

The Self Care Project How To Let Go Of Frazzle And Make Time For You

"Buy the "Reset: Control, Alt, Delete" paperback and download the eBook for only \$0.99 - 0.64." Learn how to rise from the ashes of defeat. Get self-help, Embrace positive thinking, Live a happier life, and Find your destiny. No one can defeat you. You can only defeat yourself. No one can truly save you. You must save yourself. There is hope and a way out! Help yourself by reading Reset: Control, Alt, Delete find answers and change your life for the better. RESET: Control, Alt, Delete, unlike other self-help books is written specifically to help you to find the encouragement, strength, and personal growth that you will need to change your perspective with positive thinking so you can live a hopeful life that creates a path allowing you to find your destiny. Take action by getting yourself a copy of Brian's book. You will be so grateful you did! "Tags: self help, positive thinking, self-help books, self-help happiness, personal growth book, self-help books, depression""

"To love oneself is the beginning of a lifelong romance." Oscar Wilde When pursuing your dreams and a joyous, fulfilling life, self-care isn't just beneficial, it's essential. More than just a fad, self-care is a way to nurture the soul, feel secure in your own skin and restore yourself to optimum health, both mentally and physically. Despite this, self-care

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isn't always at the top of everyone's to-do list and often becomes an afterthought in our busy lives. The Little Book of Self-Care shows you how to take time for yourself, keep stress at bay and take control of your mental health. Through restorative tips, positive quotes and inspiring exercises, learn how to untangle your busy life, embrace your wellbeing and fall back in love with yourself.

NEW YORK TIMES BESTSELLER • ECPA BESTSELLER • “When it comes to the intersection of race, privilege, justice, and the church, Tasha is without question my best teacher. Be the Bridge is THE tool I wish to put in every set of hands.”—Jen Hatmaker **WINNER OF THE CHRISTIAN BOOK AWARD®** • Winner of the Christianity Today Book Award • A leading advocate for racial reconciliation calls Christians to move toward deeper understanding in the midst of a divisive culture. In an era where we seem to be increasingly divided along racial lines, many are hesitant to step into the gap, fearful of saying or doing the wrong thing. At times the silence, particularly within the church, seems deafening. But change begins with an honest conversation among a group of Christians willing to give a voice to unspoken hurts, hidden fears, and mounting tensions. These ongoing dialogues have formed the foundation of a global movement called Be the Bridge—a nonprofit organization whose goal is to equip the church to have a distinctive and transformative response to racism and racial division. In this perspective-shifting book, founder Latasha Morrison shows how you can participate in this incredible work and replicate it in your own community. With

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conviction and grace, she examines the historical complexities of racism. She expertly applies biblical principles, such as lamentation, confession, and forgiveness, to lay the framework for restoration. Along with prayers, discussion questions, and other resources to enhance group engagement, *Be the Bridge* presents a compelling vision of what it means for every follower of Jesus to become a bridge builder—committed to pursuing justice and racial unity in light of the gospel.

An inspirational and handy book of consciousness and love. Bring it with you on your daily journey for happiness everywhere you go.

Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living. A fifteen-year project. Hundreds of women. Varying ages, backgrounds and cultures. One set of questions. The mission: To expose self-loathing and help women overcome the silent debilitating epidemic of self-judgment. Read their stories, think about your own and expand your view. PRAISE FOR THE SELF-LOATHING PROJECT "The Self-

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Loathing Project is an honest and eye-opening view, describing how so many of us feel as women. Each of us has something we are carrying around. Some of the stories were heart-wrenching, some of them inspiring, but all of them moved me in a way that made me feel bonded to each and every one of these brave women. It felt like I was sitting in a living room listening to a group of friends just tell their stories and I wanted to wrap each one of them in a hug. I believe we can all relate to every message. A wonderful read."-Jenn Lefebvre, blogger and influencer, A Healthy Makeover "This book really touches on something important to all women-and the author has given it a voice and a space for discussion. The variety of ages is impressive, as is the variety of responses and candor of these women. I particularly like how the author bookended the interviews with upbeat, clarifying content. Her introduction sets the tone for what the reader is about to experience while her closing chapters and supplemental material bring the interviews together with understanding and hope. An amazing collection that is well curated and crafted."-Viqui Dill, blogger and musician, Happiest when Folks Sing Along with Me

