

Winging It Stop Thinking Start Doing Why Action Beats Planning Every Time

How We Work Think on Your Feet: Tips and Tricks to Improve Your Impromptu Communication Skills on the Job Choosing Real Winging It Winging It Fowl Language: Winging It All Our Wrong Today's A Tribe Called Bliss That Book Woman Book Design Made Simple Winging It You Turn The Introvert Entrepreneur Chicken Butt! The Edge of Sex Stop Checking Your Likes Leading from Purpose The Year Money Grew on Trees West Winging It The Boy, the Mole, the Fox and the Horse The Financial Coaching Playbook Betting on You A Most Beautiful Thing Reconnecting D (A Tale of Two Worlds) The Source Stop Talking, Start Doing Action Book Tools of Engagement Money, Manifestation & Miracles Winging It: Stop Thinking, Start Doing Daring & Disruptive Winging It Radical Alignment Weird Parenting Wins Baby Boom! An Impossible Distance to Fall Alone But Not Lonely Child of the Daystar Heart and Brain The Art of Asking

How We Work

A motivational kick in the pants to get the most out of your life Have you got an itch? To start your own business, go to the North Pole, retrain, lose weight, get promoted, learn to play the ukulele? Or do you just have a nagging sense that there must be more to life? If there is

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something you really want to do, but secretly fear you'll never do it then you need this book. The original Stop Talking Start Doing helped readers to move from talking to doing. To climb into the ring and face their fears about making their thing happen. It helped readers to understand why they had fears and why starting was easier than they thought. It encouraged them to start somewhere, anywhere. The Stop Talking Start Doing Action Book will help you to identify where or what that starting point should be, and how to build from there to make your thing happen. It will help you to evaluate why you have procrastinated until now and identify the small steps you need to take to make it happen. But it will help you to plan beyond that. It will help you see how you can execute your idea through small, simple steps that are right for you, rather than one undefined, daunting task. Find sources of inspiration that work for you and learn how you can draw upon them as you go, draw confidence from previous experiences, and find the self-discipline you need to make swift decisions along the way. Identify your personal starting point Take the first steps to set your plan into motion Find your inspiration and self-discipline Build confidence in your quick decisions along the way

Think on Your Feet: Tips and Tricks to Improve Your Impromptu Communication Skills on the Job

'If you've ever felt like everyone else knows what they're doing when it comes to their baby while you struggle to change a nappy, then this hilarious and all-too relatable novel is for you!' Fabulous ---- Emily is sure she's getting this baby stuff all wrong. Why does everyone else look

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like they're smashing motherhood when she's barely made it out of her maternity leggings and out of the house? Her other half tries to say all the right things (can't he just keep making her toast?). Her mum is brilliant (but on the other side of the country). Her two new mum-friends seem to feel like misfits too - but there's really just one person she wants to open up to . . . only Emily hasn't spoken to her for fifteen years. Lonely but not alone, Emily's about to discover that when you're starting a family, what you really need are your friends. Hilariously funny and excruciatingly relatable - perfect for fans of THE UNMUMSY MUM, Louise Pentland and Gill Sims. ---- Readers love the relatable, funny honesty of WINGING IT, giving it a 5-star recommendation: 'A frank and funny look at motherhood' ***** 'I didn't want to put this down!' ***** 'From page one she had me hooked' ***** 'Loved, loved, loved this book' ***** 'It has been a long time since I laughed (and cried!) so much at a book' *****

Choosing Real

"Indispensable reading for anyone seeking to improve their professional selves." —Daniel H. Pink, #1 New York Times bestselling author of *When* An essential guide for how to snap out of autopilot and become your own best advocate, with candid anecdotes and easy-to-adopt steps, from veteran HR specialist and popular podcast host Laurie Ruettimann Chances are you've spent the past few months cooped up inside, buried under a relentless news cycle and work that never seems to switch off. Millions of us worldwide are overworked, exhausted, and trying our hardest—yet not getting the recognition we deserve. It's time for a fix. Top career coach and HR consultant Laurie Ruettimann knows firsthand that work can get a hell of a lot

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better. A decade ago, Ruettimann was uninspired, blaming others and herself for the unhappiness she felt. Until she had an epiphany: if she wanted a fulfilling existence, she couldn't sit around and wait for change. She had to be her own leader. She had to truly take ahold of life—the good, the bad, and the downright ugly—in order to transform her future. Today, as businesses prioritize their bottom line over employee satisfaction and workers become increasingly isolated, the need to safeguard your well-being is crucial. And though this sounds intimidating, it's easier to do than you think. Through tactical advice on how to approach work in a smart and healthy manner, which includes knowing when to sign off for the day, doubling down on our capacity to learn, fixing those finances, and beating impostor syndrome once and for all, Ruettimann lays out the framework necessary to champion your interests and create a life you actually enjoy. Packed with advice and stories of others who regained control of their lives, *Betting on You* is a game-changing must-read for how to radically improve your day-to-day, working more effectively and enthusiastically starting now.

