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THE LEARNING HABIT

A GROUNDBREAKING APPROACH TO HOMEWORK AND PARENTING THAT HELPS OUR CHILDREN SUCCEED IN SCHOOL AND LIFE

Penguin A groundbreaking approach to building learning habits for life, based on a major new study revealing what works - and what doesn't Life is different for kids today. Between standardized testing, the Common Core Curriculum, copious homework assignments, and seemingly endless amounts of "screen time," it's hard for kids - and parents - to know what's most essential. How can parents help their kids succeed - not just do well "on the test" -- but develop the learning habits they'll need to thrive throughout their lives? This important and parent-friendly book presents new solutions based on the largest study of family routines ever conducted. The Learning Habit offers a blueprint for navigating the maze of homework, media use, and the everyday stress that families with school-age children face; turning those "stress times" into opportunities to develop the eight critical skills kids will need to succeed in college and in the highly competitive job market of tomorrow - skills including concentration and focus, time management, decision-making, goal-setting, and self-reliance. Along with hands-on advice and compelling real-life case studies, the book includes 21 fun family challenges for parents and kids, bringing together the latest research with simple everyday solutions to help kids thrive, academically and beyond.

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THE NARCISSISTIC FAMILY

DIAGNOSIS AND TREATMENT

Jossey-Bass In this compelling book, the authors present an innovative therapeutic model for understanding and treating adults from emotionally abusive or neglectful families? families the authors call narcissistic. Narcissistic families have a parental system that is, for whatever reason (job stress, alcoholism, drug abuse, mental illness, physical disability, lack of parenting skills, self-centered immaturity), primarily involved in getting its own needs met.

The children in such narcissistic family systems try to earn love, attention and approval by satisfying their parents' needs, thus never developing the ability to recognize their own needs or create strategies for getting them met. By outlining the theoretical framework of their model and using dozens of illustrative clinical examples, the authors clearly illuminate specific practice guidelines for treating these individuals. Stephanie Donaldson-Pressman is a therapist, consultant, and trainer. She is known for her work with dysfunctional families, particularly with survivors of incest. Robert M. Pressman is the editor-in-chief and president of the Joint Commission for the Development of the Treatment and Statistical Manual for Behavioral and Mental Disorders.

THE LITTLE BOOK OF BIG CHANGE

THE NO-WILLPOWER APPROACH TO BREAKING ANY HABIT

New Harbinger Publications Little changes can make a big, big difference! In *The Little Book of Big Change*, psychologist Amy Johnson shows you how to rewire your brain and overcome your bad habits—once and for all. No matter what your bad habit is, you have the power to change it. Drawing on a powerful combination of neuroscience and spirituality, this book will show you that you are not your habits. Rather, your habits and addictions are the result of simple brain wiring that is easily reversed. By learning to stop bad habits at the source, you will take charge of your habits and addictions for good. Anything done repeatedly has the potential to form neural circuitry in the brain. In this light, habits and addictions are impersonal brain wiring problems that result from taking your habitual thinking as truth, and acting on that thinking in the form of doing your habit—over and over. This book offers a number of small changes you can make in your everyday life that will help you stop your bad habit in its tracks. If you want to understand the science behind your habit, make the decision to end it, and commit to real, lasting change, this book will help you to finally take charge of your life—once and for all.

SEISMIC EFFECTS ON STRUCTURES AND DESIGN CRITERIA

TINY HABITS

THE SMALL CHANGES THAT CHANGE EVERYTHING

Eamon Dolan Books The world's leading expert on habit formation shows how you can have a happier, healthier life: by starting small. Myth: Change is hard. Reality: Change can be easy if you know the simple steps of Behavior Design. Myth: It's all about willpower. Reality: Willpower is fickle and finite, and exactly the wrong way to create habits. Myth: You have to make a plan and stick to it. Reality: You transform your life by starting small and being flexible. BJ FOGG is here to change your life--and revolutionize how we think about human behavior. Based on twenty years of research and Fogg's experience coaching more than 40,000 people, *Tiny Habits* cracks the code of habit formation. With breakthrough discoveries in every chapter, you'll learn the simplest proven ways to transform your life. Fogg shows you how to feel good about your successes instead of bad about your failures. Already the habit guru to companies around the world, Fogg brings his proven method to a global audience for the first time. Whether you want to lose weight, de-stress, sleep better, or be more productive each day, *Tiny Habits* makes it easy to achieve.

GOOD NIGHTS NOW

Good Parent Incorporated GoodParentGoodChild books, give parents successful techniques to solve specific parenting challenges. They are written from the perspectives of a pediatric psychologist, a clinical social worker, and the mother of both a toddler and a 'tween. The GoodParentGoodChild series presents actual case stories, making the books more interesting and real. The series also features companion story books for your children, Matilda and Maxwell. These beautiful and very funny books will help and delight your children, and make you laugh. ABOUT GOOD NIGHTS NOW: Good Night introduces you to a simple, thoughtful, and effective technique called "What's the Rule." The authors have taught parents this technique for over 35 years, and now present it in a clear and often humorous light in Good Night. Parents can expect great changes in nighttime behavior. What's even more interesting is that with better bedtime behavior, a recent study shows children's overall behavior improves. ABOUT THE AUTHORS: Stephanie Donaldson-Pressman, LICSW is the author of the best selling *Narcissistic Family: Diagnosis and Treatment*. She has been working with adults, children and families for over 20 years. Dr. Robert Pressman is a pediatric psychologist with over 35 years of experience. He is certified by the American Board of Professional Psychology and is the author of five texts. Rebecca Jackson is the founder and CEO of Good Parent, Inc. She is the working mother of both a toddler and a 'tween. REVIEWS: "Good Nights Now is as helpful as it is entertaining. After decades of treating children and training doctors, I believe that Good Nights Now offers the clearest and most practical system for changing children's behavior I have encountered. I recommend the book highly."--Joel K. Weltman, MD, PhD. After reading the book once to my son, I have only had to ask him What's the Rule? once, and bedtime has been easier."--Mommy Moment Blog "The answer for parents who struggle with getting their children to bed! Using the "voices" of three different authors was pure genius."--Dr. Jack G. Wiggins, Past President, American Psychological Association

