

Unlearn 101 Simple Truths For A Better Life Humble The Poet

UnlearnLove WhispersBudgets Don't Work (But This Does)Anatomy for 3D ArtistsThe One Year Book of Amazing Stories9 Days to Feel FantasticLessons in LivingBulletproof Problem SolvingThe Beauty of Discomfort1000+ Little Things Happy Successful People Do DifferentlyPhulkariYour Mind Is Your HomeStop Saying You're FineInsignificant Events in the Life of a CactusUnlearn: Let Go of Past Success to Achieve Extraordinary ResultsAn Introduction to Visual CommunicationMeditation for LifeThe Upside of Being DownFrom Niggas to GodsWhere I Come FromIt's All in Your HeadLove Yourself Like Your Life Depends on ItCommentaries on the Laws of EnglandVisualfestationUnlearn: 101 Simple Truths for a Better LifeLove & CourageUnLearn: 101 Simple Truths For A Better LifeHow to Be a BawsePenetrationBeneath the SurfaceWake the F*ck UpSoulful SimplicityUnthinkableShook OneLittle Ways to Keep Calm and Carry OnBlack PrivilegeThe Positive ShiftLearn to Unlearn to RelearnThings No One Else Can Teach UsThink Like a Monk

Unlearn

Love Whispers

Life is hard, and the older we get, it only seems to get more complex. We can easily get overwhelmed trying to deal with everything all at once. We look everywhere for solutions to make the journey a bit more bearable; everywhere but within. Sometimes we gain more from letting go. Whether it's old habits, stale mindsets, regrets of the past, or simply the way we view our lives; in order to grow we have to shed the things that are holding us back. UnLearn is collection of writings to remind you of the wisdom you've already acquired, but may have lost under the weight and pressures of daily life. UnLearn touches upon a myriad of topics that we all go through in life, from love, relationships, to success, and chasing our dreams. This book is the perfect primer to clean the slate, and allow you a life of fulfillment through life long learning. Simple, honest, and effective, UnLearn is a "collection of nuggets that remind you of the things that keep this wild ride steady"

Budgets Don't Work (But This Does)

Wake up and tap into something truly epic - your life!! Always 'keeping it real', this book is a manifesto for personal change, presented with humour and wisdom from one of life's spiritual gangstas. Humorous and wise, gritty and real, Brett Moran is a spiritual gangsta and knows the score about transformation. In Wake the F*ck Up he shares the tools and techniques he's learnt on his journey so you can do the same. Whether you're looking to overhaul your health and energy, achieve your goals, or overcome negative behaviours and patterns, Wake the F*ck Up will show you how to: Tap into the natural highs of life by using meditation and mindfulness to help you overcome negative thoughts and feelings before creating a vision for

what you want to achieve. Move from lost to alive by learning how to smash negative habits and re-engineering your energy through healthy lifestyle habits and by creating a positive mind-set. Be successful and happy no matter what life throws at you through simple gratitude practices and living more authentically. Real-life stories throughout will inspire you to think big and achieve even bigger while tough questions will help you overcome beliefs and conditioning that may have been keeping you caught in a life you didn't consciously choose and then help you stay on the right track. When you wake the f*ck up and start living the life you want, every day becomes an epic adventure. "I'm a big fan of Brett's work. He speaks with an authenticity that inspires you to truly be yourself" Dr David Hailton, bestselling author

Anatomy for 3D Artists

ECPA 2020 Christian Book Award Finalist! You wouldn't believe it, but . . . James Earl Jones, the voice of Darth Vader, grew up mute. Michael Jordan was cut from his high school basketball team. Albert Einstein was bullied mercilessly in school. Beethoven's mom almost aborted him. Life takes the strangest sharp turns—and sometimes, U-turns. Robert Petterson—popular speaker, storyteller, and author—has been a student for his entire life of what God is teaching us through those real-life U-turns. In this book, he compiles 365 amazing stories that teach lessons you won't easily forget. Each entry is written in the rest-of-the-story style popularized by Paul Harvey. With *The One Year Book of Amazing Stories*, you'll marvel at how God has used the lives of these ordinary people to change the course of human history.

