

The Self Care Project How To Let Go Of Frazzle And Make Time For You

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Atomic Habits - James Clear 2018-10-16

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians,

and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

*Get Your Sh*t Together* - Sarah Knight 2016-12-27

The New York Times bestseller from the author of *The Life-Changing Magic of Not Giving a F*ck* and *You Do You*. The no-f*cks-given, no-holds-barred guide to living your best life. Ever find yourself stuck at the office-or even just glued to the couch -- when you really want to get out (for once), get to the gym (at last), and get started on that "someday" project you're always putting off? It's time to get your sh*t together. In *The Life-Changing Magic of Not Giving a F*ck*, "anti-guru" Sarah Knight introduced readers to the joys of mental decluttering . This book takes

you one step further -- organizing the f*cks you want and need to give, and cutting through the bullsh*t cycle of self-sabotage to get happy and stay that way. You'll discover: The Power of Negative Thinking Three simple tools for getting your sh*t together How to spend less and save more Ways to manage anxiety, avoid avoidance, and conquer your fear of failure And tons of other awesome sh*t! Praise for Sarah Knight:

"Genius." -- Cosmopolitan "Self-help to swear by." -- The Boston Globe

"Hilarious... truly practical." -- Booklist

Best Self - Mike Bayer 2021-04-20

New York Times Bestseller Foreword by Dr. Phil McGraw Ask

yourself...are you truly who you want to be? Is this the life you really want? Are you living each day as your best self? What can you change, today? How would you answer those questions? Think about your daily life. Are you thriving, or going through the motions? Are your days full of work, relationships and activities that are true to your authentic self, or do you feel trapped on a treadmill of responsibility? If you dream of a better life, now is the time to turn your dream into reality. And the tools you need are within your grasp, to design a life that is fulfilling on the deepest levels. *Best Self* will show you how. Mike Bayer, known to the thousands of clients whose lives he has changed as Coach Mike, has helped everyone from pop stars to business executives to people just like you discover the freedom to be their best selves. By asking them and leading them to ask themselves a series of important but tough questions--such as "What are your core values?" "Do you go to bed each day more knowledgeable than when you woke up?" and "Am I neglecting some aspect of my physical health out of fear or denial?"--he helps them see what their Best Selves and Anti-Selves really look like. As a mental health specialist, a personal development coach, and an all-around change agent, Mike has seen the amazing ways in which lives can improve with honesty and clarity. He understands our struggles intimately, because he's faced--and overcome--his own. And he knows that change is possible. By working through each of the Seven SPHERES of life--Social, Personal, Health, Education, Relationships, Employment and Spiritual Development--*Best Self* is an accessible and interactive

book that distills all of Coach Mike's wisdom into a compact, focused guide that will ignite anyone's desire for change. Chock full of revealing quizzes, and full of provocative questionnaires, *Best Self* will empower you to embrace your authenticity, acknowledge what is holding you back, and break through to live a passionate life to the fullest, forever.

[The Willpower Instinct](#) - Kelly McGonigal 2013-12-31

Based on Stanford University psychologist Kelly McGonigal's wildly popular course "The Science of Willpower," *The Willpower Instinct* is the first book to explain the science of self-control and how it can be harnessed to improve our health, happiness, and productivity. Informed by the latest research and combining cutting-edge insights from psychology, economics, neuroscience, and medicine, *The Willpower Instinct* explains exactly what willpower is, how it works, and why it matters. For example, readers will learn:

- Willpower is a mind-body response, not a virtue. It is a biological function that can be improved through mindfulness, exercise, nutrition, and sleep.
- Willpower is not an unlimited resource. Too much self-control can actually be bad for your health.
- Temptation and stress hijack the brain's systems of self-control, but the brain can be trained for greater willpower
- Guilt and shame over your setbacks lead to giving in again, but self-forgiveness and self-compassion boost self-control.
- Giving up control is sometimes the only way to gain self-control.
- Willpower failures are contagious—you can catch the desire to overspend or overeat from your friends—but you can also catch self-control from the right role models. In the groundbreaking tradition of *Getting Things Done*, *The Willpower Instinct* combines life-changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting, less procrastination, better health, and greater productivity at work.