THE HIGH 5 HABIT

TAKE CONTROL OF YOUR LIFE WITH ONE SIMPLE HABIT

Hay House, Inc In her global phenomenon *The 5 Second Rule*, Mel Robbins taught millions of people around the world the five second secret to motivation. Now she's back with another simple, proven tool you can use to take control of

your life: **The High 5 Habit**. Don't let the title fool you. This isn't a book about high fiving everyone else in your life. You're already doing that. Cheering for your favorite teams. Celebrating your friends. Supporting the people you love as they go after what they want in life. Imagine if you gave that same love and encouragement to yourself. Or even better, you made it a daily habit. You'd be unstoppable. In this book, Mel teaches you how to start high fiving the most important person in your life, the one who is staring back at you in the mirror: **YOURSELF**. If you struggle with self-doubt (and who doesn't?) ... If you're tired of that nagging critic in your head (could somebody evict them already?) ... If you're wildly successful but all you focus on is what's going wrong (you're not alone) ... If you're sick of watching everybody else get ahead while you sit on the couch with your dog (don't bring your dog into this) ... Mel dedicates this book to you. Using her signature science-backed wisdom, deeply personal stories, and the real-life results that **The High 5 Habit** is creating in people's lives around the world (and you'll meet a lot of them throughout this book), Mel will teach you how to make believing in yourself a habit so that you operate with the confidence that your goals and dreams demand. **The High 5 Habit** is a simple yet profound tool that changes your attitude, your mindset, and your behavior. So be prepared to laugh and learn as you take steps to immediately boost your confidence, happiness, and results. It's time to give yourself the high fives, celebration, and support you deserve.

THE BIG BOOK OF LITERACY TASKS, GRADES K-8

75 BALANCED LITERACY ACTIVITIES STUDENTS DO (NOT YOU!)

Corwin Press **The Comprehensive Handbook for Scaffolding Students' Literacy Growth** Our readers and writers must "do the doing" if they are to succeed. In **The Big Book of Literacy Tasks**, Nancy Akhavan offers an instructional plan designed to yield independent effort and engagement. 75 tasks in beautiful full-color two-pagers ensure gradual release by moving more swiftly from the "I do" teacher phase to the "you do" student phase. Complete with amazing scaffolding tips for meeting the needs of a range of learners, **The Big Book of Literacy Tasks** gives you a clear framework for "working the minds" of your students, helping them forge their own path to becoming better readers and writers.

START HERE

MASTER THE LIFELONG HABIT OF WELLBEING

Simon and Schuster "This revolutionary work outlines the first and only cross-training system for mastering the skill of happiness. Think P90x for the soul. Every day we have a choice: embrace happiness or let it pass us by. But nurturing happiness isn't easy. It takes understanding, guidance, and training. It takes skill to let go of day-to-day stress and inspire our most inner optimist. It takes **LIFE XT**. In collaboration with some of the world's leading researchers, Eric Langshur and Nate Klemp have created a comprehensive, nine-step training program to help anyone master the skill of happiness (**LIFE XT**). Teaching core skills such as mindfulness, physical fitness, and compassion will break a lifetime of habits that keep you distracted, overwhelmed, and addicted to unhealthy behaviors. With **Start Here**, you will: -Feel less stressed and more focused. -Experience a slower resting heart rate within just twenty minutes. -Sleep better and feel refreshed. Based on scientific research, **Start Here** provides the most efficient pathway to happiness and a greater sense of overall well-being"-- Provided by publisher.

HABIT FACTOR (R)

Equilibrium Enterprises Inc This text encapsulates nearly 3,000 years of philosophy and success literature to reveal the most elemental and profound truth governing all personal achievement: habit is the single-greatest determinant in a person's ability to realize a life of success and achievement. This edition reveals its proven step-by-step methodology.

THE WINNING HABITS OF STEVE JOBS

iUniverse **The Winning Habits of Steve Jobs** provides a glimpse into the successful attributes of this remarkable icon of the technology industry. Often characterized as one of the founders of the personal-computer revolution, Steve Jobs displayed distinct habits and behaviors of entrepreneurship that were the foundations of his success. Of note, the vast majority of books that describe Jobs's success emphasize what he did in terms of dates, events, start-ups, and product launches. Other books discuss lessons learned, but they rarely address the approach of how to apply these insights. This book is different. Rather than focusing on a chronology of biographical events, **Winning Habits** will delve into an exploration of the how behind Jobs's remarkable success. It provides the perspective that Steve designed his personal life to optimize many aspects of entrepreneurship by creating and sustaining successful habits that were aligned with his core values. These core habits supported his long-term goal of becoming the preeminent technology entrepreneur of his time. Beyond the habits of Steve Jobs, this book also innovates by comparing these remarkable habits with those of entrepreneurs Jeff Bezos, Mark Cuban, Elon Musk, Bill Gates, Mark Zuckerberg, Warren Buffett, and Larry Ellison.

