

# Read Free Good Vibes Good Life How Self Love Is The Key To Unlocking Your Greatness

## Good Vibes Good Life How Self Love Is The Key To Unlocking Your Greatness

The Little Book of Happiness All You Need is Less The Power of Awakening Good Vibes Cookbook Good Vibes Good Vibes The Very Hungry Caterpillar The Disease to Please: Curing the People-Pleasing Syndrome Mind Platter Good Vibes Now Adult Coloring Books Good Vibes : Work Hard Dream Big Where Children Run Upstream Just F\*cking Do It Self-Confidence Strategies for Women The Self-care Prescription The Little Book of Mindfulness How to Be Good With Money Good Vibes, Good Life Good Vibes Coloring Book Good Leaders Ask Great Questions Let That Sh\*t Go Good Vibes, Good Life Good Vibes Good Life Manifest Now Ask and it is Given Cards GOOD VIBES GOOD LIFE GIFT SIGNED EDITION The Art of the Good Life Feel Good ! a Good Vibes Coloring Book The Self-Love Workbook Good Vibes Good Life Brave New Girl Believe You Can--The Power of a Positive Attitude Life Is Good You Are a Badass @ Linked Inbound Good Vibes Only The Nectar of Pain Good Vibes, Good Life (Gift Edition) Adult Coloring Book for Good Vibes

### The Little Book of Happiness

Instagram guru Vex King provides guidelines on how to change the way one thinks, feels,

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speaks, and acts.

## **All You Need is Less**

A #1 New York Times bestselling author and leadership expert answers questions from his readers about what it takes to be in charge and make a difference. John Maxwell, America's #1 leadership authority, has mastered the art of asking questions, using them to learn and grow, connect with people, challenge himself, improve his team, and develop better ideas. Questions have literally changed Maxwell's life. In GOOD LEADERS ASK GREAT QUESTIONS, he shows how they can change yours, teaching why questions are so important, what questions you should ask yourself as a leader, and what questions you should be asking your team. Maxwell also opened the floodgates and invited people from around the world to ask him any leadership question. He answers seventy of them--the best of the best--including . . . What are the top skills required to lead people through difficult times? How do I get started in leadership? How do I motivate an unmotivated person? How can I succeed working under poor leadership? When is the right time for a successful leader to move on to a new position? How do you move people into your inner circle? No matter whether you are a seasoned leader at the top of your game or a newcomer wanting to take the first steps into

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leadership, this book will change the way you look at questions and improve your leadership life.

## **The Power of Awakening**

These beautiful cards capture the essence of the life-changing, best-selling book Ask and It Is Given. You will experience an enhancing of your personal power, which may, at first, seem illogical or even magical, as the Energy Stream from which these cards have come dovetails with the true essence of your own being. As you return for frequent visits to these beautiful cards, you will begin to notice a definite closing of the gap between where you are and where you want to be on all subjects that are important to you.

## **Good Vibes Cookbook**

This book was written for every individual that knows the huge potential of LinkedIn®, but with no idea how to unlock it. Well I am about to give you the key. At the time of writing this book, my Social Selling framework has generated close to £10million in closed business, for my clients in just the last year. Typically Sales Directors, CEO's, Entrepreneurs, Business Owners, and Experts pick up this book because they are worried about a weak or empty sales pipeline. Despite being really good at what they do,

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they just don't have enough leads coming into their business and really need more clients. Many are overwhelmed by just how much there is to do running their business or team and cannot find the time to fit LinkedIn® to their busy schedule. Most people know they need to be on LinkedIn® but are frustrated because they don't have the knowledge to make it work and they just can't seem to get the new business they know they should be getting. Prospecting, lead generation and pipeline building via traditional methods are failing. Social selling gives you a competitive edge that gets you seen by your target market. According to LinkedIn®, social selling leaders create 45% more opportunities than peers, are 51% more likely to reach quota and 78% of social sellers outsell peers who don't use LinkedIn®. You will really like this book and benefit hugely from it if: - You have no profile at all on LinkedIn® and are starting from scratch - You have a profile on LinkedIn® but can't remember the last time you looked at it! - You are using LinkedIn® already but currently, do not get any business from it - You have limited time to spend on LinkedIn® and need to know what to do day to day - You are ready to take your online reputation and your business to the next level - You want to position yourself as the 'go-to' expert in your field - You know your target market is on LinkedIn® but you have no clue how to gain access to them - You have employees that you could replicate this

