

Get Your Shit Together: To Do Notepad, Planner And Journal (Simple Daily Planners, Organizers And Notebooks For Men And Women)

This book will take you in a journey of getting your life back together and becoming a winner. Day by day, you will take control of your life by making key decisions with commitment to move towards who you want to be. You will discover your talents; your strengths and you will realize everything you wish for is becoming a reality. This book will help you realize the power of Self-care, Happiness, Inner Peace and Time. Read and apply the simple principles to achieve your goals. To free yourself from depression, anxiety, and stress. Just know you are powerful. Once you change your mind, your actions will follow. “Life is not what it’s supposed to be. It’s what it is. The way you cope with it is what makes the difference” ~ Virginia Satir

The New York Times bestselling author of Being Mortal and Complications reveals the surprising power of the ordinary checklist We live in a world of great and increasing complexity, where even the most expert professionals struggle to master the tasks they face. Longer training, ever more advanced technologies—neither seems to prevent grievous errors. But in a hopeful turn, acclaimed surgeon and writer Atul Gawande finds a remedy in the humblest and simplest of techniques: the checklist. First introduced decades ago by the U.S. Air Force, checklists have enabled pilots to fly aircraft of mind-boggling sophistication. Now innovative checklists are being adopted in hospitals around the world, helping doctors and nurses respond to everything from flu epidemics to avalanches. Even in the immensely complex world of surgery, a simple ninety-second variant has cut the rate of fatalities by more than a third. In riveting stories, Gawande takes us from Austria, where an emergency checklist saved a drowning victim who had spent half an hour underwater, to Michigan, where a cleanliness checklist in intensive care units virtually eliminated a type of deadly hospital infection. He explains how checklists actually work to prompt striking and immediate improvements. And he follows the checklist revolution into fields well beyond medicine, from disaster response to investment banking, skyscraper construction, and businesses of all kinds. An intellectual adventure in which lives are lost and saved and one simple idea makes a tremendous difference, The Checklist Manifesto is essential reading for anyone working to get things right.

"I think we're all cracked and scarred and some of us maybe even have a chasm or two or four. Some of us are more tuned into our landscape. Maybe a few have put together a road map of trauma and triggers. Days and distances and despair to be avoided. I find myself tripping over the same cracks I identified over a decade ago. Are these the markings that create the unique current of my life? Is this a sign of hard-headedness, weakness, unresolved turmoil, emotional instability, and/or old habits dying hard? Is it something more clinical?Is tripping even a problem? Is there a steady cadence in this life? And if so, what kind of life is that associated with? Would it leave me happy and fulfilled? Would it leave me looking for a little crazy? I don't mind the trips. I worry about a fall." Get Your Shit Together Girl tells the story of a classic white, middle class, nineteen-year-old female waging a multi-year battle with bulimia and substance use, journaling her way through years of parental bumbling, treatment hopes and letdowns, systemic failures, and haunting decisions. Told in a diary-style format--and often through the lens of early adopter social media--these teen years are juxtaposed ten years later with the same girl-turned-woman sifting through the trauma of that time and doing everything within her power to get honest with herself, unearth the past, and heal--at last. Set in the mid-2000s and 2015, respectively, Get Your Shit Together Girl offers a pre-Obamacare glimpse into the American healthcare system and a pre-Trump take on self-help modalities, mental health treatment, and fighting for the life you truly want with all you've got.

STAY ORGANIZED | GET THE MOST OUT OF YOUR TIME Do you need to organize your time? Do constant meetings and a busy schedule run you ragged? Then you need the Get Your Shit Together To Do Planner and Organizer! This beautiful personal organizer is a great way to collect your thoughts and prepare for the days activities so you'll be organized and prepared for all of the tasks of the day. Daily Task List Record and keep track of daily deliverables to make sure nothing gets missed. Quick Glance Calendar Plan your day out and layout important meetings and events in a daily calendar. Set Aside Time For Yourself While you're saving the world, you need to make sure to take care of yourself with daily reminders of important items to rejuvenate yourself and ensure you stay mentally and physically at your best. Notes and Journaling The opposite page for each day has a space for recording notes or inspirations. Or, use this space for journaling to clear your mind and unleash your creativity. The Perfect Gift Give the gift of organization and mindfulness to the busiest people in your life. Buy Now, and Begin Organizing Your Life Today With This Great Organizer and Planner. Click the Buy button at the top of the page to begin.