GREAT AT WORK

THE HIDDEN HABITS OF TOP PERFORMERS

Simon and Schuster Wall Street Journal Business Bestseller A Financial Times Business Book of the Month Named by The Washington Post as One of the 11 Leadership Books to Read in 2018 From the New York Times bestselling coauthor of **Great by Choice** comes an authoritative, practical guide to individual performance—based on analysis from an exhaustive, groundbreaking study. Why do some people perform better at work than others? This deceptively

simple question continues to confound professionals in all sectors of the workforce. Now, after a unique, five-year study of more than 5,000 managers and employees, Morten Hansen reveals the answers in his “Seven Work Smarter Practices” that can be applied by anyone looking to maximize their time and performance. Each of Hansen’s seven practices is highlighted by inspiring stories from individuals in his comprehensive study. You’ll meet a high school principal who engineered a dramatic turnaround of his failing high school; a rural Indian farmer determined to establish a better way of life for women in his village; and a sushi chef, whose simple preparation has led to his restaurant (tucked away under a Tokyo subway station underpass) being awarded the maximum of three Michelin stars. Hansen also explains how the way Alfred Hitchcock filmed Psycho and the 1911 race to become the first explorer to reach the South Pole both illustrate the use of his seven practices (even before they were identified). Each chapter contains questions and key insights to allow you to assess your own performance and figure out your work strengths, as well as your weaknesses. Once you understand your individual style, there are mini-quizzes, questionnaires, and clear tips to assist you focus on a strategy to become a more productive worker. Extensive, accessible, and friendly, Great at Work will help you achieve more by working less, backed by unprecedented statistical analysis.

VIBRANT

A GROUNDBREAKING PROGRAM TO GET ENERGIZED, OWN YOUR HEALTH, AND GLOW

BenBella Books Stop thinking of your own well-being as something that's beyond your control. Today's view of wellness is far too often fragmented, focusing on specific symptoms rather than the whole person. In Vibrant, Dr. Stacie Stephenson introduces readers to a new and empowering way of looking at health. A recognized leader in functional and integrative medicine, Stephenson has helped thousands by focusing not on treating disease, but on creating health-by giving individuals the knowledge, confidence, and inspiration they need to do so for themselves. By the end of this life-changing book, readers will have the tools to transform their energy, weight, fitness, and general wellness, tackling everything from enhancing sleep quality to building an iron-clad immune system. Beginning with basics such as the truth about the best diet, the critical role of exercise in vitality and longevity, and the importance of human connection, Vibrant also dives deeper to give a holistic picture of health and how to achieve it. With helpful breakdowns on supplements, detoxification, and how to think about disease, this is much more than just another wellness book. It's also packed with practical, useful features, including: • Self-assessment tools to aid you in listening to your body • A foolproof two-week meal plan • 40 delicious, healthful chef-created recipes • 30 days of baby steps to start building the habit of health With Stephenson's candid and conversational voice, Vibrant is like having a friend who also happens to be a leading health authority take you under her wing. Along with practical advice, she shares powerful insights that will change the way you think about everything from exercise to relationships, and sends readers off with an inspirational chapter on how health has a ripple effect that can change your family, your community, and help to create a more vibrant world. With a step-by-step program for making foundational lifestyle shifts, Vibrant shows you how to reclaim your health and energy, reverse aging, and glow-not just on the outside, but from deep within yourself.

PITCH PERFECT

HOW TO SAY IT RIGHT THE FIRST TIME, EVERY TIME

Harper Collins Media guru and Emmy Award-winning correspondent Bill McGowan—coach to some of the biggest names in business and entertainment, including Eli Manning, Kelly Clarkson, Jack Welch, Thomas Keller and Kenneth Cole teaches you how to get your message across and get what you want with pitch perfect communication. He is also a trusted advisor in the C-suites of tech companies like, Facebook, Spotify, AirBnB, Dropbox and Salesforce.com. Saying the right thing the right way can make the difference between sealing the deal or losing the account, getting a promotion, or getting a pink slip. It's essential to be pitch perfect—to get the right message across to the right person at the right time. In Pitch Perfect, Bill McGowan shows you how to craft the right message and deliver it using the right language—both verbal and nonverbal. Pitch Perfect teaches you how to overcome common communication pitfalls using McGowan's simple Principles of Persuasion, which are highly effective and easy to learn, implement, and master. With Pitch Perfect you can harness the power of persuasion and have people not only listening closely to your every word but also remembering you long after you've left the room.

THE MAGIC QUESTION METHOD

MODIFYING YOUR CHILD'S TROUBLING BEHAVIOR

THE SOUL OF DISCIPLINE

THE SIMPLICITY PARENTING APPROACH TO WARM, FIRM, AND CALM GUIDANCE--FROM TODDLERS TO TEENS

"In this groundbreaking book, parenting expert and acclaimed author of the bestselling book Simplicity Parenting Kim John Payne, M.Ed., flips the script on children's challenging or defiant behavior and lays out an elegantly simple plan to support parents in establishing loving, age-sensitive boundaries that help children feel safe and settled. In short: What looks like misbehavior is actually your children's signal that they're feeling lost, that they are trying to find direction and looking to you to guide them back on course. Payne gives parents heartwarming help and encouragement by combining astute observations with sensitive and often funny stories from his long career as a parent educator and a