The One Year Book of Amazing Stories

Right now, over 100 million Americans secretly feel frustrated and bored with their lives. You may be one of them if... *you've come to regard yourself as "your own worst enemy" *you've developed a commute-work-commute-sleep routine that seems endless *you and your significant other treat each other like roommates *you constantly daydream and wonder, "Is this all there is?" *you sense a potentially hot relationship with someone next door, down the hall, or in the adjacent cubicle but somehow it never happens *you worry that no matter what you do to stay in shape, the battle is already lost *you have a tendency, when asked how you're doing, to just say, "Fine." If any of the above sounds familiar, there's clearly something missing from your life. This book will help you discover what it is, and how to win it back. Written by Mel Robbins, one of America's top relationship experts and radio/tv personalities, this hands-on guide not only shows you how to put your finger on the problem, it reveals what to do about it. Mel Robbins has spent her career teaching people how to push past their self-imposed limits to get what they truly desire. She has an in-depth understanding of the psychological and social factors that repeatedly hold you back, and more important, a unique set of tools for getting you where you want to be. In *Stop Saying You're Fine*, she draws on the latest neuroscientific research, interviews with countless everyday people, and ideas she's tested in her own life to show what works and what doesn't. The key, she explains, is understanding how your own brain works against you. Because evolution has biased your mental gears against taking action, what you need are techniques to outsmart yourself. That

may sound impossible, but Mel has created a remarkably effective method to help you do just that -- and some of her discoveries will astonish you. By ignoring how you feel and seizing small moments of rich possibility --a process she calls "leaning in" -- you can make tiny course directions add up to huge change. Among this book's other topics: how everything can depend on not hitting the "snooze" button; the science of connecting with other people, what children can teach us about getting things done; and why five seconds is the maximum time you should wait before acting on a great idea. Blending warmth, humor and unflinching honesty with up-to-the-minute science and hard-earned wisdom, *Stop Saying You're Fine* moves beyond the platitudes and easy fixes offered in many self-help books. Mel's insights will actually help vault you to a better life, ensuring that the next time someone asks how you're doing, you can truthfully answer, "Absolutely great."

9 Days to Feel Fantastic

Technological changes have radically altered the ways in which people use visual images. Since the invention of photography, imagery has increasingly been used for entertainment, journalism, information, medical diagnostics, instruction, and communication. These functions move the image beyond aesthetic issues associated with art and into the realm of communication studies.
 This introductory textbook introduces students to the terminology of visual literacy, methods for analyzing visual media, and theories on the relationship between visual communication and culture. Exploring the meanings associated with visual symbols and the relationship of visual communication to culture, this book will provide students with a better understanding of the visually oriented world in which they live. Student-friendly features such as boxed topics, key terms, web resources, and suggestions for exercises are provided throughout.

Lessons in Living

Excerpts from the diary of Swami Rama - his personal and inspired writings.

Bulletproof Problem Solving

The Beauty of Discomfort

When was the last time you felt truly happy? Whiteman provides a practical, nine-day guide that will take you on a journey to a more energetic and fulfilled way of living. Get ready to live a life that feels great, every single day!

1000+ Little Things Happy Successful People Do Differently

New friends and a mystery help Aven, thirteen, adjust to middle school and life at a dying western theme park in a new state, where her being born armless presents many challenges.

Phulkari

First featured on a British poster produced during World War II, "Keep calm and carry on" has become the mantra of millions—but exactly how to keep calm remains a difficult question for most of us. The next time you are stressed by pressures at work, overwhelmed by life's challenges, or panicked by problems that seem unsolvable, reach for this book. In *Little Ways to Keep Calm and Carry On*, you'll find twenty short yet powerful lessons and anxiety-reducing techniques that will help you move past stressful moments with grace. Each lesson is so simple to learn and practice, you'll find that this pocket guide is all you really need whenever you need a little help keeping calm. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Your Mind Is Your Home