Use It - Cheryl Hunter 2012-06

As eighteen-year-old Cheryl Hunter escapes rural Colorado for the bright lights of Europe, she does so with nothing more than an over-packed suitcase and a dream. Once there, her mind is bent on solving one problem alone: how does a small-town cowgirl pull off the feat of becoming an international supermodel? When Cheryl is abducted, raped

and brutally beaten instead, she is faced with solving a much bigger problem: how does she survive? Using her journey of rising from the ashes as fuel, Hunter delivers a step-by-step method that can be applied by anyone who has ever dealt with less-than-favorable circumstances. In a world where—let's face it—life often hijacks our personal agendas, Cheryl shows you how to immediately take back the reins, design a life you love, and become the unstoppable force of nature you were born to be.

Self-Care for Moms - Sara Robinson 2019-04-02

150 quick and easy self-care activities especially for busy moms—perfect for even the most chaotic schedule. As a mom, you care—a lot. Whether it be physical, emotional, social, or practical, you're there to attend to all of your family's needs. But with so much to take care of, it can be hard to find time to care of yourself. With *Self-Care for Moms*, you'll learn how easy it is to incorporate self-care into your own routine in practical, yet meaningful, ways. In this book, you'll find 150 realistic self-care activities that you can try right away. To help busy moms like you maximize any moment you can find for yourself, each activity is designed to fit easily within a set short time frame. For example: 5 minutes: Call a friend; Listen to a favorite song; Light a candle 15 minutes: Soak your feet; Read a chapter in a book; Enjoy a leisurely cup of tea 30 minutes: Give yourself a facial; Plan for a vacation; Go for a walk 1 hour: Meet a friend for lunch; Go for a manicure; Attend a workout class You'll also find ideas for activities that span larger amounts of time for inspiration and motivation to take some much-needed and well-earned extra time for yourself. There's even a few aspirational activities, such as trips or projects, that last a day—or more—with a realistic plan for how to organize and coordinate your schedule to accommodate the occasional—but very important—extended time to focus on yourself. Start taking time for you—it's easier than you think and besides, you deserve it!

Transforming the Pain - Karen W. Saakvitne 1996

This workbook provides tools for self-assessment, guidelines and activities for addressing vicarious traumatization, and exercises to use

with groups of helpers.

The Self-Acceptance Project - Various Authors 2016-04-01

Even after years of spiritual practice, self-improvement, or therapy, many of us still have trouble with one essential challenge: self-acceptance. How do we stop from constantly judging ourselves as inadequate, finding fault with our bodies, or being plagued by our inner critics? The Self-Acceptance Project was created to help us find a solution. In this collection of essays, contemporary luminaries in spirituality, psychology, and creativity offer insights and teachings for truly embracing who we are—no matter what our circumstances. Why is it often so much easier to feel compassion and forgiveness toward others than toward ourselves? Where do our self-critical voices come from? Can we be motivated to grow and excel while still accepting ourselves as we are? In these 20 offerings, some of today's most trusted teachers share valuable practices and techniques for building confidence, transforming our relationships with our inner critics, and cultivating kindness and compassion toward ourselves on a consistent basis.

The Self Helper - Adam Wolfe 2016-01-04

The Self Helper is an interactive self-discovery workbook and journal. If we are truly going to help each other and the world, we need to work on our selves first. The Self Helper was created to do just that.

Getting Things Done - David Allen 2015-03-17

The book *Lifhack* calls "The Bible of business and personal productivity." "A completely revised and updated edition of the blockbuster bestseller from 'the personal productivity guru'"—Fast Company Since it was first published almost fifteen years ago, David Allen's *Getting Things Done* has become one of the most influential business books of its era, and the ultimate book on personal organization. "GTD" is now shorthand for an entire way of approaching professional and personal tasks, and has spawned an entire culture of websites, organizational tools, seminars, and offshoots. Allen has rewritten the book from start to finish, tweaking his classic text with important perspectives on the new workplace, and adding material that will make the book fresh and relevant for years to come. This new edition

of Getting Things Done will be welcomed not only by its hundreds of thousands of existing fans but also by a whole new generation eager to adopt its proven principles.