Self-care is a necessary ingredient for a life fully-lived, yet for most of us it's something we resort to only when we're at our most burned out, vulnerable and desperate. In From Coping to Thriving: How to Turn Self-Care Into a Way of Life you'll discover why self-care is about much more than the usual advice to take a bubble bath. This comprehensive guide will show you how to create a self-care practice that truly meets

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your needs and leaves you feeling like the best version of yourself. With a balance between practical suggestions, coaching-style questions and psychological groundwork, this book is designed to give you the self-knowledge and awareness you need to start making self-care an integral part of your life. As well as suggesting hundreds of useful self-care tips and ideas, *From Coping to Thriving* will also take you deeper into must-know topics like habit-formation, coping strategies, dealing with resistance to self-care and more.

In this galvanizing book for all educators, Kristin Souers and Pete Hall explore an urgent and growing issue--childhood trauma--and its profound effect on learning and teaching. Grounded in research and the authors' experience working with trauma-affected students and their teachers, *Fostering Resilient Learners* will help you cultivate a trauma-sensitive learning environment for students across all content areas, grade levels, and educational settings. The authors--a mental health therapist and a veteran principal--provide proven, reliable strategies to help you

- * Understand what trauma is and how it hinders the learning, motivation, and success of all students in the classroom.
- * Build strong relationships and create a safe space to enable students to learn at high levels.
- * Adopt a strengths-based approach that leads you to recalibrate how you view destructive student behaviors and to perceive what students need to break negative cycles.
- * Head off frustration and burnout with essential self-care techniques that will help you and your students flourish.

Each chapter also includes

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questions and exercises to encourage reflection and extension of the ideas in this book. As an educator, you face the impact of trauma in the classroom every day. Let this book be your guide to seeking solutions rather than dwelling on problems, to building relationships that allow students to grow, thrive, and--most assuredly--learn at high levels.

In *Stop Sabotaging Your Life: 3 Steps To Your Full Potential*, acclaimed life coach Bruno LoGreco shares his simple path to achieving healthy mental and emotional independence. How many times have you caught yourself thinking something like this?: I'm not enough—good enough...smart enough...good looking enough...successful enough.... LoGreco says we sabotage our lives by focusing too much on being what others want us to be and do, and not spending enough time listening to our own hearts and minds. Some people try to find self-acceptance and contentment through counseling, but end up trapped on the therapy treadmill. Others try to go it alone, but still end up in a tiresome process of navel-gazing that never leads to personal fulfillment. LoGreco offers a three-step plan to help you reach your own potential: self-awareness (recognize what you have been doing, and why); rebuilding values (learn a different way to do things); and reach your full potential (identify opportunities and set meaningful goals). You will learn to leverage your strengths to stop chasing illusions and work toward achieving your dreams. LoGreco doesn't claim his book will cure everything that ails you. As he says, "There is no secret formula, no magic pill that will make you happy, productive, and successful. You must challenge your beliefs and take back control of your choices. Don't just think outside the box—break out of it altogether." What clients and readers are saying about life

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coach, mentor, and motivational speaker Bruno LoGreco: "As a divorced mother of three, I've encountered many obstacles, mostly personal ones within myself. I wondered why I kept repeating the same patterns with the men I was dating and why it always ended badly, usually with me being hurt, and questioned what 'I' was doing wrong. Bruno taught me how to love myself again, how to respect myself and above all else, BELIEVE in myself.... Bruno saved me from my self-destructive patterns. Without his help, I wouldn't be the confident woman I am today. I am a better mother for that."—Cristina "The world is filled with very successful executives who for decades focus every waking minute on professional accolades and professional development [only to] realize they haven't take the time out to focus on personal development in terms of a better balance in life, being in touch with their spiritual side and inner self, and even the fun side of life. That would describe me in the past.... I came across Bruno, and I knew he was the man. His personality exudes authenticity and geniality. The man simply knows his stuff, has this uncanny ability to read between the lines, and zero in instantly on underlying triggers. His structured approach steers you to address issues head on; challenges you to challenge yourself; opens your mind; helps you understand behaviors, experiences and patterns; gets you in touch with yourself; fuels a sense of purpose and passion; and escorts you to chart a new course to life. He never judges, but relentlessly encourages and empowers you. He's truly a brilliant, genuine and a humane person with an infectious enthusiasm to make you seize your inborn potential." —Adrian "If I had to sum up my experience with Bruno in one word, it would be 'awakened.' Bruno helped me see life from a different perspective, which is what I needed, but most importantly, he showed me how to do that myself without being dependent on him.... Bruno got me to step outside of my comfort zone

