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The Habits of Unity: 12 Months to a Stronger America...One Citizen at a Time Elaine Parke, MBA, CS, CM, NSA, 2021-08-27 Starting right now today you and I can build the momentum towards more equality and unity in America while uplifting our own lives too This is the win win clich of all time together we don t fall down we all lift up If we haven t learned much else from social media we ve learned that shared thoughts for good or bad that are truth or fake truths become powerful beyond measure when they reach lots of people at the same time and are repeated over and over again This isn t a book ABOUT habits it is a HABIT FORMING book When you take it home and begin your one minute a day habit building adventure your life and your outlook will brighten I hope you use your social media power to share the colorful monthly messages with others Together we can overcome the pain of a divided America with the power of goodness because it is in these aspects of our citizenship that we are all equal

Build Your Best Writing Life Kristen Kieffer, 2019-12-26 Is there a

gap between where you are and where you want to be in your writing life Maybe you have a drawer full of unfinished manuscripts or a story idea you re struggling to develop Maybe you re frustrated with your writing progress or overwhelmed by creative doubt burnout or writer s block Maybe you just can t seem to sit down and write No matter the roadblock standing between you and writing success here s the good news You re capable of becoming the writer you want to be and that work can begin today In this actionable and empowering guide to personal writing success Kristen Kieffer shares 25 insightful chapters designed to help you Cultivate confidence in your skills and stories Develop a personal writing habit you can actually sustain Improve your writing ability with tools for intentional growth Discover what you really want from your writing life and how to get it By the end of Build Your Best Writing Life you ll know how to harness the simple techniques that can help you win your inner creative battles finish projects you can be proud to share with the world and work with focus to turn your writing dreams into reality

Habits for Success G. Brian Benson, 2018-11-15 Transform your habits and

find success with this practical and motivational guidebook to manifesting a life of balance purpose and fulfillment In Habits for Success the motivational speaker and popular success coach G Brian Benson shares his unique perspective on growth self awareness and success Through stories of his own growth process Benson demonstrates how he transformed personal authenticity and vulnerability into habits that led to a more fulfilling and purposeful life His stories can help guide you to your own versions of success and happiness Habits for Success combines an entertaining journey with heartfelt wisdom informative ideas and 46 habits to manifest successful change It will teach you how to Have healthier and happier relationships with loved ones and friends Be proactive rather than reactive through greater self awareness Find personal success in life and business Build a foundation for life long success and fulfillment Strengthen intuitive skills Find and cultivate daily inspiration Maintain life balance for increased creativity and productivity Identify the triggers that throw you out of balance and what you can do to counter them

The Mentally Strong Leader Scott Mautz, 2024-05-07 2025 International

Book Award winner This book will prove an indispensable resource again and again Dan Pink 1 New York Times bestselling author of The Power of Regret When and To Sell is Human Train your brain for achievement Award winning bestselling author Scott Mautz defines mental strength as the ability to self regulate emotions thoughts and behaviors to achieve exceptional outcomes despite adversity It s the superpower of our times Mentally strong leaders are confident and in control of themselves and their environment they have endurance they stay disciplined and stress only makes their decision making sharper They manage themselves internally to lead others externally The Mentally Strong Leader gives readers a mental exercise plan to become that person Readers begin with a diagnostic Mental Strength Self Assessment and receive a customized plan of 50 proven science based tools to build their six core mental muscles Fortitude Decision making Confidence Goal focus Boldness Messaging Inspired by Mautz s hit LinkedIn Learning course 10 Habits of Mentally Strong People his 25 years leading some of Procter Gamble s biggest multi billion dollar businesses and over 30 years of studying this topic The Mentally Strong Leader relies on mental models data and research habit building science and practical tools and exercises to create enduring strength for readers

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Transformational Health Communication Olaf Werder,2024-03-18 This book advances our understanding of communicative relationships and key barriers to more effective health communication In this it offers a humanistic orientation of health communication as well as its social cultural political ethical and spiritual dimensions and contexts The book therefore brings a more inclusive and integrated approach to the major challenges and opportunities in contemporary health medicine and wellbeing

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