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advice to - You have heard of 'Social Selling' but don't really know what it is- You want to know how to turn LinkedIn® into real leads and sales opportunities - You work in an organisation that has invested in LinkedIn® Sales Navigator for your sales teamThe book covers some key areas including the core principles of social selling; how to build a powerful LinkedIn® profile; sales prospecting to build your pipeline; how to gain competitive edge on LinkedIn®, content marketing on LinkedIn® including 12 types of LinkedIn® posts, positioning yourself as a 'go-to' expert; LinkedIn® company pages and how to build your company brand, LinkedIn® groups; LinkedIn® Premium vs. Sales Navigator; social selling habits, your system for LinkedIn® success, plus additional LinkedIn® learning resources and tools.Linkedin® is a phenomenal tool for sales and marketing, this book is everything I know about how to generate sales from LinkedIn®. Having spent more than 25,000 hours mastering LinkedIn® as a recruiter, sales professional and now a business owner, this book is everything I know about social selling and LinkedIn® packed into an easy to read, practical book. Learn, master and implement these 8 strategies and you will catapult your LinkedIn® results, smash your sales quota, build your personal brand and achieve everything you want in your business.

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## **Good Vibes**

Adult coloring book Work hard dream big is the AMAZING Adult coloring book with the best good-vibe, inspirational quote with beautiful designs for relaxation, stress-relief and calm. This book includes: 30 single-sided adult coloring pages. 30 inspirational quotes to motivate your life. Detail ranging from beginning to expert in level Images include: beautiful abstract doodles, animals, people, fairies, owl, cat, dog and flowers. Each has its own inspiration quote, including "Life always offers you a second chance it's called tomorrow", "If you think your boss is stupid, Remember: You wouldn't have a job if he was any smarter." Each page will help you relax and feel your stress melt away. Perfect for gift.

## **Good Vibes**

## **The Very Hungry Caterpillar**

#1 SUNDAY TIMES BESTSELLER. Join the self-love revolution with Instagram visionary Vex King. This limited-edition hardback includes inspirational messages, beautiful illustrations and universal wisdom to help you manifest positive vibes. Vex overcame adversity to become a source of hope for thousands of young people, and now draws from

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his personal experience and his intuitive wisdom to inspire you to: - practise self-care, overcome toxic energy and prioritize your wellbeing - cultivate positive lifestyle habits, including mindfulness and meditation - change your beliefs to invite great opportunities into your life - manifest your goals using tried-and-tested techniques - overcome fear and flow with the Universe - find your higher purpose and become a shining light for others With additional messages and brand new illustrations, this new gift edition of Good Vibes, Good Life will empower and inspire you to change the way you feel, think, speak, act and live your life.

## **The Disease to Please: Curing the People-Pleasing Syndrome**

A collection of essays from the beloved Pulitzer Prize winner and New York Times-bestselling author encourages readers to keep moving, to lose themselves in the awe of the unknown, and to give power and time to the creative and whimsical urges that live within.

## **Mind Platter**

Perfect for personal use, get your inspirational quote notebook today!  
Specifications: Cover Finish: Matte  
Dimensions: 6" x 9" (15.24 x 22.86 cm)

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Interior: Blank, White Paper, Lined Pages:  
110

## **Good Vibes Now**

YOU ARE A BADASS IS THE SELF-HELP BOOK FOR PEOPLE WHO DESPERATELY WANT TO IMPROVE THEIR LIVES BUT DON'T WANT TO GET BUSTED DOING IT. In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up 27 bitesized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, Make some damn money already. The kind you've never made before. By the end of You Are a Badass®, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass.