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and do things I normally wouldn't have done otherwise, which is undoubtedly the key to growth.” —Blaine

Packed with humor, inspiration, and advice, *You Are a Badass* is the #1 New York Times bestselling self-help book that teaches you how to get better without getting busted. In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up twenty-seven bite-sized 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, and 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.

Step back from the overload this New Year and find some time for yourself. You are important too. With encouraging reminders, inspiring thoughts, easy wins and practical advice, *The Little Book of Self Care* will help you identify your needs so you can relax, refuel and find calm in your hectic life. This book will tell you why mindset is key, how to nourish instead of punish yourself, how to exercise and sleep and why it is important to go slow sometimes. You live your whole life being you, so why not be your own best friend?

A strikingly original exploration of what it might mean to be authentically human in the age of artificial intelligence, from the author of the critically-acclaimed *Interior States*. "Meghan O’Gieblyn is a brilliant and humble philosopher, and her book is an explosively thought-provoking, candidly personal ride I wished never to end ... This book is such an original

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synthesis of ideas and disclosures. It introduces what will soon be called the O’Gieblyn genre of essay writing.” —Heidi Julavits, author of *The Folded Clock* For most of human history the world was a magical and enchanted place ruled by forces beyond our understanding. The rise of science and Descartes's division of mind from world made materialism our ruling paradigm, in the process asking whether our own consciousness—i.e., souls—might be illusions. Now the inexorable rise of technology, with artificial intelligences that surpass our comprehension and control, and the spread of digital metaphors for self-understanding, the core questions of existence—identity, knowledge, the very nature and purpose of life itself—urgently require rethinking. Meghan O’Gieblyn tackles this challenge with philosophical rigor, intellectual reach, essayistic verve, refreshing originality, and an ironic sense of contradiction. She draws deeply and sometimes humorously from her own personal experience as a formerly religious believer still haunted by questions of faith, and she serves as the best possible guide to navigating the territory we are all entering.

Self-care is an imperative for the ethical practice of social work and other helping professions. From A (awareness) to Z (ZZZZ--Sleep), the editors and contributors use a simple A-to-Z framework to outline strategies to help you build a self-care plan with specific goals and ways to reach them realistically. Questions for reflection and additional resource lists help you to dig deeper in your self-care journey. Just as the ABCs are essential building blocks for a young child's learning, you can use the ABCs in *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals* to build your way to a happy, healthy, ethical life as a helping professional. Includes a self-care planning form to help you set goals and formulate strategies. *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals...offers a*

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broad range of concrete suggestions for improving individual self-care that should provide guidance and support to fit a broad range of practitioner needs. The book also includes material in several chapters that notes the important role organizations must take in stress and burnout reduction and support of self-care. SUE STEINER, Ph.D., MSW, Professor, School of Social Work at California State University, Chico, Co-author, *Self-Care in Social Work: A Guide for Practitioners, Supervisors, and Administrators* ...a caring and useful resource for helping professionals concerned about burnout, stress, staff turnover, and wellness.... By focusing on insights and reflections and providing resources and strategies, *The A-to-Z Self-Care Handbook* is a practical guide and an empowering book. DR. BARBARA W. SHANK, Ph.D., MSW, Dean and Professor, School of Social Work, University of St. Thomas, St. Catherine University, Chair, Board of Directors, Council on Social Work Education As the leader of a large nonprofit organization, the health and well-being of my colleagues is always top of mind for me. *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals* is just what an organization like ours needed to promote self-care in a way that makes sense for all of us! JENNIFER HANCOCK, LCSW, President & CEO, Volunteers of America-Mid-States Sometimes there is a book that speaks to what you also have tried to put into words that feels truly hand-in-glove. I see *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals* as precisely this book. SARAKAY SMULLENS, MSW, LCSW, author of *Burnout and Self-Care in Social Work: A Guidebook for Students and Those in Mental Health and Related Professions* Grise-Owens, Miller, & Eaves' *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals* is a much-needed handbook to inspire and guide self-care practice. Its insights are far-ranging, original, practical, and flexible. The short

