

Take Back Your Life!: Using Microsoft Outlook To Get Organized And Stay Organized (BPG Other)

An urgent and witty manifesto, *Monopolies Suck* “lucidly explains how monopolies threaten democracy, worsen inequality, and imperil the American Dream—and why it’s more important than ever to take action” (David Cicilline). Something’s not right. No matter how hard you work, life seems to only get harder. When your expenses keep going up but your income stays flat, when you’re price-gouged buying medicine for your child’s life-threatening allergy, when you live in a hyped-up state of fear and anxiety, monopoly power is playing a key role. In *Monopolies Suck*, antitrust expert and director at the Open Markets Institute, Sally Hubbard, shows us the seven ways big corporations rule our lives—and what must be done to stop them. Throughout history, monopolists who controlled entire industries like railroads and oil were aptly called “robber barons” because they extracted wealth from everyone else—and today’s monopolies are no different. By charging high prices, skirting taxes, and reducing our pay and economic opportunities, they are not only stealing our money, but also robbing us of innovation and choice, as market dominance prevents new companies from challenging them. They’re robbing us of the ability to take care of our sick, a healthy food supply, and a habitable planet by using business practices that deplete rather than generate. They’re a threat to our private lives, fair elections, a robust press, and ultimately, the American Dream that so many of us are striving for. In this “accessible guide” (Zephyr Teachout, author of *Break ‘Em Up*), Sally Hubbard gives us an easy-to-understand overview of the history of monopolies and antitrust law, and urges us to use our voices, votes, and wallets to protest monopoly power. Emboldened by the previous century when we successfully broke up monopoly power in the US, we have the tools to dismantle corporate power again today—before their lobbying threatens to undermine our economy and democracy for generations to come.

“I want to have better relationships . . . but is it all on me to fix things?” “This person’s approval means everything to me. It’s like it controls me.” “Why can’t I get free from this cycle?” If you find yourself having these feelings, it’s time to take your life back. Through personal examples, clinical insights, and spiritual truth, Stephen Arterburn and David Stoop will show you how to overcome the habits and history that are keeping you down—and take new, positive steps toward change; heal from the hurts, setbacks, and broken relationships that affect you every day; develop better boundaries with others in your life; stop overreacting and start responding appropriately to any situation or circumstance; break the cycle of behavior that harms you and your relationships; find the freedom you have longed for. Your past and current circumstances don’t have to define you, and they don’t have to determine the direction of your life. *Take Your Life Back* is the key to moving from reactive attitudes and behaviors to healthy, God-honoring responses that will help you live the life you were meant to live.

In the spring of 2010, Harvard Business School’s graduating class asked HBS professor Clay Christensen to address them—but not on how to apply his principles and thinking to their post-HBS careers. The students wanted to know how to apply his wisdom to their personal lives. He shared with them a set of guidelines that have helped him find meaning in his own life, which led to this now-classic article. Although Christensen’s thinking is rooted in his deep religious faith, these are strategies anyone can use. Since 1922, *Harvard Business Review* has been a leading source of breakthrough ideas in management practice. The *Harvard Business Review Classics* series now offers you the opportunity to make these seminal pieces a part of your permanent management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world.

Kids are wrestling with tough issues these days—peer pressure, purpose, unexpected change or loss, and wondering where their faith fits in with it all. *Roar Like a Lion* encourages your kids to “run toward the roar” as they face their fears, knowing that God is with them every step of the way. Pastor and bestselling author Levi Lusko is known for making tough topics accessible while drawing his readers toward a richer spiritual life. In his first children’s devotional for ages 6 to 10, Levi tackles real issues our kids face with a lighthearted and approachable tone. Kids are equipped to approach both fun moments and tough times with their hearts set on God’s faithfulness with the help of fascinating stories and facts, eye-catching art, Bible verses, prayers, and simple action steps. This 90-day devotional covers highly relevant topics such as: facing fears about school and friendships having courage to try something new handling new challenges, past disappointments, and grief dealing with peer pressure and bullying understanding how we each fit into God’s great story As a parent and pastor, Levi is able to address real-life situations with compassion, grace, and biblical authenticity. *Roar Like a Lion* is a great way to spark discussion with your kids on meaningful topics and get them in the habit of reading a biblically-based devotional. Offering practical approaches to faith in everyday life, *Roar Like a Lion* will inspire your kids to nurture their personal faith in a God strong enough to protect and guide them as they run toward the roar during the challenges in their lives.