Winging It

Unconventional--yet effective--parenting strategies, carefully curated by the creator of the popular podcast *The Longest Shortest Time* Some of the best parenting advice that Hillary Frank ever received did not come from parenting experts, but from friends and podcast listeners who acted on a whim, often in moments of desperation. These "weird parenting wins" were born of moments when the expert advice wasn't working, and instead of freaking out, these parents had a stroke of genius. For example, there's the dad who pig-snorted in his

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baby's ear to get her to stop crying, and the mom who made a "flat daddy" out of cardboard and sat it at the dinner table when her kids were missing their deployed military father. Every parent and kid is unique, and as we get to know our kids, we can figure out what makes them tick. Because this is an ongoing process, *Weird Parenting Wins* covers children of all ages, ranging in topics from "The Art of Getting Your Kid to Act Like a Person" (on hygiene, potty training, and manners) to "The Art of Getting Your Kid to Tell You Things" (because eventually, they're going to be tight-lipped). You may find that someone else's weird parenting win works for you, or you might be inspired to try something new the next time you're stuck in a parenting rut. Or maybe you'll just get a good laugh out of the mom who got her kid to try beets because it might turn her poop pink.

Winging It

Fowl Language: Winging It

Your step-by-step guide to launching your financial coaching business. From learning which clients you want to work with and how to build an experience that best supports their needs, to marketing and business administration basics for entrepreneurs, this workbook is your one-stop-shop for getting your business started today!

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All Our Wrong Todays

Now a documentary narrated by Common, produced by Grant Hill, Dwyane Wade, and 9th Wonder, from filmmaker Mary Mazzio The moving true story of a group of young men growing up on Chicago's West side who form the first all-black high school rowing team in the nation, and in doing so not only transform a sport, but their lives. Growing up on Chicago's Westside in the 90's, Arshay Cooper knows the harder side of life. The street corners are full of gangs, the hallways of his apartment complex are haunted by drug addicts he calls "zombies" with strung out arms, clutching at him as he passes by. His mother is a recovering addict, and his three siblings all sleep in a one room apartment, a small infantry against the war zone on the street below. Arshay keeps to himself, preferring to write poetry about the girl he has a crush on, and spends his school days in the home-ec kitchen dreaming of becoming a chef. And then one day as he's walking out of school he notices a boat in the school lunchroom, and a poster that reads "Join the Crew Team". Having no idea what the sport of crew is, Arshay decides to take a chance. This decision to join is one that will forever change his life, and those of his fellow teammates. As Arshay and his teammates begin to come together to learn how to row--many never having been in water before--the sport takes them from the mean streets of Chicago, to the hallowed halls of the Ivy League. But Arshay and his teammates face adversity at every turn, from racism, gang violence, and a sport that has never seen anyone like them before. A Most Beautiful Thing is the inspiring true story about the most unlikely band of brothers that form a family, and forever change a sport and their lives for the better.

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A Tribe Called Bliss

Frank and hilarious fiction from award-winning, potty-mouthed blogger, toddler-survivor and baby-producer, 'Just a Normal Mummy'
***** No one said the journey to motherhood was easy . . . Increased face-girth, back acne and gagging every time she's in the presence of vegetables isn't quite the beautiful start Emily had planned for her unborn baby . . . Molly's unexpected pregnancy somehow turns her boyfriend into the poncy-vegan-nut-milk-enforcer, but she breezes it, as she breezes everything. (Including still being able to eat avocados much to Emily's annoyance.) Liz quickly realises if she's to move her life on, she needs to get rid of the married man she's in love with - especially now she's realised he's been hiding more than his wedding ring . . . It's a story about becoming parents, but most of all it's a story about love, laughter and chatting to your best friends about your fanny on WhatsApp. 'Perfect for new mums, soon-to-be-mums - and dads!' Soap Magazine

That Book Woman

Gabe didn't intend to be the first out hockey player, but things change. Dante drags him out of a slump and into something else.

Book Design Made Simple

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The Edge of Sex is an anthology of voices from the margins, bringing together 37 writers to discuss their experiences of sex and sex education in America. The anthology explores often overlooked and excluded identities, with pieces on sexuality and disabilities, survivors of assault, sex work as women of color, kink and BDSM, being Muslim and queer, reproductive rights, and the challenges of culture and identity when grappling with gender fluidity and gendered expectations. As they trace the negative effects of a restrictive, fear-based sex education — particularly on marginalized individuals — these stories unearth larger themes: tensions with race and religion, expectations from heteronormative society, and pressures of femininity and masculinity. Importantly, they also highlight the resilience and empowerment of marginalized individuals within a culture designed to ostracize them. The rich, diverse, and intersectional stories of *The Edge of Sex* paint a contextualized picture of sex education and make an urgent case for better representation and more inclusive, consistent, and comprehensive content. By reading this anthology, casual readers may learn more about their sexual selves, clinicians can apply the material to their practices with clients, and educators and students can expand their knowledge of feminist theory, intersectional theory, queer theory, and sex education.

Winging It

Originally published: Australia: Messenger Group, 2014.

