

Getting A Grip: On My Game, My Body, My Mind My Self

Do you have a grip on your business, or does your business have a grip on you? All entrepreneurs and business leaders face similar frustrations—personnel conflict, profit woes, and inadequate growth. Decisions never seem to get made, or, once made, fail to be properly implemented. But there is a solution. It's not complicated or theoretical.The Entrepreneurial Operating System® is a practical method for achieving the business success you have always envisioned. More than 80,000 companies have discovered what EOS can do.

In Traction, you'll learn the secrets of strengthening the six key components of your business. You'll discover simple yet powerful ways to run your company that will give you and your leadership team more focus, more growth, and more enjoyment. Successful companies are applying Traction every day to run profitable, frustration-free businesses—and you can too. For an illustrative, real-world lesson on how to apply Traction to your business, check out its companion book, Get A Grip.

How do you wheels fish out of control.If you drive anywhere in the snow belt, you probably know the feeling: rear wheels fishtailing, steering useless, brakes ineffective—you're out of control. The good news is, life doesn't have to be like a car on ice. Bill Hybels offers biblical insights and practical steps to securing a Christ-centered life that will get you where you want to go.Getting a Grip guides you toward wise choices and disciplined action in five vital areas of your life: your time, your health, your finances, your spiritual life, and your relationships. As you learn what the Bible has to say about each of these, you'll discover how able and eager Jesus is to help you obtain solid traction on the road of life.Interactions—a powerful and challenging tool for building deep relationships between you and your group members, and you and God. Interactions is far more than another group Bible study. It's a cutting-edge series designed to help small group participants develop into fully devoted followers of Christ.

It's time to take your business to the next level. Eileen Sharp and Vic Hightower were frustrated. After years of profitable, predictable growth, Swan Services was in a rut. Meetings were called and discussions held, but few decisions were made and even less got done. People were pointing fingers and assigning blame, but nothing happened to solve Swan's mounting problems. It felt as though they were working harder than ever but with less impact. The company Eileen and Vic had founded and built for 10 years was a different place. It just wasn't fun anymore. Their story is not unusual. The challenges they were facing are common, predictable, and solvable. Get A Grip tells the story of how Swan Services resolves its issues by implementing the Entrepreneurial Operating System®. With the help of EOS, Eileen, Vic, and their leadership team master a set of managerial tools that allow them to get traction on their business, grow the business, and deliver better results for clients. The story of Swan Services is a fable, but the Entrepreneurial Operating System® is very real and has helped thousands of businesses worldwide. A complete entrepreneurial toolkit, EOS has helped thousands of businesses get to where they want to be. In Get A Grip, learn how Swan Services leaders learned to develop and commit to a clear vision, establish focus, build discipline, and create a healthier and more cohesive team. With characters and situations created from collective business experiences and stories, Get A Grip is a fable that will ring true for entrepreneurial leaders the world over and guide them to get their companies on track.

This isn't my life. Okay, it is my life, but not the way I envisioned it would be. I wasn't supposed to be a divorced mother of three when I turned the big 4-0. Sure, I expected the fine lines, gray hairs and left over baby belly. What I didn't expect was expanding our family get-togethers by one... my ex-husband's new child bride. Ok, ok, she's not young. Maybe. Did I mention this is not the life I planned? It could always be worse. I know. I'm lucky to have a mother who loves to babysit, a best friend who loves sarcasm, and a new friend by the name of Greg who is a child whisperer and tells me my eyes are pretty. Sigh... Greg. The perfect, Adonis-like God of a man who keeps flirting with me. At least I think he's flirting with me. It's been so long, I don't really know. Between birthday parties, a few ill-advised bouts with make-up, and a whole slew of gymnastics classes, it's finally time to take back some control. So, while my girls learn all about how to grip the bar, I'm going to learn how to get a grip on my life. And maybe my heart.

