

Download File The Big Leap Conquer Your Hidden Fear And Take Life To The Next Level Pdf File Free

The Big Leap The Big Leap by Gay Hendricks (Summary) Summary of the Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level by Gay Hendricks [The Genius Zone](#) **Evernote: A Success Manual for College Students Summary of Gay Hendricks's The Big Leap by Milkyway Media** *Analysis of Gay Hendricks's the Big Leap by Milkyway Media* **Cracking the Millionaire Code Five Wishes Conscious Living Soulbbatical Chillpreneur Learning to Love Yourself** *Find Your Zone of Genius* **Conscious Luck Get Rich, Lucky Bitch At the Speed of Life What if It Does Work Out?** [The Big Leap Write Better, Faster](#) [The 4 C's Formula](#) [The First Rule of Ten](#) [How to Get Your Point Across in 30 Seconds Or Less](#) [Work Energy: Finish Everything You Start and Fearlessly Take On Any Goal](#) **One Giant Leap Trini's Big Leap Playing Big Women Food and God Learning to Love Yourself Workbook You Turn Let Your Fears Make You Fierce** *You've GOT to Read This Book! Conscious Loving Ever After A Year of Living Consciously Make Every Man Want You The Calling* **Conscious Living** [The Secret Life of Real Estate](#) **The Real You Biggest Brother**

If you're thinking about buying this book, it's probably because it feels like something's missing in your career. Guess what? It could be YOU. Whether you're living for the weekends or counting the minutes until 5 pm every day, life is too short to wish it away because you feel stuck in your job. The good news is that you have the power to stop living on autopilot and turn your career around. "Follow your passion," "find your purpose," and "do what you love" have joined the parade of bland directives that aren't doing much to actually help you figure out what you're meant to do with your career. Instead, they only create more confusion. If all we had to do is "follow our bliss" . . . why aren't we blissful yet? The truth is, the best career is not one where you only do what you love, but one where you honor who you are. In *You Turn*, counterterrorism professional turned career coach Ashley Stahl shares the strategies she's used to help thousands ditch their Monday blues, get clarity on what work lights them up, and devise an action plan to create a career they love. This book gives readers access to Stahl's coveted 11-step roadmap that has guided thousands of coaching clients in 31 countries to self-discovery and success. Throughout her process, you'll:

- Discover your Core Skillset. Uncover your gifts and talents to create an intentional career path that's fulfilling and aligned with who you are—and what you're good at.
- Understand your "Inner Money Blueprint." Discover the root of your money mindset, and how to break free of financial limitation.
- Clarify your Core Interests. Identify the difference between a passion, gift, and calling so you can get clear on what's meant to be a hobby-and what's meant to be a career!
- Become your own coach. Walk away with a unique set of tools for staying true to your best self in times of stress, frustration, or anxiety. Whether you're considering a career pivot, or just curious about what else is possible for you, it's time to make a "you turn"—to get unstuck, discover your true self, and thrive (not just survive) in your career.

What's Your Work Energy? It was only nine years ago that Jim Harmer worked at a dollar store, stocking shelves while struggling through law school. He had worked hard for his goals, but there was no assurance in sight that he would ever achieve them. During that year, he learned a key truth that changed the way Jim viewed himself. He found the one unique quality inside him- one we all have- that gave him a reason to work. He didn't know it then, but that secret ingredient was his Work Energy. Now, after creating a digital brand that has attracted over 70 million people and made him financially free, Jim has constructed the framework behind his success. Within this book, you will discover your own Work Energy: the drive behind everything you do and the reason you can take on any goal. Jim Harmer is the founder of *Improve Photography* and several other successful blogs. His current company, *Income School*, has helped thousands provide for their families through blogging and YouTubing. Jim lives in Star, Idaho, with his wife, Emily, and their three children. There's nothing better than a book you can't put down—or better yet, a book you'll never forget. This book puts the power of transformational reading into your hands. Jack Canfield, cocreator of the bestselling *Chicken Soup for the Soul®* series, and self-actualization pioneer Gay Hendricks have invited notable people to share personal stories of books that changed

their lives. What book shaped their outlook and habits? Helped them navigate rough seas? Spurred them to satisfaction and success? The contributors include Dave Barry, Stephen Covey, Malachy McCourt, Jacquelyn Mitchard, Mark Victor Hansen, John Gray, Christiane Northrup, Bernie Siegel, Craig Newmark, Michael E. Gerber, Lou Holtz, and Pat Williams, to name just a few. Their richly varied stories are poignant, energizing, and entertaining.