## **Adult Coloring Books Good Vibes : Work Hard Dream Big**

"From Life is Good founders and brothers Bert and John Jacobs, this inspiring book of wisdom outlines the ten key "superpowers" readers need to live their best lives. Based on the brothers' personal and professional

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journey, this whimsically illustrated guide captures the unique voice and profound optimism that is the foundation of their beloved T-shirt and apparel company, now worth more than \$100 million. Life Is Good: The Owner's Manual will inspire readers of all ages and passions to discover--and embrace--the good in their lives. Entertaining yet profound, easygoing yet powerful, this engaging book reveals how to tap into the hidden power of optimism. Beginning with their upbringing in working class Boston and following the arc of their lives from postgrad wanderlust to the birth of a small business, Bert and John use their experiences to illuminate the ten superpowers on which optimism is founded--from humor and compassion to gratitude and authenticity. Capturing their buoyant, community-focused outlook and supplementing with top-ten lists and the company's iconic stick-figure illustrations, this book doesn't preach. Instead, it offers lighthearted, practical self-help that will inspire and empower readers to embrace their lives with delight and daring"--

## **Where Children Run**

In *The Nectar of Pain*, Zebian sheds light on the feelings and experiences that emerge from a painful heartbreak. She writes that the process of cleansing oneself of that pain--day

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by day, hour by hour, and second by second—is the real work of healing. With uncommon warmth and wisdom, Zebian empowers all who have lost to let go of anger and transform their suffering into the softness, sweetness, and beauty of nectar. She holds her readers by the hand as they heal.

## **Upstream**

#1 Sunday Times bestseller - over 300k copies sold. Join the self-love revolution with Instagram visionary Vex King. This limited edition includes inspirational messages and universal wisdom to help you manifest positive vibes. Vex overcame adversity to become a source of hope for thousands of young people, and now draws from his personal experience and his intuitive wisdom to inspire you to: - practise self-care, overcome toxic energy and prioritize your wellbeing - cultivate positive lifestyle habits, including mindfulness and meditation - change your beliefs to invite great opportunities into your life - manifest your goals using tried-and-tested techniques - overcome fear and flow with the Universe - find your higher purpose and become a shining light for others With additional messages and brand new illustrations, this new gift edition of Good Vibes, Good Life will empower and inspire you to change the way you feel, think, speak, act and live your life.

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## **Just F\*cking Do It**

A pocket-sized book that won't overload the reader with information. It is packed with the most useful and salient tips and ideas for anyone looking to live a simpler life. We live such busy lives, rushing from one thing to the next, that we barely give ourselves time to catch our breath. But what would happen if we aimed for less? This little book, filled with practical tips and ideas, covers a range of topics that could lead to a simpler way of life, including how to:

- Stress less
- Reduce screen time
- Minimize clutter
- Shop sustainably
- Make the most of your 'me' time

By choosing a lifestyle that is less busy, less cluttered and less stressful, you will instantly feel healthier and happier.

## **Self-Confidence Strategies for Women**

A book of spiritual teachings from international best-selling author and beloved inspirational speaker Dr. Wayne W. Dyer. This book restructures content from audio lectures of Wayne's from the 1990s and 2000s, offering a fresh take on mindfulness and enlightenment. Beloved spiritual teacher Dr. Wayne W. Dyer often shared his thoughts on the path and practice of enlightenment during his writings and presentations. He'd say, "This is not about self-help. It's about self-

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realization, which is way beyond self-help." In this book, which collects some of his timeless words of wisdom in a new format, the internationally renowned speaker and author offers spiritual tools to transcend your current circumstances and old patterns in order to reach true fulfillment. He will show you how to become genuinely awake, aware of the power you have within to shift your thought processes, release attachments, and tame your ego--to name just a few topics covered in these pages. Wayne will help you understand what an illusion much of life is, so you can see the big picture and spark deep transformation (that is, "the ability to go beyond your form"), resulting in peace and harmony in all areas of your life. He will also take you through the stages of enlightenment, and instruct you in mindfulness practices such as visualization and meditation, ultimately helping you reach a higher consciousness. Indeed, as a result of reading this book, you'll feel as if you are absolutely living in the light, in tune with the magnificence of the Universe . . . and yourself.