The Zones of Regulation - Leah M. Kuypers 2011

"... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called "zones," with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD."--Publisher's website.

Do It For Yourself - Kara Cutruzzula 2022-07-19

A bold motivational journal for anyone seeking to boost their productivity. Whether you're embarking on a new project or planning your future, understanding what makes you tick is the crucial first step in making things happen. Do It For Yourself combines the pop-art-inspired graphics of *Subliming* with 75 thought-provoking prompts by creativity and productivity expert Kara Cutruzzula. Choose any goal and work through

the five stages of the journal—getting going, building momentum, overcoming setbacks, following through, and seeking closure—or just open it to the phase you're in now. Each exercise is designed to help reorient your outlook, overcome roadblocks, and encourage mindfulness, with powerful typographic quotes to inspire you along the way. In these pages, find the much-needed space to focus your energy, clear up mental clutter, and set yourself up for success. Because isn't it time you did it for yourself?

The Four Tendencies - Gretchen Rubin 2017-09-12

In this groundbreaking analysis of personality type, bestselling author of *Better Than Before* and *The Happiness Project* Gretchen Rubin reveals the one simple question that will transform what you do at home, at work, and in life. During her multibook investigation into understanding human nature, Gretchen Rubin realized that by asking the seemingly dry question "How do I respond to expectations?" we gain explosive self-knowledge. She discovered that based on their answer, people fit into Four Tendencies: Upholders, Questioners, Obligers, and Rebels. Our Tendency shapes every aspect of our behavior, so using this framework allows us to make better decisions, meet deadlines, suffer less stress, and engage more effectively. More than 600,000 people have taken her online quiz, and managers, doctors, teachers, spouses, and parents already use the framework to help people make significant, lasting change. The Four Tendencies hold practical answers if you've ever thought: • People can rely on me, but I can't rely on myself. • How can I help someone to follow good advice? • People say I ask too many questions. • How do I work with someone who refuses to do what I ask—or who keeps telling me what to do? With sharp insight, compelling research, and hilarious examples, *The Four Tendencies* will help you get happier, healthier, more productive, and more creative. It's far easier to succeed when you know what works for you.

The Inner Critic Advantage - Andrea Patten 2016-01-29

Isn't it time you stopped letting your brain kick your butt? You really can make your inner critic an inner ally. Everyone's got an inner critic. Have you tried to silence it? Ignore it? It didn't work, did it? It's not your fault:

popular quick-fix tactics can ultimately make it worse. The Inner Critic Advantage can help you re-imagine that confidence-crushing voice, appreciate the power in that part of your brain, and develop sure-fire strategies to turn that critic into your strongest ally. What if you could: - Recognize your inner critic as a powerful secret weapon - Discover why inner critics are so darned strong- Transform your inner critic from stress to strength- Use it to speed ahead of your competition- Give your best ideas a better chance to thrive - Develop ninja-level self-care skills- Tackle change with curiosity and confidence" In The Inner Critic Advantage, Andrea Patten offers a fresh and intriguing perspective: welcome your inner critic with patience, curiosity, and humor. Thought-provoking and well written." -Penny Ziegler, M.D. "Andrea doesn't just deliver great advice and innovative strategies. She gives her readers gifts few authors offer: compassion, respect and love. She really wants them to thrive, and that comes through in every line of this warm, wonderful book." -Tim Vandehey, co-author, Produced By Faith and The WaitWho couldn't use another ally? Let The Inner Critic Advantage point you in a more peaceful and productive direction.