school and family counselor. In accessible language, he explains the relevance of current brain- and child-development studies to day-to-day parenting. Breaking the continuum of childhood into three stages, Payne says that parents need to play three different roles, each corresponding to one of those stages, to help steer children through their emotional growth and inevitable challenging times: The Governor, who is comfortably and firmly in charge--setting limits and making decisions for the early years up to around the age of eight The Gardener, who watches for emotional growth and makes decisions based on careful listening, assisting tweens in making plans that take the whole family's needs into account The Guide, who is both a sounding board and moral compass for emerging adults, helping teens build a sense of their life's direction as a way to influence healthy decision making Practical and rooted in common sense, The Soul of Discipline gives parents permission to be warm and nurturing but also calm and firm (not overreactive). It gives clear, doable strategies to get things back on track for parents who sense that their children's behavior has fallen into a troubling pattern. And best of all, it provides healthy direction to the entire family so parents can spend less time and energy on outmoded, punitive discipline and more on connecting with and enjoying their kids. Praise for Kim John Payne's *Simplicity Parenting* "[Payne is] like a master closet reorganizer for the soul."--Time "If you are raising children in these anxious times, you need this book. It will inspire you, reassure you, and, most important, it will remind you that less is more."--Katrina Kenison, author of *The Gift of an Ordinary Day* "Including practical strategies for turning down the volume and creating a pace that fosters calmness, mindfulness, reflection, and individuality in children, *Simplicity Parenting* should be on every parent's (indeed, every person's) reading list."--Kathleen A. Brehony, Ph.D., author of *Awakening at Midlife* "Brilliant, wise, informative, innovative, entertaining, and urgently needed, this timely book is a godsend for all who love children, and for children themselves. It provides a doable plan for providing the kind of childhood that kids desperately need today!"--Edward M. Hallowell, M.D., author of *The Childhood Roots of Adult Happiness*--

ATOMIC HABITS

AN EASY & PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES

Penguin 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.

THE WRITER'S PRACTICE

BUILDING CONFIDENCE IN YOUR NONFICTION WRITING

Penguin "Unique and thorough, Warner's handbook could turn any determined reader into a regular Malcolm Gladwell." --Booklist For anyone aiming to improve their skill as a writer, a revolutionary new approach to establishing robust writing practices inside and outside the classroom, from the author of *Why They Can't Write* After a decade of teaching writing using the same methods he'd experienced as a student many years before, writer, editor, and educator John Warner realized he could do better. Drawing on his classroom experience and the most persuasive research in contemporary composition studies, he devised an innovative new framework: a step-by-step method that moves the student through a series of writing problems, an organic, bottom-up writing process that exposes and acculturates them to the ways writers work in the world. The time is right for this new and groundbreaking approach. The most popular books on composition take a formalistic view, utilizing "templates" in order to mimic the sorts of rhetorical moves academics make. While this is a valuable element of a writing education, there is room for something that speaks more broadly. *The Writer's Practice* invites students and novice writers into an intellectually engaging, active learning process that prepares them for a wider range of academic and real-world writing and allows them to become invested and engaged in their own work.

YOU ARE NOT YOUR BRAIN

THE 4-STEP SOLUTION FOR CHANGING BAD HABITS, ENDING UNHEALTHY THINKING, AND TAKING CONTROL OF YOUR LIFE

Penguin Two neuroscience experts explain how their 4-Step Method can help break destructive thoughts and actions

and change bad habits for good. A leading neuroplasticity researcher and the coauthor of the groundbreaking books *Brain Lock* and *The Mind and the Brain*, Jeffrey M. Schwartz has spent his career studying the structure and neuronal firing patterns of the human brain. He pioneered the first mindfulness-based treatment program for people suffering from OCD, teaching patients how to achieve long-term relief from their compulsions. For the past six years, Schwartz has worked with psychiatrist Rebecca Gladding to refine a program that successfully explains how the brain works and why we often feel besieged by bad brain wiring. Just like with the compulsions of OCD patients, they discovered that bad habits, social anxieties, self-deprecating thoughts, and compulsive overindulgence are all rooted in overactive brain circuits. The key to making life changes that you want to make your brain work for you is to consciously choose to "starve" these circuits of focused attention, thereby decreasing their influence and strength. As evidenced by the huge success of Schwartz's previous books, as well as Daniel Amen's *Change Your Brain, Change Your Life*, and Norman Doidge's *The Brain That Changes Itself*, there is a large audience interested in harnessing the brain's untapped potential, yearning for a step-by-step, scientifically grounded and clinically proven approach. In fact, readers of *Brain Lock* wrote to the authors in record numbers asking for such a book. In *You Are Not Your Brain*, Schwartz and Gladding carefully outline their program, showing readers how to identify negative brain impulses, channel them through the power of focused attention, and ultimately lead more fulfilling and empowered lives.