## **The Self-care Prescription**

"Everyone should read this. Mindfulness is such a great way to live life to the full." - Amazon Customer "The greatest 'little book' ever! Take my advice, buy it now and you will

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wonder how you ever managed without it!" - Amazon Customer "Patrizia Collard's depth of experience as a teacher and practitioner shines through. I love this little book!" - Amazon Customer "Great book to pick up if you just have a few minutes a day." - Amazon Customer "I carry it with me everywhere. Lovely little calming book." - Amazon Customer "Delightful little book." - Amazon Customer Mindfulness is the easy way to gently let go of stress and be in the moment. It has fast become the slow way to manage the modern world - without chanting mantras or setting aside hours of time for meditation. Dr Patrizia Collard will show you how to bring simple 5- and 10-minute practices into your day in order to free yourself from stress and, ultimately, find more peace in your life. This beautifully illustrated book will set you and your family on the road of mindfulness so you can lead a more mindful, peaceful and relaxed life. Find long-lasting happiness with The Little Book of Mindfulness! CONTENTS: 1. Being in the Now 2. Accept and Respond 3. Making Your Mind Up 4. Simply Be 5. Mindful Eating 6. Gratitude and Compassion 7. Everyday Mindfulness

## **The Little Book of Mindfulness**

GREAT GIFT IDEAS - COLOURING BOOKS FOR GROWN-UPS This incredible Adult Coloring Book by best-selling artist This book is the perfect

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way to relieve stress and while enjoying beautiful and highly detailed images. Product Details: Printed single sided on bright white paper Perfect for all coloring mediums High quality paper Large Size format 8.5" x 11.0" pages

## **How to Be Good With Money**

Mind Platter is a compilation of reflections on life as seen through the eyes of an educator, student, and human who experienced her early days in silence. It is written in the words of a woman who came from Lebanon to Canada at the age of sixteen and experienced what it was like to have fate push her to a place where she didn't belong. It is written in the voice of every person who has felt unheard, mistreated, misjudged, or unseen. The book contains over 200 one-page reflections on topics we encounter in our everyday lives: love, friendship, hurt, inspiration, respect, motivation, integrity, honesty, and more. Mind Platter is not about the words it contains, but what the reader makes of them. May this book give a voice to those who need one, be a crying shoulder for those who yearn for someone to listen, and inspire those who need a reminder of the power they have over their lives.

## **Good Vibes, Good Life**

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Manifest Now provides a step-by-step guide with tools, techniques, and proven strategies to raise your frequency and create the reality you want. This book is designed to guide you through the mental, physical, and spiritual aspects of manifesting and creating all that your heart desires. You'll learn how to start removing mental and emotional blocks so you can rediscover that manifesting is your natural birthright. You'll feel more confident, reconnected, and powerful as you turn every page. Everything in your life will begin to shift as you begin to realize that you are a conscious creator. What's Inside? Release It: 10 powerful techniques you can use on a daily basis to release any mental, physical, or emotional blocks that hinder your manifesting powers. Think It: 35 powerful thoughts to keep you energized, focused, and excited to manifest. Affirm It: 100 affirmations that will help you start speaking, feeling, and commanding greatness, abundance, happiness, and financial freedom into your life right now. Magnetic Money Mindset: Tools that help you discover your purpose, tap into your creative genius, do what you love, and attract financial freedom along the way. Begin your journey and watch magical things unfold in your life.

## **Good Vibes Coloring Book**

The author of the bestselling *An Enemy Called*

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Average shows readers who aren't satisfied with the status quo that believing in yourself is the first step to success.

## **Good Leaders Ask Great Questions**

\*Pre-order the NEW book from the bestselling author of *The Anxiety Solution*\* It's time to be the most confident version of yourself . . . Confidence is not something we either have or don't have - it can be built, and this straightforward guide will show you how. Renowned clinical hypnotherapist Chloe Brotheridge has helped hundreds of clients with anxiety and low self-confidence, and in this book will use her own stories, scientific research, and the experiences of other women to show you how to: · Feel more confident · Spend less time worrying and people-pleasing · Build self-belief · Reach your full potential · Assertively set boundaries for a happier, healthier you *Brave New Girl* reveals how everyone can follow their path to confidence. Praise for *The Anxiety Solution*: 'Remarkable, pioneering, could change your life' Daily Mail

## **Let That Sh\*t Go**

Trotter never comes out ahead at the racetrack. But maybe that's because his lucky day is still just around the corner. One day, to the surprise of his down-and-out buddies,

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Trotter's luck changes, and he finds himself in the boxes with the VIPs. But should he quit while he's ahead? Or should he LET IT RIDE "Jay Cronley is surely one of the funniest writers alive!" --Evan Hunter "Cronley has a dead-on ear for the American cliché." --Los Angeles Times Book Review "He is the kind of writer who, because there is no one else quite like him, could easily become an addiction." --The New York Times Book Review Another Jay Cronley title you're sure to enjoy is Funny Farm, a story of city folk who find that the dream life in the country can be a bit of a nightmare.

