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Obviously, I was a fan of Unwind! 7 Principles for a Stress-Free Life. While I only touched on a couple of key areas of focus, the book provided many other strategies and “workouts” to aid in ridding your life of unnecessary and unhealthy stress.

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This book by Michael Olpin, a top-notch stress expert, and Sam Bracken, a no-longer-stressed-out writer, stands out from other books on stress management in one significant way: its “whole-person” approach. [Read or Download] *Unwind!: 7 Principles for a Stress-Free Life* Full Books [ePub/PDF/Audible/Kindle] *Unwind!* is about optimizing your body, heart, mind, and soul, recognizing that any ...

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10 quotes from *Unwind!: 7 Principles for a Stress-Free Life*: ‘He who is different from me does not impoverish me—he enriches me. —Antoine de St. Exupery’

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Description Unwind!: 7 Principles for a Stress-Free Life. This book by Michael Olpin, a top-notch stress expert, and Sam Bracken, a no-longer-stressed-out writer, stands out from other books on stress management in one significant way: its “whole-person” approach.Unwind!

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Unwind! 7 Principles for a Stress-Free Life. Unwind! is about optimizing your body, heart, mind, and soul, recognizing that any and all of these dimensions of your life affect your anxiety level. It

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helps you get clear about who you are as well as your priorities and goals. Purchase Book.

## *About Dr. Olpin*

Kwanzaa, which in Swahili means "first fruits," is a seven-day celebration that takes place each year from December 26 through January 1. On each night of the holiday, families gather to light a ...

Discusses how to optimize your body, heart, mind, and soul in order to lower anxiety levels and make better choices.

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The Mindful Librarian: Connecting the Practice of Mindfulness to Librarianship explores mindfulness, approaching it in such a way as to relate specifically to the many roles or challenges librarians face. Coinciding with the increased need to juggle a variety of tasks, technologies, ebooks, and databases, the new Association of College & Research Libraries Framework for Information Literacy, and the challenges faced by solo librarians in school libraries which have suffered cutbacks in help in recent years, the time is exactly right for this publication. The authors hope to be helpful in some small way towards improving the joy and quality of life that librarians and library science students experience in their personal lives and jobs. The loftier goal would be to create a new lens from which to view librarianship, having a transformative impact on

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readers, and opening a new dialog within the profession. The topic of mindfulness is not new; it has been connected to various religious traditions in a wide variety of ways for centuries, most notably Buddhism. In the latter part of the 20th century, however, a secular version was popularized largely by the work of Jon Kabat-Zinn and his work on MBSR (Mindfulness Based Stress Reduction) at the University of Massachusetts's Medical School. The medical benefits and the overall quality of life improvements from its adoption have exploded in recent years, in particular, the last two decades which have seen mindfulness traditions incorporated into education to a greater degree and with very positive results.

Presents the only current LIS book that covers this topic in a way that applies directly to librarians Provides a topic that will be appealing to librarians, as it speaks to the pressures of budget cuts

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Drawing on groundbreaking research into the dynamics of healthy relationships, a study of the basic principles that make up a happy, long-lasting marriage shares easy-to-understand, helpful advice on how to cope with such issues as work, children, money, sex, and stress. 35,000 first printing. Tour.

The average attention span of an adult is eight seconds—eight seconds! That is tough news for a presenter. It means you may have a room full of people, but their minds are elsewhere. You're competing with a slew of activities demanding their

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attention—email, texts, Facebook, YouTube, chats, and apps, in addition to thoughts about their next meeting and projects that are behind schedule. How do you get a message across in a world like that? The inability to powerfully inform and persuade amid an unprecedented number of distractions is one of the greatest hidden and pervasive costs of the twenty-first-century workplace. Learn to connect with your audience, and you'll stop having unproductive meetings and wasted time. In *Presentation Advantage*, FranklinCovey outlines its "Connect Model," the mental model that allows you to connect with the message, yourself, and the audience during any presentation by: Structuring relevant and purpose-driven messages Understanding how our brains best synthesize and remember key information Using visuals such as PowerPoint to inspire instead of torture your audience Aligning your message,

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body language, and tone of voice for a powerful delivery Whether to one person or one hundred, effective presenting is today's top business skill, and the experts at FranklinCovey help you master it. With the Presentation Advantage, you can deliver dynamic, compelling, and truly effective presentations every time.

