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David Baud



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The Self-Care Mindset Jeanette Bronee, 2025-02-11 This is a generous and profound book a book worth sharing It will stick with you for years to come The Practice 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proven frameworks and useful tools like Power Pausing the C A R E Framework and AAA Find ways to move beyond the outdated concept of work life balance to one of work life quality Learn to build an ecosystem of relationships with yourself with others and with work itself Inclusion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

The Productivity Mindset Ravi Ramchandra Saroj, 2025-10-07 Struggling to Focus Stay Motivated or Get Things Done Even When You Want To You're Not Lazy You Just Need the Right Approach In his latest book *The Productivity Mindset* bestselling author of *Master Your Mindset* shares his journey from constant procrastination to consistent productivity and how you can do it too This isn't about toxic hustle or unrealistic routines It's about building smarter habits overcoming mental roadblocks and turning the right mindset into meaningful action Discover how to manage your attention in a world full of distractions how to stop waiting for motivation and start creating it and how to align your actions with your most important goals Learn How To Break Free from the Laziness Trap Use Meditation to Sharpen Your Focus Enter a Peak Performance State AKA Flow Overcome Perfectionism and Procrastination Build Habits That Align with Your Goals Apply 27 Life Lessons That Spark Daily Momentum Rooted in real life struggles and practical tools this book is your step by step guide to mastering time energy and attention without burnout If you're ready to stop overthinking and start doing *The Productivity Mindset* will help you take action that actually sticks It's Not About Doing More It's About Doing What Matters Ready to Take Action Let's Go

Paperback Therapy Tammi Miller, 2024-03-06 This book is not a substitute for

therapy but it will give you the skills you need to help you meet your mental health goals Most of us could probably be doing more to take care of our mental health whether by learning to manage stress and sadness or just by reconnecting with ourselves But finding the time and money for professional therapy isn't always possible and this interactive guide provides an invaluable first step While not a substitute for therapy this book will give you the tools you need to make positive changes in your life and improve your mental wellbeing In Paperback Therapy certified practising counsellor Tammi Miller takes you on a journey of self discovery and healing You'll learn over 25 therapist approved tools for everything from how to boost your self esteem and live by your values to techniques for overcoming unhealthy habits and managing anxiety With prompts and exercises proven to benefit your mental health and wellbeing Paperback Therapy will help you discover a happier healthier you

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