



Optimize Your Day!

*Practical Wisdom
for Optimal Living*



Roberta Shaler, PhD

Optimize Your Day Practical Wisdom For Optimal Living

Paperback

Ronald A. Landskroner

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Momentous Decisions Brian D. Muller,2025-08-05 Achieve success in every area of your life After losing his wife to pancreatic cancer in 2017 author Brian Muller forced himself to reevaluate his entire life He came to realize that there was but one question that every person should be asking themselves every day What are you going to do right now to make the time you have left count In Momentous Decisions 7 Steps to Better Health More Wealth and a Richer Life Certified Health and Life Coach and veteran financial planner Brian Muller delivers a deeply insightful and practical exploration of how to use your present circumstances to become stronger and better You ll learn how to lead a richer and more fulfilling life through the author s seven essential steps that help you make better wealth management and healthcare decisions Through the M A D E Life framework you ll discover how to create more meaning accomplish your most important goals without sacrificing your relationships make a difference in the lives of others and create more joyful and memorable experiences From smart investing decisions to disciplined lifestyle choices Momentous Decisions is a book about how to make those few big decisions that really matter for you and your family Inside the book Learn the ten most crucial wealth decisions to help you achieve financial independence and freedom Find out how to build a holistic Life Wealth and Health plan that guides you every 90 days to develop your version of a richer life Revamp your lifestyle and adopt a healthy living mindset Identify the things getting in your way of achieving permanent change in your health and wealth habits Find out how to create a Compelling Vision of your future that creates a pull and strong internal motivation to help you create permanent change in your life Learn how focusing on ONE MOMENTOUS THING in each area of your life every 90 days will help create new standards that contribute to the new vision you have for your life Perfect for anyone interested in changing the way they approach the truly critical parts of their life Momentous Decisions is an inspirational and transformative new take on what it means to pursue a life of meaning purpose and abundance

The Miracle Morning After 50 Hal Elrod,Dwayne J. Clark,2025-12-16 Discover the morning routine that has transformed millions of lives now customized for those over 50 For

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Wentz More than 35 million Americans currently suffer from Hashimoto's the country's fastest growing autoimmune disease which affects the thyroid gland and causes the body to attack its own cells Many individuals with or without a formal diagnosis suffer daily symptoms including chronic cough acid reflux irritable bowel syndrome allergies persistent pain hair loss brain fog and forgetfulness Hashimoto's Food Pharmacology combines Dr Izabella Wentz's revolutionary and proven approach to reversing thyroid symptoms with delicious easy to use recipes that delight the taste buds while they heal the body Inside you will discover 125 delicious and nutritious recipes for salads smoothies bone broths and crockpot and bibimbap style meals with thyroid supporting nutrient details on every page Over 100 stunning food and lifestyle photographs Tips for revamping your kitchen and pantry An FAQ for easy reference and quick answers Easy to use personalized meal plans and food rotation schedules to accommodate any diet Successfully transforming the lives of thousands Dr Izabella Wentz makes it easier than ever before to live a life free from the suffering of autoimmune disease

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including guidelines for choosing proper foods Section two focuses on the daily training diet and helps athletes create meal plans for their own particular needs A final section addresses detailed nutrition guidelines specific to each sport *Small Farm Today* ,2002 The New York Times Book Review ,1985 Presents extended reviews of noteworthy books short reviews essays and articles on topics and trends in publishing literature culture and the arts Includes lists of best sellers hardcover and paperback The Publishers Weekly ,2008 Total Quality Transformations Marlene Caroselli,Philip B. Crosby,1991

Webcomics Steven Withrow,John Barber,2005 This instructive guide to an exciting new art medium was written for the cartoonist who knows a lot about drawing color and design but doesn t know how to apply his talents to computer technology Webcomics shows artists how to get into the fast growing field of online comics Created digitally and distributed on the Internet some for free others on subscription webcomics range in style from traditional looking cartoon strips to innovative works that often integrate imagery from photography video and other visual arts This book offers detailed advice on how to design create and publish online comics It also showcases the best webcomics work being produced today Interviews with leading artists walk readers through all the essential steps in the various creative processes starting with a story idea and developing it into a finished graphic narrative More than 400 full color illustrations diagrams and examples of webcomics works

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