A 40-Day Interactive Journey to Thinking Right So You Can Live Right

Deep Work

Getting Free

Grow a Pair

Own Your Time, Take Back Your Life

Your Life Your Purpose Your Destiny Your Vision Your Choice

Take Back Your Life

The straight-talking, New York Times bestselling author and Pitbull of Personal Development® is back with a pithy and prescriptive guide to success. A five-time bestselling author and one of the country’s leading business speakers, Larry has made a reputation for being the first to challenge the positive-

attraction gurus and the law-of-attraction bozos with his commonsense approach to success. Larry doesn't sugar-coat, and he isn't afraid to make people uncomfortable, because he wants us to stop making excuses, and start getting results. In the New York Times and Wall Street Journal bestseller *Grow a Pair*, Larry takes on entitlement culture, the self-help movement, political correctness, and more. We've all heard the phrase "grow a pair," but Larry's advice isn't about anatomy—it's about attitude. To get the success we want, we need to reject victimhood in favor of being assertive and finally taking some responsibility. With prescriptive advice on goal achieving, career, personal finance, and more, *Grow a Pair* will give the readers the kick in the pants they need.

A leadership expert and author of *How to Lead and Still Have a Life* demonstrates how individuals can take their lives back from the grip of worldly priorities and lead a simpler, more fulfilling life by finding peace through godly choices. Original.

God wants you to have amazing sex There is nothing more powerful on earth than the forces of love, sex, and romance. In fact, relationships are a matter of life-and-death importance. So how you can train today for the relationship you want tomorrow? In *Swipe Right*, Levi Lusko shares with raw honesty from his own life experiences and God's Word how to regret-proof your marriage bed and your deathbed resist settling for instant pleasure by discovering what your heart really longs for learn how to avoid and treat sexual scars by careful living today turn the clumsy "sex talk" with your child into dialogue that leads to wise choices transform a stagnant marriage by trading predictable nearness for mind-blowing intimacy God's dreams for your life are not intended to kill your joy but to enhance it. Whether you're fed up with dating and hooking up as usual, tired of being single, numb because of porn and casual sex, or curious about how to improve your marriage, this book is for you. Praise for *Swipe Right* "It's my hope that whoever reads this will have their thoughts of the heart as seriously provoked as mine have been." —Ryan Good Producer, writer, and entrepreneur "It's a perspective I believe we need now more than ever." —Steven Furtick Pastor, Elevation Church, and New York Times bestselling author "One day, someday, there will be a day where you will need the down-to-earth wisdom in this book like you will oxygen." —Joel Houston Songwriter, Hillsong United, and pastor, Hillsong NYC "Swipe Right isn't just another book of how-not-tos but an honest, gritty, and real-time approach to navigating dating, sex, and romance with our souls and sanity intact." —Judah Smith Lead pastor, The City Church, and New York Times bestselling author of *Jesus Is _____*. "Swipe Right is a timely, wonderful, prophetic, and needed message for our generation." —Christine Caine Founder of the A21 Campaign and bestselling author of *Unashamed* "If you are wondering what God's plans are for your love life, or leading those in search of his plan for theirs, you need this book." —Louie Giglio Pastor of Passion City Church, founder of Passion Conferences, and author of *The Comeback* "This is a good book. Study it, ponder it, and, if you know a fifteen-year-old, tell them to read it." —Max Lucado New York Times bestselling author "We need the *Swipe Right* message now more than ever before." —Lysa TerKeurst New York Times bestselling author and president of *Proverbs 31 Ministries* "This is more than just a book; it's a life jacket!" —Chris Tomlin Grammy Award-winning musician and author of *Good Good Father* "Levi shows that God will light our way, if we allow him to." —Carl Lentz Pastor, Hillsong NYC "Funny and engaging, while simultaneously practical and hard-hitting." —Craig Groeschel Pastor of *Life.Church* and author of *From This Day Forward* A forty-day interactive journey that challenges readers to come face to face with the reality of their life circumstances, identify the internal battles they must personally declare war on and fight through, and become the difference-maker that God created them to be. Simultaneous release with a video-driven curriculum perfect for group study. Every person has a mission and a God-given potential to impact the world, whether they recognize it or not. But the stuff of life—the loss of a job, the death of a friend or a loved one, the inability to focus due to bad moods or self-sabotaging tendencies—presents challenges and traps us in a helpless, hopeless loop of anxiety and fear. These are the kinds of things we face that turn on the dark for any thoughts of a future. In this book bestselling author and pastor Levi Lusko gives a step-by-step process to take back your life, which includes a new introduction and perspective from Pastor Levi stories and testimonies from those whose lives have been changed by his messages, and an action plan with journaling space to turn your thoughts into real change. With a unique blend of message and practical tools, using themes and teachings from his bestselling *Through the Eyes of a Lion* and the more recent *I Declare War*, Lusko gives readers an interactive forty-day journey of learning how to think right so they can live right.