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chapter format, focused topics, and fresh tone are both accessible and sure to motivate. Even those who have given a great deal of thought and attention to self-care will find new, exciting, and practicable guidance in its pages. LISA D. BUTLER, Ph.D., Associate Professor, University at Buffalo, School of Social Work, Primary Developer, UBSSW Self-Care Starter Kit

The first self-care book designed specifically for the early childhood field, *Culturally Responsive Self-Care Practices for Early Childhood Educators* is filled with helpful strategies and tools that you can implement immediately. Recognizing that self-care is not one size fits all, the authors present culturally responsive strategies drawn from diverse early childhood staff working in a range of roles across communities and contexts. By tying the importance of educator self-care to goals of social justice and equity, this book advocates for increased awareness of the importance of self-care on both an individual and institutional level. Through key research findings, effective strategies and personal anecdotes, this accessible guide helps readers understand and engage with the critical role self-care and wellness-oriented practices play in creating strong foundations for high quality early learning programs.

Even after years of spiritual practice, self-improvement, or therapy, many of us still have trouble with one essential challenge: self-acceptance. How do we stop from constantly judging ourselves as inadequate, finding fault with our bodies, or being plagued by our inner critics? The Self-Acceptance Project was created to help us find a solution. In this collection of essays, contemporary luminaries in spirituality, psychology, and creativity offer insights and teachings for truly embracing who we are—no matter what our circumstances. Why is it often so much easier to feel compassion and forgiveness toward others than toward ourselves? Where do our self-critical voices come from? Can we be motivated to grow and excel while still accepting

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ourselves as we are? In these 20 offerings, some of today's most trusted teachers share valuable practices and techniques for building confidence, transforming our relationships with our inner critics, and cultivating kindness and compassion toward ourselves on a consistent basis.

The #1 New York Times bestseller. Over 3 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think

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about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

A practical pick-me-up for life's tough days, this book is the perfect guide to help you feel happier, healthier and calmer. We all have days where we feel like the world is getting us down. But here's the thing - you're not alone. From helping us see what strong really looks like, to what to do when you have no energy for self-care; Jayne Hardy shows us that even on our most difficult days, a little kindness can go a very long way. With easily digestible advice and soothing messages to help you find brightness on even the darkest days, this is the book we all need.

Perfect for yourself or as a gift to a family member or friend, this book is the message we all need to hear: Be kind. _____ Praise for The Self Care Project: 'Refreshing, heartfelt and humble. This book will be a game changer in promoting positive mental health' Sarah Turner, The Unmumsy Mum 'What a great book, so practical and so interesting - it might even be a lifesaver' - Jeremy Vine 'This book tackles the enormously important subject of self-care with wit, insight and the warmth of personal experience' - Poorna Bell

'Refreshing, heartfelt and humble. This book will be a game changer in promoting

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positive mental health' Sarah Turner, The Unmumsy Mum Everything you need to know about self-care; what it is, why it's important, why it's such a struggle and how to integrate it into day-to-day life. Self-care is a tool, accessible to us all, which helps us to take responsibility for our own happiness - our physical, emotional, psychological and social needs. Jayne Hardy, founder and CEO of The Blurt Foundation, argues that it is the best preventative measure available to us to combat overwhelmedness, stress and ill health, in our hectic, modern world. The Self-Care Project is for those who have been feeling off-kilter for a while but have not been able to put their finger on 'why'. It is a no-nonsense, practical journey to help you do just that. It'll walk you through the case for self-care (why it's so darn important), why it isn't selfish at all, help you explore what self-care means for you, what your obstacles might be and provide advice on how to chisel out daily space for self-care in a practical, achievable and realistic way. 'Reading this is like a therapy session with a trusted, empathetic friend determined to help you turn things around, minus any irritating self-righteousness' The Independent