America's most prominent Latino chef shares the story behind his food, his family, and his professional journey. Before Chef Aaron Sanchez rose to fame on shows like *MasterChef* and *Chopped*, he was a restless Mexican-American son, raised by a fiercely determined and talented woman who was a successful chef and restaurateur in her own right—she is credited with bringing Mexican cuisine to the New York City dining scene. In many ways, Sanchez, who lost his father at a young age, was destined to follow in his mother Zarela's footsteps. He spent nights as a child in his family's dining room surrounded by some of the most influential chefs and restaurateurs in New York. At 16, needing direction, he was sent by his mother to work for renowned chef Paul Prudhomme in New Orleans. In this memoir, Sanchez delves into his formative years with remarkable candor, injecting his story with adrenaline and revealing how he fell in love with cooking and started a career in the fast-paced culinary world. Sanchez shares the invaluable lessons he learned from his upbringing and his training—both inside and outside the kitchen—and offers an intimate look into the chaotic and untraditional life of a professional chef and television personality. This memoir is Sanchez's highly personal account of a fatherless Latino kid whose talent and passion took him to the top of his profession.

Stop Saying You're Fine

Complex problem solving is the core skill for 21st Century Teams. Complex problem solving is at the very top of the list of essential skills for career progression in the modern world. But how problem solving is taught in our schools, universities, businesses and organizations comes up short. In *Bulletproof Problem Solving: The One Skill That Changes Everything* you'll learn the seven-step systematic approach to creative problem solving developed in top consulting firms that will work in any field or industry, turning you into a highly sought-after bulletproof problem solver who can tackle challenges that others balk at. The problem-solving technique outlined in this book is based on a highly visual, logic-tree method that can be applied to everything from everyday decisions to strategic issues in business to

global social challenges. The authors, with decades of experience at McKinsey and Company, provide 30 detailed, real-world examples, so you can see exactly how the technique works in action. With this bulletproof approach to defining, unpacking, understanding, and ultimately solving problems, you'll have a personal superpower for developing compelling solutions in your workplace. Discover the time-tested 7-step technique to problem solving that top consulting professionals employ Learn how a simple visual system can help you break down and understand the component parts of even the most complex problems Build team brainstorming techniques that fight cognitive bias, streamline workplanning, and speed solutions Know when and how to employ modern analytic tools and techniques from machine learning to game theory Learn how to structure and communicate your findings to convince audiences and compel action The secrets revealed in Bulletproof Problem Solving will transform the way you approach problems and take you to the next level of business and personal success.

Insignificant Events in the Life of a Cactus

Phulkari is a collection of poetry and prose that explores themes such as grief, identity, love, spirituality and healing. The themes specifically relate to the complexities that come with being a woman, a Panjabi, and a Sikh.

Unlearn: Let Go of Past Success to Achieve Extraordinary Results

How often have you fallen victim to your own thoughts? Perhaps you have over-thought every fearful situation and felt anxious about what could possibly happen? If this sounds like you and you are tired of lying in bed at night with an overactive mind then this book is for you. Your Mind is Your Home is a straight-to-the-point guide for learning how to cope with the world that you experience inside your own head. Being able to transform how you live inside your own mind is powerful. This in-depth guide will show you exactly how to stop re-playing those difficult and repetitive thoughts. It will also show you how to achieve a sense of peace and control in your mind. These techniques can be applied in any place and any time that you desire. You can expect to learn: How to be more mentally and emotionally present. How to stop binge-watching emotionally painful movies in your mind. How to release the past and stop worrying about the future. How to stop any difficult inner chatter. Quickly! How to think and feel better no matter what life presents. This book will allow your mind to be a safe and comfortable place where you have control so that you can live and feel better. Kamran Bedi, Mental Health & Wellbeing Practitioner, presents his findings and experiences for how the patterns of our minds can affect our lives, energy levels and happiness. As an NLP Master Practitioner & Trainer he has worked with people from all walks of life who exhibit patterns of thinking that result in feelings of mental and emotional discomfort. Kamran is also a leading practitioner utilising IEMT, Mindfulness and Hypnosis. He brings a fresh, modern & tech-savvy approach to helping you find more peace, control and ease within. kamranbedi.com IG @coachkamranbedi