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You Turn

“Glorious. A story that will be found and enjoyed and dreamed about for years to come.” Neil Gaiman A stunning modern-day Dickensian fable and a celebration of friendship and bravery for freethinkers everywhere. It all starts on the morning the letter D disappears from language. First, it vanishes from Dhikilo’s parents’ conversation at breakfast, then from the road signs outside and from her school dinners. Soon the local dentist and the neighbor’s dalmatian are missing, and even the Donkey Derby has been called off. Though she doesn’t know why, Dhikilo is summoned to the home of her old history teacher Professor Dodderfield and his faithful Labrador, Nelly Robinson. And this is where our story begins. Set between England and the wintry land of Liminus, a world enslaved by the monstrous Gamp and populated by fearsome, enchanting creatures, D (A Tale of Two Worlds) is told with simple beauty and warmth. Its celebration of moral courage and freethinking is a powerful reminder of our human capacity for strength, hope and justice.

The Introvert Entrepreneur

Book Design Made Simple gives DIY authors, small presses, and graphic designers-novices and experts alike-the power to design their own books. It's the first comprehensive book of its kind, explaining every step from installing Adobe® InDesign® right through to sending the files to press. For those who want to design their own books but have little idea how to proceed, Book

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Design Made Simple is a semester of book design instruction plus a publishing class rolled into one. Let two experts guide you through the process with easy step-by-step instructions, resulting in a professional-looking top-quality book

Chicken Butt!

A story about falling—falling from grace, falling in love—as well as soaring to heights you wouldn't know were possible if you never stepped out into thin air. It's 1930, and Birdie William's life has crashed along with the stock market. Her father's bank has failed, and worse, he's disappeared along with his Jenny biplane. When Birdie sees a leaflet for a barnstorming circus with a picture of Dad's plane on it, she goes to Coney Island in search of answers. The barnstorming circus has lady pilots, daredevil stuntmen, fire-spinners, and wing walkers, and Birdie is instantly enchanted—especially with a girl pilot named June. Birdie doesn't find her father, but after stumbling across clues that suggest he's gone to Chicago, she figures she'll hitch a ride with the traveling circus doing what she does best: putting on a convincing act and insisting on being star of the show. But the overconfidence that made her belle of the ball during her enchanted youth turns out to be far too reckless without the safety net of her charmed childhood, and a couple of impulsive missteps sends her and her newfound community spinning into freefall.

The Edge of Sex

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'The Source marries universal truths with scientific rigor for a persuasive, important exploration of The Law of Attraction.' - Deepak Chopra MD [Like] the self-help success The Secret, but cooler and more sciencey. - Evening Standard Life-changing opportunities pass us by every day - now we can train our minds to seize them Self-help books like The Secret promise that we can tap into the 'law of attraction' to control our destiny, simply by changing our thoughts. If we strip away the mystique, at the heart of this idea is a fundamental truth that is backed up by the latest breakthroughs in neuroscience: most of the things we want from life - health, happiness, wealth, love - are governed by our ability to think, feel and act; in other words, by our brain. Dr Tara Swart, a neuroscientist and executive coach with a background in psychiatry, is convinced beyond all doubt of our ability to alter how our brains work - and transform our lives. In The Source, she draws on the latest cognitive science and her experience coaching highly successful people to reveal the secret to mastering our minds. With a four-step plan to awaken the power of your brain, this unique guide to life combines science and spirituality in a way that is open-minded and practical. Discover how to: - Challenge 'autopilot' thinking and rewire your brain's pathways to fulfil your potential - Manifest the things you want by directing your energy towards your deepest values and ambitions - Harness the power of visualisation to prime your brain to grab opportunities and take control of your future - Attack life with confidence, dispel fear and avoid negative thinking Unlock your potential today - you are just four steps away from building a new confident you.

Stop Checking Your Likes

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A call for women everywhere to forget perfectionism and start winging it. Emma Isaacs forgot to draw up her life plan. She doesn't have a list of five-year goals, and she doesn't believe in work-life balance. Yet somehow she's managed to found a multimillion-dollar global organization, become a highly sought-after speaker and media commentator, and be recognized as a prominent voice in women's leadership—all while raising six young children. So how does she do it all? She dives in headfirst and wings it. Women are notorious over-preparers and underestimators when it comes to their own readiness to try something new. But as Emma teaches, what most often holds us back are our own fears, excuses, and doubts. With her revolutionary manifesto, *Winging It*, Emma has written a rallying cry for all women to "do the things that scare you, build your wealth, make an impact, fail lots, and get up and try again." Through hilarious stories, targeted prompts, and timeless advice, Emma will inspire you to get clear on what really matters and go after your dreams, one messy step at a time. Get ready to stop hiding behind the safe option or the perfect plan—and start winging it.

Leading from Purpose

Are you ready to release your control of needing to be everything for everyone? In *Choosing REAL*, author Bekah Pogue walks with us into life's unplanned circumstances--specifically frantic schedules, pain, transition, feelings of unworthiness, loneliness, and tension--and reminds us it is in these very moments where God invites us to notice, respond, and even celebrate an authentic relationship with Him through every little detail despite our own efforts or work. The result? A connection between real life and faith so that they are one and the same.