Getting Your Sh*t Together

Slf-Cr, Hppinss, Innr Pc Nd Tim

Knocking on Heaven's Door

Your Prescription for a Simpler Life

The Fine Art of Limiting Yourself to the Essential...in Business and in Life

Broke Millennial

How to Change Your Life by Tidying up Your Stuff & Sorting out Your Head Space

For the babes who are trying to at least look like they've got their shit together. You've got a weekly overview for goals, and an end of week check-in. Then each day provides inspiration and all the things you need to keep your life together on the daily.In case you don't know me and what I do, this is your warning that there is profanity in this workbook. So if that's not your thing, you probably of days + a weekly check-in page.Blank pages for doodling, or whatever distresses you. Along with some of my designs from Metal Marvels for you to color! Trust me, it relieves stress.

As soon as the Web became viable for entrepreneur marketers in the early 2000’s, John Carlton surfaced as the go-to teacher for writing everything required to find prospects and persuade them to become eager customers..... as well as being The Dude for solving almost any biz problem holding things up. For decades, he was a notoriously-successful freelance direct-response copywriter with that brought home the bacon in almost every possible media (particularly direct mail, magazines and newspapers). And his street-savvy, close-the-deal style of salesmanship has now helped mobs of new entrepreneurs dominate niches online.This book is a collection of his best (and most recent) lesson-dense private articles to insider colleagues. What you're about to discover is the timeless advice can help rookie entrepreneurs murder their competition, and veteran marketers re-establish dominance in their niche. No theory here. Every lesson is from the front trenches of the business world, where fortunes are won or lost through your ability to craft superior marketing in crowded business environments... and produce jaw-dropping results regardless of the economy, the competition, or a you have a great product or service, then shame on you if you don't learn and use the reality-tested, results-proven toolkit of advice and tactics packed into this sizzling tome. It's your best First Step to becoming an awesome entrepreneur, no matter where you are now or what your experience is or how broke/disadvantaged/clueless you are. You start here, and the greatest adventure of your life the author:John Carlton's notorious 30-year career has become something of a legend among modern marketers. Just some of the highlights:He started out as the “bad boy” freelance copywriter snuck through the back doors of Los Angeles advertising agencies to do the hard-core sales jobs their staff writers couldn’t pull off (because they didn’t understand street-level salesmanship)... He penned largest direct response mailers in the world (like Rodale Press)... while single-handedly also completely transforming the way print ads worked in a number of markets (through sizzling long-copy ads the magazine owners hated, but which worked like crazy)... And he pioneered the now-common use of killer “old school” persuasive ad-writing models for online markets when the Web finally became John’s been called “the most respected and ripped-off copywriting wizard alive”, because so many of his ads are still used as templates by other marketers. (Yes, even the ads written before the Web became a viable marketing medium.) And for over a decade now, John has been the “go-to-teacher” for helping entrepreneurs learn how to craft ads that get results. His first book, “Kick-Ass Copywri

is still cited as a primary resource by the best writers working today.

There are 168 hours in a week. This book is about where the time really goes, and how we can all use it better. It's an unquestioned truth of modern life: we are starved for time. With the rise of two-income families, extreme jobs, and 24/7 connectivity, life is so frenzied we can barely find time to breathe. We tell ourselves we'd like to read more, get to the gym regularly, try new hobbies, and we give up because there just aren't enough hours to do it all. Or else, if we don't make excuses, we make sacrifices. To get ahead at work we spend less time with our spouses. To carve out more family time, we put off getting in shape. To train for a marathon, we cut back on sleep. There has to be a better way-and Laura Vanderkam has found one. After interviewing dozens of successful, happy people, she realized that you can't get more hours in a day, but you can get more done with them. In this book, she shows you how to allocate their time differently than most of us. Instead of letting the daily grind crowd out the important stuff, they start by making sure there's time for the important stuff. They focus on what they do best and what only they can do. When plans go wrong and they run out of time, only their lesser priorities suffer. It's not always easy, but the payoff is enormous. Vanderkam shows that it really is possible to exercise five days a week, take piano lessons, and write a novel without giving up quality time for work, family, and other things that really matter. The key is to start with a blank slate and to fill up your 168 hours only with things that deserve your time. Of course, you probably won't read to your children at 2:00 am, or skip a Wednesday morning meeting to go hiking, but you can cut back on other things to spend time on other less fulfilling activities. Vanderkam shares creative ways to rearrange your schedule to make room for the things that matter most. 168 Hours is a fun, inspiring, practical guide that will help men and women of any age, lifestyle, or career get the most out of their time and their lives.