An Introduction to Visual Communication

Why do some people drive change while others are blindsided by it? Why are some people able to adapt and thrive? How can we make change easier? Truly successful people don't merely tolerate discomfort—they embrace it and seek it out again and again. Business founders and university students, top athletes and couch potatoes, meditation gurus and military leaders all have very different ways of coping with discomfort, but the most successful among them believe that withstanding discomfort is a skill that has helped them in hugely positive ways. Some were forced into discomfort through no choice of their own—a life-altering illness, a business fiasco—while others signed up for it because they had goals they were determined to achieve. Some degree of discomfort is inherently good for you. It can spur you on, pushing you to test your own limits. Learning to tolerate, and then embrace, discomfort is the foundation for change, for individuals and businesses alike. Becoming comfortable with discomfort won't just make us more resilient and more successful, however we define success. It will also make us happier.

Meditation for Life

A NEW YORK TIMES BESTSELLER An entertaining, humorous, and inspirational memoir by the founder and chief creative officer of the multimillion-dollar lifestyle brand ban.do, who “has become a hero among women (and likely some men too) who struggle with mental health” (Forbes). After graduating from college, Jen Gotch was living with her parents, heartbroken and lost, when she became convinced that her skin had turned green. Hallucinating that she looked like Shrek was terrifying, but it led to her first diagnosis and the start of a journey towards self-awareness, acceptance, success, and ultimately, joy. With humor and candor, Gotch shares the empowering story of her unlikely path to becoming the creator and CCO of a multimillion-dollar brand. From her childhood in Florida where her early struggles with bipolar disorder, generalized anxiety, and ADD were misdiagnosed, to her winding career path as a waitress, photographer, food stylist, and finally, accidental entrepreneur, she illuminates how embracing her flaws and understanding the influence of mental illness on her creativity actually led to her greatest successes in business and life. Hilarious, hyper-relatable, and filled with fascinating insights and hard-won wisdom on everything from why it's okay to cry at work to the myth of busyness and perfection to the emotional rating system she uses every day, Gotch's inspirational memoir dares readers to live each day with hope, optimism, kindness, and humor.

The Upside of Being Down

Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to

become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

From Niggas to Gods

The internationally bestselling self-empowerment book from influencer, rapper, and spoken word artist Humble the Poet, now available in a new edition with a new foreword by the author. Unlearn offers short, accessible, and counterintuitive lessons for reaching our full potential. Beloved for his sincerity, playfulness, and sage advice, globally famous rapper, spoken word artist, poet, blogger, and influencer Humble the Poet has traditionally shared his message of self-discovery, creativity, and empowerment with his fans through music and written word. That message has now been extended to this empowering book, offering insights and wisdom that challenge conventional thinking and help you tap into your best, most authentic self. Humble sees life with unique clarity. In Unlearn, he opens our eyes to our own lives, helping us to recognize the possibilities that await us and the challenges that prevent us from realizing our dreams. With his characteristic honesty and forthrightness, he helps us shed the problematic lessons we've learned throughout our lives that limit us, from sabotaging habits, to fixed mindsets, to past regrets, and relearn new, unconventional ways of moving through life. Among his 101 lessons are: Fitting In Is a Pointless Activity Don't Trust Everything You Feel Killing Expectations Births Happiness Comparisons are Killer Baby Steps Add Up You Decide Your Worth Profound in its simplicity, Unlearn is the perfect invitation to a new beginning and to pursue a life of fulfillment.

Where I Come From

A comprehensive human anatomy guide for today's 3D artist, offering fundamental, theoretical and practical skills in anatomy and proportion.