SWIMMING UPSTREAM

PARENTING GIRLS FOR RESILIENCE IN A TOXIC CULTURE

Oxford University Press, USA Many of today's parents struggle with their approach in raising a healthy daughter within our complex culture. Never before have girls been faced with so many pressures to live up to confusing and often contradictory cultural expectations. These burdens are intense, newly evolving, and are affecting girls at earlier and earlier ages. As girls of all ages listen to the messages of popular culture, they gather that their worth is based upon a perfect appearance, the ability to gain attention and approval from others, and their accrual of accomplishments. As girls absorb these expectations, they begin to believe they are not good enough as they are. They are not able to develop an authentic sense of self because they lose themselves in trying to become what the culture dictates. It is not surprising that with all of these pressures, girls are experiencing stress, emptiness, and skyrocketing rates of mental health problems. Parents know that something is very wrong with today's culture, but they can't quite put a name on the problem. Many feel helpless as popular cultural influences pervade modern life at every turn. This book, however, provides parents with reassurance that their influence can make a significant difference in their daughters' development. Parents are empowered to make positive choices to help girls learn to resist cultural pressures and to successfully navigate the transitions they will face in their journey as girls in today's culture. Written in an engaging, practical style, Laura Choate draws from research and counseling literature to provide parents with tools they can use to teach their daughters the power of resilience. The book begins with a portrait of the contemporary adolescent girl's environment, including an in-depth exploration of cultural pressures and an overview of how these pressures influence girls' physical, cognitive, and social development. In the second part of the book, parents learn about five resilience dimensions that girls need not only to survive, but to thrive as they develop during girlhood and adolescence. Practical tools for instilling resilience regarding girls' positive body image, healthy relationships with friends and romantic partners, and management of high-pressure academic environments through a redefinition of what it means to be successful are all discussed extensively.

ANYTHING BUT MY PHONE, MOM!

RAISING EMOTIONALLY RESILIENT DAUGHTERS IN THE DIGITAL AGE

Penguin Practical advice for raising authentic, self-reliant teenage girls in the age of the Internet from the experienced clinical psychologist Dr. Roni Cohen-Sandler It may feel as though your preteen or teenage daughter is growing up in a different universe than you did. Between smartphones, social media, and cyberbullying, the world is changing. Technology is transforming how girls identify themselves, learn, develop social skills, and communicate with the people around them. Many mothers feel as though they are venturing into alien territory, with no idea how to navigate these unprecedented situations. But the good news is that regardless of your technological skill, you are still the best person to guide your daughter through all the chaos of adolescence. In *Anything But My Phone, Mom!* Dr. Roni Cohen-Sandler shows mothers how to handle the modern challenges of parenting teenage girls, drawing upon dozens of interviews with teenagers and their mothers, decades of clinical experience, and her own experience raising a daughter. With clear, practical advice, she provides insights and strategies for how you can better understand your daughter and what she's going through, maintain a close and loving relationship with her, keep her safe, and help her become a resilient, capable, confident, and healthy young woman.

THE SUBTLE ART OF NOT GIVING A F*CK

A COUNTERINTUITIVE APPROACH TO LIVING A GOOD LIFE

HarperCollins #1 New York Times Bestseller Over 10 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F**k positivity," Mark Manson says. "Let's be honest, shit is f**ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth

that is sorely lacking today. The Subtle Art of Not Giving a F**k is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, The Subtle Art of Not Giving a F**k is a refreshing slap for a generation to help them lead contented, grounded lives.

DEEP THINKING

WHERE MACHINE INTELLIGENCE ENDS AND HUMAN CREATIVITY BEGINS

PublicAffairs Garry Kasparov's 1997 chess match against the IBM supercomputer Deep Blue was a watershed moment in the history of technology. It was the dawn of a new era in artificial intelligence: a machine capable of beating the reigning human champion at this most cerebral game. That moment was more than a century in the making, and in this breakthrough book, Kasparov reveals his astonishing side of the story for the first time. He describes how it felt to strategize against an implacable, untiring opponent with the whole world watching, and recounts the history of machine intelligence through the microcosm of chess, considered by generations of scientific pioneers to be a key to unlocking the secrets of human and machine cognition. Kasparov uses his unrivaled experience to look into the future of intelligent machines and sees it bright with possibility. As many critics decry artificial intelligence as a menace, particularly to human jobs, Kasparov shows how humanity can rise to new heights with the help of our most extraordinary creations, rather than fear them. Deep Thinking is a tightly argued case for technological progress, from the man who stood at its precipice with his own career at stake.

THE NOW HABIT

A STRATEGIC PROGRAM FOR OVERCOMING PROCRASTINATION AND ENJOYING GUILT-FREE PLAY

Penguin Learn how to overcome procrastination and enjoy guilt-free play! One of the most effective programs to combat procrastination, THE NOW HABIT has sold over 100,000 copies, has been translated into 11 languages, and is now revised and updated. Featuring a new introduction and a new section providing strategies to understand and deal with the role technology plays in procrastination today, THE NOW HABIT offers a comprehensive plan to help readers lower their stress and increase their time to enjoy guilt-free play. Dr. Fiore's techniques will help any busy person start tasks sooner and accomplish them more quickly, without the anxiety brought on by the negative habits of procrastination and perfectionism.

THE INNOVATOR'S DNA

MASTERING THE FIVE SKILLS OF DISRUPTIVE INNOVATORS

Harvard Business Press A new classic, cited by leaders and media around the globe as a highly recommended read for anyone interested in innovation. In The Innovator's DNA, authors Jeffrey Dyer, Hal Gregersen, and bestselling author Clayton Christensen (The Innovator's Dilemma, The Innovator's Solution, How Will You Measure Your Life?) build on what we know about disruptive innovation to show how individuals can develop the skills necessary to move progressively from idea to impact. By identifying behaviors of the world's best innovators—from leaders at Amazon and Apple to those at Google, Skype, and Virgin Group—the authors outline five discovery skills that distinguish innovative entrepreneurs and executives from ordinary managers: Associating, Questioning, Observing, Networking, and Experimenting. Once you master these competencies (the authors provide a self-assessment for rating your own innovator's DNA), the authors explain how to generate ideas, collaborate to implement them, and build innovation skills throughout the organization to result in a competitive edge. This innovation advantage will translate into a premium in your company's stock price—an innovation premium—which is possible only by building the code for innovation right into your organization's people, processes, and guiding philosophies. Practical and provocative, The Innovator's DNA is an essential resource for individuals and teams who want to strengthen their innovative prowess.