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When we enjoy God's company first--the heavenly Creator will transform our minds to view our schedules, work, relationships, parenting, and responsibilities as opportunities to dance in life's storms and honor how beautiful simple can be. Better than our ideal party, it is He who is inviting us, setting the table, breathing peace and freedom into details we aren't in control of. When we recognize how He surprises us by using our greatest pains and detours to draw us to a beautiful dependence on Him--freedom and peace replace control and worry. Put aside what-could-be and instead embrace what is? The invitation is yours. . .choose Real today.

The Year Money Grew on Trees

I have long thought that what the Buddha taught can be seen as a highly developed science of mind which, if made more accessible to a lay audience, could benefit many people. I believe that Dr. Weiss's book, in combining such insights with science and good business practice, offers an effective mindfulness based program that many will find helpful. --His Holiness, the Dalai Lama A practical guide to bringing our whole selves to our professional work, based on the author's overwhelmingly popular course at the Stanford Graduate School of Business. In today's workplace, the traditional boundaries between "work" and "personal" are neither realistic nor relevant. From millennials seeking employment in the sharing economy to Gen Xers telecommuting to Baby Boomers creating a meaningful second act, the line that separates who we are from the work we do is blurrier than ever. The truth is, we don't show up for our jobs as a portion of ourselves--by necessity, we bring both our hearts and our minds to everything we do. In How We Work, mindfulness expert and creator of the perennially-

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waitlisted Stanford Business School course "Leading with Mindfulness and Compassion" Dr. Leah Weiss explains why this false dichotomy can be destructive to both our mental health and our professional success. The bad news, says Weiss, is that nothing provides more opportunities for negative emotions—*anxiety, anger, envy, fear, and paranoia*, to name a few—than the dynamics of the workplace. But the good news is that these feelings matter. How we feel at and about work matters—to ourselves, to the quality of our work, and ultimately to the success of the organizations for which we work. The path to productivity and success, says Weiss, is not to change jobs, to compartmentalize our feelings, or to create a false "professional" identity—but rather to listen to the wisdom our feelings offer. Using mindfulness techniques, we can learn how to attend to difficult feelings without becoming subsumed by them; we can develop an awareness of our bigger picture goals that orients us and allows us to see purpose in even the most menial tasks. In *How We Work*, Weiss offers a set of practical, evidence-based strategies for practicing mindfulness in the real world, showing readers not just how to survive another day, but how to use ancient wisdom traditions to sharpen their abilities, enhance their leadership and interpersonal skills, and improve their satisfaction.

West *Winging It*

If you're thinking about buying this book, it's probably because it feels like something's missing in your career. Guess what? It could be YOU. Whether you're living for the weekends or counting the minutes until 5 pm every day, life is too short to wish it away because you feel stuck in your job. The good news is that you have the power to stop living on autopilot and turn

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your career around. "Follow your passion," "find your purpose," and "do what you love" have joined the parade of bland directives that aren't doing much to actually help you figure out what you're meant to do with your career. Instead, they only create more confusion. If all we had to do is "follow our bliss" . . . why aren't we blissful yet? The truth is, the best career is not one where you only do what you love, but one where you honor who you are. In *You Turn*, counterterrorism professional turned career coach Ashley Stahl shares the strategies she's used to help thousands ditch their Monday blues, get clarity on what work lights them up, and devise an action plan to create a career they love. This book gives readers access to Stahl's coveted 11-step roadmap that has guided thousands of coaching clients in 31 countries to self-discovery and success. Throughout her process, you'll: Discover your Core Skillset. Uncover your gifts and talents to create an intentional career path that's fulfilling and aligned with who you are—and what you're good at. Understand your "Inner Money Blueprint." Discover the root of your money mindset, and how to break free of financial limitation. Clarify your Core Interests. Identify the difference between a passion, gift, and calling so you can get clear on what's meant to be a hobby—and what's meant to be a career! Become your own coach. Walk away with a unique set of tools for staying true to your best self in times of stress, frustration, or anxiety. Whether you're considering a career pivot, or just curious about what else is possible for you, it's time to make a "you turn"—to get unstuck, discover your true self, and thrive (not just survive) in your career.

The Boy, the Mole, the Fox and the Horse

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When women are empowered with money, they become "difference makers." They transform not only their own lives but also those of their children, their families, and their communities at large. Author Meriflor Toneatto, an award-winning leadership and coaching executive, shows you how to extend your limits and create the life of your dreams, one that is rich and fulfilling in every way — financially, spiritually, and emotionally. This powerful book explains how money is "emotional currency" and prescribes eight Holistic Principles that help you overcome deep-seated blocks, "pay forward" your own successes, and live the life of your dreams.