### **Good Vibes, Good Life**

The true story of twins David and Dennis Pischke and how they survived twelve years of abuse at the hands of their violent, unstable step-father. A disturbing, heart wrenching first hand account from two men who survived a horrific childhood then went on to become hardworking, upstanding citizens. Where Children Run opens with one of David's earliest memories: the day their step-father, Boleslaw Domko, threw their infant step-sister against the wall. The twins recall years of neglect, starvation and enslavement on the farm west of Moosehorn, Manitoba; regular beatings and nights they sought refuge in the nearby St. Thomas Lutheran Church. Neighbours intervened but little

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could be done for the children since their mother—who also lived in fear—refused to press charges. Where Children Run is a timeless, important book about the horrors of child abuse, one that once picked up can't be put down until the final page is turned. The twins' story is not easily forgotten and a true testament to the strength and adaptability of the human spirit.

## Good Vibes Good Life

'NOOR HIBBERT IS A FORCE OF NATURE AND HER BOOK IS A CANDID, NO-BULLSH\*T BLUEPRINT FOR LIVING YOUR MOST AMAZING LIFE. INVIGORATING AND INSPIRING!' Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F\*ck 'A ROUSING GUIDE ON HOW TO BUILD MOMENTUM TOWARDS YOUR GOALS, QUASH YOUR INNER DOUBTS AND CHARGE AT WHAT YOU REALLY WANT', RED Magazine JUST F\*CKING DO IT will take you on a mind-altering journey of self discovery and personal transformation using an approach which combines psychological rigour with spiritual power - helping you to become the best version of yourself and create a life of happiness and abundance. True personal development can only be achieved by changing how you think and interact with the world. This book, by the creator of the hit podcast 'Think It, Get It', will demonstrate that, alongside purposeful and practical steps to improve

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your life, you have the power to multiply your success and happiness by harnessing the Law of Attraction. Whatever obstacles you face, this book will show you how to stop thinking small, make positive changes and live the life you deserve.

## **Manifest Now**

Your favorite coloring book from Elisabeth Huffman and Hue Coloring, "Adult Coloring Book for Good Vibes" is now available in black background! Featuring the same images and inspirational quotes as the other book but this time with a black background to make your coloring stand out more. This good vibes adult coloring book features not only appealing illustrations to color but also motivational saying and inspirational quotes that will give you encouragement amidst the daily stresses of life. Coloring book, adult coloring book good vibes, adult coloring book calligraphy, adult coloring book for women, adult coloring books best sellers for women, adult coloring book animals, adult coloring books stress relieving patterns, adult coloring books relaxation, adult coloring books relaxing, black coloring book, midnight coloring book, black adult coloring book, midnight adult coloring book, adult coloring books black background

## **Ask and it is Given Cards**

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Life is stressful. But it doesn't have to be. It's no wonder you can't calm down: your to-do list is as long as your arm, your bank balance keeps dropping, you feel guilty for not calling your parents more often and there always seems to be a big deadline to meet at work. You need a serious breather—but you can barely find time to shower, let alone to exercise or meditate. In *Let That Sh\*t Go*, Kate Petriw and Nina Purewal share the wisdom they've gained though decades of practising and teaching others to find peace of mind no matter how busy they are. Learn to put your life in perspective, take each day one step at a time and steal moments of calm amid the chaos. And remember: it's not worth holding onto that sh\*t.

