows you why minimizing possessions is the best way to maximize life. Are you ready for less cleaning, less anxiety, and less stress in your life? Simplicity isn't as complicated as you think.

## What Are You Waiting For? It's YOUR Life

In this uplifting book, Holley Gerth invites readers to sit down with her to be filled with the strength, peace, and joy that come from God's promises to us. Each of the 52 devotions based on the Psalms will help weary women remember that God is good and we're all in this together. Whether it's a bad hair day or a broken heart, Holley offers hope and encouragement to get us through whatever life brings. Women

need that kind of encouragement because we all have hard days--days that make us want to give up, retreat inside ourselves, and drown our sorrows in a pint of ice cream. And while we may crave all sorts of things to ease the pain we feel in our hearts, what we really need is truth. We need to be confident in God's character and his promises. We need to remember--and celebrate--who he made us to be. And we need exactly the kind of encouragement Holley Gerth loves to offer.

### Funky to Fabulous

The best thing a creative person can have is a crew of friends, allies, and mentors to support them. Packed with inspiration and ideas from author-illustrator Andrea Pippins, this is a one-of-a-kind handbook for doers and makers looking to expand and nourish their creative community. Drawing on her own network of talented artists, designers, and friends, Pippins offers tips on how to: reach out to your heroes; use your art or work to empower your community; learn about a new culture and shake up your perspective; take a class, join a team, plan brunch—have fun! And she delivers her advice in style. Colorful pages feature patterns, portraits, and hand-lettered quotes alongside tips for fostering genuine connections and supportive relationships.

### Life Makeovers

Issues for Nov. 1957- include section: Accessions. Aanwinste, Sept. 1957-

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