It's All in Your Head

From the leader of Canada's New Democratic Party—Jagmeet Singh—comes a personal and heartfelt story about family and overcoming adversity. In October 2017, Jagmeet Singh was elected as the first visible minority to lead a major federal political party in Canada. The historic milestone was celebrated across the nation. About a month earlier, in the lead up to his election, Jagmeet held community meet-and-greets across Canada. At one such event, a disruptive heckler in the crowd hurled accusations at him. Jagmeet responded by calmly calling for all Canadians to act with “love and courage” in the face of hate. That response immediately went viral, and people across the country began asking, “Who is Jagmeet Singh? And why ‘love and courage’?” This personal and heartfelt memoir is Jagmeet's answer to that question. In it, we are invited to walk with him through childhood to adulthood as he learns powerful, moving, and sometimes traumatic lessons about hardship, addiction, and the impact of not belonging. We meet his strong family, including his mother, who teaches him that “we are all one; we are all connected,” a valuable lesson that has shaped who he is today. This story is not a political memoir. This is a story of family, love, and courage, and how strengthening the connection between us all is the way to building a better world.

Love Yourself Like Your Life Depends on It

New York Times-bestselling authors Marc and Angel Chernoff deliver instant inspiration and powerful advice for becoming our best selves. Millions of readers turn to Marc and Angel Chernoff for fresh, intimate insights for a fulfilled life. In this pithy and empowering guide, they collect the very best advice they've discovered, on topics that include overcoming setbacks, letting go of what's holding us back, nurturing relationships, finding time for self-care, and cultivating passion in order to achieve our wildest dreams. Topics include: * 10 Mistakes Unhappy People Make * 28 Ways to Stop Complicating Your Life * 12 Tough Truths That Help You Grow * 12 Amazingly Achievable Things to Do Today * 10 Timeless Lessons for a Life Well-Lived A perfect gift for a loved one or ourselves, this deceptively simple book is a touchstone to return to for a boost of motivation and inspiration.

Commentaries on the Laws of England

LIFE LESSONS FROM THE BIBLE'S RULE BREAKERS

Visualfestation

The Follow up to his debut 'UnLearn', Humble The Poet takes both himself and the ideas he discusses to deeper levels.

Unlearn: 101 Simple Truths for a Better Life

Courtney Carver shows us the power of simplicity to improve our health, build more meaningful relationships, and relieve stress in our professional and personal lives. We are often on a quest for more—we give in to pressure every day to work more, own more, and do more. For Carver, this constant striving had to come to a

stop when she was diagnosed with Multiple Sclerosis (MS). Stress was like gasoline on the fire of symptoms, and it became clear that she needed to root out the physical and psychological clutter that were the source of her debt and discontent. In this book, she shows us how to pursue practical minimalism so we can create more with less—more space, more time, and even more love. Carver invites us to look at the big picture, discover what's most important to us, and reclaim lightness and ease by getting rid of all the excess things.

Love & Courage

It's the reason why spending time on Facebook makes us feel sad and lonely. Why expensive name-brand medicines provide better pain relief than the generic stuff, even if they share the same ingredients. And why a hospital room with a good view speeds up recovery from surgery. The truth is, the way we think about ourselves and the world around us dramatically impacts our happiness, health, how fast or slow we age, and even how long we live. In fact, people with a positive mindset about aging live on average 7.5 years longer than those without. That might sound alarming to those of us who struggle to see the bright side, but the good news is we can make surprisingly simple changes or small shifts to how we think, feel, and act that will really pay off. In *The Positive Shift: Mastering Mindset to Improve Happiness, Health, and Longevity*, Dr. Catherine Sanderson breaks down the science of thought and shows how our mindset—or thought pattern—exerts a substantial influence on our psychological and physical health. Most important, this book demonstrates how, no matter what our natural tendency, with practice we can make minor tweaks in our mindset that will improve the quality—and longevity—of our life. Combining cutting-edge research from the fields of psychology, neuroscience, and medicine, as well as vivid real-world examples of the power of mindset, *The Positive Shift* gives readers practical and easy strategies for changing maladaptive thought patterns and behaviors so they can live longer, happier lives. These behaviors include: Appreciating nature, with actions as simple as eating lunch outside Giving to others, like volunteering Spending money on experiences, not possessions Living your best life is truly mind over matter. Believe in yourself and rethink your way to a happier reality.

