

Honor Your Anger How Transforming Your Anger

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transform the way you have sex the way you connect with yourself and the way you show up in the world anna hushlak and billie quinlan have changed the lives of over half a million women around the world with their approach to pleasure and sex through their popular app ferly in turn yourself on you ll find eight life changing principles to help you get confident discover pleasure and ignite your inner strength covering subjects such as agency confidence play pleasure and communication this generation defining book leverages the post metoo era the pleasure revolution and the pursuit of gender equality in women s health to create a map for how everyday women can find their power weaving together pertinent science and the trials and triumphs of personal journeys hushlak and quinlan will help you realize that the skills you need to be great in bed translate to all other aspects of your life especially your relationship with yourself

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the number 1 rule of junk journaling is there are no rules this is a companion to your journaling journey with 52 weekly prompts and ideas encouraging you to tap into your creative side whether you re brand new to junk journaling or already hoard paper scraps and washi tape this book will gently guide you through a year of playful imperfect creativity collect everything that inspires you or reminds you of something you want to remember reflect to take a mindful moment for yourself to pause and think about what you are creating create with practical steps to try new crafty techniques in your junk journal you ll find heaps of fun original ideas for what to include in your scrapbook as well as tips on how to brainstorm and source materials the 52 projects are built to inspire you you ll create a portrait of you celebrate your favourite snacks play with textures and colour

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unlock your company's true potential by eliminating knowledge work waste that's hiding in plain sight back in 1987 nobel laureate robert solow quipped you can see the computer age everywhere but in the productivity statistics this costly condition soon became known as the productivity paradox why does it persist today why do knowledge workers spend a third of their days on needless correction avoidable work and overservice despite existing office technology that could help even automate their actions and why does nobody notice the answers and solutions are in this book the knowledge work factory uncovers the well intentioned waste that hides in plain sight within virtually every organization it reveals the ingrained perceptual biases that trick our brains into accepting the status quo and missing breakthrough opportunities it draws stunning parallels to industrial production which cracked this very code over 100 years ago most importantly it gives you an easy to follow one stop guide to boost efficiency productivity and morale among the very knowledge workers who struggle under the burden of the productivity paradox discover your organization's true untapped capacity maximize the productivity of every single knowledge worker uncover better than best practices reap benefits that drop straight to the bottom line the power is in your hands with the knowledge work factory

for the soul of the family is a book you won't be able to put down the apparitions of the blessed virgin mary to estela ruiz are only part of the story as this spiritual rags to riches account of the resurrection of the ruiz family will have you laughing crying and totally consumed in wonder from the first page to the last

the statistics are no secret the u s census bureau reports that 50 of marriages end in divorce this means that each year 2.5 million people go through the divorce process many of them without a clear cut understanding of their options that's where the unofficial guide to divorce comes into play while most books on divorce are either personal sagas or dry technical guides this book is written with the aid of both a therapist and an attorney it sensitively explains the process and offers unbiased advice on selecting an attorney evaluating agreement options dealing with a high conflict divorce helping families cope with stress getting emotional support using the internet as a valuable resource and so much more the unofficial guide to divorce will allow readers to survive the ordeal and come up winners both emotionally and financially

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