The Giver

You Can End Abuse and Take Back Your Life

The Life-and-Death Power of Sex and Romance

Roar Like a Lion

Everyday Practices for a World Gone Mad

The Power of a Half Hour

10 Choices to Give You More Time, More Energy, and Better Relationships

It's not about doing more. IT'S ABOUT DOING WHAT MATTERS. As a busy mom with three young kids and a career, #1 national author Christy Wright knows what it's like to try to do it all and be stretched too thin. After years of running on empty, she do something different. It wasn't just a matter of saying no to a few things. She had to figure out why she felt overwhelmed out of balance. Here's what she discovered: Life balance isn't something you do. It's something you feel. The great news is you balanced — even in your busy life. In *Take Back Your Time*, Christy redefines what balance is and reveals the clear path to act. You'll learn how to: Identify what balance looks like in your unique situation and season. Find confidence in the choices that are. Feel peace even during chaotic times. Learn how to be present for your life and actually enjoy it! You weren't created to live burnt out, unhappy and unfulfilled. You shouldn't be haunted by some elusive idea of balancing it all. There's more for you right now. starts with taking back your time the guilt-free way.

The definitive chronicle of underground music in the 1980s tells the stories of Black Flag, Sonic Youth, The Replacements, and other bands whose DIY revolution changed American music forever. *Our Band Could Be Your Life* is the never-before-told story of the revolution that happened right under the nose of the Reagan Eighties -- when a small but sprawling network of bands, labels,

stations, and other subversives re-energized American rock with punk's do-it-yourself credo and created music that was deep, brilliant, always challenging, and immensely influential. This sweeping chronicle of music, politics, drugs, fear, loathing, and faith is a rock classic in its own right. The bands profiled include: Sonic Youth Black Flag The Replacements Minutemen Husker Du Minor Threat Mission of Burma Butthole Surfers Big Black Fugazi Mudhoney Beat Happening Dinosaur Jr.

If you want to be free NOW from the dark forces plaguing your life, keep reading ... Do you struggle to live a joyful, healthy and even though you live according to Christian principles? Despite your best efforts, do things always seem to go wrong for you or your loved ones? Are you slowly losing hope and can't help feeling some kind of power is working against you? The fact is that an unseen force is trying to destroy your health, your relationships, your children, your mental health and your future. He is a cunning, masterful and powerful being who will not stop until he has laid waste to your life and those around you. My name is Celeste Brown and I am a mother of three children. Ten years ago I found myself on the brink of divorce, my health was deteriorating fast, my children were failing at school and I was in a constant state of mental distress. I prayed, attended church and was a good Christian, yet my life continued to fall apart. My children were suffering. I confided my problems to a retired pastor. He suggested the malign influence of Satan and then disclosed a prayer that, he said, would have the ability to cast him out of my life. I didn't for a minute believe that Satan was causing my misfortunes, yet I had hit rock bottom and I was desperate to try anything. So in Christian fellowship I accepted the prayer and took heed of his instructions on how to use it to best effect. Using this prayer a huge weight lifted off my chest and I felt clear and pain-free for the first time in years. I actually felt the darkness and dark energy evaporate. Only after I tasted this sweet freedom did I know beyond doubt that I had been in the grip of the devil's power. The power could have laid waste to my life and household so thoroughly for all these years. However, I also knew beyond doubt that this was my new spiritual armor that would never allow dark forces to enter my life again. I now had a weapon against Satan and he is, he went off looking for easier defenseless prey. I was able to save my marriage and show my children a more productive and joyful life. Seeing the changes in those you love is truly the greatest blessing. Since that time I have shared this prayer with many people and it has not failed to bring change for the better. Now with God's grace and guidance I have been able to release this book for your teaching. This is a concise 40-page book that gets right to the point and arms you with the knowledge to defeat the Devil. This is not a book to read hundreds of pages of theory before you can take action. You can start using the prayer TODAY. You will discover: ? The Bible verse that will drive out Satan and his dark influence from your life FOR GOOD ? Instructions on HOW to use the prayer so it is 100% effective ? How to make sure no dark forces can harm you again in future ? How to open the way for abundance in your life ? How to ensure that loved ones come under the prayer's protection and are NEVER harmed This small book is all you need to defeat Satan and make your life what it was meant to be. You will be saved even if you have prayed without result in the past, even if you have tried countless strategies and your life around and they have all failed. This WILL work for you as it has done for countless others. I strongly encourage you to join the ranks of those who are now immune to the dark designs of Satan. Do this for yourself and for your family. Health, good fortune and prosperity will come to those you love. If you are ready to take back your life today then scroll up and click Add to Cart now

Women's lives often "spin out of control" in midlife due to divorce, career transitions, grief, relationship changes, overeating, eating disorders, loss, retirement, relocation, caregiving, menopause, and other health challenges. Take Back Your Life: A No Nonsense Approach to Fitness & Looking Good Naked! offers women, aged 40-55, who want to look and feel better about their bodies, a 90-day guide to regain control of their bodies and their outlook. Wendy Ida guides women from hopelessness to getting the body they want with her practical approach to fitness, nutrition, and outlook.

Swipe Right

Four Keys to Winning the Battle with Yourself

The Menus, Recipes, and Shopping Lists to Bring Your Family Back to the Table: A Cookbook

Get it Done Now!

