



• More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated into 35 languages • Voted Top 100 Business Book of All Time on Goodreads People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH – LESS AND MORE. In The ONE Thing, you'll learn to \* cut through the clutter \* achieve better results in less time \* build momentum toward your goal\* dial down the stress \* overcome that overwhelmed feeling \* revive your energy \* stay on track \* master what matters to you The ONE Thing delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

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.

Stress Less. Achieve More.

Get In The Go Zone

Department of Defense Authorization for Appropriations for Fiscal Year 2003

Sweet Sharing: Rediscovering the Real You

Atomic Habits

How We Can Achieve Unprecedented Improvements in Teaching and Learning

The Way of a Seducer

Think Your Way To Success

According to author Mike Schmoker, there is a yawning gap between the most well-known essential practices and the reality of most classrooms. This gap persists despite the hard, often heroic work done by many teachers and administrators. Schmoker believes that teachers and administrators may know what the best practices are, but they aren't using them or reinforcing them consistently. He asserts that our schools are protected by a buffer--a protective barrier that prevents scrutiny of instruction by outsiders. The buffer exists within the school as well. Teachers often know only what is going on in their classrooms--and they may be completely in the dark about what other teachers in the school are doing. Even principals, says Schmoker, don't have a clear view of the daily practices of teaching and learning in their schools. Schmoker suggests that we need to get beyond this buffer to confront the truth about what is happening in classrooms, and to allow teachers to learn from each other and to be supervised properly. He outlines a plan that focuses on the importance of consistent curriculum, authentic literacy education, and professional learning communities for teachers. What will students get out of this new approach? Learning for life. Schmoker argues passionately that students become learners for life when they have more opportunities to engage in strategic reading, writing with explicit guidance, and argument and discussion. Through strong teamwork, true leadership, and authentic learning, schools and their students can reach new heights. Results Now is a rally cry for educators to focus on what counts. If they do, Schmoker promises, the entire school community can count on unprecedented achievements.

You can achieve anything when you know how to put your mind to it We all know that a positive mental attitude can work wonders... but there's so much more to it than that. With the right coaching you can move from positive attitude to determined success magnet! Mark Rhodes trains people every day on just how to achieve that level of concentrated resolve. In this book he'll show you how to build the mindset you need to achieve your goals and dreams and start to notice more opportunities and have the confidence to act on them. Whilst NLP based, no prior knowledge of NLP is needed! Mark keeps the science in the background. And don't worry, he doesn't ask us to trust the powers of the Universe and have 'faith' that it will work. Mark's steps are practical and actionable, using real examples. Think Your Way to Success will supercharge your performance, helping you to: • Map out exactly what you want to achieve • Find the confidence to act on opportunities • Use visualization to get results • Conquer your fears and phobias • Beat the 'I can't!' virus and shake off limiting beliefs Praise for the book: "I know that there are hundreds of people who are more focused and more successful today because of the help Mark has given them." Bev James, CEO of The Coaching Academy "The perfect antidote to negativity and a powerful reminder that attitude changes everything." Guy Rigby, Director - Head of Entrepreneurs, Smith & Williamson Limited, author of From Vision to Exit "This book shows the really important things about mind power so that you will be able to emulate Mark's success. Keep it with you and read it over and over again!" Ron G Holland, author of Talk & Grow Rich "Mark Rhodes has given NLP a new look... I recommend it to NLPers everywhere..." Dr Richard Bandler, Co founder of the field of NLP, Author of The Secrets of Being Happy

For anyone tired of chasing ever-elusive desires, of doing more only to find that more needs doing, and of making more money only to need more money, best-selling author Chin-Ning Chu shows you that life was meant to be easy, if you know the secrets. From the best-selling author of The Working Woman's Art of War, comes an important and timely book about the side of success that most don't know about ?e power of selective yielding, of surrendering to a successful destiny, and of getting what you want by not wanting it too much. Using Carl Jung's famous parable of the rainmaker as a framework, Chin-Ning Chu explains universal truths about the nature of effort, success, willpower, detachment, "creating luck," and more. Illustrating the four "secrets of the rainmaker"

with rich anecdotes from history, personal experience, and popular culture, Ching-Ning explains how to create success by attaining inner harmony, how to partner effort with ease, how to make peace with time, and how to stop reacting and start restfully controlling the events of your life.

This book will change how you think about yourself, your potential and the world. In Sweet Sharing, Ankush Jain uncovers the hidden beliefs and misunderstandings that keep us from experiencing life to the fullest--and shows us how to free ourselves from them. This book is not prescriptive. There are no techniques to practice or systems to follow. Instead, Ankush gently points readers

towards a transformative understanding of how the mind really works. Using stories from his own life and from the lives of his clients, Ankush invites us to rediscover who we truly are. --"Without ego promises, this book, like its author, quietly delivers. A 'Sweet Sharing' indeed! It is transcendent in its simplicity, honesty and humility." – Keith Blevens, Ph.D., Clinical Psychologist,

Three Principles educator, trainer and consultant --"Sweet Sharing is a beautiful, personal journey of Understanding. Ankush helps us find the wisdom to resolve everyday human issues. I recommend this book to any human being that wants to discover their own wisdom, love, and understanding." – Mark Howard, Ph.D., Clinical Psychologist, Three Principles educator, trainer and consultant

--"Sweet Sharing is personal yet universal: simple yet deep. The stories and insights in this book show how transformation happens naturally when we wake up to how our human experience works. Ankush's stories will entertain you, and what he shares about how the mind works just might change your life." – Amy Johnson, Ph.D., author of The Little Book of Big Change: The No-Willpower

Approach to Breaking Any Habit and creator of The Little School of Big Change --"Using engaging personal stories, Sweet Sharing points you to the simple but profound truth that can transform your life." – Jamie Smart, Sunday Times bestselling author of Clarity: Clear Mind, Better Performance, Bigger Results and Results: Think Less. Achieve More --"Ankush has written a provocative memoir

of his personal journey, with strikingly honest revelations from both before and after experiences which radically changed his 'thinking' and therefore his life. Relationships, health, jobs and money are all put under the microscope, with simple and direct examples of how changing our thinking is possible." – Linda Quiring, author of Island of Knowledge --"Ankush Jain's book Sweet

Sharing makes for sweet reading. Throughout the book Ankush sprinkles stories, anecdotes, and nuggets of wisdom that bring us back to our childlike sense of wonder and show us that our well-being, love, and resilience are always within us." – Amir Karkouti, author of What the F\*\*k are the Three Principles? and 18 Other Questions from So-Called Wisdom Ankush Jain is a life coach, public

speaker and trainer based in the UK with clients from Australia to Canada. He is the founder of the Powerful Men's Group and since 2015 has run multiple sold-out Powerful Men's Immersions in the UK. He is also the host of the successful Relationship Series and Business Series podcasts and has created several YouTube channels and multiple online communities related to coaching and personal development. He is also a coach to other coaches--assisting them in developing their practices through deeply impactful coaching and an emphasis on service. Ankush lives in London with his wife Yamini. You can find out more about what he's up to at <http://www.ankushjain.co.uk>

Stretch

4 Principles Every Business Needs to Achieve Success and Drive Results

Master Your Thinking

The Surprisingly Simple Truth Behind Extraordinary Results

The Bottom of the Pool

The Yes/No Book

The Little Book of Clarity

Systems Thinking For Social Change