Author and actor Malachy McCourt tells how a tattered biography of Gandhi, stumbled on in his youth, offered a shining example of true humility—and planted the seeds that would help support his sobriety decades later. Bestselling author and physician Bernie Siegel, M.D., tells how William Saroyan's *The Human Comedy* helped him realize that, in order to successfully treat his patients with life-threatening illnesses, "I had to help them live—not just prevent them from dying." Actress Catherine Oxenberg reveals how, at a life crossroads and struggling with bulimia, a book taught her the transforming difference one person could make in the life of another—and why that person for her was Richard Burton. Rafe Esquith, the award-winning teacher whose inner-city students have performed Shakespeare all over the world, recounts his deep self-doubt in the midst of his success—and how reading *To Kill a Mockingbird* strengthened him to continue teaching. Beloved librarian and bestselling author Nancy Pearl writes how, at age ten, Robert Heinlein's science fiction book *Space Cadet* impressed on her the meaning of personal integrity and gave her a vision of world peace she'd never imagined possible. Two years later, she marched in her first civil rights demonstration and learned that there's always a way to make "a small contribution to intergalactic harmony." If you're looking for insight and illumination—or simply for that next great book to read—*You've Got to Read This Book!* has treasures in store for you.

"Gay Hendricks is a great role model for true success. He enjoys abundance and a deep connection with his own spiritual essence, and at the same time has lived for three decades in a thriving marriage. Now, he shows us how to do it for ourselves." — Mark Victor Hansen, co-author of *Cracking the Millionaire Code*

In *The Big Leap*, Gay Hendricks, the New York Times bestselling author of *Five Wishes*, demonstrates how to eliminate the barriers to success by overcoming false fears and beliefs. Fans of Wayne Dyer, Eckhart Tolle, Marianne Williamson, and *The Secret* will find useful, effective tips for breaking down the walls to a better life in *The Big Leap*. Millions of us are locked into an unwinnable weight game, as our self-worth is shredded with every diet failure. Combine the utter inefficacy of dieting with the lack of spiritual nourishment and we have generations of mad, ravenous self-loathing women. So says Geneen Roth, in her life-changing new book, *Women, Food and God*. Since her 1991 bestseller, *When Food Is Love*, was published, Roth has taken the sum total of her experience and combined it with spirituality and psychology to explain women's true hunger. Roth's approach to eating is that it is the same as any addiction - an activity to avoid feeling emotions. From the first page, readers will be struck by the author's intelligence, humour and sensitivity, as she traces the path of overeating from its subtle beginnings through to its logical end. Whether the drug is booze or brownies, the problem is the same: opting out of life. She powerfully urges readers to pay attention to what they truly need - which cannot be found in a supermarket. She provides seven basic guidelines for eating (the most important is to never diet) and shares reassuring, practical advice that has helped thousands of women who have attended her highly successful seminars. Truly a thinking woman's guide to eating - and an anti-diet book - women everywhere will find insights and revelations on every page.

Change Your Luck and Live a Charmed Life! What if you could create your own luck? What if living a charmed life—being lucky in love, lucky in money, lucky in your chosen work—was within your control? The good news is that it's all entirely possible...when you know how! In *Conscious Luck*, New York Times bestselling authors Gay Hendricks and Carol Kline share eight Secrets that will allow you to intentionally change your fortune. Instead of hoping and wishing that luck will come your way, let *Conscious Luck* show you how to seize control of your destiny and create the dazzling life of your dreams. This powerful step-by-step program, which includes practical techniques, inspiring true stories, and the authors' personal journeys, will lead you to greater freedom and abundance. The Secrets—four core shifts and four daily practices—teach you how to:

- plant the seeds of luck in your own psyche
- remove unlucky programming (including lifting "curses")
- move at your Essence Pace
- practice Radical Gratitude, and much more.