Manage Emotions and Take Back Your Life with Acceptance and Commitment Therapy

How to Stop Letting the Past and Other People Control You

Captive Hearts, Captive Minds

Step away from boredom and reclaim your life Feeling unfulfilled? Do you dream of a lifestyle where you can have it all: health, wealth, freedom and happiness? You're not alone. Upgrade Your Life is your guide to taking the power back and becoming the master of your own fate and that of your business. Author Pat Divilly has worked with an array of small business owners to help them achieve a growing business based on purpose, passion and profit whilst also maintaining a healthy work-life balance. Pat offers a practical approach to setting and achieving personal and business goals, understanding that both are necessary in order to succeed in life. By promoting personal development and daily success rituals Upgrade Your Life encourages readers to dream big and not give up in the search for fulfilment. Using the author's own experiences, mixed in with the latest neuroscience research and popular psychology, Upgrade Your Life will help fast-track you and your business on the road to success. Learn how to implement your own game plan of simple daily steps to achieve your goals Get tips on creating a healthy work-life balance Update your daily routine to become more productive Includes a 42-day success planner to help you achieve all of your dreams

Each of the 52 devotions in More Power to You by Bible teacher Margaret Feinberg examines a popular lie in our culture and helps us understand how that lie shows itself in our lives, and invites us to replace that lie with a biblical affirmation of truth that will bring joy to your soul. In a culture that constantly tells us we're not good enough, not beautiful enough, and not doing enough, it's easy to feel as if we have nothing to offer. Lies about who we are and how we are failing slip into our thinking and become reality. But that's not what God intends for us. In More Power to You, Margaret Feinberg exposes these false promises and shows you that the places of your deepest hurts can become wellsprings of your greatest healing. Here Margaret shares the practice that has been so life changing for her: the 90-Second Daily Declaration Challenge. You'll launch into each day by reading the Daily Declaration aloud, paying attention to what the Holy Spirit may be highlighting for you. Then you'll move through the weekly devotions that examine each line of the Daily Declaration, exploring the what and the why behind the biblical truths. These brief but powerful devotions are designed to unleash the true you--and remind you of who you are. More Power to You equips you to embrace your true identity every day. You'll find power in knowing you are already loved in God's eyes. As you begin to live out that truth, you will break free from the negative thoughts that hold you hostage and you will experience the joyous life God wants for you.

A REFRESHINGLY SIMPLE GUIDE TO RECOVER YOUR LIFE! In *Get Your Life Back*, New York Times bestselling author John Eldredge provides a practical, simple, and refreshing guide to taking your life back. By practicing a few wonderful practices—or what John calls “graces”—you can begin to recover your soul, disentangle from the tragedies of this broken world, and discover the restorative power of beauty. Ask yourself: Are you happy most of the time? Do you feel deeply loved and excited about your future? How often do you feel lighthearted? After reading this book you will... Learn how to insert a Minute Pause into your day Begin practicing “benevolent detachment” and truly let it all go Offer kindness toward your choices you make Drink in the simple beauty available to you every day Take realistic steps to unplug from technology These simple practices and others are ready for the taking. You don’t need to abandon your life to get it back. Begin your life here and now. Your soul will thank you for it.

Read the Wall Street Journal Bestseller for “cultivating intense focus” for fast, powerful performance results for achieving success and true meaning in one’s professional life (Adam Grant, author of *Give and Take*). Deep work is the ability to focus without distraction on a cognitively demanding task. It’s a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, even realizing there’s a better way. In *Deep Work*, author and professor Cal Newport flips the narrative on impact in the digital age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four “rules,” for transforming your mind and habits to support this productive work. **Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows** A mix of cultural criticism and actionable advice, *Deep Work* takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distractions. It offers air-and-no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. *Deep Work* is an indispensable guide to anyone seeking focused success in a distracted world. **A Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week 800-CEO-READ**

The Power Prayer to Banish Satan (Christian Spiritual Warfare Books / Powerful Armor Against Demons)

Take Back Your Time

Recovering from Cults and Abusive Relationships

Take Back Your Life!