The Financial Coaching Playbook

Natalie West and Toby Cooper were best friends growing up, on and off the ice. But when Toby's hockey career took off, their friendship was left behind. Now Natalie has a crazy plan to land her crush—Toby's biggest rival—and she needs Toby's help to pull it off. When Nat asks Toby to be her fake boyfriend, he can't say no. Not when it means getting his best friend back. But Natalie is all grown up now, and spending time with her—even when it's just playing hockey together—stirs up a lot of feelings, old and new. Suddenly pretending to be interested in her isn't hard at all if only she wanted him and not his enemy. Disclaimer: This Entangled Teen Crush book contains adult language, ice-melting kisses, and a swoon-worthy hero. This fake relationship romance will have you wishing for a hockey player of your own Each book in the Corrigan Falls Raiders series is a standalone, full-length story that can be enjoyed out of order. Series Order: Book #1 Center Ice Book #2 Playing Defense Book #3 Winging It Book #4 Breakaway

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Betting on You

In Tessa Bailey's latest rom-com, two enemies team up to flip a house and the sparks between them might burn the place down or ignite a passion that neither can ignore! Hair, makeup, clothing, decor everything in Bethany Castle's world is organized, planned, and styled to perfection. Which is why the homes she designs for her family's real estate business are the most coveted in town. The only thing not perfect? Her track record with men. She's on a dating hiatus and after helping her friends achieve their dreams, Bethany finally has time to focus on her own: flip a house, from framework to furnishings, all by herself. Except her older brother runs the company and refuses to take her seriously. When a television producer gets wind of the Castle sibling rivalry, they're invited on Flip Off, a competition to see who can do the best renovation. Bethany wants bragging rights, but she needs a crew and the only member of her brother's construction team willing to jump ship is Wes Daniels, the new guy in town. His Texas drawl and handsome face got under Bethany's skin on day one, but the last thing she needs is some cocky young cowboy in her way. As the race to renovate heats up, Wes and Bethany are forced into close quarters, trading barbs and biting banter as they remodel the ugliest house on the block. It's a labor of love, hate, and everything in between, and soon sparks are flying. But Bethany's perfectly structured life is one kiss away from going up in smoke and she knows falling for a guy like Wes would be a flipping disaster. "Her voice feels as fresh and contemporary as a Netflix rom-com." —Entertainment Weekly

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A Most Beautiful Thing

Discover the Proven “Low Drama, High Joy” Method for Productive, Empathy-Based Communication and Collaboration. Why do so many organizations, teams, couples, families, and groups who should be working together end up wasting energy on unproductive conflict? Even when everyone has the same general goals, what’s often missing is a deeper alignment based on mutual trust, respect, and empathy. With Radical Alignment, top-level life and business coaches (and happily married couple) Alexandra Jamieson and Bob Gower share their potent method for helping groups to stop clashing and start working together—to jump from “we can’t” to an enthusiastic “hell yes!” The essential tool at the heart of Radical Alignment is the All-In Method: a four-step approach to communication designed to increase clarity, minimize miscommunication, honor each person’s individuality, and build a shared sense of trust and respect for long-term success. With easy-to-follow instruction, Jamieson and Gower bring you: • The Foundations of Great Communication—what works, what doesn’t, and how to analyze the strengths and weaknesses of your own style • The All-In Method—a step-by-step walk-through of this proven approach to getting into radical alignment with others • The Method in Action—examples and exercises for using the All-In Method at work, at home, and in any situation • Scripts, suggestions, guidance, and additional resources for making this a lifelong practice for greater connection and intimacy “We believe passionately that the world needs more aligned teams in our businesses, organizations, communities, families, and intimate partnerships,” write the authors. “This means we need people who are able to have powerful and clear exchanges that build better connections.” Radical Alignment brings you a “low

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drama, high joy technique to transform the way you collaborate and communicate in every area of your life.

Reconnecting

Your freedom's knocking. Are you ready? If you're living your life for an audience, either virtual or in person, you may be missing out on what you truly desire. Life coach Susie Moore has helped thousands of people step out as their true selves, getting past the approval trap to face the good and the bad and get on with their lives. You'll discover that you can live authentically without second-guessing your actions based on what others might think. In the process, you'll learn to celebrate and proclaim your talents, laugh off naysayers, and live with ease, magnetism, and unshakable self-confidence.

D (A Tale of Two Worlds)

Boasting more than two million pageviews per month, TheAwkwardYeti.com has become a webcomic staple since its creation in 2012. In addition to tons of fan favorites, Heart and Brain contains more than 75 brand new comics that have never been seen online. From paying taxes and getting up for work to dancing with kittens and starting a band, readers everywhere will relate to the ongoing struggle between Heart and Brain.

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The Source

The world's finest parenting cartoon featuring ducks presents a comprehensive view of the early parenting years in all of their maddening cuteness and sanity-depriving chaos. In addition to dozens of previously unpublished cartoons, *Fowl Language: Winging It* is organized into 12 thematic chapters—including "Babies: Oh Dear God, What Have We Done?"; "Siblings: Best Frenemies Forever"; and "Sleep: Everybody Needs It, Nobody's Gettin' It"—each of which begins with a hilarious, illustrated 500-word essay.