365 Days of Self-Care: A Journal - Jayne Hardy 2019-04-09

It's one thing to understand how important self-care is, but how many of us actually manage to make the time do it? Self-care is a preventative action that focuses on our health and happiness, and yet so often it gets put aside when other things, and people, vie for our time and attention - it's only when life has knocked us to our knees that we realise how vitally important it is. Following on from the hugely popular The Self-Care Project, Jayne Hardy, CEO and founder of The Blurt Foundation, helps us to plan for obstacles, devise contingency plans, be mindful of the way our days play out, and prioritise the things that are truly important to us. With the flexibility of choosing to start the journal anytime; on any day, in any year, this is the essential companion for bringing more self-care into your life.

The Self-Care Project - Jayne Hardy 2019-01-08

'Refreshing, heartfelt and humble. This book will be a game changer in promoting positive mental health' Sarah Turner, The Unmumsy Mum

Everything you need to know about self-care; what it is, why it's important, why it's such a struggle and how to integrate it into day-to-day life. Self-care is a tool, accessible to us all, which helps us to take responsibility for our own happiness - our physical, emotional, psychological and social needs. Jayne Hardy, founder and CEO of The Blurt Foundation, argues that it is the best preventative measure available to us to combat overwhelmedness, stress and ill health, in our hectic, modern world. The Self-Care Project is for those who have been feeling off-kilter for a while but have not been able to put their finger on 'why'. It is a no-nonsense, practical journey to help you do just that. It'll walk you through the case for self-care (why it's so darn important), why it isn't selfish at all, help you explore what self-care means for you, what your obstacles might be and provide advice on how to chisel out daily space for self-care in a practical, achievable and realistic way. 'Reading this is like a therapy session with a trusted, empathetic friend determined to help you turn things around, minus any irritating self-righteousness' The Independent

The Happiness Project (Revised Edition) - Gretchen Rubin 2015-12-29

"This book made me happy in the first five pages." —AJ Jacobs, author of The Year of Living Biblically: One Man's Humble Quest to Follow the Bible as Literally as Possible Award-winning author Gretchen Rubin is back with a bang, with The Happiness Project. The author of the bestselling 40 Ways to Look at Winston Churchill has produced a work that is "a cross between the Dalai Lama's The Art of Happiness and Elizabeth Gilbert's Eat, Pray, Love." (Sonya Lyubomirsky, author of The How of Happiness: A Scientific Approach to Getting the Life You Want) In the vein of Julie and Julia, The Happiness Project describes one person's year-long attempt to discover what leads to true contentment. Drawing at once on cutting-edge science, classical philosophy, and real-world applicability, Rubin has written an engaging, eminently relatable chronicle of transformation.

The Awesome Human Project - Nataly Kogan 2022-02-08

"The Awesome Human Project is an accessible, super-practical book that

teaches the emotional fitness skills so many of us need to struggle less, have more energy, and experience more meaning and joy in life and at work"--

Self-Reliance - Ralph Waldo Emerson 2018-01-16

The Extraordinary Manifesto of Independent Living -Newly Abridged and Introduced in this Powerful Condensation Self-Reliance is a life-changing experience-its message of nonconformity, self-expression, and personal independence can awaken you to a new, and better, way of living. Now, historian and New Thought scholar Mitch Horowitz has deftly and faithfully retained the most powerful ideas of Ralph Waldo Emerson's original classic, and reintroduced this work in this one-of-a-kind condensation. Listenable within the space of an average commute or lunch hour, the experience of Self-Reliance may represent a true turning point in your life.

Willpower - Roy F. Baumeister 2011-09-01

One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. "Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read." —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won't reach our goals without first learning to harness self-control.

The Little Book of Self-Care - Adams Media 2017-10-17

This beautiful, inspiring book features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Self-care is an essential part of wellness. From self-massage to meditations to decluttering, The Little Book of Self-Care provides relaxation exercises to help you focus on your own personal needs in an enjoyable way. By caring for yourself, you'll learn how to care for the world around you.

Radical Rest - Richard Lister 2021-02-04

We live in a hectic world that demands us to always be 'on'. Whether it is pressure at work, or families to look after, rest is almost always an afterthought. We've been led to believe that rest, or the notion of rest, is quite the indulgence. In Radical Rest, trained nurse and holistic coach Richard Lister will provide you with a series of simple, effective ways to take responsibility for your own health and wellbeing, enabling you to cultivate a relationship with rest, to help your body heal and more importantly, stay in its optimum operating state. So that you can rest AND get more done.