Do you want more free book summaries like this? Download our app for free at https://www.QuickRead.com/App and get access to hundreds of free book and audiobook summaries. Learn how to stop worrying about what you should do so you can finish what you need to do and start doing what you want to do. Welcome to Get Your Shit Together, before you keep reading you should know a little about the author. This is a self-help book. Instead, think about this as more of a “let Sarah help you help yourself” help book. In other words, Sarah is here to offer “help” when your “self” gets in the way. I mean, if you could help yourself, you would’ve done it by now, right? Second, this book is not about cleaning up your physical messes in your life. You won’t be getting tips about how to gather your shit, thank it for its services, and thank it for its Salvation Army or Goodwill. Instead, you’ll be learning how to tidy up your mental clutter like your career, finances, creative pursuits, relationships, and health. Sarah thinks of this book as a “delightfully profane one-stop-shop for tidying your mind - and making your life easier and better.” No matter where you are in your life, whether you're in a rut with your career, finances, or your health, you'll find the help you need for every part of your rut and begin living the life you want, and deserve, to live. As you read, you'll learn “how to set goals, how to push through small annoyances and thorny obstacles to meet those goals, and then how to imagine and achieve even bigger goals that you may not, until now, have thought possible.”

Get Your Shit Together

Get Your Shit Together - Rick and Morty Lined Journal Notebook

The Entrepreneur's Guide to Getting Your Shit Together

Get Your Sh*t Together Journal

CONQUERING YOUR QUARTER-LIFE C

How to Control What You Can and Accept What You Can't So You Can Stop Freaking Out and Get On With Your Life

How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do

THE LAST SELF-HELP BOOK YOU WILL EVER NEED. In his personal, realistic, and down to earth style, Zachary Phillips shares what it takes to survive the impact of mental illness and childhood trauma. To go from a place of barely surviving, to passionately thriving. Drawing from his lived experience with mental illness, childhood trauma and the recovery process, Zachary Phillips provides practical advice, tips and techniques for: - Overcoming Anxiety - Defeating Depression - Moving On From Trauma - Getting Organised - Finding Meaning - Following Your Dreams How To Get Your Sh!t Together has the potential to turn your life around, to improve your mental state, functionality and overall health. Zachary Phillips is a writer, podcaster, vlogger, teacher, mental health advocate, motivational speaker and martial artist. He uses these platforms to promote mental health awareness, personal development and self-discovery.

'Truly life-changing' - Dolly Alderton 'The only 'diet' book worth reading this new year' - Alexandra Heminsley, Grazia Just Eat It isn't just a book. It's part of a movement to help us take back control over our bodies. To free us from restrictive dieting, disordered eating and punishing exercise. To reject the guilt and anxiety associated with eating and, ultimately, to help us feel good about ourselves. This anti-diet guide from registered nutritionist Laura Thomas PhD can help you sort out your attitude to food and ditch punishing exercise routines. As a qualified practitioner of Intuitive Eating - a method that helps followers tune in to innate hunger and fullness cues - Thomas gives you the freedom to enjoy food on your own terms. There are no rules: only simple, practical tools and exercises including mindfulness techniques to help you recognize physiological and emotional hunger, sample conversations with friends and colleagues, and magazine and blog critiques that call out diet culture. So, have you ever been on a diet? Spent time worrying that you looked fat when you could have been doing something useful? Compared the size of your waistline to someone else's? Felt guilt, actual guilt, about the serious crime of . . . eating a doughnut? You're not alone. Just Eat It gives you everything you need to develop a more trusting, healthy relationship with food and your body. The updated 4th Edition of THE ENTREPRENEUR'S GUIDE TO BUSINESS LAW takes you through the various stages of starting a business--from start-up and growth to an initial public offering--while highlighting the legal preparations and pitfalls that go along with them. Packed with practical strategies for managing legal issues, the text presents the essentials on leaving your job, competing with a former employer, contract law, and bankruptcy, as well as on the most current issues like clean energy, e-commerce, and the effects of the recent recession on entrepreneurship. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