The bestselling author of *My Orange Duffel Bag* helps readers “overcome obstacles, set a big vision, and define a life of purpose greater than self” (Michael K. Simpson, author of *Unlocking Potential*). Sam Bracken’s backstory would make Dr. Phil turn tail and run. During his childhood, he suffered years of abuse and was even set on fire by a relative. What didn’t kill Bracken made him stronger. And he is now on a mission to bring self-empowerment to others—to realize a life of grit and grace. This book is about

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achieving a purpose-driven life. You'll have to push past failure again and again. And it is also about beating the odds no matter how high they are stacked against you. To be a true leader, you have to start with yourself. In Sam Bracken's GUTS, you will learn about: Mental strength Resisting feelings of low self esteem Self-empowerment Building self confidence Living a life of passion And, most importantly, what it takes to have grit and grace "Sam Bracken had no advantages, but went from being a hopeless street kid to a champion college football player. In this insightful book, he illustrates how success in life is less about talent, wealth, or good luck, and more about GUTs. And having GUTs is a choice anyone can make!" —Sean Covey, author of The 7 Habits of Highly Effective Teens

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Finally, a textbook that you don't mind reading. In fact, you'll probably share it with your stressed-out family and friends. And when the class has finished, you probably won't sell it back.

**STRESS MANAGEMENT FOR LIFE: A RESEARCH-BASED EXPERIENTIAL APPROACH**, 5th Edition, and the accompanying stress-reducing audio files, contain all the leading-edge tools, principles, and experiences you need to help you profoundly reduce and even prevent stress. More than just a book about how to manage stress, this book offers you a life-changing experience. If you're tired of headaches, difficulties sleeping, feeling burned out or depressed, or experiencing a host of other chronic stress symptoms; if you'd like to master mindfulness, meditation, yoga, positive self-talk, find meaning, manage your time, and dozens of other stress-managing tools, this is the only stress management book you'll ever

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need.

Clearly explaining the how to of stress management and prevention, **STRESS MANAGEMENT FOR LIFE**, 4e emphasizes experiential learning and encourages students to personalize text information through practical applications and a tool box of stress-reducing resources, including activities and online stress-relief audio files. Michael Olpin and Margie Hesson offer more than just a book about stress; they offer students a life-changing experience. Well-researched and engaging, the Fourth Edition empowers students to experience personal wellness by understanding and managing stress, gives stress-related topics a real-life context, and motivates students to manage stress in a way that accommodates their lifestyle, values, and goals. Important Notice: Media content

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Scott O'Neil, one of America's most successful sports executives, shares seven principles to keep you present, grounded, and thriving. When we're moving at 115 MPH, we rarely see the wall coming. But it comes for all of us and when it does, we grasp for lessons, for meaning, for purpose. Each moment (good or bad) and each win or loss, provides us an opportunity to learn, and if we choose to take it, that opportunity can change our lives-and the world- for the better. The human spirit craves connection. Authenticity. Belonging. Touch. Gratitude. Purpose. We need to make our interactions count. Whether it's the death of a friend, loss of a job, a bad break-up or the isolation of COVID-19, those who manage to be where their

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feet are will grow, stretch and emerge stronger, smarter and more prepared as we find peace and gratitude in the pause. In *Be Where Your Feet Are*, Scott O'Neil, CEO of the Philadelphia 76ers and New Jersey Devils, offers his own story of grief and healing, and shares his most valuable lessons in what keeps him present, grounded and thriving as a father, husband, coach, mentor, and leader. Scott avails his network to share poignant life lessons from an array of people including professional athletes and sports executives, a world-famous Movie Director, Saudi royalty; and his teenage daughters, among many others. *Be Where Your Feet Are* provides a humbling and vulnerable peek behind the curtain as well as a framework, anecdotes, and exercises to guide the reader towards self-discovery. A gifted storyteller with an uncanny ability and willingness to bare raw emotion, Scott weaves in and out of

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stories that have left deep imprints on him and are written to lift and inspire.

The authors of My Orange Duffel Bag build on their original philosophy to counsel readers on how to find meaning, vision and purpose through their “seven rules of the road,” providing writing activities, questions, fill-in-the-blank lists and other motivational entries for setting and accomplishing positive goals. Original. 10,000 first printing.

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