Self-help - Samuel Smiles 1866

Self-Care - Insight Editions 2019-01-08

This guided journal encourages the cultivation of mindfulness and general well-being amid a busy modern lifestyle. Self-Care: A Day and Night Reflection Journal offers a space to commit to your self-care routine with intention and dedication—helping you develop positive thinking, overcome challenging and stressful experiences and negative emotions, and cultivate a general sense of well-being and a healthy lifestyle. This 90-day journal gives you a path to creating a habit of regular self-care that you can carry with you throughout your life. Immersed in your busy day-to-day activities, it's easy to forget to focus on the present and what's most important. This journal provides a place to record your thoughts and activities and consider how they affect your emotional and physical health. The journal is intended for those who want to foster deep reflection as well as for those who simply want to take better care of themselves. Having filled the journal with positive

thoughts and routines, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time.

Filled with delicate illustrations, this 90-day journal will help you integrate self-care and deep reflection into your life. Its 184 lined, acid-free pages made from archival paper take both pen and pencil nicely.

Self-Therapy - Jay Earley 2009

Understand your psyche in a clear and comprehensive way, and resolve deep-seated emotional issues... 'Self-Therapy' makes the power of a cutting-edge psychotherapy approach accessible to everyone. Internal Family Systems Therapy (IFS) has been spreading rapidly across the country in the past decade. It is incredibly effective on a wide variety of life issues, such as self-esteem, procrastination, depression, and relationship issues. IFS is also user-friendly; it helps you to comprehend the complexity of your psyche. Dr. Earley shows how IFS is a complete method for psychological healing that you can use on your own. 'Self-Therapy' is also helpful for therapists because it presents the IFS model in such detail that it is a manual for the method. The fact that Jay Earley wrote this book is high praise for the IFS model because he was an accomplished writer and thinker long before encountering IFS. Jay's passion has been to introduce IFS to a lay audience so that people can work with their parts on their own. Through well-described experiential exercises and examples of actual IFS sessions, you will be able to enter your inner world, heal your extreme parts, and transform them into valuable resources. -Richard Schwartz, PhD, creator of IFS, from the Foreword

Fratelli Tutti - Pope Francis 2020-11-05

Self-Care for the Real World - Nadia Narain 2017-12-28

THE TOP TEN BESTSELLER 'Unusually practical, non-patronising and authentic. Think Marie Kondo for the mind' Sunday Times Wellness pioneers Nadia Narain and Katia Narain Phillips have spent decades helping others to feel their best. But it took them a bit longer to learn to care for themselves. Here they share the small, achievable steps they picked up on a lifetime's journey towards self-care,

and how you can apply them to your life, wherever you are. Right now, you may be deep in the waves of life, being tossed around. Learning self-care is like building your own life boat, plank by plank. Once you've got your boat, you'll still be rocked by the same waves, but you'll have a feeling of safety, and a stability that means you can pick other people up on your way.

The Self-Care Year - Alison Davies 2021-09-30

The Self-Care Year reveals how to re-connect with your body and mind and engage with your surroundings, how to slow down, live in tune with the seasons, and pay attention to the present moment. Each season is different and special, bountiful and beautiful in its own unique way. The book is divided into spring, summer, autumn and winter and covers how you can harness the changing seasons and take inspiration from the natural world, with bite-sized self-care practices, projects and mind and body exercises for each chapter. Offering tips and rituals for better sleep, yoga positions, breathing and meditation exercises, as well as simple craft projects and seasonal affirmations, this book is for those who are seeking a slower pace and want to carve out quiet, mindful moments in their lives. Whether you're a lover of the first buds of spring, a summer sun worshipper, a fan of the crisp burnt offerings as the year turns or a winter wonderland devotee, there is something for everyone.