Based on decades of the authors' trailblazing work, this unique and highly effective toolkit offers a surefire way to transform your life. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Written for anyone who's ever felt that their

fears and insecurities are getting in the way of accomplishing their life goals, *The Big Leap* (2009) is a guidebook for taking that life-changing plunge. By laying out the numerous ways in which we sabotage our own lives, Hendricks provides readers with a practical, step-by-step roadmap for eliminating these toxic behaviors and achieving our dreams. An Invitation From Gay Hendricks I am thrilled and delighted to offer to you the new edition of *Learning To Love Yourself*. Revisiting and rewriting the book has been a pleasure from beginning to end. With its new elements, the book comes alive in a whole new way. Looking back over more than three decades to the moment of its conception, I can now see how writing this book changed my life in every way. I first wrote it as an act of love, to share an experience that feels as if it's still transforming me in my very cells. It was my hope that telling about the experience could inspire the same profound life-changes in others. The many thousands of letters, emails and spoken appreciations I've received since then let me know that my hope came true. The experience described in the book revealed the living mystery of love to me, allowing me to feel its sweet power for the first time. Because I suddenly knew what real love felt like, I was able to break free of my pattern of painful relationships with women. Ultimately it helped me find my way to Kathlyn, the love of my life and my wife for the past quarter-century. The new edition is ideal for giving to loved ones (including yourself!) who are on the journey to forgiving, accepting and loving themselves. It tells you how I came to an acceptance and unconditional love of even the most difficult-to-love parts of myself. My fondest wish is that you use it for exactly the same purpose, with exactly the same result. "Don't ignore intuitive tickles lest they reappear as sledgehammers." That's the first rule of Ten. Tenzing Norbu ("Ten" for short)—ex-monk and soon-to-be ex-cop—is a protagonist unique to our times. In *The First Rule of Ten*, the first installment in a three-book detective series, we meet this spiritual warrior who is singularly equipped, if not occasionally ill-equipped, as he takes on his first case as a private investigator in Los Angeles. Growing up in a Tibetan Monastery, Ten dreamed of becoming a modern-day Sherlock Holmes. So when he was sent to Los Angeles to teach meditation, he joined the LAPD instead. But as the Buddha says, change is inevitable; and ten years later, everything is about to change—big-time—for Ten. One resignation from the police force, two bullet-wounds, three suspicious deaths, and a beautiful woman later, he quickly learns that whenever he breaks his first rule, mayhem follows. Set in the modern-day streets and canyons of Los Angeles, *The First Rule of Ten* is at turns humorous, insightful, and riveting—a gripping mystery as well as a reflective, character-driven story with intriguing life-lessons for us all. *The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level* (2009) by Gay Hendricks reveals one of the most common barriers to an individual's success: the Upper Limit Problem (ULP), a self-imposed, subconscious limit for how much happiness and positivity someone can feel. Using research, case studies, and personal experience, Hendricks explores how the ULP can prevent someone from taking *The Big Leap*, or reaching his or her highest potential... Purchase this in-depth analysis to learn more. Are you passionately dedicated to experiencing your full capacity for love? If so, you are in for a thrilling ride on the greatest journey imaginable. If that sounds like a tempting invitation, keep reading, and prepare to take in some life-altering truths: That as you get older, your love life can get better. That instead of fading, your relationships can flourish. That you can have more exquisite love and more passionate sex in the second half of life than you ever had before. Kathlyn and Gay Hendricks, the pioneering authors of the original best-selling book *Conscious Loving*, show you how in this guide to creating vibrant and joyful connections from your mid-40s onward. Midlife is a time when we all face a choice: to settle into fixed routines and beliefs or to expand toward new horizons. With candor, compassion, and plenty of humor, drawing on experiments in the "living laboratory" of their own marriage as well as stories from their clients and colleagues, Katie and Gay offer insights and practices to help you:

- Expand and enrich love by making your own creative essence your top priority
- Take blame and criticism out of your communication with those you love
- Attract new love into your life
- Enjoy the best sex ever