*“Self-help meets memoir. Party girl meets wise sage. Beauty meets reality. Zara Barrie is the cool older sister you wish you had. The one that lets you borrow her designer dresses and ripped up fishnets, buys you champagne (she loves you too much to let you drink beer), and colors your lips with bright pink lipstick. She'll take you to the coolest parties, and will stick by your side and she guides you through the glitter, pain, danger, laughter, and what it means to be a f*cked up girl in this f*cked up world (both of which are beautiful despite the darkness). Girl, Stop Passing Out in Your Makeup is for the girls that are too much of a beautiful contradiction to be contained. Zara is a gifted writer—one second she'll have you laughing over rich girls agonizing over which Birkin bag to buy, the next second she'll shatter your heart in one sentence about losing one’s innocence. Zara is the nuanced girl she writes for—light, irreverent, snarky, bitchy, funny, and aching, perceptive, deep, flawed, wise, poised, honest—all at once. Perhaps the only thing that can match Zara's unparalleled wit and big sister advice is her candid humor and undeniable talent for the written word. Zara is one of the most prolific and entertaining honest voices on the internet—and her talent is only multiplied in book form. Girl, Stop Passing Out in Your Makeup is for the bad girls, honey.”—Dayna Troisi, Executive Editor, GO Magazine “Reading Zara's writing will make you feel like you're at your cool-as-hell big sister's sleepover party. You will be transfixed by her unflinching honesty and words of wisdom, and she'll successfully convince you to not only ditch the shame you feel about the raw and messy parts of yourself, but to dare to see them as beautiful.”—Alexia LaFata, Editor, New York Magazine “If Cat Marneil and F. Scott Fitzgerald had a literary baby it would be Zara Barrie. She’s got Marneil’s casual, dark, downright hilarious tone of an irreverent party girl. But then she also has Fitzgerald’s talent for making words literally feel like they sparkle on the page. I’ve always been a fan of Zara’s writing but Girl, Stop Passing Out in Your Makeup takes it to the next level. With shimmering words that make her dark stories sparkle, she seamlessly manages to inspire even the most coked-out girl at the party to get her shit together.”—Candice Jalili, Senior Sex & Dating Writer, Elite Daily*

How to Be Who You Are and Use What You've Got to Get What You Want

Get Your Sh*t Together by Sarah Knight (Summary)

Get Your Sh*t Together

Love Unfu*ked

The Gatekeepers

The Awesome Guide to Life

Get Your Sh!t Together

*“The first in-depth, behind-the-scenes look at the White House Chiefs of Staff, whose actions--and inactions--have defined the course of our country. Since George Washington, presidents have depended on the advice of key confidants. But it wasn't until the twentieth century that the White House chief of staff became the second most powerful job in government. Unelected and unconfirmed, the chief serves at the whim of the president, hired and fired by him alone. He is the president's closest adviser and the person he depends on to execute his agenda. He decides who gets to see the president, negotiates with Congress, and--most crucially--enjoys unparalleled access to the leader of the free world. When the president makes a life-and-death decision, often the chief of staff is the only other person in the room. Each chief can make or break an administration, and each president reveals himself by the chief he picks. Through extensive, intimate interviews with all seventeen living chiefs and two former presidents, award-winning journalist and producer Chris Whipple pulls back the curtain on this unique fraternity, whose members have included Rahm Emanuel, Dick Cheney, Leon Panetta, and Donald Rumsfeld. In doing so, he revises our understanding of presidential history, showing us how James Baker and Panetta skillfully managed the presidencies of Ronald Reagan and Bill Clinton, ensuring their reelections--and, conversely, how Jimmy Carter never understood the importance of a chief, crippling his ability to govern. From Watergate to Iran-Contra to the Monica Lewinsky scandal to the Iraq War, Whipple shows us how the chief of staff can make the difference between success and disaster. As an outsider president tries to govern after a bitterly divisive election, the Gatekeepers could not be more timely. Filled with shrewd analysis and never-before-reported details, it is a compelling history that changes our perspective on the presidency.”--Jacket flap. The “genius” national bestseller on the art of caring less and getting more -- from the author of Calm the F*ck Down and F*ck No (Cosmopolitan). Are you stressed out, overbooked, and overwhelmed by life? Fed up with pleasing everyone else before you please yourself? It's time to stop giving a f*ck. This brilliant, hilarious, and practical parody of Marie Kondo's bestseller The Life-Changing Magic of Tidying Up explains how to rid yourself of unwanted obligations, shame, and guilt -- and give your f*cks instead to people and things that make you happy. The easy-to-use, two-step NotSorry Method for mental decluttering will help you unleash the power of not giving a f*ck about: Family drama Having a "bikini body" Iceland Co-workers' opinions, pets, and children And other bullsh*t!*

