

Speaking Your Mind In 101 Difficult Sitions

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Speaking Your Mind In 101
As the title suggests, this book is literally about speaking your mind in 101 difficult situations in an assertive manner. Don presents the reader with a simple strategy to improve assertiveness, a strategy he calls TACTFUL.

Speaking Your Mind in 101 Difficult Situations by Don Gabor
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A straightforward handbook that will help replace anxiety with confidence when it is crucial to "say it right."

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Whether you want to improve your memory, think more clearly or stave off ageing, 101 Ways to Improve Your Mind will provide you with the tips and tricks to keep your grey matter in top condition and put the spring back into your mental step. It's never too late to boost your brainpower and make the most of your mind. With this light-hearted and pithy, yet effective, handbook, you will learn to think more clearly, organize your mental chaos and keep your brain quick, sharp and youthful. With tips and advice on how to improve your general health, modify your diet and adjust your lifestyle, it's not all about the brain. This simple and practical advice is an essential part of a healthy life and will improve all aspects of your daily habits. Clever tips are included such as: learning a foreign language helps to protect the brain against the onset of age-related diseases; saunas can increase your cardiovascular strength and improve blood supply to the brain; laughter stimulates the brain, thus enhancing our learning abilities.

POP CULTURE-THEMED QUIZZES FOR A QUIRKY, FUN WAY TO BETTER UNDERSTAND YOUR PERSONALITY Open this book to any page and you'll find a personality quiz that's both fun to fill out and revealing in its results. Just grab a pen and get started. You already know the answer to every question, but do you dare discover what those answers say about who you are... really?! HOW SEXY ARE YOU? •Sweet •Playful •Red Hot WHICH FRIENDS CHARACTER ARE YOU? •Rachel •Monica •Phoebe ARE YOU DRAMATIC? •Zero •Sorta •Drama Queen YOU'RE THE LEADING LADY IN WHICH ROM-COM? •Bridget Jones's Diary •Legally Blonde •You've Got Mail WHICH BEYONCÉ ERA ARE YOU? •Destiny's Child •Single Ladies •Drunk in Love WHICH CELEBRITY SCANDAL WOULD YOU HAVE? •DUI •Caught Cheating •Leaked Sex Tape WHERE SHOULD YOU LIVE? •New York City •Austin •San Francisco WHAT ALCOHOLIC DRINK FITS YOUR PERSONALITY? •Beer •Martini •Champagne WHAT'S YOUR SPIRIT ANIMAL? •Coyote •Dolphin •Owl WHICH TV POLITICIAN MATCHES YOUR STYLE? •Frank Underwood •Selina Meyer •Leslie Knope HOW WEIRD ARE YOU? •Run-of-the-Mill •Quirky •Creepy WHICH LITERARY HEROINE ARE YOU? •Elizabeth Bennet •Hermione Granger •Jo March

">Success Paradigms 101 was written to give hope to those that feel like success is an elusive game that cannot be achieved by ordinary people. Having grown up under challenging circumstances, it was clear that I would never amount to anything until I met a man who taught me the word of God and the principles that have become the foundations of the success I have achieved. In this book, I want you to know that success is attainable not only for yourself but you can help others to succeed. My dream will be fulfilled if through this book we can start a success pandemic. This book will challenge, inspire, and provoke the greatness that is in you as you learn that success is your destiny and God-given right.

The general rule of thumb has been that you should study about two to three hours for every hour you spend in the classroom. If you have a 15 credit hour semester, you generally spend about 15 hours in class every week, which means you should be studying between 30 to 45 hours per week. That s a lot of time many students don t have that kind of time to spare. This book provides college students with 101 study tips that will help them cut down on study time. Our guide offers tips and tricks to be proficient while still absorbing the information needed to succeed. Students will learn how to take the best notes, time management skills, and the low-down on sleep, caffeine, and food. You ll learn how to write better papers, how to take tests more efficiently, and how to be a better reader. If you re struggling with studying techniques that take up your time and energy, look no further. This comprehensive guide is your key to getting the grade with the least amount of effort.

Discovering our meaning and purpose--our reason for being--can seem like an impossible task, especially given the tumultuous times in which we find ourselves. Through challenging povocations, uplifting narratives, and profound insights, this book emboldens readers to experience their lives, not as spectators, but as reflective, courageous and purposeful participants. We can turn toward the problems, look them in the eye, and begin the work of setting things right--we can begin the process of awakening. Aimed at those open to unlearning and seeing with new eyes, this book combines the experience of a seasoned university professor and a discerning millennial to offer a bold alternative to our culture's standard, one-size-fits-all, uninspiring prescription for "success." Organized as a five-part journey, it explores, both cognitively and experientially, what it might mean to become fully alive and to assume the rightful the rightful authorship of your life. By breaking out of the dominant narrative of how life should be lived, and by becoming more aware of the world around us, we can gain the tools essential for becoming open-minded, embodied, introspective and soulful human beings.

Author of the Hexagonal Success System, William E. Williams, has been busy with the creation of yet another success system, Power Plan 101. This latest system focuses on Neurolinguistic Programming (NLP), which in William's own words is "the systematic study of how people behave and what motivates them". Here he expounds on how people--just about everyone--can take back complete control over their lives. He elaborates on the techniques all of us can use to overcome our outside environment so that it doesn't have any influence on how we feel internally. The new technique is based on his own life experiences and the valuable lessons he learned from them. Power Plan 101 introduces everyone to the method Williams has personally used to reach his goal and plan in life, which is to be happy. "Nothing comes before the goal, and the goal is to be happy."

Law School 101 is an insightful and often humorous guide to help students anticipate the trials, tribulations, and thrills of going to law school.

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