Stop Talking, Start Doing Action Book

With frostbitten fingers, sleepless nights and sore muscles, 14-year-old Jackson Jones and his posse of cousins discover the lost art of winging it when they take over an orchard of 300 wild apple trees. They know nothing about pruning or irrigation or pest control, but figure it out they must—if they are to avoid losing \$8,000 (because of an unfair contract). With spot illustrations for mechanical-loving readers—the gears of a tractor, a plow with disks—and with mathematical calculations of the great mount of money to be earned, this novel has the sort of can-do spirit and sense of earned independence not often found in today's fiction.

Tools of Engagement

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The *West Wing* meets *The Office* in this “funny, moving story about working in the White House that is a must read for anyone who misses having Barack Obama as President” (Dan Pfeiffer, cohost of *Pod Save America*), directly from his senior writer and former Deputy Director of Messaging. *West Winging It* is the “fitfully funny” warm and observant (Kirkus) story of Pat Cunnane and his journey from outsider to insider—from his dreary job at a warehouse to his dream job at the White House. Pat pulls the drapes back on the most famous and exclusive building in the United States, telling the story of the real *West Wing* with compelling and quirky portraits of the people who populate the place, from the President to the press corps. Pat takes you into the Oval Office, providing a “snappy, sunny” (USA TODAY) insider’s glimpse of what it’s really like—from the minutiae to the momentous—to work at 1600 Pennsylvania Avenue. Along the way, Pat draws an intimate portrait of the side of President Obama that few were privy to—the funnyman, the nerd, the athlete, the caring parent. He describes both the small details—the time he watched in horror as the President reached over the sneeze guard at Chipotle—and the larger, historic moments, such as watching the President handle the news of the 2015 terrorist attacks in Paris. In some ways, working at the White House is a lot like every office, and in some ways, it’s like no office ever. Pat recounts the time he accidentally slammed a door on Joe Biden, plotted to have the Pope bless him by faking a sneeze, and almost killed America’s First Dog. “*West Winging It* is a fun, poignant reminder that the best part about working in the Obama White House was the people working with you, and knowing that everyone was there for the right reason: to try to do as much good, for as many people, as we possibly could” (Jay Carney, former press secretary). At its core, it’s a fish-out-of-water story—only these fish are trying to run the United States of America.

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Money, Manifestation & Miracles

Susan Cain's breakout bestseller *Quiet* has brought introversion to the forefront of popular discussion. Yet despite the increased awareness, and the high-profile success of introvert entrepreneurs such as Bill Gates, Steve Jobs, Mark Zuckerberg, and Jeff Bezos, there is no book that shows introverts how to harness their natural gifts (such as focused listening and in-depth researching) and counteract their weaknesses (such as an aversion to networking and public speaking) in a business setting. Whether starting or growing a business or working within a larger organization, readers will find insights on a wide range of entrepreneurial topics in *The Introvert Entrepreneur* from managing fears and expectations and developing a growth mindset to mastering networking, marketing, leadership skills, and community-building informed by interviews with successful introverts who have learned important business lessons the hard way. Filled with insights and practical advice, this essential guide will help anyone who's striving to quietly make a difference in a loud and chaotic world.

Winging It: Stop Thinking, Start Doing

There's no doubt about it: every conflict in every relationship involves two people with two different perceptions, and every solution requires two partners to arrive at a single shared perception. You can't repair a damaged relationship by yourself, and you can't change your partner into someone else. Does that mean the situation is hopeless? Absolutely not! In

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Reconnecting, Dr. Joseph Luciani, the celebrated author of the renowned Self-Coaching series, introduces a proven, practical method you can follow to encourage your less-than-cooperative partner to join you in a meaningful healing process, even if you have to take the first steps on your own. Dr. Luciani begins by helping you evaluate your own level of insecurity and, using his Self-Talk technique, do something to improve it. He shows you how to use Self-Talk to become a catalyst for change in your relationship by eliminating your contribution to the problem. You'll identify your own personality patterns and use Self-Talk to let go of personal baggage, stop listening to what hurts you, and see the problem as a whole. Next, you'll learn how to apply Catalytic Self-Coaching to your relationship. You'll find out what it means to create a relationship vacuum, and you'll start working with Self + Self = Us Portraits. You'll also discover how to risk trusting each other and to begin coaching each other away from destructive habits and toward a more truthful and loving relationship. This eye-opening and life-changing guide offers constant support on your journey toward a more loving and rewarding relationship. You'll find plenty of prescriptive advice to help you make sense of your own personality patterns and cope with the anxiety and depression that often accompany difficult relationships. Dr. Luciani's success stories of patients who have changed their lives will help you realize that you're not alone and there is hope. Complete with a valuable discussion of the essential principles of successful relationships and how to put them into action every day, Reconnecting is the resource you need to break free of destructive habits and create a new, more secure relationship that brings you the companionship, commitment, trust, and true love you need.

