

The logo graphic consists of a large blue circle. Inside the bottom-left portion of this circle is a smaller blue circle. A white, thick, semi-circular line segment is positioned between the two circles, creating a shape that resembles a stylized 'C' or a partial ring.

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Mind Gym Sebastian Bailey, Octavius Black, 2014-09-09 The international bestseller that will help you transform your personal and professional life by changing the way you think Today the pressure to achieve is intense To be at our best we need our minds working at peak potential But unless you train it your mind stays on autopilot stuck in unhealthy thought patterns that lead to self sabotaging habits and behaviors As with your body you have to exercise your mind to get the most out of it Sebastian Bailey and Octavius Black founders of Mind Gym help you change your mental default settings through a series of workouts that have been tested and experienced by more than one million people from around the world and from companies such as Google NBCUniversal Shell Pfizer and PepsiCo This hands on guide presents a fitness program for the mind that tackles the most common challenges at work and home How to adopt a positive mindset How to repair broken relationships How to resolve conflict successfully How to influence others How to minimize stress and gain energy How to be more creative Insightful proven and practical Mind Gym is the essential mental workout that will wake up your mind and help you be your best in life

21 Day Abundance Challenge Gill Hasson, 2023-04-27 21 Day Abundance Challenge combines the empowering concepts of abundance and the law of attraction with a clear three week programme of reflective exercises and practical approaches With this book you ll learn how to stop being living with less You ll learn how a better understanding of yourself and what you wish for an open mind and positive thinking will bring abundance to your life Each and every day you will discover How abundance is a state of mind that you can tune in to and benefit from The unlimited abundance available to you right now A world of options and opportunities that are waiting for you How to move towards a life of effortless continued prosperity Why three weeks is enough to change your attitude and begin creating an abundant life

The Flipside Michelle "MACE" Curran, 2025-09-09 Former Thunderbird Lead Solo Michelle MACE Curran provides a blueprint for converting your fear into a strength based on the hard earned lessons she learned in the cockpit and beyond Michelle Curran can fly an F 16 fighter jet upside down but she s afraid of spiders And tight spaces During high altitude chamber training she wondered if her fellow airmen and they were all men could tell she was panicking under her oxygen mask Yet she flew sorties in Afghanistan and served as Lead Solo for the Thunderbirds performing in aerial showcases nationwide often upside down All this while grappling with what was to her an even bigger opponent imposter syndrome In time she learned how to turn fear into strength and self doubt into confidence Most of all she learned how to make uncomfortable choices by flipping her perspective like her jet upside down In The Flipside Michelle MACE Curran addresses how fear tends to force us back into our comfort zones and onto autopilot She shares lessons she learned from high stakes missions and life defining moments helping readers unlock their resilience to face life s challenges with courage and ultimately rise above

Keep Sharp Sanjay Gupta, 2021-01-05 Keep your brain young healthy and sharp with this science driven guide to protecting your mind from decline by neurosurgeon and CNN chief medical correspondent Dr Sanjay Gupta

Throughout our life we look for ways to keep our minds sharp and effortlessly productive Now globetrotting neurosurgeon Dr Sanjay Gupta offers the book all of us need young and old Walter Isaacson 1 New York Times bestselling author of The Code Breaker with insights from top scientists all over the world whose cutting edge research can help you heighten and protect brain function and maintain cognitive health at any age Keep Sharp debunks common myths about aging and mental decline explores whether there s a best diet or exercise regimen for the brain and explains whether it s healthier to play video games that test memory and processing speed or to engage in more social interaction Discover what we can learn from super brained people who are in their eighties and nineties with no signs of slowing down and whether there are truly any benefits to drugs supplements and vitamins Dr Gupta also addresses brain disease particularly Alzheimer s answers all your questions about the signs and symptoms and shows how to ward against it and stay healthy while caring for a partner in cognitive decline He likewise provides you with a personalized twelve week program featuring practical strategies to strengthen your brain every day Keep Sharp is the must read owner s manual Arianna Huffington you ll need to keep your brain young and healthy regardless of your age

Facebook and Philosophy D. E. Wittkower,2010-09-15 Facebook and Philosophy is an entertaining multi faceted exploration of what Facebook means for us and for our relationships With discussions ranging from the nature of friendship and its relationship to friending to the debatable efficacy of online activism this book is the most extensive and systematic attempt to understand Facebook yet And with plenty of new perspectives on Twitter and Web 2 0 along the way this fun thought provoking book is a serious and significant contribution for anyone working with social media whether in academia journalism public relations activism or business Exploring far reaching questions Can our interactions on Facebook help us care about each other more Does Facebook signal the death of privacy or perhaps worse yet the death of our desire for privacy Facebook and Philosophy is vital reading for anyone involved in social networks today

Fit & Healthy Pregnancy Kristina Pinto,2013-06-04 Exercise during pregnancy isn t just safe it s healthy for you and your baby Fit Healthy Pregnancy will help new mothers experience an easier healthier pregnancy and a faster return to fitness after delivery Fit Healthy Pregnancy dispels generations of old wives tales about exercise and pregnancy so active women can stay strong and in shape This book from running coach Dr Kristina Pinto and triathlete Rachel Kramer MD goes beyond labor and delivery through the fourth trimester helping new mothers return to fitness after they ve had their babies Fit Healthy Pregnancy reviews up to date research to show that exercise during pregnancy isn t just safe it s ideal for health and wellness Pinto and Kramer guide moms to be through each trimester showing how their bodies nutrition needs and workouts will change The authors cover the months following delivery when women adapt to a new lifestyle that balances family fitness self and perhaps a return to work They offer smart guidance and tips on breastfeeding sleep training nutrition and hydration weight loss and how to transition back into workouts and training Fit Healthy Pregnancy includes Trimester guides to body changes nutrition and emotional health Guidance on exercise rest body temperature injury prevention Guidelines and

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Angie Papple Johnston, 2021-01-20 The best standalone resource for the Army Combat Fitness Test As the Army prepares to shift to the new Army Combat Fitness Test ACFT from the Army Physical Fitness Test hundreds of thousands of new and current servicemembers will have to pass a more rigorous and demanding set of physical events to prove they have what it takes to meet the physical demands of an army job Utilizing the accessible and simple approach that has made the For Dummies series famous the world over ACFT For Dummies is packed with everything you need to train for and ultimately crush the ACFT Topics include An overview of the test including how it fits into your army role How the test is administered location equipment etc Instructions on how to perform each of the six events How the ACFT is scored Training for the ACFT on your own time The importance of recovery including essential stretches How to build your own workout routine Videos for each of the six events with tips for how to train for them The ACFT For Dummies prepares readers to tackle the new tougher Army fitness test with practical examples and concrete strategies that will push each servicemember to new heights

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