UnLearn: 101 Simple Truths For A Better Life

A transformative system that shows leaders how to rethink their strategies, retool their capabilities, and revitalize their businesses for stronger, longer-lasting success. There's a learning curve to running any successful business. But when leaders begin to rely on past achievements or get stuck in old thinking and practices that no longer work, they need to take a step back—and unlearn. This innovative and actionable framework from executive coach Barry O'Reilly shows leaders how to break the cycle and move away from once-useful mindsets and behaviors that were effective in the past but are no longer relevant in the current business climate and may now stand in the way of success. With this simple but powerful three-step system, leaders can: 1. Unlearn the behaviors and mindsets that keep them and their businesses from moving forward. 2. Relearn the skills, strategies, and innovations that are transforming the world every day. 3. Break through old habits and thinking by opening up to new ideas, perspectives, and resources. Good leaders know they need to continuously learn. But great leaders

know when to unlearn the past to succeed in the future. This book shows them the way.

How to Be a Bawse

An inspirational book by self-made musical superstar, Russ, reminding you that it starts with YOU, to believe in yourself, and to get out of your own way. Twenty-six-year-old rapper, songwriter, and producer Russ walks his own path, at his own pace. By doing so, he proved that he didn't need a major label to surpass over a billion streams on Spotify/Apple Music, get on Forbes' 2019 "30 Under 30," make the Forbes' "30 Under 30 Cash Kings" at number 20 for most earned, sell out arenas across the U.S. and around the globe, and become one of the most popular and engaged rappers right now. His method was simple: love and believe in yourself absolutely and work hard no matter what. In this memoir, Russ inspires readers to walk to their individual rhythms and beat their biggest obstacles: themselves. With chapters named after his most powerful and popular songs, *It's All in Your Head* will reflect on the lessons he's learned from his career, family, and relationships. He'll push readers to bet on themselves, take those leaps of faith, and recognize struggles as opportunities. With illustrations throughout consistent with the brand Russ has built and his fan base loves, *It's All in Your Head* will give readers an inside-look at the man and the motivation behind the music. A lover of books like *The Alchemist* and *The Seven Spiritual Laws of Success*, Russ delivers a short, potent, inspirational, raw, and honest book that gives readers a way to find self-belief and unlock their potential. Fans already rely on Russ as an inspiration of confidence; now, he is taking it to the next level with this book, which will contain lyrics from his music and visuals that reflect his inimitable style. Russ utilizes his relentless passion and supreme confidence in his own talents to manifest his dreams and has been doing that since well before he was ever famous. In his first book, Russ gives readers the tools to do the same whether they want to succeed in music, in romance, or simply in life. In the vein of mega bestsellers like *Unf*ck Yourself* and *The Subtle Art of Not Giving a F*ck*, Russ's memoir levels with his readers: there are no shortcuts to success.

Penetration

If you've ever tried to budget but found it just doesn't work, you need to read this book. When it comes to saving and spending money, we're not all the same. Yet for too long, the financial advice world has treated us as if we are. This book will give you the tools you need to make that long-awaited financial breakthrough, allowing you to discover your 'Financial Phenotype': the unique combination comprising your Money Story, your Money Environment, your Money Type and, just as importantly, the habits, triggers and tricks that are right for you. Once you realise that the one-size-fits-all approach to finances you've been trying to adopt doesn't work for most people, it can be liberating. Finally there's a rational explanation for why you've struggled with money-why you're perpetually sabotaging, why you're constantly at loggerheads with your partner or why you just can't seem to be consistent. When it comes to other areas of your life, such as food and exercise, you've no doubt embraced a multi-faceted, often highly personalised approach and you recognise that's important. Why should it be any different when it comes to your finances? That's why understanding your Money Story and discovering your

Money Type is the key to financial success.