_____ THE TOP TEN BESTSELLER 'Unusually practical, non-patronising and authentic. Think Marie Kondo for the mind' Sunday Times Wellness pioneers Nadia Narain and Katia Narain Phillips have spent decades helping others to feel their best. But it took them a bit longer to learn to care for

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themselves. Here they share the small, achievable steps they picked up on a lifetime's journey towards self-care, and how you can apply them to your life, wherever you are. Right now, you may be deep in the waves of life, being tossed around. Learning self-care is like building your own life boat, plank by plank. Once you've got your boat, you'll still be rocked by the same waves, but you'll have a feeling of safety, and a stability that means you can pick other people up on your way.

Real wellness isn't just the absence of injury or illness. Janssen shares a consciousness- and compassion- based system for navigating wholeness in mind, body, and soul. This whole-body approach is the start of a vital, fulfilled life. Fans of *Girl, Interrupted*, *Thirteen Reasons Why*, and *All the Bright Places* will love this New York Times bestseller. "A haunting, beautiful, and necessary book that will stay with you long after you've read the last page."—Nicola Yoon, #1 New York Times bestselling author of *Everything, Everything* and *The Sun Is Also a Star* Charlotte Davis is in pieces. At seventeen she's already lost more than most people do in a lifetime. But she's learned how to forget. The broken glass washes away the sorrow until there is nothing but calm. You don't have to think about your father and the river. Your best friend, who is gone forever. Or your mother, who has nothing left to give you. Every new scar hardens Charlie's heart

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just a little more, yet it still hurts so much. It hurts enough to not care anymore, which is sometimes what has to happen before you can find your way back from the edge. A deeply moving portrait of a girl in a world that owes her nothing, and has taken so much, and the journey she undergoes to put herself back together. Kathleen Glasgow's debut is heartbreakingly real and unflinchingly honest. It's a story you won't be able to look away from. "Girl, Interrupted meets Speak."—Refinery29 "A dark yet powerful read."—Paste Magazine "One of the most affecting novels we have read."—Goop "Breathtaking and beautifully written."—Bustle "Intimate and gritty."—The Irish Times And don't miss Kathleen Glasgow's newest novel *How to Make Friends with the Dark*, which Karen M. McManus, the New York Times bestselling author of *One of Us Is Lying*, calls "rare and powerful."

Are there any constraints known that bear on the ability to perform Agile Management for Software Engineering work? How is the team addressing them? In a project to restructure Agile Management for Software Engineering outcomes, which stakeholders would you involve? How much are sponsors, customers, partners, stakeholders involved in Agile Management for Software Engineering? In other words, what are the risks, if Agile Management for Software Engineering does not deliver successfully? How does the organization define, manage, and

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improve its Agile Management for Software Engineering processes? What are the business goals Agile Management for Software Engineering is aiming to achieve? Defining, designing, creating, and implementing a process to solve a business challenge or meet a business objective is the most valuable role... In EVERY company, organization and department. Unless you are talking a one-time, single-use project within a business, there should be a process. Whether that process is managed and implemented by humans, AI, or a combination of the two, it needs to be designed by someone with a complex enough perspective to ask the right questions. Someone capable of asking the right questions and step back and say, 'What are we really trying to accomplish here? And is there a different way to look at it?' For more than twenty years, The Art of Service's Self-Assessments empower people who can do just that - whether their title is marketer, entrepreneur, manager, salesperson, consultant, business process manager, executive assistant, IT Manager, CxO etc... - they are the people who rule the future. They are people who watch the process as it happens, and ask the right questions to make the process work better. This book is for managers, advisors, consultants, specialists, professionals and anyone interested in Agile Management for Software Engineering assessment. All the tools you need to an in-depth Agile Management for Software Engineering Self-Assessment.