*And it will free you to spend your time, energy, and money on the things that really matter. So what are you waiting for? Stop giving a f*ck and start living your best life today! Discover more of the magic of not giving a f*ck with The Life-Changing Magic of Not Giving a F*ck Journal.*

*From paring your belongings to getting enough sleep, keeping your friendships active to acing an interview, this book tells you exactly how to get your sh*t together, so you can be the best version of yourself. Use its winning blend of super-achievable life hacks, motivating quotations, and lots of good sh*t to kick-start your transformation.*

*Tame anxiety and take back control of your life with this no-f*cks-given guide from the bestselling author of The Life-Changing Magic of Not Giving a F*ck and Get Your Sh*t Together. Do you spend more time worrying about problems than solving them? Do you let unexpected difficulties ruin your day and do "what ifs" keep you up at night? Sounds like you need to Calm the F*ck Down. Just because things are falling apart doesn't mean YOU can't pull it together. Whether you're stressed about sh*t that hasn't happened yet or freaked out about sh*t that already has, the NoWorries method from "anti-guru" Sarah Knight helps you curb the anxiety and overthinking that's making everything worse. Calm the F*ck Down explains: The Four Faces of Freaking Out—and their FlipSides How to accept what you can't control Productive Helpful Effective Worrying (PHEW) The Three Principles of Dealing With It And much more! Find even more calm with the Calm the F*ck Down Journal.*

A Visual History of Burning Man

Get Fit, Get Laid, Get Your Sh*t Together

Professional Troublemaker

Burning Book

How to Get Things Right

Get Your S.H.I.T. Together

The Ultimate Business Manual for Every Practicing Artist

This “comforting...thoughtful” (The Washington Post) guide to maintaining a high quality of life—from resilient old age to the first inklings of a serious illness to the final breath—by the New York Times bestselling author of Knocking on Heaven’s Door is a “roadmap to the end that combines medical, practical, and spiritual guidance” (The Boston Globe). “A common sense path to define what a ‘good’ death looks like” (USA TODAY), The Art of Dying Well is about living as well as possible for as long as possible and adapting successfully to change. Packed with extraordinarily helpful insights and inspiring true stories, award-winning journalist Katy Butler shows how to thrive in later life (even when coping with a chronic medical condition), how to get the best from our health system, and how to make your own “good death” more likely. Butler explains how to successfully age in place, why to pick a younger doctor and how to have an honest conversation with them, when not to call 911, and how to make your death a sacred rite of passage rather than a medical event. This handbook of preparations—practical, communal, physical, and spiritual—will help you make the most of your remaining time, be it decades, years, or

months. Based on Butler's experience caring for aging parents, and hundreds of interviews with people who have successfully navigated our fragmented health system and helped their loved ones have good deaths, The Art of Dying Well also draws on the expertise of national leaders in family medicine, palliative care, geriatrics, oncology, and hospice. This “empowering guide clearly outlines the steps necessary to prepare for a beautiful death without fear” (Shelf Awareness).

This journal is designed to help you 'get your shit together'-a day ahead of time!Set your food and fitness goals for tomorrow and when you wake up you will know exactly what you want to eat, what exercises you want to do and what recipe to research.Plus there's a reminder to read someone's success story to keep you motivated!

INSTANT NEW YORK TIMES BESTSELLER From the New York Times bestselling author of I'm Judging You, a hilarious and transformational book about how to tackle fear--that everlasting hater--and audaciously step into lives, careers, and legacies that go beyond even our wildest dreams Luvvie Ajayi Jones is known for her trademark wit, warmth, and perpetual truth-telling. But even she's been challenged by the enemy of progress known as fear. She was once afraid to call herself a writer, and nearly skipped out on doing a TED talk that changed her life because of imposter syndrome. As she shares in Professional Troublemaker, she's not alone. We're all afraid. We're afraid of asking for what we want because we're afraid of hearing "no." We're afraid of being different, of being too much or not enough. We're afraid of leaving behind the known for the unknown. But in order to do the things that will truly, meaningfully change our lives, we have to become professional troublemakers: people who are committed to not letting fear talk them out of the things they need to do or say to live free. With humor and honesty, and guided by the influence of her professional troublemaking Nigerian grandmother, Funmilayo Faloyin, Luvvie walks us through what we must get right within ourselves before we can do the things that scare us; how to use our voice for a greater good; and how to put movement to the voice we've been silencing--because truth-telling is a muscle. The point is not to be fearless, but to know we are afraid and charge forward regardless. It is to recognize that the things we must do are more significant than our fears. This book is about how to live boldly in spite of all the reasons we have to cover. Let's go!