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Daring & Disruptive

Among the scattered fringe cities bordering the Cienbal desert, the true name of the Monster of Karth is spoken only in whispers RAZ ÌSYUL ARRO. A sellsword of the utmost caliber, Raz is a killer of paramount skill and highest regard. Towering tall even amongst the atherian, he is the only of his kind to live free in the "civilized" confines of mankind's varied cultures. He has no need of loyalties, his sole affections pledged to the gold crowns that buy his time and skills. Wed to his blades, Raz's only friends are the Moon and Her Stars and the shadows they bring with the night. But Raz was not born to the mercenary's way, to the butchery and battle of day-by-day survival. Raz, like a sword, was hammered from steel and fire and ashy smoke, forged on the ruins of an old life. And Raz knows who he owes this new path to, this carved way of blood and iron. The Monster of Karth, after all, would never forget who gave him that name. And some debts can't be paid in gold

Winging It

You know what? What? Chicken butt! The classic schoolyard joke has been recast as an irreverent picture book, with call-and-response parts for parent and child. The word repetition in Erica S. Perl's text, and wonderfully comic illustrations by beloved artist Henry Cole, make this a particularly inviting book for new readers, as does the opportunity to "trick" a parent or other adult into participating in a very silly joke. The humor builds to a surprising and satisfying

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conclusion. Warning: Kids will want to read this one over and over and over again! "An unhinged piece of slap-happy rhymingrocket-propelled artworkthe romp is a powerful piece of cacophony, more frenetic by the moment."? Kirkus Reviews

Radical Alignment

An exquisitely illustrated paean to everyone who struggles to learn how to read, and to everyone who won't give up on them. Cal is not the readin' type. Living way high up in the Appalachian Mountains, he'd rather help Pap plow or go out after wandering sheep than try some book learning. Nope. Cal does not want to sit stoney-still reading some chicken scratch. But that Book Woman keeps coming just the same. She comes in the rain. She comes in the snow. She comes right up the side of the mountain, and Cal knows that's not easy riding. And all just to lend his sister some books. Why, that woman must be plain foolish—or is she braver than he ever thought? That Book Woman is a rare and moving tale that honors a special part of American history—the Pack Horse Librarians, who helped untold numbers of children see the stories amid the chicken scratch, and thus made them into lifetime readers.

Weird Parenting Wins

From the revered British illustrator, a modern fable for all ages that explores life's universal lessons, featuring 100 color and black-and-white drawings. "What do you want to be when you

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grow up?" asked the mole. "Kind," said the boy. Charlie Mackesy offers inspiration and hope in uncertain times in this beautiful book based on his famous quartet of characters. The Boy, the Mole, the Fox, and the Horse explores their unlikely friendship and the poignant, universal lessons they learn together. Radiant with Mackesy's warmth and gentle wit, The Boy, the Mole, the Fox, and the Horse blends hand-written narrative with dozens of drawings, including some of his best-loved illustrations (including "Help," which has been shared over one million times) and new, never-before-seen material. A modern classic in the vein of The Tao of Pooh, The Alchemist, and The Giving Tree, this charmingly designed keepsake will be treasured for generations to come.

Baby Boom!

I'm about to welcome you into my world. Show you what works for me and share openly what hasn't. I hope that what you find in the pages of this book inspires you to dream up new ways to be kind to people and to think about how the game you're currently playing might be worthy of a bigger court. I hope it stretches your thinking about what's possible, and shows you that when you take giant leaps of faith, the only challenging thing will be some temporary discomfort. Are you ready to wing it? CEO and entrepreneur Emma Isaacs forgot to draw up her life plan, and she doesn't have a list of five-year goals. She doesn't believe in work/life balance - after all she has five children and heads up Business Chicks, Australia's largest community for women. Like Sheryl Sandberg, who told us to 'lean in' to find success, Emma wants to show us that you can't plan every detail and wait for the confidence to kick in before

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you begin; instead, take action now, do what feels right and figure the rest out as you go along. In other words, you've got to learn how to 'wing it' rather than wait. Drawing on her own life and the stories of the many men and women she has met and interviewed - from Sir Richard Branson to Bill Gates to Girlboss Sophia Amoruso - Emma tells us how to: * Turn a dream into a job * Turn a job into a business * Network like a champion * Protect your time for the things that matter * Get fired up not ground down by the kids/career juggle, and * Understand that sometimes failure is part of the brief. Emma shows us that often the only thing holding us back is ourselves; that you can follow your dreams; and that there's no reason not to start doing so right now. PRAISE FOR EMMA ISAACS "Emma Isaacs is a true force of nature and a role model all women can learn from" Diane von Furstenberg "Emma's energy and enthusiasm for business shine brightly" Sir Richard Branson "Winging It will show you how to map out what's important to you, stay focussed on achieving your goals and thrive" Arianna Huffington

An Impossible Distance to Fall

Self-love expert and creator of the Earn Your Happy podcast shares the methods she used to build her own tribe and grow from an anxiety-ridden, unhealthy, introverted underachiever to a confident woman who takes risks and leaps out of her comfort zone—complete with a foreword from #1 New York Times bestselling author Gabrielle Bernstein. Today, we live in an uber-connected era, where anyone is able to make thousands of friends and participate in their lives with the swipe of a finger. Why then, in such a connected time in history, do so many women feel disconnected, confined, misunderstood, defeated, or think that success is a solo project?