WHY CAN'T I DRINK LIKE EVERYONE ELSE

A STEP-BY-STEP GUIDE TO UNDERSTANDING WHY YOU DRINK AND KNOWING HOW TO TAKE A BREAK

Morgan James Publishing Many people have silently asked themselves why can't I drink like everyone else? They wonder why sometimes it feels like alcohol has a pull over them, that they don't understand, and don't like to talk about. They are frustrated that other people can control how much they drink without any problem, when their efforts are often hit or miss. Rachel Hart has spent years trying to answer these questions for herself and untangle this mystery. Deep down, she was afraid that her drinking was always going to be a problem, and grew more and more

frustrated of the repercussions. As the years mounted, she worried that not being able to rein herself in meant something was really wrong with her. There is a solution—and it doesn't require anyone to wear a label for the rest of their life or admit to being powerless. In fact, the tools outlined inside will reveal just how much power there is within each and every person struggling with this issue.

DISCONNECTED KIDS

THE GROUNDBREAKING BRAIN BALANCE PROGRAM FOR CHILDREN WITH AUTISM, ADHD, DYSLEXIA, AND OTHER NEUROLOGICAL DISORDERS

Penguin The proven, drug-free program to treat the cause-not just the symptoms-of autism spectrum disorders and related conditions. Each year, an estimated 1.5 million children-one out of every six-are diagnosed with autism, Asperger's syndrome, ADHD, dyslexia, and obsessive compulsive disorder. Dr. Robert Melillo brings a fundamentally new understanding to the cause of these conditions with his revolutionary Brain Balance Program(tm). It has achieved real, fully documented results that have dramatically improved the quality of life for children and their families in every aspect: behavioral, emotional, academic, and social. Disconnected Kids shows parents how to use this drug-free approach at home, including: Fully customizable exercises that target physical, sensory, and academic performance A behavior modification plan Advice for identifying food sensitivities that play a hidden role A follow-up program that helps to ensure lasting results

REALITY IS BROKEN

WHY GAMES MAKE US BETTER AND HOW THEY CAN CHANGE THE WORLD

Penguin "McGonigal is a clear, methodical writer, and her ideas are well argued. Assertions are backed by countless psychological studies." —The Boston Globe "Powerful and provocative . . . McGonigal makes a persuasive case that games have a lot to teach us about how to make our lives, and the world, better." —San Jose Mercury News "Jane McGonigal's insights have the elegant, compact, deadly simplicity of plutonium, and the same explosive force." —Cory Doctorow, author of Little Brother A visionary game designer reveals how we can harness the power of games to boost global happiness. With 174 million gamers in the United States alone, we now live in a world where every generation will be a gamer generation. But why, Jane McGonigal asks, should games be used for escapist entertainment alone? In this groundbreaking book, she shows how we can leverage the power of games to fix what is wrong with the real world—from social problems like depression and obesity to global issues like poverty and climate change—and introduces us to cutting-edge games that are already changing the business, education, and nonprofit worlds. Written for gamers and non-gamers alike, Reality Is Broken shows that the future will belong to those who can understand, design, and play games. Jane McGonigal is also the author of SuperBetter: A Revolutionary Approach to Getting Stronger, Happier, Braver and More Resilient.

NURSE MANAGER ENGAGEMENT

STRATEGIES FOR EXCELLENCE AND COMMITMENT

Jones & Bartlett Publishers Nurse Manager Engagement: Strategies for Excellence and Commitment is based on the groundbreaking and highly regarded national "Nurse Engagement Study" project funded by The Robert Wood Johnson Foundation. The book builds upon the key ideas in the study by including examples from Dr. Mackoff's conversations and key teaching points from her work with several hundred nurse managers in the three years following this innovative study. Nurse Manager Engagement offers a groundbreaking approach—one that distinguishes it from other nurse management books by a focus on building a model of the solution rather than a description of the problem. It focuses on the crucial role of the nurse manager in engaging staff nurses and building a pipeline for future nurse leadership.

GOOD NIGHT

Good Parent Good Child GoodParentGoodChild books, give parents successful techniques to solve specific parenting challenges. They are written from the perspectives of a pediatric psychologist, a clinical social worker, and the mother of both a toddler and a 'tween. The GoodParentGoodChild series presents actual case stories, making the books more interesting and real. The series also features companion story books for your children, Matilda and Maxwell. These beautiful and very funny books will help and delight your children, and make you laugh. ABOUT GOODNIGHT: Good Night introduces you to a simple, thoughtful, and effective technique called "What's the Rule." The authors have taught parents this technique for over 35 years, and now present it in a clear and often humorous light in Good Night. Parents can expect great changes in nighttime behavior. What's even more interesting is that with better bedtime behavior, a recent study shows children's overall behavior improves. ABOUT THE AUTHORS: Stephanie Donaldson-Pressman, LICSW is the author of the best selling Narcissistic Family: Diagnosis and Treatment. She has been working with adults, children and families for over 20 years. Dr. Robert Pressman is a pediatric psychologist with over 35 years of experience. He is certified by the American Board of Professional Psychology and is the author of five texts. Rebecca Jackson is the founder and CEO of Good Parent, Inc. She is the working mother of both a toddler and a 'tween. REVIEWS: "This book is a small miracle. 'What's the Rule?' is extremely sensible, the technique is explained very clearly, and the parent stories are terrific." --Dr. Laurence E. Bouchard, Family Physician and Past President, American Osteopathic Association. "Good Night is as helpful as it is entertaining. After decades of treating children and training

doctors, I believe that Good Night offers the clearest and most practical system for changing children's behavior."-- Joel K. Weltman, MD, PhD, Pediatric Allergist, Clinical Professor Emeritus, Brown University Medical School. "This beautifully written book is the answer for so many parents who struggle with getting their children to bed." --Dr. Jack G. Wiggins, Past President, American Psychological Association "After using What's the Rule? for only three nights, for the first time ever, our kids slept peacefully in their own beds all night." Amy Byron, mother of three.