Beneath the Surface

At long last, here is the paperback edition of beloved columnist and author Susan L. Taylor's bestselling collection of spiritual writings on overcoming the challenges of everyday life. Revealing the spiritual lessons Susan has learned first-hand from grappling with the challenges and difficulties in her own life, *Lessons in Living* is a celebration of the journey of life that has already become a classic. Written in the anecdotal style that has made Susan's "In the Spirit" column the most popular feature of *Essence* magazine, *Lessons in Living* addresses the themes that have been her unique territory for over a decade: self empowerment, the exploration of love and self-worth, and issues of faith and commitment. From the Trade Paperback edition.

Wake the F*ck Up

a message to the Black Youth. This is a compilation of individual essays written during the summer-fall of 1992. The essays are designed to inspire thought within the Black Mind. These writings are primarily targeted toward the Black Youth of this day, of which I am a part of. I am not a Master of these teachings, but these teachings I wish to Master. They say that my generation is not intelligent enough to read a book. I say that They are wrong. It is just that They are not writing about anything of interest that is relevant to our lives! And when They do write something, they have to write in the perfect King's English to impress their Harvard Professors! Here we are with a book in one hand, and a dictionary in the other, trying to understand what in the hell the author is talking about! If you have got something to say, just say it! We are not impressed by your 27-letter words, or your Shakespearian style of writing. The Black Youth of today don't give a damn about Shakespeare!!! This ain't no damn poetry contest! We are dealing with the life, blood, and salvation of our entire Black Nation! If you want to reach the People, you have to embrace us where we are, and then take us where we need to go. So, these writings are from my generation and for my generation with respect and love. If no one will teach, love and guide us, then we will teach love and guide ourselves. Peace.

Soulful Simplicity

In Philly 80's babies were often raised in single parent homes, young girls attracted to fast money and the "glamorous" life. Sex was everywhere, and the older guys took full advantage. Interactions were inappropriate sometimes vulgar yet became the norm. Forced to make grown-up decisions you had to learn quick who had the power and how important it is was to maintain the control. Filled with explicit and unapologetic truth *Penetration* takes you on an erotic and emotional ride through the life of a self-aware millennial woman. Often plagued with the question why me? She effortlessly takes the reader through the most profound relationships that have impacted her life and served as a backdrop for every decision she's made thus far. *Penetration* will leave you speechless and make you think twice about sexuality, influence and power.

Unthinkable

Charlamagne Tha God, New York Times bestselling author of *Black Privilege* and always provocative cohost of Power 105.1's *The Breakfast Club*, reveals his blueprint for breaking free from your fears and anxieties. Being "shook" is more than a rap lyric for Charlamagne, it's his mission to overcome. While it may seem like he's ahead of the game, he is actually plagued by anxieties, such as the fear of losing his roots, the fear of being a bad dad, and the fear of being a terrible husband. In the national bestseller *Shook One*, Charlamagne chronicles his journey to beat those fears and shows a path that you too can take to overcome the anxieties that may be holding you back. Ironically, Charlamagne's fear of failure—of falling into the life of stagnation or crime that caught up so many of his friends and family in his hometown of Moncks Corner—has been the fuel that has propelled him to success. However, even after achieving national prominence as a radio personality, Charlamagne still found himself paralyzed by anxiety and distrust. Here, in *Shook One*, he is working through these problems—many of which he traces back to cultural PTSD—with help from mentors, friends, and therapy. Being anxious doesn't serve the same purpose anymore. Through therapy, he's figuring out how to get over the irrational fears that won't take him anywhere positive. Charlamagne hopes *Shook One* can be a call to action: Getting help is your right. His second book "cements the radio personality's stance in making sure he's on the right side of history when it comes to society's growing focus on mental health, while helping remove the negative stigma" (Billboard).

Shook One

VisualFestation is a guide book that will show you exactly how to manifest the life of your dreams. Unlike other books on the law of attraction, the Author has successfully used the *VisualFestation* System to manifest miracles in his own life, and he shares them with you in *VisualFestation*. When you are finished with this book, you will have all the tools you need to create miracles in your life through practicing the *VisualFestation* System.