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The benefits of having a tribe are undeniable. Women who have strong social circles are living longer, happier, healthier lives in comparison to those who lack connections and are exhausting themselves trying to quench external desires in isolation. In *A Tribe Called Bliss* Lori Harder bridges the gap between inspiration and action, providing a lasting resource for positive change and a guidebook for establishing a support tribe. With crucial and fascinating lessons and contextual self-work exercises, this is the ultimate guidebook to discover the key to a lifetime of blissful happiness.

Alone But Not Lonely

Very often, life takes over. Family, job, children, etc., and we forget to remember that we are individuals as well. This often leaves us feeling scattered, confused, and most of all, alone. Alone is not a bad thing. Actually, it can be a powerful, fulfilling state of being where you find your clarity and creative time. However, if you don't continue to develop and find your individual passions no matter what transition of life you are going through, then alone can become a darker, lonelier place. *Alone but Not Lonely* is a story of personal growth and change that will inspire any reader to analyze their life. Create the life that you want to live and invite others to share it with you if you choose to do so. Find your alignment and balance. Rediscover who you were truly meant to be, and reclaim the life that you were destined to live as a powerful individual, proudly and unapologetically you.

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Child of the Daystar

[Think on Your Feet] is a helpful maven's guide ideal for anyone who views a podium with fear and trembling. Publishers Weekly Get out of your own way! Our professional lives are full of situations outside of our control. A job interviewer asks a question out of left field. A coworker puts you on the spot in front of the boss. Your PowerPoint presentation crashes at a critical moment. Most people react to the unexpected with anxiety and unease. We get rattled, stumble over our words, and overthink the situation. Others, though, handle it with self-assurance and aplomb. They gain a sense of empowerment and energy when the pressure is on. Like great improv actors, they're able to think on their feet. The great thing is, improv isn't about winging it or flying by the seat of your pants; improv at its core is about listening and responding. It's based on rules and techniques, and it taps directly into your soft communication skills. By incorporating it into your prep work for professional situations, you'll learn how to retrain your brain for the unexpected and get out of your own way in those unexpected—and expected—professional situations. Practicing improv isn't about being funny. Instead, it's about developing the mental agility to spin any surprise in your favor and to communicate with confidence. Filled with engaging improv activities, this interactive guide will ensure you never come away from a tough moment pondering the woulda, coulda, shoulda! again. You'll learn how to nurture your personal style for communicating in every professional situation. From effective listening in the office, giving presentations, and leading meetings to negotiating a raise, acing an interview, and more, you'll start communicating with confidence and stop letting the unexpected hold you back. Take your workplace communication—and your

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career to the next level by mastering the art of Thinking on Your Feet.

Heart and Brain

Drawing on ten years of experience working with more than 10,000 executives from companies around the globe, Nick Craig takes you on a revelatory journey to understand your purpose, find clarity and focus, and lead with inspiration. When uncovered, purpose becomes our most fundamental guiding principle. Explaining where true purpose lies and demystifying where it doesn't, Craig offers the methods through which anyone can find their purpose. He identifies three pathways that will assess where you are with your purpose and where you should be going. Illustrated by case studies of leaders from all walks of life and industries, Craig shares their unique stories to show how top leaders are energized by their purpose, finding in it the confidence they need to properly evaluate high-stakes decisions and take the optimal action. The best leaders access their purpose especially when facing the unknown, drawing on the source of it to energize themselves. Purpose also redefines their relationships to stress, allowing them to thrive where others just survived, and to postpone momentary, fleeting rewards in favor of leaving a sustained, meaningful impact. Accessible, methodical, and eminently practical, *Leading from Purpose* offers the comprehensive toolbox with which everyone--whether a c-suite executive or behind-the-scenes office worker--can live out their purpose and achieve success on their own terms. If you find yourself in an organization that is struggling to live its purpose, Craig's insights on how to bring your purpose and the organization's purpose into the same room at the same time is game-changing and will

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redefine your life and career.

The Art of Asking

FOREWORD BY BRENE BROWN and POSTSCRIPT FROM BRAIN PICKINGS CREATOR MARIA POPOVA Rock star, crowdfunding pioneer, and TED speaker Amanda Palmer knows all about asking. Performing as a living statue in a wedding dress, she wordlessly asked thousands of passersby for their dollars. When she became a singer, songwriter, and musician, she was not afraid to ask her audience to support her as she surfed the crowd (and slept on their couches while touring). And when she left her record label to strike out on her own, she asked her fans to support her in making an album, leading to the world's most successful music Kickstarter. Even while Amanda is both celebrated and attacked for her fearlessness in asking for help, she finds that there are important things she cannot ask for—as a musician, as a friend, and as a wife. She learns that she isn't alone in this, that so many people are afraid to ask for help, and it paralyzes their lives and relationships. In this groundbreaking book, she explores these barriers in her own life and in the lives of those around her, and discovers the emotional, philosophical, and practical aspects of THE ART OF ASKING. Part manifesto, part revelation, this is the story of an artist struggling with the new rules of exchange in the twenty-first century, both on and off the Internet. THE ART OF ASKING will inspire readers to rethink their own ideas about asking, giving, art, and love.

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