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Featuring 616 new and updated case-based questions, organized into seven core areas of process design, this Self-Assessment will help you identify areas in which Agile Management for Software Engineering improvements can be made. In using the questions you will be better able to: - diagnose Agile Management for Software Engineering projects, initiatives, organizations, businesses and processes using accepted diagnostic standards and practices - implement evidence-based best practice strategies aligned with overall goals - integrate recent advances in Agile Management for Software Engineering and process design strategies into practice according to best practice guidelines Using a Self-Assessment tool known as the Agile Management for Software Engineering Scorecard, you will develop a clear picture of which Agile Management for Software Engineering areas need attention. Included with your purchase of the book is the Agile Management for Software Engineering Self-Assessment downloadable resource, which contains all questions and Self-Assessment areas of this book in a ready to use Excel dashboard, including the self-assessment, graphic insights, and project planning automation - all with examples to get you started with the assessment right away. Access instructions can be found in the book. You are free to use the Self-Assessment contents in your presentations and materials for customers without asking us - we are here to help.

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Self-care is critical for effective and ethical counseling practice and this inspirational book offers diverse, realistic perspectives on how to achieve work–life balance and personal wellness from graduate school through retirement. In addition to the authors’ unique perspectives as professionals at different stages of their careers, guest contributors—ranging from graduate students, to new professionals, to seasoned counselors—share their experiences and thoughts about self-care, including what challenges them most. Both personal and conversational in tone, this book will help you to create your own practical self-care action plan through reflection on important issues, such as managing stress, establishing personal and professional boundaries, enhancing relationships, and finding meaning in life.

Let healthy boundaries define the space where you can truly thrive. Boundaries may not sound like the key to freedom—but when our boundaries are fuzzy or missing, we often end up fenced in by others’ wants and needs. If you say yes when your energy is MIA and your to-do list is overflowing—if you jump when your email pings well after dinner or let your partner’s or kid’s schedule rule your day—now is the time to reclaim some space! *Making Space* will clear the way for what you need—and for what you want. With this relatable, compassionate guide, you’ll create strong boundaries around work, home, relationships, and more:

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Face the fear of rejection and let go of stress. Prioritize sleep and boost your overall health. Build self-esteem and get back in touch with you. Assert yourself with kindness and confidence! We're all worthy of boundaries that keep us safe, happy, and healthy. You get to take up space, too!

'Refreshing, heartfelt and humble...a game changer in promoting positive mental health' Sarah Turner, bestselling author of *THE UNMUMSY MUM* There's a damaging misconception in society that putting ourselves first is an act of selfishness. But self-care is not just a millennial buzzword. Without the restorative power of self-care, how will we ever escape the vicious circle where we're sick and fed-up of feeling sick and fed-up? Self-care is a tool, accessible to us all, which helps us to take responsibility for our own happiness - our physical, emotional, psychological and social needs. Jayne Hardy, founder and CEO of The Blurt Foundation, argues that it is the best preventative measure available to us to combat overwhelmedness, stress and ill health, in our hectic, modern world. *The Self-Care Project* is for those who have been feeling off-kilter for a while but have not been able to put the finger on the 'why'. It is a no-nonsense, practical journey to help you do just that. It'll walk you through the case for self-care (why it's so darn important), why it isn't selfish at all, help you explore what self-care means for you, what your obstacles might be and provide advice on how to chisel out daily space for self-care in a practical, achievable and realistic way. 'Reading this is like a therapy session with a trusted, empathetic friend determined to help you turn things around, minus any irritating self-righteousness' *The Independent*

"This book made me happy in the first five pages." —AJ Jacobs, author of *The Year of Living*

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Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible Award-winning author Gretchen Rubin is back with a bang, with *The Happiness Project*. The author of the bestselling *40 Ways to Look at Winston Churchill* has produced a work that is “a cross between the Dalai Lama’s *The Art of Happiness* and Elizabeth Gilbert’s *Eat, Pray, Love*.” (Sonya Lyubomirsky, author of *The How of Happiness: A Scientific Approach to Getting the Life You Want*) In the vein of *Julie and Julia*, *The Happiness Project* describes one person’s year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