Little Ways to Keep Calm and Carry On

An instant New York Times bestseller! Charlamagne Tha God—the self-proclaimed "Prince of Pissing People Off," cohost of Power 105.1's *The Breakfast Club*, and "the most important voice in hip-hop"—shares his eight principles for unlocking your God-given privilege. In *Black Privilege*, Charlamagne presents his often controversial and always brutally honest insights on how living an authentic life is the quickest path to success. This journey to truth begins in the small town of Moncks Corner, South Carolina, and leads to New York and headline-grabbing interviews and insights from celebrities like Kanye West, Kevin Hart, Malcolm Gladwell, Lena Dunham, Jay Z, and Hillary Clinton. *Black Privilege* lays out all the great wisdom Charlamagne's been given from many mentors, and tells the uncensored story of how he turned around his troubled early life by owning his (many) mistakes and refusing to give up on his dreams, even after his controversial opinions got him fired from several on-air jobs. These life-learned principles include: -There are no losses in life, only lessons -Give people the credit

they deserve for being stupid—starting with yourself -It's not the size of the pond but the hustle in the fish -When you live your truth, no one can use it against you -We all have privilege, we just need to access it By combining his own story with bold advice and his signature commitment to honesty no matter the cost, Charlamagne hopes Black Privilege will empower you to live your own truth.

Black Privilege

From the international bestselling author of Unlearn, Humble the Poet speaks new truths about how we can create silver linings from our most difficult moments. Every one of us endures setbacks, disappointments, and failures that can beat us down. But we don't have to let them. Instead, we can use them as opportunities for growth. In *Things No One Else Can Teach Us*, Humble the Poet goes against conventional wisdom for happiness and success, showing us how our most painful experiences can be our greatest teachers. Humble shares raw, honest stories from his own life—from his rocky start becoming a rapper to nearly going broke to battling racism—to demonstrate how we can change our minds to better our lives. From a breakup to losing a loved one, our hardest moments can help us flourish, but only if we seize the opportunity. While we can't control life, we have the power to control how we react to it. *Things No One Else Can Teach Us* reminds us that we have the power to transform the way we respond to everyday challenges and ultimately be our best selves.

The Positive Shift

Winner of the 2017 Goodreads Choice Awards: Non-Fiction Book of the Year! The official debut book from YouTube phenomenon Lilly Singh. 'The ultimate no-nonsense manual for millennials how how to make it to the top' Marie Claire From actress, comedian and YouTube sensation Lilly Singh (aka Superwoman) comes the definitive guide to being a BAWSE - a person who exudes confidence, reaches goals, gets hurt efficiently, and smiles genuinely because they've fought through it all and made it out the other side. Told in her hilarious, bold voice that's inspired over 9 million fans, and using stories from her own life to illustrate her message, Lilly proves that there are no shortcuts to success. **WARNING:** This book does NOT include hopeful thoughts, lucky charms, and cute quotes. That's because success, happiness and everything else you want in life needs to be fought for - not wished for. In Lilly's world, there are no escalators. Only stairs.

Learn to Unlearn to Relearn

Career, relationships, health, happiness, sport, creativity can all be enhanced by the practice of meditation. It has the power to improve every aspect of our lives. It can be a relaxation technique or a spiritual exercise, but it is also so much more. This book is an attempt to explain the 'more'.

Things No One Else Can Teach Us

Forget what you think you know

Think Like a Monk

THE SELF-PUBLISHED PHENOMENON —NOW FULLY REVISED AND EXPANDED I almost didn't publish *Love Yourself Like Your Life Depends on It*. Here I was, a CEO who'd fallen apart after his company failed, writing a book about how loving himself saved him. I thought I'd be a laughingstock and my career would be finished. But I stepped through the fears and shared my truth with the world. The book went viral. Amazing people all over bought copies for friends and family. For some, this book saved their lives. For others, it was the first time they ever loved themselves. Many readers reached out and asked questions. This taught me that, to create lasting impact, I had to go deeper. So, seven years later, here it is. All the questions I received, resolved. My intention is that by the time you finish this new edition, not only will you be committed to loving yourself, you'll know exactly how to do it. And, most importantly, how to make it last.

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