Getting A Grip on Your Finances

The Heart of Anger Handbook for Teens

Get a Grip on Your Money - Student Text

Getting a Grip on Time Management

Get a Grip on Physics

Productivity and Life Balance Made Easy

An illustrated, practical guide to navigating your financial life. no matter your financial situation “a potent mix of deeply practical and wonderfully empathetic” —Erin Lowry, author of Broke Millennial “one of the most approachable financial books I’ve ever read.” —Refinery 29 We are all weird about money. Whether you have a lot or a little, your feelings and beliefs about money have been shaped by a combination of silence (or even shame) around talking about money, personal experiences, family and societal expectations, and a whole big complex system rigged many of us from the start. Begin with that baseline premise and it’s no surprise so many of us find it so difficult to save enough money (but way too easy to get trapped in ballooning credit card debt), emotionally draining to deal with student loans, and nearly impossible to understand the esoteric world of investing. Unlike most personal finance books that focus on skills and behaviors, FINANCE FOR THE PEOPLE asks you to examine your beliefs and experiences around money—blending extremely practical exercises with mindfulness, and including more than 5 illustrations and diagrams to make the concepts accessible (and even fun). With deep insider expertise from years spent in many different corners of the financial industry, Paco de Leon is a friendly, approachable, and wise guide who invites readers to change their relationship with money. With her holistic approach you’ll learn how to:
• root out your unconscious beliefs about money
• untangle the mental and emotional burden of student loans to pay them off
• use a gratitude practice to help you think differently about spending
• break out of the debt cycle

building wealth This book is for anyone who feels unseen, ignored, or bored to death by the way personal finances are approached and taught, and is ready to go on a journey of self-discovery and step into their financial power.

Pete Wargent used shares, index funds and investment property to become a millionaire at the age of 33 and quit fulltime work. His new book is a detailed plan for achieving financial freedom at any age by taking control of your finances and implementing a holistic financial strategy. The global financial crisis has seen us living through times of great volatility and uncertainty. Many people have been forced to endure periods of unemployment, housing has become almost unaffordable and it seems that the concept of a job for life is a thing of the past. It is more than ever that we create a sustainable lifestyle and have a financial plan that is not totally reliant on a job and a salary. Get a Financial Grip looks at the psychology and mindset of success as well as looking at the asset classes that can be used to attain the leverage and returns to achieve financial goals. The author presents a comprehensive, but easy to understand plan for building and balancing a portfolio for generating wealth through compound growth. It shows how your money can work for you and give you the best odds of breaking the link between income.

This is not just another text on financial and investment theory, it is a practical, specific and life-changing plan to propel your finances to a level you may never have believed possible. It's a simple plan for achieving financial freedom; offering you the chance to live the life you choose.

Just as we should think before we speak, we need to think before we write. Most of us are not poets or novelists, but we are all writers. We emit, text, and post; we craft memos and reports, menus and outdoor signage, birthday cards and sticky notes on the fridge. Get a Grip on Your Grammar is a grammar book for those who hate grammar books, a writing resource filled with quick answers and a playful style—not endless, indecipherable grammar jargon. Get a Grip on Your Grammar is The Elements of Style for the Twitter generation. Designed for student and creative-writing audiences alike, its easily digestible, occasionally witty writing tips will finally teach you: The differences between “lay” and “lie.” The proper usage of “affect” and “effect.” Where to put punctuation around quotation marks. The meaning of “e.g.” versus “i.e.” The perils of overusing the word “suddenly.” That apostrophes should not be thrown about like confetti. And 243 more great tips. Writers owe it to themselves and to everyone who sees their written words to get it right. With a Grip on Your Grammar, they finally can (not “may”).

Think GET A GRIP Teaches strategies to change the way we think that holds us back from reaching our promise and potential. It is intended as an instructional manual for thinking. In the book you will learn not only what, how, and why you think the thoughts you think, but also which ones are actually messing with your happiness. You will gain insight into how to change your thought habits and learn techniques to track your progress.