The Complete Guide to Self Care features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Caring for yourself is far from selfish and self-care is far from a new phenomenon, but it’s recently been in the popular vernacular. With screens, work emails on our phones, notifications, and poor boundaries between ourselves and the world around us, taking time and making space for ourselves has become more and more important. Therapy, caring for plants, making your favorite dish...these are all little ways to reclaim parts of yourself that you’ve lost track of in the daily hustle of life. With encouraging reminders, inspiring thoughts, easy wins, and practical advice, *The Complete Guide to Self Care* helps you identify your needs so you can relax, refuel, and find calm in your hectic life. This book tells you why mindset is key, how to nourish instead of punish yourself, how to exercise and sleep, and why it is important to go slow sometimes. You live your whole life being you, so why not be your own best friend? *The Complete Guide to Self Care* is a book for people who need to relax, chill

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out, or recenter. You'll learn how to achieve this by: Setting an effective and fruitful sleep schedule Creating exercise routines and not feeling bad about falling off the bike Saying no to things you don't want to do (and things that maybe you do but don't have space for) Reading, writing, art, music, and all forms of expression that water our soul Setting aside time that is only for you, no one else, no exceptions Watering yourself and giving yourself proper nutrients In the tumults of our hectic world and your busy life, if you're working toward being emotionally available and hungry for stability, a happier and healthier you is within your grasp. Discover today's top trending health and wellness topics with the Everyday Wellbeing series from Chartwell Books. From smart eating habits to personal growth advice, these engaging lifestyle guides give you the expert tips and life hacks you need to help you make good choices while practicing mindfulness and self-love. Whether you want to explore cooking with new ingredients like adaptogens and CBD, or make it a priority to incorporate self-care into your daily routine, these brightly colored take-along handbooks have the tools you need to succeed. Other titles in the series include: The Celery Juice Cookbook, Adaptogens, The CBD Handbook, The Instant Pot and Air Fryer Cookbook, and The Plant-Based Cookbook. It's one thing to understand how important self-care is, but how many of us actually manage to make the time do it? Self-care is a preventative action that focuses on our health and happiness, and yet so often it gets put aside when other things, and people, vie for our time and attention - it's only when life has knocked us to our knees that we realise how vitally important it is. Following on from the hugely popular The Self-Care Project, Jayne Hardy, CEO and founder of The Blurt Foundation, helps us to plan for obstacles, devise contingency plans, be mindful of the way our days play out, and prioritise the things that are truly important to us.

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With the flexibility of choosing to start the journal anytime; on any day, in any year, this is the essential companion for bringing more self-care into your life.

#1 NEW YORK TIMES BESTSELLER • Discover the life-changing memoir that has inspired millions of readers through the Academy Award®-winning actor's unflinching honesty, unconventional wisdom, and lessons learned the hard way about living with greater satisfaction. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE GUARDIAN

"McConaughey's book invites us to grapple with the lessons of his life as he did—and to see that the point was never to win, but to understand."—Mark Manson, author of *The Subtle Art of Not Giving a F*ck*

I've been in this life for fifty years, been trying to work out its riddle for forty-two, and been keeping diaries of clues to that riddle for the last thirty-five. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man. How to have meaning in life. How to be more me. Recently, I worked up the courage to sit down with those diaries. I found stories I experienced, lessons I learned and forgot, poems, prayers, prescriptions, beliefs about what matters, some great photographs, and a whole bunch of bumper stickers. I found a reliable theme, an approach to living that gave me more satisfaction, at the time, and still: If you know how, and when, to deal with life's challenges—how to get relative with the inevitable—you can enjoy a state of success I call "catching greenlights." So I took a one-way ticket to the desert and wrote this book: an album, a record, a story of my life so far. This is fifty years of my sights and seens, felts and figured-outs, cools and shamefuls. Graces, truths, and beauties of brutality. Getting away withs, getting caughts, and getting wets while trying to dance between

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the raindrops. Hopefully, it's medicine that tastes good, a couple of aspirin instead of the infirmary, a spaceship to Mars without needing your pilot's license, going to church without having to be born again, and laughing through the tears. It's a love letter. To life. It's also a guide to catching more greenlights—and to realizing that the yellows and reds eventually turn green too. Good luck.