MINI HABITS

SMALLER HABITS, BIGGER RESULTS

Selective Entertainment LLC Discover the Life-Changing Strategy of This Worldwide Bestseller in 17 Languages! UPDATED: Includes the best habit tracking apps of 2017. Lasting Change For Early Quitters, Burnouts, The Unmotivated, And Everyone Else Too When I decided to start exercising consistently 10 years ago, this is what actually happened: I tried "getting motivated." It worked sometimes. I tried setting audacious big goals. I almost always failed them. I tried to make changes last. They didn't. Like most people who try to change and fail, I assumed that I was the problem. Then one afternoon--after another failed attempt to get motivated to exercise--I (accidentally) started my first mini habit. I initially committed to do one push-up, and it turned into a full workout. I was shocked. This "stupid idea" wasn't supposed to work. I was shocked again when my success with this strategy continued for months (and to this day). I had to consider that maybe I wasn't the problem in those 10 years of mediocre results. Maybe it was my prior strategies that were ineffective, despite being oft-repeated as "the way to change" in countless books and blogs. My suspicions were correct. Is There A Scientific Explanation For This? As I sought understanding, I found a plethora of scientific studies that had answers, with nobody to interpret them correctly. Based on the science--which you'll find peppered throughout Mini Habits--we've been doing it all wrong. You can succeed without the guilt, intimidation, and repeated failure associated with such strategies as "getting motivated," New Year's Resolutions, or even "just doing it." In fact, you need to stop using those strategies if they aren't giving you great results. Most popular strategies don't work well because they require you to fight against your subconscious brain (a fight not easily won). It's only when you start playing by your brain's rules and taking your human limitations seriously--as mini habits show you how to do--that you can achieve lasting change. What's A Mini Habit? A mini habit is a very small positive behavior that you force yourself to do every day; its "too small to fail" nature makes it weightless, deceptively powerful, and a superior habit-building strategy. You will have no choice but to believe in yourself when you're always moving forward. The barrier to the first step is so low that even depressed or "stuck" people can find early success and begin to reverse their lives right away. And if you think one push-up a day is too small to matter, I've got one heck of a story for you! Aim For The First Step They say when you aim for the moon, you'll land among the stars. Well, that doesn't make sense, as the moon is closer than the stars. I digress. The message is that you should aim very high and even if you fall short, you'll still get somewhere. I've found the opposite to be true in regards to productivity and healthy behaviors. When you aim for the moon, you won't do anything because it's too far away. But when you aim for the step in front of you, you might keep going and reach the moon. I've used the Mini Habits strategy to get into the best shape of my life, read 10x more books, and write 4x as many words. It started from requiring one push-up from myself every day. How ridiculous is that? Not so ridiculous when you consider the science of the brain, habits, and willpower. The Mini Habits system works because it's how our brains are designed to change. Note: This book isn't for eliminating bad habits (some principles could be useful for breaking habits). Mini Habits is a strategy to create permanent healthy habits in: exercise, writing, reading, thinking positively, meditating, drinking water, eating healthy foods, etc. Lasting change won't happen until you take that first step into a strategy that works. Give Mini Habits a try. You won't look back.

MINDSET

THE NEW PSYCHOLOGY OF SUCCESS

Random House The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset "Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life."—Bill Gates, GatesNotes After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

MIND WHISPERING

A NEW MAP TO FREEDOM FROM SELF-DEFEATING EMOTIONAL HABITS

Harper Collins With her book Mind Whispering, Tara Bennett-Goleman, the New York Times bestselling author of Emotional Alchemy, draws on the the fields of cognitive psychology, neuroscience, and Eastern traditions to present a

workable means to overcome the negative patterns in our lives. Mind Whispering is a new map of the emotional mind. This groundbreaking approach shows us that we have a choice of our moods, emotions, actions, and reactions. Mind Whispering teaches how to manage our brains, and incorporate the timeless wisdom of mindfulness into everyday situations. Ultimately, Mind Whispering exposes the modes of being that act as obstacles in our lives and relationships, and shows us how we can choose to improve our relationships and free ourselves, living with a lasting sense of happiness. With a foreword by the Dalai Lama, Bennett-Goleman's Mind Whispering: A New Map to Freedom from Self-Defeating Emotional Habits gives you the keys to lasting emotional freedom.

REDIRECT

CHANGING THE STORIES WE LIVE BY

Little, Brown "There are few academics who write with as much grace and wisdom as Timothy Wilson. REDIRECT is a masterpiece." -Malcolm Gladwell What if there were a magic pill that could make you happier, turn you into a better parent, solve a number of your teenager's behavior problems, reduce racial prejudice, and close the achievement gap in education? There is no such pill, but story editing - the scientifically based approach described in REDIRECT - can accomplish all of this. The world-renowned psychologist Timothy Wilson shows us how to redirect the stories we tell about ourselves and the world around us, with subtle prompts, in ways that lead to lasting change. Fascinating, groundbreaking, and practical, REDIRECT demonstrates the remarkable power small changes can have on the ways we see ourselves and our environment, and how we can use this in our everyday lives.