The Little Book of Self-Care - Mel Noakes 2017-07-27

Step back from the overload this New Year and find some time for yourself. You are important too. With encouraging reminders, inspiring thoughts, easy wins and practical advice, The Little Book of Self Care will help you identify your needs so you can relax, refuel and find calm in your hectic life. This book will tell you why mindset is key, how to nourish instead of punish yourself, how to exercise and sleep and why it is important to go slow sometimes. You live your whole life being you, so why not be your own best friend?

Authentic Happiness - Martin Seligman 2011-01-11

In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into

their lives. In *Authentic Happiness*, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. *Authentic Happiness* provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

The Self-Care Project - Jayne Hardy 2017-12-14

'Refreshing, heartfelt and humble...a game changer in promoting positive mental health' Sarah Turner, bestselling author of *THE UNMUMSY MUM* There's a damaging misconception in society that putting ourselves first is an act of selfishness. But self-care is not just a millennial buzzword. Without the restorative power of self-care, how will we ever escape the vicious circle where we're sick and fed-up of feeling sick and fed-up? Self-care is a tool, accessible to us all, which helps us to take responsibility for our own happiness - our physical, emotional, psychological and social needs. Jayne Hardy, founder and CEO of The Blurt Foundation, argues that it is the best preventative measure available to us to combat overwhelmedness, stress and ill health, in our hectic, modern world. *The Self-Care Project* is for those who have been feeling off-kilter for a while but have not been able to put the finger on the 'why'. It is a no-nonsense, practical journey to help you do just that. It'll walk you through the case for self-care (why it's so darn important), why it isn't selfish at all, help you explore what self-care means for you, what your obstacles might be and provide advice on how to chisel out daily space for self-care in a practical, achievable and realistic way. 'Reading this is like a therapy session with a trusted, empathetic friend determined to help you turn things around, minus any irritating self-righteousness' *The Independent*

Kind Words for Unkind Days - Jayne Hardy 2021-01-12

A practical pick-me-up for life's tough days, this book is the perfect guide to help you feel happier, healthier and calmer. We all have days where we feel like the world is getting us down. But here's the thing - you're not alone. From helping us see what strong really looks like, to what to do when you have no energy for self-care; Jayne Hardy shows us that even on our most difficult days, a little kindness can go a very long way. With easily digestible advice and soothing messages to help you find brightness on even the darkest days, this is the book we all need. Perfect for yourself or as a gift to a family member or friend, this book is the message we all need to hear: Be kind.

Half Sick of Shadows - Laura Sebastian 2021-07-06

"Laura Sebastian is the next Madeline Miller. . . . a fierce, fresh, lyrical tale that will enthrall until the last page."--Kate Quinn, *New York Times* bestselling author of *The Huntress* A Popsugar Best Summer Read of 2021 A Bibliolifestyle Most Anticipated Summer 2021 Sci-fi and Fantasy Book "Magical, haunting, unique--I haven't been so excited about an Arthur book since I read *The Once and Future King* ."--Tamora Pierce, #1 *New York Times* bestselling author *The Lady of Shalott* reclaims her story in this bold feminist reimagining of the Arthurian myth from the *New York Times* bestselling author of *Ash Princess*. Everyone knows the legend. Of Arthur, destined to be a king. Of the beautiful Guinevere, who will betray him with his most loyal knight, Lancelot. Of the bitter sorceress, Morgana, who will turn against them all. But Elaine alone carries the burden of knowing what is to come--for Elaine of Shalott is cursed to see the future. On the mystical isle of Avalon, Elaine runs free and learns of the ancient prophecies surrounding her and her friends--countless possibilities, almost all of them tragic. When their future comes to claim them, Elaine, Guinevere, Lancelot, and Morgana accompany Arthur to take his throne in stifling Camelot, where magic is outlawed, the rules of society chain them, and enemies are everywhere. Yet the most dangerous threats may come from within their own circle. As visions are fulfilled and an inevitable fate closes in, Elaine must decide how far she will go to change destiny--and what she is willing to sacrifice

along the way.

