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The Self-Care Mindset Jeanette Bronee,2022-11-01 This is a generous and profound book a book worth sharing It will stick with you for years to come Seth Godin Author The Practice Jeanette gives us the much needed tools to listen for the small clues inside each of us that ask us to care for our mental health Steve Burns Emmy Nominated Actor Original Host of Blue's Clues The world has changed our lives have changed and in recent years our work has changed Despite the disruption our relationship and understanding of self care have remained the same as we still see it as something fluffy or a perfect list of habits that we do alone outside of work to recover But what if self care wasn't something we do What if self care is a mindset that allows us to achieve peak performance engagement and growth without burning out and sacrificing our health and joy In The Self Care Mindset celebrated well being and mindset expert Jeanette Bronee delivers an actionable and groundbreaking approach that challenges us to rethink self care at work so we no longer have to choose between being healthy and being successful With Jeanette's inclusive approach to self care you will receive the tools to protect and unlock our most important resource our humanity You'll learn how to better manage stress break free from living in survival mode and navigate FUD fear uncertainty and doubt so you can harness change and grow by reclaiming agency and recovering what you care about You'll also Discover proven frameworks and useful tools like Power Pausing the C A R E Framework and AAA Find ways to move beyond the outdated concept of work life balance to one of work life quality Learn to build an ecosystem of relationships with yourself with others and with work itself Inclusion Well being Care This is the future of work A future where well being is the foundation for peak performance engagement and a culture where people belong and work better together by cultivating connection communication and collaboration A can't miss resource for busy professionals and business leaders everywhere The Self Care Mindset will find its way into the hands of managers executives board members and anyone else who struggles to be busy and find fulfillment and happiness in their working lives at the same time This is a generous and profound book a book worth sharing It will stick with you for years to come Seth Godin Author The Practice Jeanette gives us the much needed tools to listen for the small clues inside each of us that ask us to care for our mental health Steve Burns Emmy Nominated Actor Original Host of Blue's Clues

Perseverance Principles J. J. Mazzo,2025-09-23 Built under pressure Rooted in faith Forged by fire In Perseverance Principles JJ Mazzo reveals a childhood marked by trauma chaos and instability and the hard won strategies that turned him into a disciplined faith driven leader His gritty story is about a man who persevered to build confidence consistency and wealth when the odds were against him This is an intensely personal and revealing game plan for self leadership teaching you how to overcome adversity to produce significant changes in your life JJ shares difficult truths and the mindset processes and a personal code that helped him find peace and success You'll discover how to Build a foundation that doesn't crack under pressure Trade ego for execution and show up with real confidence Navigate adversity with clarity consistency and composure Stop chasing results and start producing

them Apply discipline that outlasts your emotions Make peace with your past while building for the future Whether you are leading a company a team or just trying to lead yourself Perseverance Principles gives you essential strategies to rise with strength lead with integrity and persevere when it matters most **Perform Under Pressure** Ceri Evans, 2019-08-01

Radically change the way you think about pressure Whatever it is you want to improve in your own life this book will help you do it RICHIE McCAW former All Blacks captain Perform Under Pressure will help you not only survive but thrive in situations that up until now have been holding you back Targeting the moments when you are most stressed and uncomfortable Dr Ceri Evans red blue mind model converts his clinical insights into a simple approach that will help you gain emotional control when you need it most If you want to be better at what you do pressure is unavoidable This book will help you feel comfortable being uncomfortable overcome mental obstacles and unlock your true potential We all feel pressure Ceri just makes it easy to understand so you can deal with it STEVE HANSEN All Blacks coach Performing under pressure is the platform for a successful career Ceri helped me clear my mind focus on decisive matters and strengthen my vision for the team ARSENE WENGER manager Arsenal FC 1996 2018 A revelation no book has done more for my professional life and personal wellbeing than Perform Under Pressure It's so much more than self help or sports psychology No matter your field it will change the way you think about what you do why you do it and how you practise day to day I've given it to every writer artist and creative I know Everyone in the arts should read it MEG MASON author and journalist [Think Remarkable](#) Guy Kawasaki, Madisun Nuismer, 2024-03-06 A USA TODAY BESTSELLER AND GLOBE AND MAIL BESTSELLER The Non

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MediaGuide ,1991 **7 Thoughts to Live Your Life** By I. C. Robledo,2018-12-06 The Powerful Thoughts that Will Lift You Higher The Thoughts You let into Your life can make all the difference in the world They can drag you down or Lift You Higher and Higher to better places than you could have dreamed of Many people focus on improving their habits and this can be useful but it is very difficult to make a long lasting positive change when you don't have the Right Thoughts in mind With this book You will learn what the Right Thoughts are and they will help reveal the path to your best life The 7 Thoughts to Live Your Life By will provide you with the most compelling Thoughts that have the power to help you Make Your Dreams into a Reality find happiness achieve success overcome the obstacles on your path and become your best self Internationally bestselling author I C Robledo discovered the 7 Thoughts after suffering through a dark depression While meditating one day he asked himself how he could live a better life and the 7 Thoughts came to him in a flash of insight He transformed his life with the 7 Thoughts and would like to help you to do the same These Thoughts have also been found in religious and philosophical texts from the East to the West and they have been supported through modern scientific findings Are You ready to tap into an Eternal Wisdom that transcends any single era philosophy religion or culture Are You Ready to Awaken When you learn the 7 Thoughts and master them you will be ready to Awaken and be able to Consciously use the 7 Thoughts to create a good happy peaceful and meaningful life Understand that a simple Thought holds immense power and can have effects on the other side of the world Be a great source of positive energy and diminish or stop creating experiences of sorrow anxiety stress and pain for yourself and for others Turn a Superpain into a Superpower meaning to convert painful difficult or negative experiences into superpowers or positive and desirable experiences Accept the Now love the Now and understand that the Now is all there is rather than needing things to be some other way Discover your gift in order to give it away to the world Align your thoughts words actions beliefs values and desires to become a unified happy and transcendent

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