Women with Controlling Partners

Monopolies Suck

*A much-needed, comprehensive program for managing anger in a world of triggers, trolls, and outrage. Everyone gets angry from time to time. Anger is a natural human emotion, but it can often boil over and wreak havoc in your personal and professional life. If you struggle with chronic, uncontrollable anger, you need help now—especially in these times of increasing volatility. This workbook can get you started. Written by renowned acceptance and commitment therapy (ACT) experts, *The ACT Workbook for Anger* offers a comprehensive anger management program designed especially for navigating the current social and political climate. You’ll discover the secret to unlocking your capacity for acceptance, mindfulness, kindness, and compassion. You’ll also learn to apply these newfound skills to break anger’s stranglehold so you can pause, take a deep breath, and create the space you need to react in a more thoughtful way. Managing anger has never been more challenging. Everywhere you look, people are on edge and volatile. This book will show you how to navigate these challenging times with kindness and compassion for yourself and others.*

Packed with tested strategies and practical tips, this book is the essential, life-changing guide for everyone who owns a smartphone. Is your phone the first thing you reach for in the morning and the last thing you touch before bed? Do you frequently pick it up “just to check,” only to look up forty-five minutes later wondering where the time has gone? Do you say you want to spend less time on your phone—but have no idea how to do so without giving it up completely? If so, this book is your solution. Award-winning journalist Catherine Price presents a practical, hands-on plan to break up—and then make up—with your phone. The goal? A long-term relationship that actually feels good. You’ll discover how phones and apps are designed to be addictive, and learn how the time we spend on them damages our abilities to focus, think deeply, and form new memories. You’ll then make customized changes to your settings, apps, environment, and mindset that will ultimately enable you to take back control of your life.

*“A poignant and necessary book for all women who live in fear in their own homes.” —Library Journal A controlling or abusive partner can break even the strongest person—unless you know what to look for. Written by an expert in intimate partner abuse and based on her highly successful recovery program for women with controlling partners, this book will give you the strength, courage, and strategies you need to acknowledge the problem and stand up for yourself once and for all—whether you stay or leave the relationship. If you have a controlling partner, you aren’t alone. Millions of women suffer psychological abuse at the hands of a spouse or intimate partner during some point in their lives, not fully seeing or knowing what is happening to them. Research shows that psychological abuse affects women’s overall well-being more than physical abuse, is a bigger contributor to inducing fear, and can be a precursor to violence. To make matters worse, having a controlling partner often results in hidden injuries like anxiety, depression, low self-esteem, trauma, and low self-efficacy—feeling like you can’t make a difference in your life. So, where can you turn for help? Based on over a decade of clinical and domestic abuse research, *Women with Controlling Partners* will help you identify the coercive constraints that*

can be predictive of intimate partner abuse, recognize the harmful effects of psychological abuse on your mental and physical health, and gain the personal strength and power to break free. Using the author's three-stage recovery model, you'll be empowered to move out of denial, deconstruct what holds you psychologically captive, and take back your life. Abuse can be devastating, and having a controlling partner can make you feel crazy—and as if you're the one responsible. But you're not crazy, and you're not to blame! With this important, one-of-a-kind recovery process, you'll finally find the clarity of mind, courage, and strength to protect yourself from the hurtful control that damages your mental and physical health, and move toward a safer and happier life.

We all get 24 hours in a day--but it never seems like quite enough time, does it? Morgan Tyree wants to help you take back your time with her proven time management system. With energy and enthusiasm, Morgan shows you how to organize and manage your time using her simple three-color time zone system of green, yellow, and red--moxie time, multitasking time, and me time. She shows you how to - identify your most productive times each day - regulate between essentials and nonessentials - schedule your three time zones - match your time zones with your capacities - welcome the season of life you're in - set achievable goals that align with your values If you've struggled to find balance and direction in your overloaded life, let Morgan's system help you discover the freedom of less hustle and more harmony. Identify Your Priorities, Decrease Stress, and Increase Productivity

Take Your Life Back Day by Day

The Fight to Flourish

Strategies to Take Back Your Life

Rules for Focused Success in a Distracted World

Live Longer, Prevent Dementia, and Control Your Chronic Illness

Upgrade Your Life

A five-session journey toward meaningful change and new life for individuals and groups. Have you ever invested time and energy in something that really mattered to you--and you weren't sure you would succeed? Taking your life back can feel like that. It's a big risk to try to overcome the fears, wounds, and patterns that are holding you back in life. But nothing is impossible . . . if we put our trust in God. The Take Your Life Back Workbook, a companion resource to the groundbreaking book Take Your Life Back, is designed to help you do just that. Recovery and relationship experts Stephen Arterburn and Dr. David Stoop lead you through five sessions designed to help you take your life back by: understanding the recurring issues that get in your way--where they came from, how they're influencing you right now, and what to do about them; inviting God to use all of your experiences--both positive and negative--to build your relationship with him; equipping you with exercises, reflection questions, action steps, and prayers as you move forward; putting your past in perspective and stepping into a brighter future.

Have you ever had one of those days . . . ? Let's face it. Living in this world can be extremely challenging. It's hard enough just to make it through our days and years—let alone in a way we're proud of, living a life that is pure and good. Sometimes it all feels so overwhelming. But here's the good news: As a child of God, you can call upon the Lord, and he will help you take your life back from the daily pressures, worries, habits, and conflicts you face. In Take Your Life Back Day by Day, you'll find 365 Scriptures, inspiring reflections, and thought-provoking questions to help you recognize when you've reached your limits allow God to care for you and comfort you experience God's freedom when you are overburdened and his joy when you are downhearted replace the stress in your life with joy and peace It's time to take your life back and live it for God. Keep your eyes fixed on him day by day—because with his help, you have what it takes to prevail.