Whether you're partnered or single, *Conscious Loving Ever After* can light your way through the layers of unconscious relating that so many of us get caught in. From a Ten-Minute Stuff Talk and a Ten-Minute Heart Talk to a range of whole-body learning processes designed to translate ideas into action, here are the tools you need to transform your romantic life so you can thrive in your full capacity for love. Trini says, "I can do that" about everything she tries at the gym. But what happens when a new activity isn't all that easy for her? . Too often we live lives that we find unfulfilling, fail to reach our own potential, and neglect to practice creativity in our daily

routines. Gay Hendricks's *The Genius Zone* offers a way to change that by tapping into your own innate creativity. Dr. Gay Hendricks broke new ground with his bestselling classic, *The Big Leap*, which has become an essential resource for coaches, entrepreneurs, executives, and health practitioners around the world. Originally published as *The Joy of Genius*, *The Genius Zone* has been updated and expanded throughout, making it the essential next step beyond *The Big Leap*. In *The Genius Zone*, Hendricks introduces his brilliant exercise, the Genius Move, a simple, life-altering practice that allows readers to end negative thinking and thrive authentically. By using the Genius Move, readers will learn to spend more of their lives in their zone of genius—where creativity flows freely and they are actively pursuing the things that offer them fulfillment and satisfaction. Filled with hands-on exercises and personal stories from the author, *The Genius Zone* is an essential guide to creative fulfillment. If you are committed to bringing forth your innate genius and making your largest possible creative contribution, *The Genius Zone* will become a trusted companion for the journey.

The New York Times bestseller that tells the true story of the life of Major Dick Winters, the man who led the Band of Brothers in World War II. In every band of brothers, there is always one who looks out for the others. They were Easy Company, 101st Army Airborne—the World War II fighting unit legendary for their bravery against nearly insurmountable odds and their loyalty to one another in the face of death. Every soldier in this band of brothers looked to one man for leadership, devotion to duty, and the embodiment of courage: Major Dick Winters. This is the riveting story of an ordinary man who became an extraordinary hero. After he enlisted in the army's arduous new Airborne division, Winters's natural combat leadership helped him rise through the ranks, but he was never far from his men. Decades later, Stephen E. Ambrose's *Band of Brothers* made him famous around the world. Full of never-before-published photographs, interviews, and Winters's candid insights, *Biggest Brother* is the fascinating, inspirational story of a man who became a soldier, a leader, and a living testament to the valor of the human spirit—and of America. An inspiring, practical guide to release the fears that are holding you back and achieve your ideal life. Everyone experiences fear in life—fear of failure, fear of ridicule, fear of the unknown. These fears hold us back from living our truth and achieving our full potential. They prevent us from growing and moving forward after a minor setback or major disappointment. But if we can transform those fears, anything is possible. We can connect with our authentic self, listen to our soul's desires, and start living our dreams. In this book, celebrity holistic health coach and yoga instructor Koya Webb shares the ways she has lived in fear and the tools she's used to get herself to a more confident and fierce place, moving through life in alignment with everything she believes in. Koya's own personal story of triumph over a career-halting injury, depression, self-sabotage, and other limiting beliefs will inspire readers to meet their challenges head on, and transform their greatest fears and obstacles into positive energy that can launch them forward. If you are tired of feeling overwhelmed, unappreciated, and burned out, this is the book for you. Using breathing techniques, yoga, meditation, journaling, mantras, prayer, and more, Koya shows how you can shift from fear-based living to fierce living! No matter who you are, or where you are at, or what you have been through, these are universal tools that help every human being get un-stuck and be able to live the most fulfilling life possible! In his bestselling book *Conscious Living*, pioneering therapist Gay Hendricks taught couples how to find balance and happiness in relationships. Now he gives us *Conscious Living*, a practical guide for the individual that brings new insights into a fundamental truth of daily truth of daily life. Five simple lessons of "conscious living", rooted in the ancient traditions of Stoicism and Taoism, help us overcome obstacles and fears and awaken our own creativity. In his bestselling book *Conscious Living*, pioneering therapist Gay Hendricks taught couples how to find balance and happiness in relationships. Now he gives us *Conscious Living*, a practical guide for the individual that brings new insights into a fundamental truth of daily truth of daily life. Five simple lessons of "conscious living", rooted in the ancient traditions of Stoicism and Taoism, help us overcome obstacles and fears and awaken our own creativity.