A fun, friendly interactive journal with 101 ways to take control of your life and make more time for you. Are you are feeling frazzled from a busy work schedule? Overwhelmed by current events and the endless news cycle? Frustrated and stuck in a rut, or simply spinning too many plates at once? Then This is for You. This creative toolkit takes you through 100 exercises to help you reframe your priorities, and find more time for you. With chapters exploring Body, Mind, Feelings, Relationships, Time, Work, Environment, Creativity and Change, every page contains a fun new interactive challenge and a new way of seeing your world. Create a morning ritual to start the day in a meaningful way. Discover the true art of the to-do list. Learn to say "No" (or the equally important "Yes...but"). And identify the drains and radiators in your personal relationships. Written a qualified psychologist and director of a successful people consultancy, this is a no-nonsense journal that will help you take stock, re-evaluate and give you small self-care steps that will have lasting results.

Transforming the past to change the future, the Purple Buddha Project is a creative force, using social media, fashion, and design to express an out of the box way of thinking to shape Cambodia. Upcycling remains of weapons of conflict into jewelry in Cambodia, Forrest Curran has tied social giving to design, working with local fair-trade artisans to turn a tragedy of the past into a vehicle of change. The book explores his thoughts in depth into the conversation

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about self-love, written during the years of inception of the project. This book documents moments of Forrest's around the world as he developed the Purple Buddha Project through a collection of poems, essays, and narratives describing the lessons learned abroad along the journey; fundamentally demystifying the notion that we aren't in control - primarily focusing on the importance of the present moment as well as what it means to have esteem.

From HGTV and the Food Network to Keeping Up With the Kardashians, television is preoccupied with the pursuit and exhibition of lifestyle. Lifestyle TV analyzes a burgeoning array of lifestyle formats on network and cable channels, from how-to and advice programs to hybrid reality entertainment built around the cultivation of the self as project, the ethics of everyday life, the mediation of style and taste, the regulation of health and the body, and the performance of identity and "difference." Ouellette situates these formats historically, arguing that the lifestyling of television ultimately signals more than the television industry's turn to cost-cutting formats, niche markets, and specialized demographics. Rather, Ouellette argues that the surge of reality programming devoted to the achievement and display of lifestyle practices and choices must also be situated within broader socio-historical changes in capitalist democracies.

The Weekly Self-Care Project is a year-long guided journal that weaves together Scripture verses, thoughtful questions, gorgeous watercolor and photography, practical self-care ideas, and mindful reflections to help you make life-giving choices spiritually, emotionally, and physically--all year long.

Compelling and straight-shooting wisdom for coping with whatever challenges life throws at us from the New York Times bestselling author of Unfu*k Yourself. In Unfu*k Yourself, Gary John

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Bishop taught millions of readers how to silence the negative, self-sabotaging voice in their head to thrive. In *Wise As Fu*k* he expands on his ideas, redefining what it means to be wise and showing how to tackle problems and improve our lives and those of others. When the shit storms of life hit us, many of us don't know what to do—whether it's losing a job, suffering a broken heart, or just feeling a lack of purpose. We need wisdom to help us navigate forward. While the internet is full of seemingly good advice, it isn't helping us actually change our lives. *Wise As Fu*k* breaks through the bullshit, providing insight to inspire us in the four areas we need it most: love, loss, fear, and success. Written with his widely admired no-nonsense style, *Wise As Fu*k* provides a welcome fresh perspective to help us transform how we approach a variety of life's problems. But Bishop makes clear, the work doesn't stop there. Now that you've unfu*ked yourself and are wise as fu*k about these touchy areas, you can apply the lessons to make a positive impact on the world.

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this “vital, necessary, and beautiful book” (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and “allows us to understand racism as a practice not restricted to ‘bad people’ (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we

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can do to engage more constructively.

"A groundbreaking and illuminating look at the state of abortion access in America and the first long-term study of the consequences-emotional, physical, financial, professional, personal, and psychological-of receiving versus being denied an abortion on women's lives"--

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