Getting a Grip on the Basics - Spanish

Getting a Grip on the Basics

A Take-Charge Approach to Living with Arthritis

Discover a Purposeful Prayer Life With God

How to Get Everything You Want from Your Entrepreneurial Business

Graphic novel fans, prepare yourselves for a trip you won't soon forget! New York Times bestselling author Dan Gutman and veteran illustrator Jim Pallot have brought you a second zany My Weird School graphic novell! A.J. and his friends have the chance to win a trip to Dizzyland—if they can finish 5,000 books first. Dr. Carbles, the evil president of the Board of Education, doesn't think they can do it. But the Ella Mentry School kids are nothing if not determined! Will they achieve their theme park dreams? Or does Dr. Carbles have other plans for the school? Full of visual gags, fun pop culture references, and hilarious full-color illustrations, this is the weirdest graphic novel in the history of the world! With more than 30 million books sold, the My Weird School series really gets kids reading!

Practical tips and easy exercises for relieving the stress of everyday life Get a Grip! offers powerful, prescriptive advice for living and thriving in our high-stress times. Integrating techniques that relax the mind, the body, and the spirit, it presents quick and easy ways to make the day less stressful-and get the most out of each and every day. For business owners, office workers, and even those who work at home raising a family, Get a Grip! helps them understand the sources of their stress and deal with it effectively with advice on such topics as: stress-busting exercises, breathing techniques, meditation, visualization, diet, attitude, humor and work/life balance. Though it's impossible to lead a completely stress-free life, Get a Grip! will help everyone-from CEOs to homemakers-deal with the difficulties of daily life. Bob Losyk (Fort Lauderdale, FL) is a business consultant, trainer, and international speaker whose clients include American Express, Honda, Marriott, Taco Bell, IBM, and Inc. magazine, among others. His articles on management have appeared in such magazines as Futurist, Travel Weekly and Training & Development Journal.

Popular physics primer by an acclaimed author offers accessible, imaginative explanations of string theory, the Schrödinger's Cat paradox, quantum uncertainty, black holes, and other cosmic oddities. Numerous playful illustrations.

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Get a Grip, Vivy Cohen!

Uva's Basic Grip Book

How to Get a Grip

Get a Grip!

Getting a Grip on the Basics for Kids

A simple plan for financial freedom

The author draws from her own experiences with rheumatoid arthritis, a chronic, debilitating, and incurable disease, to present a compassionate and compelling guide, filled with inspiration and motivation, that will help readers to overcome the disease both at home and in the workplace. 12,500 first printing.

DIV At the age of sixteen, Monica Seles crashed on to the world tennis scene by becoming the youngest winner in French Open History. For three years, she dominated the tennis circuit, racking up eight Grand Slam titles, winning three back-to-back French Open titles. At post-match conferences she charmed the media with her trademark giggle. In January 1993, Seles defeated Steffi Graf in the Australian Women's Open and in April of that year, while playing a quarter-final in Hamburg, a boning knife was plunged between her shoulder blades by a Graff fan. Everything changed. The incident shocked the tennis world. Seles's injuries healed, but Seles did not. Now, in this compelling book she tells us in her own words what followed - years of seclusion, the fog of despair, binge eating, dealing with criticism about her weight from a brutal press, losing her father's coach to cancer and never regaining her dominance on court despite getting in to the top 10. After years battling to regain fitness and tennis glory, an excruciating injury forced Monica to take time off from tennis in 2003 and she embarked on her own journey. She abandoned the arduous workouts and punitive diets, and slowly uncovered the painful emotions behind years of tumultuous feelings.

This is a human and inspiring story of determination, amazing talent and touching vulnerability, that Seles hopes will motivate and inspire others to find happiness in their own lives. Monica Seles is a former No 1 professional tennis player who became the youngest-ever champion at the French Open in 1990 and went on to win nine Grand Slam singles titles. In 2007, she was appointed goodwill ambassador for the UNOs

Global Sports for Peace and Development Initiative - /siv

If you struggle with time and just can't fit everything in, Robyn Pearce's new edition of her best-selling first book will give you really practical help. It