Do you work too much, play too little and never have enough time to devote to the people and things that truly make you happy? If yes, then pause, breathe and pour yourself a glass of wine if you like because Sarah Knight, author of the word-of-mouth bestseller The Life-Changing Magic of Not Giving a F**k is here to help. The Get Your Sh*t Together Journal is packed full of practical exercises and prompts to help you work out what you want and arm you with the tools to go out and get it. Whether you're an overwhelmed under-achiever or a high-functioning basket case, Sarah Knight is here to guide you, step by step and day by day, towards living your best life every damn day. 'The anti-guru' Observer 'Absolutely blinding. Read it. Do it.' Mail on Sunday 'Genius' Cosmopolitan 'I loved Knight's book even before I start reading . . . Works a charm' Sunday Times Magazine 'Life-affirming . . . The key practice she advocates is devising for yourself a "fuck budget" . . . It's a beautiful way of streamlining your psyche' Lucy Mangan, Guardian

How the White House Chiefs of Staff Define Every Presidency

Just Eat It

For the Babe Who Is Trying to at Least Look Like They Have Their Shit Together

Getting Your Relationship Sh!t Together

A Practical Guide to a Good End of Life

How to Get Your Sh!t Together: Overcome Anxiety - Defeat Depression - Move on from Trauma - Get Organised - Find Meaning - Follow Your Dreams

Get Shit Together Workbook

*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*! Praise for Sarah Knight: "Genius." -- Cosmopolitan "Self-help to swear by." -- The Boston Globe "Hilarious... truly practical." -- Booklist*

Far too often artists find themselves having to compromise their art and their life because they were not taught accurate up-to-date methods for dealing with business situations. Because of this lack of preparedness artists miss out on valuable opportunities, financial rewards, and access to receptive audiences. This book aims to help all artists everywhere avoid these pitfalls and get on the track to success on their own terms. Whether you are a gallery- bound artist, a public artist, an emerging artist, a hobbyist, a crafts-person, a student, or a seasoned artist in need of a tune up, this manual is meant for you. This comprehensive book is informed by decades of experience and years of research into how to perform as a professional artist in the 21st century art world (or worlds). This book is filled with easy-to-follow instructions that will help you do everything -- archive your work, start a mailing list, write a grant, and everything else you can think of. This straightforward book even addresses topics you may not think you need to know about now, but you sure will later! Consider this a handbook for all your artistic endeavors. This book is written and designed to empower you to take your future into your own hands.

*Get Your Sh*t TogetherHow to Stop Worrying About What You Should Do So You Can Finish What You Need to Do and Start Doing What You Want to Do*Little, Brown

Based upon his weekly Harvard Business Review columns (which is one of the most popular columns on HBR.com, receiving hundreds of thousands of unique page views a month), 18 MINUTES clearly shows how busy people can cut through all the daily clutter and distractions and find a way to focus on those key items which are truly the top priorities in our lives. Bregman works from the premise that the best way to combat constant and distracting interruptions is to create productive distractions of one's own. Based upon a series of short bite-sized chapters, his approach allows us to safely navigate through the constant chatter of emails, text messages, phone calls, and endless meetings that prevent us from focusing our time on those things that are truly important to us. Mixing first-person insights along with unique case studies, Bregman sprinkles his charming book with pathways which help guide us -- pathways that can get us on the right trail in 18 minutes or less.