## **GOOD VIBES GOOD LIFE GIFT SIGNED EDITION**

Experience the life-changing magic of self-love! You need love from yourself as much as from others. When you have low self-esteem, low confidence or even self-hatred, it's impossible to live life to the fullest. It's time to build your self-love and transform your attitude, emotions and overall outlook on life! This helpful workbook allows you to become aware of your own unique needs and goals while discovering how to better accept and love your true self. It includes a variety of constructive and actionable tips,

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tricks and exercises, including: •  
Interactive Activities explore a variety of fun and creative ways to love yourself •  
Reflection Prompts unpack your experiences and connect them to new lessons • Helpful Advice deepen your understanding of self-love and utilize it in the real world Self-love allows you not only to see your true self, but to truly accept who you are wholeheartedly. With this acceptance comes the freedom and confidence to live your life to its fullest. It's time to conquer self-doubt and self-sabotage. It's time to love yourself!

## **The Art of the Good Life**

This positive quote lined notebook is perfect for anyone to record ideas, or to use for writing and note-taking. The perfect book for taking class notes, creative writing, homework for school, and more. Makes a great and very thoughtful Valentine's, Anniversary, Birthday gift! This is a gift they're sure to keep and never forget! To view more Holly Books notebooks, click on Holly Books Author page!

## **Feel Good ! a Good Vibes Coloring Book**

Inspired by travel, surfing and a healthy outdoors lifestyle, Good Vibes Cookbook is the latest book by the authors of the Surf

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Café Cookbook and Surf Café Living. Packed with delicious, nutritious recipes using clean foods, it beckons you to enjoy vibrant, tasty dishes that are good for you. Based on the West Coast of Ireland, authors Jane and Myles Lamberth are behind the successful surfside café, Shells, in Strandhill. Here they have tried and tested all the recipes in the book, to bring you the best locally-produced, easy-to-make food. Good Vibes Cookbook brings together a variety influences from their global travels and their lifestyle at home in Ireland. You'll find the pages stuffed with nourishing, mouth-watering recipes that will enrich your diet and make you feel great. Wake up to energizing snacks such as the Super Green 'Superman' Smoothie, Buddha Breakfast Bowl, Ricotta Hotcakes and Coconut Butter Coffee. Learn how to create amazing dishes like Asian Slaw, Moroccan Butternut Squash Tagine, Pea and Trout Salad, Slow Poached Coconut Chicken and Hazelnut Lamb Koftas. Feed your sweet tooth with healthy Elderflower and Raspberry Cake, and Vegan Chocolate Ice-cream. Awesome photography will encourage you to spend more time in the kitchen, fuel your body the right way and ensure that you feel the good vibes every time you flick through the pages of the cookbook. You'll be inspired to live a more fulfilled life packed with great food, outdoor living and a taste of the ocean. From this book you will: Master your cooking and plan your week ahead with authentic, clean

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recipes Wake up to power-boosting breakfasts  
Discover how to make vibrant, healthy lunches  
Indulge your sweet side with both naughty and  
nourishing treats Be inspired to create  
simple and satisfying suppers

## **The Self-Love Workbook**

What's wrong with being a "people pleaser?" Plenty! "A fascinating book If you struggle with where, when, and how to draw the line between your own desires and the demands of others, buy this book!" Kay Redfield Jamison, bestselling author of *An Unquiet Mind* and *Night Falls Fast* People pleasers are not just nice people who go overboard trying to make everyone happy. Those who suffer from the Disease to Please are people who say "Yes" when they really want to say "No." For them, the uncontrollable need for the elusive approval of others is an addiction. Their debilitating fears of anger and confrontation force them to use "niceness" and "people-pleasing" as self-defense camouflage. Featured on NBC's "Today," *The Disease to Please* explodes the dangerous myth that "people pleasing" is a benign problem. Best-selling author and frequent "Oprah" guest Dr. Harriet Braiker offers clear, positive, practical, and easily do-able steps toward recovery. Begin with a simple but revealing quiz to discover what type of people-pleaser you are. Then learn how making even small

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changes to any single portion of the Disease to Please Triangle - involving your thoughts, feelings, and behavior - will cause a dramatic, positive and long-lasting change to the overall syndrome. As a recovered peoplepleaser, you will finally see that a balanced way of living that takes others into consideration but puts the emphasis first on pleasing yourself and gaining your own approval is the clearest path to health and happiness.

