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comprehensive guide equips you with everything needed to support your child's mathematical journey **Sunrise Self-Care** Jade Summers, 2024-11-25 Rise and Shine with Sunrise Self Care Discover the transformative magic of mornings In this empowering guide Sunrise Self Care unveils the secrets to crafting a fulfilling morning routine that nurtures your body mind and soul Whether you're a snooze button warrior or a sunrise enthusiast this book is your roadmap to starting each day with intention and vitality Inside You'll Learn The power of morning rituals for productivity and joy Step by step guides to mindfulness movement and meditation Practical tips for building sustainable habits How to design mornings that align with your goals and dreams Wake up to your best self one sunrise at a time 28-Day FAST Start Day-by-Day Gin Stephens, 2023-12-26 Gin Stephens is unstoppable And she won't even pause until she's introduced every potential reader to Intermittent Fasting In her 28 Day FAST Start Day By Day she dispenses the hows and whys of IF day by day for a reader's first month giving IFers what they need to know when they need to know it Supported throughout with inspirational case histories that add up to a troubleshooting primer as well as tips truths and tweaks 28 Day FAST Start Day By Day also has an important write in aspect Most IFers fail because they don't think the practice is working or think it's only working because they are naturally reducing calories by time boxing their daily eating With simple direct check ins at the end of each of the first twenty eight days readers will stay on track by noticing how their bodies are reacting to IF acknowledging non scale victories and setting a goal for the next day it's Gin's version of habit formation and it works 28 Day FAST Start Day By Day is a complete program Almost everything except the time framework will feel new even to readers of FAST FEAST REPEAT from picking an entry speed Easy Does It Steady Build or Rip Off The Band Aid on Day One to discovering your Appetat Appetite Thermostat in the middle of the month to Master the Delay on Day Twenty Eight Running & Growing a Business QuickStart Guide Ken Colwell, 2022-09-19 The Best Book For New Or Experienced Entrepreneurs Who Want To Grow Their Business Includes FREE Digital Bonuses Business Valuation Workbook Employee Evaluation Template and Much More Learn Why QuickStart Guides are Loved by Over 1 Million Readers Around the World You've started a brand new business Are you ready to crush the competition A Comprehensive Guide on How to Grow Profits and Scale Your Business Successfully It's no secret that starting a new business isn't easy Once everything is up and running however entrepreneurs face a new set of challenges It's time to leave the uncertainty behind and start scaling the success of your business Best selling author professor and consultant Ken Colwell PhD MBA knows what it takes to fuel the growth that brings a new business out of the early startup days and into a new phase of profitability Drawing on nearly three decades of hands on experience Colwell lays out the clearest path yet for new entrepreneurs who need to manage hiring daily operations and business growth while developing critical leadership time management and growth mindset skills Written by an Entrepreneurial Expert with Over 30 Years Experience Use the guidance in this book to secure the future of your business It doesn't matter if your company is two weeks old or two years old this book will teach you how to scale operations strengthen your bottom line and build a

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matter **The Associate's Survival Guide** Samuel M. Fassig,2005 **Care** Brooke McAlary,2021-06-16 From the internationally bestselling author of *SLOW* comes a new call to arms for a new approach to living well for everyone Tiny acts of care are everywhere A smile passed between strangers A moment spent noticing the light through the leaves A homemade meal shared with friends A parent chasing their child around the park smiles spread on their faces But when the world we live in is overwhelmingly a world of disconnection pain and division it makes sense to ask whether these acts of care beautiful moments of delight connection and kindness that they are really matter at all Brooke McAlary believes they matter In fact she believes they might be some of the most important actions we will ever take Now more than ever we re burnt out heartsick and overwhelmed by a world full of problems that seem too big to fix The solution doesn t lie in caring less and switching off Nor does it lie in caring more and throwing ourselves into further burnout The radical solution is to learn how to care small Tiny even Care The radical art of taking time explores what it means to care in small powerful ways for ourselves our loved ones and our communities and reveals that caring doesn t need to cost us our wellbeing happiness or connection to the world That making simple changes to how we live spending more time in nature putting down our devices and connecting with each other face to face finding awe and wonder in the world around us and remembering how to play will have ripple effects that reach far beyond our own corner of the planet With unwavering compassion and understanding Brooke McAlary takes us on a journey to rediscover the small pleasures that create large ripples reminding us that no one needs to shoulder the burden of doing it all by themselves we only need to cast our eyes forward and start small with care

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