An Invitation From Gay Hendricks: I am thrilled and delighted to offer to you the new edition of *Learning To Love Yourself*. Revisiting and rewriting the book has been a pleasure from beginning to end. With its new elements, the book comes alive in a whole new way. In *Learning to Love Yourself* Gay Hendricks's new edition is ideal for giving to loved ones (including yourself!) who are on the journey to forgiving, accepting and loving themselves. Get in the ZONE In *Find Your Zone of Genius*, you will learn the thoughts and behaviors that will help you spend more time in what author Laura Garnett

calls your Zone of Genius—that sweet spot where you're challenged, fulfilled, and happily engaged in the work you're doing. Both aspirational and practical, Laura introduces a methodology based on a performance tracker tool that has helped Laura's high-profile clients at LinkedIn, Capital One, and Verizon transform their careers and lives—and will help do the same for you! "Work doesn't have to feel like, well, work. With Laura's advice, you can find your Zone of Genius, accomplish more, and stop counting the minutes until quitting time."—LAURA VANDERKAM, author of *Off the Clock: Feel Less Busy While Getting More Done* Transform your hobby or talent into a side hustle that will provide you with inspiration, fulfillment, and a fortune. This book is the energetic motivational injection to help you overcome your fears and doubts. 'A gracefully written book about the inner strength we all have within us' Wim Hof

Do you feel held back by your own thoughts? Have you gone through years of therapy but never quite resolved your problems? Whether you struggle with mental health or want to achieve more in life, this revolutionary book is your key to finally making positive changes. It's common to feel a loss of control and even feel out of touch with our own identity when we go through periods of stress or trauma. Our brains are conditioned to form beliefs about ourselves and the world around us, so when we experience adversity thoughts such as 'I'm not good enough', 'I don't deserve to be happy' and 'I don't belong here' can develop and start to hold us back in life. Left unchecked, these thoughts can leave us feeling stuck, incapable and unfulfilled but this life-changing book shows how we can de-hypnotize ourselves of those beliefs and re-discover the capable and confident person within us. Having practised as a therapist for almost thirty years, Andrew Parr has helped thousands of people to break free of their self-sabotaging thoughts and achieve things they never thought possible: from pay rises to weight loss, and from quitting smoking to overcoming insomnia. In *The Real You* he shares his transformative approach, combining the most effective aspects of hypnotherapy, psychotherapy, coaching and CBT, that will help you to identify and resolve problematic mental patterns more easily than with traditional talking therapy. No matter what you want to achieve, the simple, practical exercises in this book will put you back control of your thoughts, transform your self-confidence and make success possible.

'A truly unique and transformational book' Paul Hewitt, Sports Performance Specialist Drawing on their four decades of work with more than 20,000 people, Drs. Kathlyn and Gay Hendricks have synthesized a new approach to personal and relationship transformation. Combining breath, movement and the infinite resources of the human body, the Hendricks Method of Body-Mind Transformation offers a new way to transcend limitations and make quantum shifts in the quality of living. A game-changing book offering a six-step approach on how to find and follow your true calling and redefine success from entrepreneur and soul coach Rha Goddess. Are you willing to believe in you? Every single one of us has a calling. For most it's the thing you have to force yourself not to do. When you try to ignore it, you can't stop thinking about it. It is the thing that both terrifies you and brings you the most joy. Already living yours? Great! How do you make the most of it? *The Calling* will provide readers with a road map, via 3 fundamental shifts, on how to stay true, get paid and do good. The steps that will help lead you there include: RECOGNIZING—it always begins with awareness. If you can't see it then you can't do anything about it. ACCEPTING—means embracing, and taking responsibility for yourself, your life, and the things that want or need to be changed. FORGIVING—yourself and others. AND MORE! *The Calling* will be the resource that people have been asking Rha to write for years, and there has never been a better time for her to share her proven method. Feeling burned out by your business? Sick of the 'hustle and grind' culture of your industry? There's a better way! Get over your perfectionism and embrace the flow of the Chillpreneur. Denise Duffield-Thomas, money mindset coach and best-selling author, will show you how with her trademark humor and down-to-earth wisdom. In this book, she shares invaluable business advice and counterintuitive millionaire mindset lessons (no blood, sweat, or tears necessary) which will set you on the path of abundance - without all the hard work. You'll discover how to find the business model that works perfectly for your personality, learn about key concepts - such as the Golden Goose and the Keyless Life - to help you work less and earn more, and become a marketing pro without feeling like a sleazy car salesman. Plus, Denise talks you through the smaller - but no less important - details of being an entrepreneur, including how to deal with