THINKING, FAST AND SLOW

Farrar, Straus and Giroux Major New York Times bestseller Winner of the National Academy of Sciences Best Book Award in 2012 Selected by the New York Times Book Review as one of the ten best books of 2011 A Globe and Mail Best Books of the Year 2011 Title One of The Economist's 2011 Books of the Year One of The Wall Street Journal's Best Nonfiction Books of the Year 2011 2013 Presidential Medal of Freedom Recipient Kahneman's work with Amos Tversky is the subject of Michael Lewis's The Undoing Project: A Friendship That Changed Our Minds In the international bestseller, Thinking, Fast and Slow, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best Book Award and the Los Angeles Times Book Prize and selected by The New York Times Book Review as one of the ten best books of 2011, Thinking, Fast and Slow is destined to be a classic.

THE ACHIEVEMENT HABIT

STOP WISHING, START DOING, AND TAKE COMMAND OF YOUR LIFE

HarperCollins The co-founder of the Stanford d.School introduces the power of design thinking to help you achieve goals you never thought possible. Achievement can be learned. It's a muscle, and once you learn how to flex it, you'll be able to meet life's challenges and fulfill your goals, Bernard Roth, Academic Director at the Stanford d.school contends. In The Achievement Habit, Roth applies the remarkable insights that stem from design thinking—previously used to solve large scale projects—to help us realize the power for positive change we all have within us. Roth leads us through a series of discussions, stories, recommendations, and exercises designed to help us create a different experience in our lives. He shares invaluable insights we can use to gain confidence to do what we've always wanted and overcome obstacles that hamper us from reaching our potential, including: Don't try—DO; Excuses are self-defeating; Believe you are a doer and achiever and you'll become one; Build resiliency by reinforcing what you do rather than what you accomplish; Learn to ignore distractions that prevent you from achieving your goals; Become open to learning from your own experience and from those around you; And more. The brain is complex and is always working with our egos to sabotage our best intentions. But we can be mindful; we can create habits that make our lives better. Thoughtful and powerful The Achievement Habit shows you how.

PRINCIPLES AND PRACTICE IN SECOND LANGUAGE ACQUISITION

Pergamon The present volume examines the relationship between second language practice and what is known about the process of second language acquisition, summarising the current state of second language acquisition theory, drawing general conclusions about its application to methods and materials and describing what characteristics effective materials should have. The author concludes that a solution to language teaching lies not so much in expensive equipment, exotic new methods, or sophisticated language analysis, but rather in the full utilisation of the most important resources - native speakers of the language - in real communication.

POWERED BY STORYTELLING: EXCAVATE, CRAFT, AND PRESENT STORIES TO TRANSFORM BUSINESS COMMUNICATION

McGraw Hill Professional **HARNESS THE UNIVERSAL POWER OF STORYTELLING TO IMPROVE ALL OF YOUR BUSINESS COMMUNICATIONS**. What's your story? It's a question human beings have been asking each other since we first gathered around a campfire. Millennia later, this human need for storytelling hasn't changed. We communicate most effectively through our personal stories—and our professional success depends on it. This groundbreaking guide shows you how to tap into the timeless power of storytelling to transform your business. Here, executive coach, motivational speaker, and psychologist Murray Nossel, PhD, distills decades of experience into a simple method that will enable you to:

- Find the right story for a particular audience and purpose.
- Leverage your own experiences, memories, history, and heritage.
- Create, develop, and craft a universal story that resonates.
- Connect with business associates on a more personal, relatable level.
- Share your corporate vision and goals—and get others on board.
- Resolve workplace conflicts and find workable solutions.
- Boost creativity, spread ideas, and spark true innovation.
- Improve teamwork and collaboration through listening and learning.
- Integrate storytelling into all your communications for ongoing success.

You'll learn the proven three-step method Murray's firm, Narativ, uses with its clients, ranging from Fortune 500 companies to nonprofits. First, you excavate your personal memories and experiences to generate story ideas that suit your particular needs. Second, you craft and shape these elements into a classic story structure that really connects with audiences. Third, you present your story to your business audience using simple performance techniques that anyone can master. A fundamental element of this method is a focus on listening: the ability to hear yourself, as well as the feedback provided by a given audience—because it is your audience's listening that shapes your telling. Everyone needs to communicate well to succeed in business. And everyone has a story to tell. Powered by Storytelling shows you how to tell your story, connect with your audience, and achieve results.

THE NOW HABIT AT WORK

PERFORM OPTIMALLY, MAINTAIN FOCUS, AND IGNITE MOTIVATION IN YOURSELF AND OTHERS

John Wiley & Sons Increase productivity, efficiency, and full-brain power when you apply Now Habit strategies to your business What if working harder, stressing more, and putting in more hours aren't the secret to success? What if truly effective managers, entrepreneurs, and businesspeople simply use more of their brain to make creative decisions, work in the zone, and live more fully in the process? The Now Habit at Work gives you a hands-on manual enabling the resilience and focus of champions—the ability to bounce back from set-backs, to believe in yourself, and focus on solving problems rather than seeing only obstacles. This one-of-a-kind program offers Tools to enable superior quality work that creates work-life balance Strategies to maintain focus and self-confidence Tips to conquer stress through effective time management and goal setting Daily exercises to ignite motivation in yourself and others to tackle projects with creativity and ease Filled with practical examples that are thoroughly tested and easy to implement, The Now Habit at Work will have you increasing your mindfulness while reforming old habits and reducing your stress. You'll be amazed at how soon your new habits will be inspiring and motivating those around you to new levels of productivity!