The Little Book of Self-Care - Joanna Gray 2020-01-07

"To love oneself is the beginning of a lifelong romance." Oscar Wilde
When pursuing your dreams and a joyous, fulfilling life, self-care isn't just beneficial, it's essential. More than just a fad, self-care is a way to nurture the soul, feel secure in your own skin and restore yourself to optimum health, both mentally and physically. Despite this, self-care isn't always at the top of everyone's to-do list and often becomes an afterthought in our busy lives. The Little Book of Self-Care shows you how to take time for yourself, keep stress at bay and take control of your mental health. Through restorative tips, positive quotes and inspiring exercises, learn how to untangle your busy life, embrace your wellbeing and fall back in love with yourself.

Fair Play - Eve Rodsky 2021-01-05

AN INSTANT NEW YORK TIMES BESTSELLER A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the "shefault" parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family--and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is Fair Play: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, Fair Play helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. "Winning" this game means rebalancing your home life, reigniting your relationship with your significant other, and

reclaiming your Unicorn Space--the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.

Eat That Frog! - Brian Tracy 2008-11-13

Every idea in this book is focused on increasing your overall levels of productivity, performance, and output and on making you more valuable in whatever you do. You can apply many of these ideas to your personal life as well. Each of these twenty-one methods and techniques is complete in itself. All are necessary. One strategy might be effective in one situation and another might apply to another task. All together, these twenty-one ideas represent a smorgasbord of personal effectiveness techniques that you can use at any time, in any order or sequence that makes sense to you at the moment. The key to success is action. These principles work to bring about fast, predictable improvements in performance and results. The faster you learn and apply them, the faster you will move ahead in your career - guaranteed! There will be no limit to what you can accomplish when you learn how to Eat That Frog!

A Year of Self-Care - Zoe Shaw 2021-02-02

Embrace self care with a year of prompts, quotes, and affirmations Strengthen your mental well-being through quick daily prompts that make it easy to establish a rewarding habit of self care. This book includes 366 different insightful prompts, powerful quotes, and encouraging affirmations to help you start every day with a sense of positivity and optimism. Explore all forms of self care--Discover what self care means for you with exercises that include writing down what you're grateful for, taking a refreshing new route to work, or taking a breather from social media. Bite-size inspiration--Prime your mind for self care by reading each brief entry in the morning and living it out with intent and purpose for the rest of the day. A theme for every month--Explore 12 different values that bolster self-care as you move through the year, including relationships, gratitude, simplicity, and discipline. Spend one full year forming healthy habits for practicing self care every day of your life.

The Love Hypothesis - Ali Hazelwood 2021-09-14

The Instant New York Times Bestseller and TikTok Sensation! As seen on THE VIEW! A BuzzFeed Best Summer Read of 2021 When a fake relationship between scientists meets the irresistible force of attraction, it throws one woman's carefully calculated theories on love into chaos. As a third-year Ph.D. candidate, Olive Smith doesn't believe in lasting romantic relationships--but her best friend does, and that's what got her into this situation. Convincing Anh that Olive is dating and well on her way to a happily ever after was always going to take more than hand-wavy Jedi mind tricks: Scientists require proof. So, like any self-respecting biologist, Olive panics and kisses the first man she sees. That man is none other than Adam Carlsen, a young hotshot professor--and well-known ass. Which is why Olive is positively floored when Stanford's reigning lab tyrant agrees to keep her charade a secret and be her fake boyfriend. But when a big science conference goes haywire, putting Olive's career on the Bunsen burner, Adam surprises her again with his unyielding support and even more unyielding...six-pack abs. Suddenly their little experiment feels dangerously close to combustion. And Olive discovers that the only thing more complicated than a hypothesis on love is putting her own heart under the microscope.

Self-Compassion - Dr. Kristin Neff 2011-04-19

Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

Drawdown - Paul Hawken 2017-04-18

• New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world "At this point in time, the Drawdown book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope." —Per Espen Stoknes, Author, What We Think About When We Try Not To Think About Global Warming "There's been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom." —David Roberts, Vox "This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook." —Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth's warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world.