When a child is born, doctors and family encourage the new parents to provide three elements essential to the survival of the newborn: love, nourishment and protections. These same elements are vital for every newborn Christian as well. This workbook will help those new to the Christian faith find these basics for survival. Getting a Grip on the Basics is a powerful study tool designed for either individual or group use and will help new and mature Christians alike. Through studying the Scriptures and completing this workbook, Christians will find and experience the love of God, receive spiritual nourishment and be able to rest in the protective care of the Lord and His Word. This dynamic study course will help readers become grounded in the fundamentals of Christian faith and learn important principles to vital Charismatic believers, including:
- How to Become a Christian
- How to Be Sure You are a Christian
- How to Develop Your Relationship with God
- How to Develop Your Prayer Life
- How to Hear from God
- How to Obey God
- How to Experience God's Love and Forgiveness
- How to Be Filled with the Holy Spirit
- How to Be Sure You are Filled With the Spirit
- How to Grow and Develop Your Faith
- How to Experience the Abundant Life
- How to Be an Overcomer
- How to Serve God
Also Included is Insightful Teaching On:
- How to Recognize False Doctrines
- How to Find a Good Church
- What to Look for in a Good Church
- What to Do When You Find a Good Church

Overcoming Stress and Thriving in the Workplace

Get a Grip on Your Grammar

Getting A Grip

Getting a Grip on Results

Getting a Grip on the Basics of Health & Healing

Building a Firm Foundation for the Victorious Christian Life

While the technology of filmmaking has changed dramatically over the last 20 years, the basics of effective studio gripping are the same-a thorough knowledge of equipment, safety, and tools remains the foundation for success. A heavily illustrated reference and learning tool, Uva's Basic Grip Book provides grounding in basic grip equipment, techniques, and safety issues. It distills the most beginner-friendly information offered in Uva's original Grip Book into a handy reference and guide prepared especially for the beginning professional. Updated with the latest studio grip equipment, the book also offers a complete list of personal grip tools that every grip should have, more than 100 tricks of the trade, and a review test designed to affirm new knowledge. Uva's Basic Grip Book also offers safety tips for gripping, detailed descriptions of positions within the grip department, and advice designed to help land that first job and get established in this very competitive industry. A fully updated and expanded glossary completes the book. Uva's Basic Grip Book covers beginners' most frequently asked questions and helps them to acquire basic skills. It also looks at the different positions within the grip department and offers helpful advice in getting that first job. Like its predecessor, Uva's Basic Grip Book is filled throughout with Tricks of the Trade, as well as tips on common practice and safety. An improved and expanded glossary completes the book.

This commonsense approach to time management focuses on restoring quality, balance and enjoyment in life. By first looking at the "big picture" and how you want to live your life, the author demonstrates that it is possible to take control and achieve your goals.

"If you feel like a hostage of your to-do list and struggle to find time for what matters most, this book will be a huge help." —Daniel H. Pink, #1 New York Times bestselling author of When and Drive We're all familiar with the signs that things are getting out of hand. The week has barely started and already you're playing catch-up. At the end of another busy day, your to-do list is longer than it was that morning, your inbox overflowing with other people's asks. At times like those, no matter how hard we work, it can feel like we're spinning our wheels. Enter GRIP: The Art of Working Smart, by Dutch entrepreneur and author of the bestselling book How to Get Things Done, is a practical, step-by-step guide that will help you get your to-do list under control and get your life back on track. GRIP is a simple, no-nonsense approach that will help you get your to-do list in half the time... yet you're still stalking your ex on Facebook. - You know you just need a kick up the backside... and that's what you'll find within the pages of this book. Get A F*cking Grip is the self-help book for people who hate self-help, offering simple no-nonsense advice that you can implement into all areas of your life, allowing you to get on with everything you've always wanted to do. Learning how to get a f*cking grip is the key to taking back control of your life.

Getting a GripOn My Game, My Body, My Mind... My Self!R Books Limited

You have the power to break addictive behaviors! In his typical tell-it-like-it-is style, Dr. Doug Weiss leads you on a journey that will help you identify controlling behaviors and break free from their unhealthy vicious cycle in your life

A #MyNewLife Romantic Comedy

Get a Grip on Your Business

My Weird School Graphic Novel: Get a Grip! We're on a Trip!