Certified nutritionist Leanne Ely has a simple philosophy: "Make it and they will come." Dinner, that is. Take-out, opening a can, or microwave fare shouldn't pass for a nice, healthy meal—and nothing can replace a family's time together. Believe it or not, preparing dinner can be a stress-free endeavor. Even your time in the supermarket can be cut in half! Full of practical tips on simple, healthy meal planning, Saving Dinner is the ideal solution for today's busy parents who would love to have their family sitting around the dinner table once again—sharing stories along with a nutritious meal. Efficiently divided by season, each section features six weeks of menus with delicious recipes, side dish suggestions, and an itemized grocery list that is organized by product (dairy, meat, produce) to make one-stop shopping a snap. Plus the book is packed with helpful hints and short cuts in the kitchen that make cooking easier and more fun. From Big Basil Burgers and Salmon Carbonara to Crockpot Chili and Spicy Apricot Chicken, Saving Dinner will have your family coming back to the table—and back again for seconds! Leanne Ely is considered the expert on family cooking and healthy eating. Between her popular "Heart of a Woman" radio show in Southern California and her weekly "Food for Thought" column on the ever-popular Flylady.net Web site, thousands of fans have already discovered Leanne's secrets to easily prepared, well-balanced meals.

Whether you were sexually assaulted recently or many years ago, you do not need to allow the experience to influence your life. You can recover-- and have your life back again.

How Will You Measure Your Life? (Harvard Business Review Classics)

How Simple Daily Actions Can Change Your Life

Inspiration to Live Free One Day at a Time

More Power to You

The 30-Day Plan to Take Back Your Life

90 Devotions to a Courageous Faith

Taking Back Your Life from a Manipulative or Abusive Partner

Take control of the unrelenting e-mail, conflicting commitments, and endless interruptions—and take back your life! In this pop book updated for Microsoft Office Outlook 2007, productivity experts Sally McGhee and John Wittry show you how to reclaim you thought you'd lost forever—your work-life balance. Now you can benefit from McGhee Productivity Solutions' highly-regarded corporate education programs, learning simple but powerful techniques for rebalancing your personal and professional commitments using Outlook 2007. Empower yourself to: Clear away distractions, tie up loose ends, and focus on what's really important to you. Take charge of your productivity using techniques designed by McGhee Productivity Solutions and implemented by numerous Fortune 500 companies. Balance your home and work priorities by exploiting the enhanced productivity, organizational, and search capabilities in Outlook 2007. Go beyond just coping and surviving to taking charge of your time—and transform your life today! PLUS—Get a reference poster to McGhee Productivity Solutions' proven methodology for managing workflow.

Since its original publication in 1982, "Getting Free" has become the most important self-help book on ending domestic violence. In this expanded edition, NiCarthy features important new information from the latest studies and most recent research on the subject. Living in a "perfect" world without social ills, a boy approaches the time when he will receive a life assignment from the Elders.

selection leads him to a mysterious man known as the Giver, who reveals the dark secrets behind the utopian facade.

ECPA Bestseller What if your struggles aren't a barrier to thriving but an invitation into your most vibrant days? Discover how a life of joy and fullness, even in the midst of disappointment and broken dreams. It is in the sacred space of pain and promise can begin to flourish. Even in the midst of disappointment and broken dreams, it is possible to grow, be strong, and draw near. In *The Fight to Flourish*, Jennie Lusko draws on her experiences after the loss of her five-year-old daughter, Lenya, to show you the ingredients for a fresh and thriving life are right in front of you. With grit and grace, Jennie will help you: Discover that flourish is not an impossible destination but a divine revelation of where you are right now. Find relief from the weight of overwhelming circumstances by resting in the realization that God is fighting for you. Trust that God is growing you in the gap between your expectations and your experience. The word flourish is written all over you and your future.

Mayo Clinic Guide to Fibromyalgia

A Caregiver's Guide to Finding Freedom in the Midst of Overwhelm

The ACT Workbook for Anger

7 Ways Big Corporations Rule Your Life and How to Take Back Control

Declarations to Break Free from Fear and Take Back Your Life

How to Stop Being a Victim and Take Back Your Life, Your Business, and Your Sanity

Using Microsoft Office Outlook 2007 to Get Organized and Stay Organized

Take Back Your Life A 40-Day Interactive Journey to Thinking Right So You Can Live Right Thomas Nelson

Describes how to balance personal and professional commitments by using Microsoft Outlook.