## Good Vibes Good Life

The indispensable new work from the author of the international and Sunday Times bestseller The Art of Thinking Clearly Have you ever · Spent too long on a powerpoint presentation? · Lost sight of what makes you happy? · Failed to reach a long-term goal? · Become infuriated by queuing, tax or parking tickets? · Broken a promise you knew you'd keep? Since the dawn of civilization, we've been asking ourselves what it means to live a good life: how should I live, what will truly make be happy, how much should I earn, how should I spend my time? In the absence of a single simple answer, what we need is a toolkit of mental models, a guide to practical living. In The Art of the Good Life, you'll find fifty-two intellectual shortcuts for wiser thinking and better decisions, at home and at work. They may not

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guarantee you a good life, but they'll give you a better chance.

## **Brave New Girl**

Real self care practices to enrich every part of your life  
Picture your best life: Where would you work? What would your social calendar look like? What personal interests would you be exploring? This book is your prescription to turn those visions into a reality--with proven self care strategies for every area of your life. The Self Care Prescription empowers you to find balance and purpose in your relationships, work, and life. From creating a plan to spend more time with family and friends, to zeroing-in on a career that you can feel good about, the book will help you create a personalized self care plan. You'll also learn actionable techniques to fight anxiety, demotivation, or whatever else is holding you back from building the life you want to live. The Self Care Prescription includes: Self care 101--Learn what "self care" really means, and how you can start practicing it every day. A full-spectrum plan--Bring self care to the physical, spiritual, emotional, intellectual, vocational, and social areas of your life. Best-life strategies--Unwind with mindfulness breathing practices or start eating right with healthy meal planning--you'll find tons of actionable self care techniques to help

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you reach your goals. Be the friend you want to be to yourself and others. Be engaged with what you do. Whatever self care means to you, you'll find your own personal practice in this book.

## **Believe You Can--The Power of a Positive Attitude**

Proven strategies to boost your self confidence and help you find inner strength With so much uncertainty in the world, learning to love yourself and march out of your comfort zone can feel daunting. This book of self confidence strategies for women offers simple tools based on proven therapy principles to help you achieve greater confidence, stronger relationships, increased motivation, and a more positive outlook on life. Learn how your thoughts and behavior influence your self-esteem, and find expert advice for changing negative patterns. You'll practice identifying your strengths and values, quieting doubt, and approaching intimidating situations with conviction. Increase your confidence in yourself and your abilities with easy and effective exercises that you can apply to everything you do. Experience the benefits of self confidence with: Clinically proven techniques--Discover empowerment techniques based on cognitive behavioral therapy, acceptance and commitment therapy, and exposure therapy. Confidence

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inside and out--Explore how you can nurture the tangible manifestations of self confidence, such as mindfulness, physical health, and body language. See self confidence in action--Read anecdotes and case studies that illustrate exactly how this book's tools can help you enact positive change. This is the simple way to develop more self confidence and see yourself as the amazing and talented woman you are.

## **Life Is Good**

What is happiness? What can we do to be happier? Why does happiness matter? In this beautifully illustrated little book, leading Positive Psychologist Miriam Akhtar introduces us to the key ingredients of a well-lived and fulfilling life. Drawing on her expert knowledge of the Science of Happiness, the author shares 12 evidence-based Happiness Habits and the key practices that will help us obtain and sustain happiness in our daily lives - such as connecting with others, feeling gratitude, spending time in nature, being mindful, savouring the moment and practising positive emotion. Bursting with practical, accessible tools and easy-to-follow exercises, this little book offers readers invaluable advice on how to create the best conditions for a happy life, well lived.

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Good Vibes is an autobiography that tracks jazz from the turbulent post-war years through the rise of bebop, traversing its changes through the eyes of one of its greatest practitioners. Gibbs's anecdotes reveal little-known attributes and quirks about legendary personalities such as Benny Goodman, Buddy Rich, Steve Allen, Frank Sinatra, Don Rickles, Billie Holiday, and many more. A foreword by Chubby Jackson, a discography, and an index round out this work. --From publisher's description.

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These 30 whimsical coloring activities are sure to send good vibes your way. These groovy visions are a great way to get happy and radiate positive energy.

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