Get a Financial Grip

Get a Grip—On the Bible

Control the Voice in Your Head: Change Your Thoughts, Feeling and Actions. Reach Your Promise and Potential in Life

Designated by The New York Times Book Review as a must-read in 2008 for the next U.S. president, Lapps unique take and laser-like logic invite readers to try on a new, invigorating way of seeing the world. With her characteristic boldness, she takes on a set of disempowering ideas driving economic and ecological crises, challenging readers to rethink the meaning of power, democracy, and hope itself. In her punchy, no-holds-barred style, Lapp weaves together fresh insights, startling facts, and stirring vignettes of regular people pursuing ingenious solutions. “My books intent,” Lapp writes, “is to enable us to see what is happening all around us but is still invisible to most of us people in all walks of life penetrating the spiral of despair and reversing it with new ideas, innovation and courage.” “This updated and revised edition responds to Obama’s presidency and the global financial collapse, concluding with reflection questions that are perfect for book groups. A record-setting tennis champion describes such experiences as her teenage successes on the tennis circuit, the knife attack by a mentally ill fan that rendered her emotionally scarred, and her struggles with depression and an eating disorder.

Getting a Grip on the Basics is a powerful study tool for new and mature Christians alike. Powerful topics are presented in an informative and engaging manner, with provoking questions that can be used for individual or group use.

Did you ever start to read the Bible and then give up? If so, this Get a Grip approach could help you get into the Word with confidence. Get a Grip—on the Bible is designed to provide enough information to help you familiarize yourself with each book but not so much that you get overwhelmed. For each book covered, author Jerry L. Burton discusses who wrote it, why and when it was written, and the intended audience. He also explores the culture and history of the time, offering additional context. He also shares a few key narratives in a storytelling format, exploring key doctrines that appear consistently throughout the Bible. Using this method, you'll soon have confidence in your ability to study and understand God's Word. Formatted for use by Sunday school classes, small-group Bible studies, and individuals, this study guide presents a comfortable way of learning the basics of the Bible.

Quick Tips for Kids and Teens

Clarity, Creativity, and Courage for the World We Really Want

Accountability

On My Game, My Body, My Mind... My Self

(Getting a Grip Duet #1)

A Study Guide: Genesis Through Ruth

Eleven-year-old knuckleball pitcher Vivvy Cohen, who has autism, becomes pen pals with her favorite Major League baseball player after writing a letter to him as an assignment for her social skills class.

In his highly popular book, "The Heart of Anger," author/counselor Lou Priolo tackled the tough problem of anger in young children; its causes and cures. Now, Priolo uses his years of experience and considerable skills in defusing anger in teenagers.

This concise introduction to philosophy guides readers from the works of Plato and Aristotle to those of Simone de Beauvoir and Michel Foucault. The lively, cartoon-like format — loaded with sidebars, cheeky illustrations, and bulleted points — injects a playful modern tone into potentially obscure subjects. Featured thinkers include Aquinas, Descartes, Wittgenstein, Hume, Heidegger, and Nietzsche.

Provides no-nonsense lessons in life in a language that you will appreciate straight from the successful blog www.howtogetagrip.com.

Get a Grip

Think GET a GRIP

The Art of Working Smart (And Getting to What Matters Most)

On My Body, My Mind, My Self

Getting a Grip

Get A F*cking Grip

Here's a four-step plan to help you get a solid grip on your dream -- for your personal and business life. You'll be given four pitons (mountain climbing spikes), which will enable you to climb more courageously and effectively. Go higher than you ever thought you could. These four essential pitons will enable you to scale the most challenging "mountains" imaginable. You'll also be empowered to climb more confidently, and -- with greater speed. In addition to more sure-footed climbing, you'll be equipped to reach out and set the stage of your life -- more completely than ever before. Be like a grip on a movie set. Gain more control over how your future looks. Move the lights, cameras and scenery for the best illumination and illustration of the scenes in your life. Use the pitons to rise to new levels of success -- for a happier, more prosperous and fulfilling life. Book jacket.