awkward money situations and find the most effective ways to price your offers. Full of reassuring and practical advice, *Chillpreneur* challenges the old, boring assumptions of what it takes to create success in business, so you can create financial independence with ease and grace -- Description from dust jacket. How do dreams come true? Two decades ago, before he was an internationally acclaimed author and teacher, Gay Hendricks didn't know. In fact, he didn't even know what his deepest desires were. Then, when he least expected it — at a cocktail party — a question prompted an epiphany. The opposite of the small talk he dreaded at such gatherings, the simple question of a fellow partygoer was big enough to alter the course of Hendricks's personal, professional, and spiritual life. Hendricks shares that catalyzing conversation here, turning it into a powerful, step-by-step process that anyone can use to clarify their dreams, overcome the obstacles that stand in their way, and experience their joyful fulfillment. The ultimate tool for unleashing your inner entrepreneur and for achieving enlightened wealth. This is a step-by-step guide to cracking your personal millionaire code and turning your enlightened ideas into millions. It showcases real-life stories of men and women who discovered and capitalised on their own "million-dollar ideas", or MDIs. These MDIs, the authors contend, are right under our noses - from bottled water to Post-It notes to less well-known but highly lucrative ideas - if only we can crack our personal millionaire code that will lead us to wealth. Throughout the book there are inspirational stories of ordinary people who cracked their code and created extraordinary fortunes from a single idea, often in the face of severe challenges. Hansen and Allen show how to overcome personal fears, gather an amazing team, discover and soul-storm not one but dozens of million-dollar ideas, as well as incredible, enlightened ways to market ideas and then hundredfold them. Embrace Each Day We all want to live authentic, self-aware, and successful lives. How do we go about it? Where do we begin? In a daily map full of wisdom, inspirational quotes, and transformational exercises, bestselling author and psychotherapist Gay Hendricks sets us on a fantastic journey to personal and relationship success. In bite-size portions, Hendricks encourages understanding, self-awareness, and honesty—all vital elements in a conscious life. *A Year of Living Consciously* teaches us to relish the journey that results in greater self-esteem and emotional literacy, achievements that can only come from leading an examined life. Quotes from historical and literary figures reinforce the timeless importance of honesty and self-knowledge. By helping us see, comprehend, and ultimately embrace the secrets we often hide from ourselves. *A Year of Living Consciously* brings us into accord to create clearer understanding, genuine change, and self-realization. Are you ready to get rich? Learn how to break through your money blocks, attract more abundance and start earning what you're really worth. So you want to manifest more money this year. You're not alone. But why does it feel so freaking hard? It's weird and frankly bewildering that the most talented women in the world are often the ones struggling to make fabulous money from their talents. Too many female entrepreneurs sabotage their income and work too hard for too little. Why do most women settle for pennies instead of embracing true wealth? It's not because you're not smart or ambitious enough. You've just been programmed to block your Universal right to wealth with guilt, shame or embarrassment. Even if you're unaware of these blocks and fears, you're probably not earning what you're worth. In *Get Rich, Lucky Bitch!* you'll learn how to unlock your hidden potential for abundance and upgrade your life forever. Join *Lucky Bitch* author Denise Duffield-Thomas on a journey of self-discovery so you can smash through your abundance blocks and join a community of women all around the world who are learning to live large and become truly lucky bitches. *The Big Leap* (2009) is a treasure trove of valuable insights on how to overcome the fears and tendencies that stand in the way of lasting success. Hendricks shows us the many ways we can self-sabotage our own dreams and offers practical ways of avoiding these all-too-common pitfalls. *The Big Leap: Conquer Your Hidden Fear and Take Life to the Next Level* (2009) by Gay Hendricks reveals one of the most common barriers to an individual's success: the Upper Limit Problem (ULP), a self-imposed, subconscious limit for how much happiness and positivity someone can feel. Using research, case studies, and personal experience, Hendricks explores how the ULP can prevent someone from taking *The Big Leap*, or reaching his or her highest potential... Purchase this in-depth summary to learn more. Part memoir, part manifesto, *Soulbbatical* is an invitation to become Chief Soul Officer of your own life—and to open up a whole new world of possibility. Former Harley-Davidson executive Shelley Paxton did just that. She walked away at the peak of her twenty-six-year marketing career and embarked on a profoundly personal journey to reconnect with her true