You Do You

The Glass Castle

Find Your Focus, Master Distraction, and Get the Right Things Done

Renaissances' 5 Step Guide on Getting Your Shit Together

*The Entrepreneur's Guide to Keeping Your Sh*t Together*

A Memoir

Learn how to stay sane and ensure both you and your business thrive for years. You run a business. And running a business is hard. It can ruin your health. It can ruin your relationships. It can ruin your life. But only if you don't equip yourself for the journey. The responsibility, stress and loneliness of being an entrepreneur are a far cry from your friends who work salaried jobs. The path of least resistance is to let the stress and isolation of starting, running and growing a business infiltrate most aspects of your life. Over and over we've watched our fellow entrepreneurs succumb to the mental toll and chaos of running a business. We've also experienced it firsthand as we've launched and grown our own businesses. Odds are good that you've been overwhelmed at some point. Maybe you've read self help books only to find that books about stress management typically don't take into account the unique experience of entrepreneurs. Or they're 'lifehacks' written by a blogger with no formal training, offering advice based on anecdotes. Why do I need this book? You want to invest in yourself (and consequently, your business). You want to learn proven strategies, tactics and techniques to overcome the challenges that cause you heartburn and headaches. You want to get off the treadmill of stress, anxiety and isolation that entrepreneurship brings. You want to prevent burnout, depression, isolation, and the emergence of damaging coping strategies and self-sabotaging choices. Every aspect of this book is a pairing of psychological expertise with decades of entrepreneurial experience. Author, Seth Godin calls it, "A personal, generous and incredibly useful guide to staying sane and changing the world at the same time. Read it before you think you need it." Here are just a few things you will take away: New ways to deal with the responsibility and fear that go along with being an entrepreneur Why knowing yourself and where you came from is crucial to your success How to succeed as an entrepreneur no matter your personality type How to keep stress from ruining your relationships Dealing with depression, anxiety, burnout, ADHD and other common psychological burdens How to get more things done - and faster - by dealing with procrastination, distraction and muddled priorities How to deal with overwhelming (seemingly) massive failures How to find personal calm in the midst of chaos And much more... Love the book? Read a review! And join the conversation by joining our Facebook Group: www.facebook.com/groups/zenfounder/ Get Your Shit Together - Rick and Morty Lined Journal Notebook This is the #1 best journal for school, home, or work. This 150 page journal notebook will help you record your fun adventures with its awesome design and brilliant lined pages. It's perfect as a daily journal, but can be used for anything. There are no limits with this great gift.

From the New York Times bestselling author of Unfu*k Yourself comes tough-love that explains what makes relationships work: you taking responsibility to fix yourself. "Love is patient, love is blind. . ." Until it's not. Then what? No matter how much advice we get or how much work we do on our "stuff," nothing ever seems to make the difference. The truth of it is, you're woefully ill-equipped for one of the most life-defining things you will ever take on—being in a committed relationship. Whether you're currently in one, want to be in one, half in–half out, getting over one, married, single, separated, divorced, or just overwhelmed with the whole thing, let's cut through the morass of relationship schtick and put you back in charge. No flowery BS, no woo-woo strategies, systems, or techniques, just real talk, for real people who want a real relationship in their life that actually works.

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

My Finally Getting My Shit Together Journal

The Fear-Fighter Manual

How Intuitive Eating Can Help You...

The Bad Girl's Guide to Getting Your Sh*t Together

The Power of Less

The Art of Dying Well

18 Minutes

From the New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck and Get Your Sh*t Together comes more straight talk about how to stand up for who you are and what you really want, need, and deserve -- showing when it's okay to be selfish, why it's pointless to be perfect, and how to be "difficult." Being yourself should be easy, yet too many of us struggle to live than feeling large and in charge, we feel little and belittled. Sound familiar? Bestselling "anti-guru" Sarah Knight has three simple words for you: YOU DO YOU. It's time to start putting your happiness first -- and stop letting other people tell you what to do, how to do it, or why it can't be done. And don't panic! You can do it without losing friends and alienating people. Knight delivers her trademark "Just Because" The social contract and how to amend it Turning "flaws" into strengths -- aka "mental redecorating" Why it's not your job to be nice Letting your freak flag fly How to take risks, silence the doubters, and prove the haters wrong Praise for Sarah Knight: "Genius." -- Cosmopolitan "Self-help to swear by." -- The Boston Globe "Hilarious... truly practical." -- Booklist Declutter your mind and do the important sh*t you've been putting off with this 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), 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

The best gifts are both personal and functional and that's why a journal is always a fantastic choice! This funny and cute notebook is perfect as a valentine's day, anniversary or birthday gift for your spouse or partner. High quality binding, premium design, Perfect size 6" x 9", paperback cover, 120 beautifully lined pages.

WASHINGTON POST “COLOR OF MONEY” BOOK CLUB PICK Stop Living Paycheck to Paycheck and Get Your Financial Life Together (#GYFLT)! If you're a cash-strapped 20- or 30-something, it's easy to get freaked out by finances. But you're not doomed to spend your life drowning in debt or mystified by money. It's time to stop scraping by and take control of your money and your life with this savvy guide. Millennial shows step-by-step how to go from flat-broke to financial badass. Unlike most personal finance books out there, it doesn't just cover boring stuff like credit card debt, investing, and dealing with the dreaded “B” word (budgeting). Financial expert Erin Lowry goes beyond the basics to tackle tricky money matters and situations most of us face #IRL, including: - Understanding your relationship with money - Managing student loans without having a full-on panic attack - What to do when you're out with your crew and can't afford to split the bill evenly - How to get “financially naked” with your partner and find out his or her “number” (debt number, of course) . . . and much more. Packed with refreshingly simple advice and hilarious true stories, Broke Millennial is the essential guide to getting your financial life together. #GYFLT! Stop Scraping By and Get Your Financial Life Together