About this book... God loves students! In this Bible study for teens, young people will discover that God has an amazing plan for students of all ages. He's looking for young people who will stand up and be counted. God is looking for students who know Him, His Word, who they are in Christ, how to pray and how to live by faith. Getting a Grip on the Basics for Teens will take young people on a practical, personal and interactive journey in God's Word. Through studying the Scriptures for themselves and completing this workbook, students will get to know Jesus Christ in a more personal way and they will gain a true love for His Word. Getting a Grip on the Basics for Teens is designed for either individual or group study and will help students who are new and young in their faith and will rejuvenate those who are mature in the walk with God. Here's What You'll Discover... How To Know You're Going to Heaven How To Know The Lord As Your Best Friend How To Pray How To Read Your Bible How To Have God's Best How To Experience God's Love and Forgiveness How To Know The Holy Spirit How To Live A Full Life How To Be A Strong Christian How To Be Used By God

In this book authors Klatt, Murphy, and Irvine define the nature of the accountability crisis affecting organizations, and in a very practical form provide both the inspiration and the template for building, Accountability Agreements within any organization, regardless of size or purpose.

ABOUT THIS BOOK Getting a Grip on the Basics of Prayer is a practical, comprehensive, easy-to-follow Bible study designed to help Christians pray effectively. If you've never been taught prayer basics, if you've been discouraged by seemingly unanswered prayers, or if you are a seasoned prayer-er who needs a booster shot, you will be inspired and fueled to take your prayer life to the next level. Jesus meant what He said when He promised us. Whatever you ask the Father in My name, He will give you.Ask, and you will receive, that your joy may be full (John 16:23-24). HERES WHAT YOULL DISCOVER Who should pray and whom to pray for? Where should I pray and in what position? When should I pray and when timing matters? How do we pray by the rules to get answers?SOME OF THE QUESTIONS COVERED I prayed, but God did not answer. Why? I am single, but can I pray and claim a spouse? I want to have a baby, but can I specifically pray for a son or daughter? I prayed for someone else, and the answer didnt come. Why? What role does patience play when I pray? Do my words make a difference when I pray? What role does spiritual warfare play when I pray? Will God answer my prayers quicker if I fast? I am hurt, confused and mad about unanswered prayers. Now what? Do my prayers really matter? Wont God do what He wants anyway? Am I selfish to pray for myself? When you complete this workbook, your prayer relationship with the Lord will deepen. You will gain a solid working knowledge of what the Bible says about prayer, and you will be able to pray with humility, compassion, confidence, faith and boldness. Most importantly, you will know how to pray faith-filled prayers that get heavenly results!

Grip

12 Ways to Squeeze More Success Out of Your Goals

Getting a Grip on Time

Get a Grip on Philosophy

Get A Grip

About this Book God loves kids! Join us as we take a journey through the Bible to discover that God wants to know and be known by kids! God is looking for Christian kids who will stand up and be counted! It's time for Christian kids to be so comfortable in their knowledge of God that they can be bold and strong when faced with peer pressures and temptations. It's time for Christian kids to know who they are in Christ, to have a prayer life, to know the Word and to live by faith! Through "Getting a Grip on the Basics for Kids," young people can get the "God advantage" at an early age. Here's What You'll Discover: How To Know You're Going to Heaven How To Know The Lord As Your Best Friend How To Pray How To Read Your Bible How To Have God's Best How To Experience God's Love and Forgiveness How To Know the Holy Spirit How To Live Life to the Max How to Be a Winner with God Here's What Kids are Saying: "I learned... you can get to know God." -Jessica "I learned... if you're not asking Jesus into your heart or if you're faking, you are separated from God." -Lauren "I learned... God is looking for true worshippers."

-Luke "I learned... where I will go when I die and how I am filled with the Holy Spirit." -Amber "I learned... about faith muscles." -Megan "I learned... fear operates the same way as faith and how awesome God is." -Olivia "I learned... you can't take credit for being saved." -Ciara "I learned... God is always on our side and if you obey your parents you will have a long, blessed life." -Britney "I learned... how to get a grip." -Victor

How to Get Your Life Back on Track

250 Writing and Editing Reminders for the Curious or Confused

Get a Grip on Your Dream

An Entrepreneurial Fable . . . Your Journey to Get Real, Get Simple, and Get Results