purpose and deepest desires. She called it her “Soulbbatical,” and it not only changed her life, it became her calling. Paxton had a wildly successful life by most definitions—iconic brands, executive titles, and a globe-trotting career that took her to over sixty countries. She had one of the coolest jobs in the world, yet couldn’t shake the feeling that she had lost herself along the way. Something was missing. Here, she takes you on a sometimes harrowing, often hilarious journey through the illness, divorce, addiction, and tragedy that finally woke her up. Suddenly she was rebelling for her best life, and embracing a new mission: to encourage others to live their most authentic, courageous, and purposeful lives—today. Soulbbatical is an unconventional, exhilarating, and totally badass road map to discovering what you really want—and getting it. Because no matter how far you’ve strayed from your soul’s true path, it’s never too late for transformation. "In this hip and practical career guide to going freelance, creative workers will learn everything from how to price their work, set up a workspace, identify potential clients, network, manage their time, and even choose an agent and hire subcontractors"-- Real estate is sold as a much safer investment than the constantly fluctuating stock market. Share price volatility is compared unfavorably with the steadier and impressive gains made from real estate which is, we are told, 'as safe as houses'. This book details the cyclical nature of real estate. In *Evernote: A Success Manual for College Students*, Stan Skrabut capitalizes on his decades of experience in higher education as an educator and student to share a tool that will help you become more successful in college. This tool is Evernote. Evernote can be used in all aspects of college life to make your experience less overwhelming. Skrabut not only provides a detailed overview of the Evernote application, you will learn strategies for using Evernote both in and out of the classroom. These strategies cover the many ways to take classroom notes along with best practices, conducting research, studying for exams, and tracking extracurricular activities. In this book, you will also learn how to integrate Evernote with other applications so that you can automate your research. Throughout the book, Skrabut offers detailed, concrete examples for using Evernote from setting up preferences, creating saved searches, and developing master study notes. These time saving strategies will help you spend more time focusing on learning. It is time to put your digital brain to work. "In her coaching and programs for women, Tara Mohr saw how women were "playing small" in their lives and careers, were frustrated by it, and wanted to "play bigger." She has devised a proven way for them to achieve their dreams by playing big from the inside out."--Amazon.com. Have you ever wondered why some people are super-achievers and seem to go from success to success while others never seem to get out of the starting blocks? In my 40 years of coaching high-achieving entrepreneurs, I've noticed that they all go through a process to help them break through to the next level of success. I call this process The 4 C's Formula. The 4 C's Formula is a universal process that can be used by anyone who wants to achieve greater success in any part of their life. Milo O. Frank shows step-by step how you can improve your communications skills by using a 30-second message. While we all often gab for minutes or hours, you should be able to get your point across within 30 seconds. The rest is simply preparation or follow-through. The techniques of crafting a 30-second message will help you focus your thinking, writing and speaking. Using these techniques, you can also be more effective in conducting meetings or speaking to groups. This skill will give you better all-around results in business. The technique has three main steps: identify your objective, know your listener and find the right approach. The author shows how to build the most effective message and then tells you how to present it to an audience. The last chapter shows how the 30-second message can be used in other forms of communication, from business letters to sales pitches and press conferences. *getAbstract* recommends this clear, concise book for business people or professionals who want to get their ideas across more effectively, particularly in public speaking. The *New York Times* bestselling, “meticulously researched and absorbingly written” (The *Washington Post*) story of the trailblazers and the ordinary Americans on the front lines of the epic Apollo 11 moon mission. President John F. Kennedy astonished the world on May 25, 1961, when he announced to Congress that the United States should land a man on the Moon by 1970. No group was more surprised than the scientists and engineers at NASA, who suddenly had less than a decade to invent space travel. When Kennedy announced that goal, no one knew how to navigate to the Moon. No one knew how to build a rocket big enough to reach the Moon, or how to build a computer small enough (and powerful enough) to fly a spaceship there. No one knew what the surface of the Moon was like, or what astronauts could eat as they flew there. On the day of