Get Your Shit Together Girl

The Rebel Mama's Handbook for (Cool) Moms

The Life-Changing Magic of Not Giving a F*ck

168 Hours

Girl, Stop Passing Out in Your Makeup

How to Stop Worrying About What You Should Do So You Can Finish What You Need to Do and Start Doing What You Want to Do

Outlines a less invasive, more humane approach to end-of-life care, sharing the stories of the author's parents and explaining the political and technological factors that are interfering with patient preferences.

Kali Rogers of Blush Online Life Coaching presents the no-nonsense approach to getting over your quarter life crisis and entering into adulthood like a boss. Learn about the symptoms of the quarter life crisis and how to combat them as well as tackling your career distress, relationship troubles, breakup woes, friendship struggles, and owning your singlehood while everyone else is getting engaged. This book won't let you waste one more second feeling sorry for yourself. It's time to stop feeling stuck and take action.

With the countless distractions that come from every corner of a modern life, it's amazing that were ever able to accomplish anything. The Power of Less demonstrates how to streamline your life by identifying the essential and eliminating the unnecessary freeing you from everyday clutter and allowing you to focus on accomplishing the goals that can change your life for the better. The Power of Less will show you how to: Break any goal down into manageable tasks Focus on only a few tasks at a time Create new and productive habits Hone your focus Increase your efficiency By setting limits for yourself and making the most of the resources you already have, you'll finally be able work less, work smarter, and focus on living the life that you deserve.

*If you're a mom (or mom-to-be) who wants to raise decent human beings, maintain your pre-baby identity, and not lose your sh*t along the way, congrats: you've just found the parenting book of your dreams. The Rebel Mama's Handbook for (Cool) Moms is a girlfriend's guide to early motherhood. It's the Coles Notes for all those boring baby books you never read. It's the instruction manual you wish your kid(s) came with - complete with cocktail list. Welcome to motherhood. Let's do this.*

The Entrepreneur's Guide to Business Law

The Path to a Better Way of Death

How to Run Your Business Without Letting It Run You

*Calm the F*ck Down*

To Do Notepad, Planner and Journal

You Have More Time Than You Think

The Checklist Manifesto

Jessica Bruderis a reporter for theOregonian.Her writing has also appeared in theNew York Times,theWashington Post,and theNew York Observer.She lives in Portland, Oregon.

From the New York Times bestselling author, pro skater, satellite radio star and host of The Jason Ellis Show comes The Awesome Guide to Life, a hilarious follow-up full of no-holds-barred advice to help you get the most out of life. Drawing from his own experiences, Ellis offers the wisdom he's accumulated to help you handle any situation. Laugh-out-loud funny, told in the irreverent voice that draws legions of fans to his radio show, The Awesome Guide to Life teaches you how to create your signature look, how to party, how get laid, how to maintain a relationship, how to pick up a hooker—and more. But to maximize the opportunities that life has to offer you have to have confidence, Ellis argues—the confidence to define what you want, pursue your passion, and make your dreams a reality. In The Awesome Guide to Life Jason Ellis shows you how to develop the positive attitude you need to truly make things happen.

Bestselling anti-guru, Sarah Knight, reveals how to stop whining and start winning! Sarah Knight's first book, internationally bestselling THE LIFE-CHANGING MAGIC OF NOT GIVING A F**K may have transformed your life. Now it's time to take one further step along the road to mental declutterment:

to stop whining and to start winning. In short, it's time to GET YOUR SH*T TOGETHER! As someone who quit her job in corporate America, built a house in the Caribbean and moved there, Knight seriously has her sh*t together. Here, in her frank, forthright and down-right hilarious fashion, she

shares her tried-and-tested methods so that you can apply them to your own hopes and dreams. Once you've identified your goal, laid out your strategy and narrowed your focus, you're ready to commit. Seriously, get your shit together!

It's time to take control and 'Get Your Shit Together'. With The Grit Doctor on your side, find out what you want from life and find the courage to go for it, power through life admin without breaking sweat, and learn how to switch off and chill out.