Fibromyalgia is a condition that's often misunderstood by the general public and doctors alike. This book aims to dispel myths about fibromyalgia and offers practical strategies that can help anyone living with this condition manage it successfully and return to a fulfilling and enjoyable life. Drawing on decades of experience in treating fibromyalgia, Mayo Clinic Guide to Fibromyalgia offers research-supported, practical strategies that can help anyone with fibromyalgia live their best life now. From personal stories of people living with fibromyalgia to the compassionate expertise of its medical editors, this book seeks to first connect with people who have fibromyalgia in a way that they may not have experienced from loved ones and even doctors. From there, readers will learn about what fibromyalgia is – and isn't – and find solace in knowing that they're not alone in the challenges that they face. The half of the book sets the foundation for the second half, which outlines practical strategies shown to be effective in managing fibromyalgia. Along the way, worksheets will help guide readers toward finding the best mix of strategies for managing their symptoms. The entire book comes together in the last part, where readers will put everything they've learned into an actionable daily plan that they can start using right away. This book is divided into 4 parts: Part 1 defines fibromyalgia, describes what causes it, and lists the challenges it can pose Part 2 outlines treatment options Part 3 describes strategies for managing fibromyalgia Part 4 outlines steps toward working with your health care team and family and creating a daily action plan for managing symptoms From Publishers Weekly: Coming from one of the most reliable, respected health resources that Americans have, this book is the first one a newly diagnosed patient should consult. (Sept.)

"The Power of a Half Hour is full of unique, practical, and God-inspired truths to keep your time focused on all that God has called you to do. If you apply these principles...they will bring renewed purpose and inspiration to your life." --Joyce Meyer, Bible teacher and best-selling author "Allow the deep revelations and years of wisdom from this man of God to impart health and life into your faith journey." --Brian Houston, senior pastor, Hillsong Church Turn your fleeting minutes into defining moments. What can you do in thirty minutes? Have lunch? Watch television? Check Facebook? How about change your life? Why do some people achieve far more than others? We all get the same twenty-four hours in a day, yet a special few seem to have superhuman abilities when it comes to accomplishing great things in life. Tommy Barnett, a proven master at "getting things done," says the key to maximizing your productivity is to make use of small, manageable moments in your day--just thirty minutes at a time. In this remarkably practical book, Tommy shows how to begin a whole new life of fruitfulness. You'll see immediate results in all areas of your life, including your-- - Purpose and values - Personal goals - Faith - Character and attitude - Dreams - Career - Relationships - Marriage and family - Church involvement and ministry Why not change time from being your worst enemy to your everlasting friend? It all starts with the amazing things you can do in only a half hour. Through inspiring stories and biblical principles, discover how your downtime can have a major upside. Get going--you don't have a minute to lose!

Our Band Could Be Your Life

Take Your Life Back

Get Back Your Smile, Take Back Your Life!

How to Artistically Create Remarkable Dental Results for the Remarkable You

How to Take Back Control and Achieve Your Goals

The Last Supper on the Moon

Take Back Your Life Thirty Minutes at a Time

Whether you recognize it or not, you're at war with yourself. There's anxiety. Selfishness. Self-sabotaging tendencies.

Narcissism. The black dog of depression. There is a war raging within you. But all is not lost. You can win . . . if you choose to engage. In this five-session video Bible study, Levi Lusko shows how you can fight this battle by declaring war on your thoughts, your words, and your actions. Levi candidly shares about his struggles with moodiness, bullying, suicidal thoughts, and night terrors to show how you—with the help of the Holy Spirit—can achieve victory by . . . filling your heart with truth and making it inhospitable to anxiety overcoming bad behaviors to claim the victory God has for you learning to think right so you can live right It's time to stop being your own worst enemy. It's time to declare war and become the person, the spouse, the parent, and the leader whom God intended you to be. The I Declare War Study Guide includes video teaching notes, discussion questions, Bible exploration, and weekly personal study and reflection materials. Sessions include: It's Time to Declare War Declaring War on Your Thoughts Declaring War on Your Words Declaring War on Your Actions Your Secret Weapon in the Battle

Designed for use with I Declare War Video Study (9780310094913), sold separately.

Do you struggle with low energy or poor memory? Discover the simple antidote for bringing control back to your life. Do you suffer from a chronic disease? Do you worry about your brain deteriorating with old age? Are your emotions getting the better of you? Retired Professor of Nursing Verla Fortier suffered for years with a debilitating systemic lupus diagnosis that she transformed, with some remarkable research, into the restorative power of outdoor greenery. Now she'll show you how just a few hours every month spent in Mother Nature's backyard can completely rejuvenate your life. Take Back Your Outside Mindset: Live Longer, Prevent Dementia, and Control Chronic Illness is a well-researched, practical guide to employing exposure to trees, shrubs, plants, and grass as a powerful remedy. With simple directed activities, Professor Fortier takes you through the science of improving your health using the great outdoors. You'll learn how increasing time spent out of the house will make you feel renewed like you're on a permanent vacation. In Take Back Your Outside Mindset, you'll discover: The specific peer-reviewed evidence showing the potential of open-air healing and how it improves longevity How many hours and times per week you should get out into green areas to maximize your health Why being among plants shifts your nervous system into a more relaxed state Strategies to shift your mindset from fear of failure to necessary stepping stones for progress More than a hundred things to do outdoors, practical action steps in every chapter, a companion workbook, and much, much more! Take Back Your Outside Mindset: Live Longer, Prevent Dementia, and Control Chronic Illness is an innovative approach to reclaiming your health out-of-doors. If you like alternative approaches, scientific evidence, and naturally occurring free resources, then you'll love Professor Verla Fortier's liberating book. Buy Take Back Your Outside Mindset to breathe in the Earth's healing gifts today!