Kennedy's historic speech, America had a total of fifteen minutes of spaceflight experience—with just five of those minutes outside the atmosphere. Russian dogs had more time in space than US astronauts. Over the next decade, more than 400,000 scientists, engineers, and factory workers would send twenty-four astronauts to the Moon. Each hour of space flight would require one million hours of work back on Earth to get America to the Moon on July 20, 1969. "A veteran space reporter with a vibrant touch—nearly every sentence has a fact, an insight, a colorful quote or part of a piquant anecdote" (The Wall Street Journal) and in *One Giant Leap*, Fishman has written the sweeping, definitive behind-the-scenes account of the furious race to complete one of mankind's greatest achievements. It's a story filled with surprises—from the item the astronauts almost forgot to take with them (the American flag), to the extraordinary impact Apollo would have back on Earth, and on the way we live today. From the research labs of MIT, where the eccentric and legendary pioneer Charles Draper created the tools to fly the Apollo spaceships, to the factories where dozens of women sewed spacesuits, parachutes, and even computer hardware by hand, Fishman captures the exceptional feats of these ordinary Americans. "It's been 50 years since Neil Armstrong took that one small step. Fishman explains in dazzling form just how unbelievable it actually was" (Newsweek). *Unleash Your Irresistibility!* "Make Every Man Want You gives every woman the tools she needs to unlock her inner magnet." --Kelly Ripa Let's make one thing clear: this book is like no other dating book you've read. There are no rules, no list of things to do to land a husband in thirty days, and no reason to blame yourself if "he's just not that into you." Please. Throw those books away. Instead, let's focus on you--and how you can make yourself more appealing to others in almost every situation--whether you have a man or not. Think of it as a crash course in desirability, a life-changing lesson in loving yourself inside and out. Once you embrace your unique qualities and dissolve your bad relationship habits, you'll be amazed to find how irresistible you are to others! This girl-friendly guide reveals: Five Truths Every Irresistible Woman Needs to Know: Live in the moment, Men do not want to be changed or improved Seven Habits of Highly Unattractive Women: Boring in bed, Being needy Eight Secrets of Attracting the Right Man for You: Get rid of your "perfect man" checklist, Have your own life In 2012, fiction author Monica Leonelle made a life-changing decision to learn to write faster. Through months of trial-and-error, hundreds of hours of experimentation, and dozens of manuscripts, she tweaked and honed until she could easily write 10,000 words in a day, at speeds over 3500+ words per hour! She shares all her insights, secrets, hacks, and data in this tome dedicated to improving your writing speeds, skyrocketing your monthly word count, and publishing more books. You'll learn: - The Writing Faster Framework that Monica used to reach speeds of 3500+ new fiction words per hour - The tracking systems you need to double or triple your writing speed in the next couple months - The killer 4-step pre-production method Monica uses to combat writer's block, no matter what the project is! - The secrets to developing a daily writing habit that other authors don't talk about enough - How Monica went from publishing only one book per year from 2009-2013, to publishing 8 books in a single year in 2014 For serious authors, both beginner and advanced, who want to improve their output this year! *Write Better, Faster: How To Triple Your Writing Speed and Write More Every Day* will help you kick your excuses and get more writing done. As part of *The Productive Novelist* series, it explores how to hack your writing routine to be more efficient, more productive, and have a ton of fun in the process!

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