If there are places in your heart and corners of your mind that feel just as deep and dark and inaccessible as outer space, this book is for you. Fight as you may, unearthing the happiness and fulfillment you long for can feel nearly impossible. In Psalm 8 David urges us to consider the heavens, to look up at the night sky. Doing so will help you discover fundamental truths about God. Namely, that—even though his love for you is as beyond comprehension as the farthest corners of the universe—through his Son, you can grab hold of it, and it has the power to transform your inner space. Bestselling author Levi Lusko shares how you can: learn that life is not about “finding yourself” but discovering who Jesus is believe that God’s love and forgiveness is grander than even your greatest failure buck the mundane of everyday life and start dreaming again Embark on an adventure tracing the words and wonders of Jesus on his trek to the cross. Let The Last Supper on the Moon compel you to live with a more profound sense of purpose and a grander view of Jesus, and set you on a trajectory to life, and life more abundantly. Have you ever wondered why some people seem to have an easier time getting their lives together than you? What is it that allows a person to succeed in reaching their potential, while others flounder? Whether you have been in the game of self-development and growth for some time now, or you are in the beginning stages of personal mastery, you won't want to miss this empowering guide from Daniel Walter. In Take Back Your Day: How Simple Daily Actions Can Change Your Life, you can discover the abundant power you have to move forward and reach all of your personal goals. In this comprehensive handbook, the author delivers many no-holds-bar strategies in how to take an analytical, rational, and systematic look at what you are doing - and more importantly, why you are doing it. As you take this new journey of self-mastery with Take Back Your Day, you will notice a positive change in your thinking process, mindset, and emotional stability. You will discover the following golden nuggets: How mindfulness and understanding personal patterns contributes to successes and failures How you can address the 'always on problem' to take back your life A step by step process on how to design goals that are most beneficial to your life How you can maximize daily routines to bolster your limitless creativity and productivity The power of eliminating restrictive thinking and how you can gain an upper-hand in personal roadblocks Compelling ways to improve your confidence and find true happiness How to unveil the power of minimalism and what it can do for your life With Take Back Your Day: How Simple Daily Actions Can Change Your Life, you will gain the right tools to set you on the right path to success. Your horizons will be opened up to the kind of holistic success you had always dreamt of. Your journey of self-improvement can start today! Discover the Secrets to Take Back Your Day by Scrolling Up and Clicking the "Add to Cart" Button.

NASA's 1969 Lunar Voyage, Jesus Christ's Bloody Death, and the Fantastic Quest to Conquer Inner Space

Freedom and Recovery from Cults and Abusive Relationships

Scenes from the American Indie Underground, 1981-1991

My No Nonsense Approach to Health, Fitness and Looking Good Naked!

Take Back Your Outside Mindset

Engaging in the Struggle to Cultivate the Life You Were Born to Live

Get Your Life Back

**While productivity and time management expert Brian Tracy has been writing bestselling books and giving seminars on these topics for well over thirty years, the challenge of remaining optimally productive in our modern world has never been greater. How can this be? We live in the most technologically advanced period of history in the most technologically advanced country. With the advent of mobile phones, killer apps, internet speeds that stagger the imagination, and nearly any bit of information, products, and solutions only one click away, how can it be that remaining optimally productive is such a challenge for so many? In a word: DISTRACTION. Many of us spend precious time focusing on the incessant e-mails, texts, notifications, ads, etc. that seem important—even urgent—to our success and happiness, but, in reality, only complicate our lives and take us even further from our goals. Brian addresses this challenge of distraction in its many forms and shows you how to “feed your focus” on a daily basis. You will learn: • Productivity Promises and Pitfalls in our Modern Age • The Psychology of Productivity • The Best Productivity Methods Ever Conceived • How to End Procrastination Once and For All • Productivity and Relationships: Where it Applies and Where It Doesn't Look for these other books by BRIAN TRACY Entrepreneurship • Make More Money • The Science of Influence • The Science of Money • The Science of Motivation
The Guilt-Free Guide to Life Balance
I Declare War Study Guide
Saving Dinner**

Five Sessions to Transform Your Relationships With God, Yourself, and Others
How to Break Up with Your Phone
Take Back Your Day