





A Little Book of Self-Publishing Tips Another jam-packed book of tips and tools in the Little Book series. Everything you need to know to get your writing in print — and be your own publisher! ISBN 0-9545249-4-2 Price £7.99

A Little Book of Time Tips Time, as Einstein might have said, is relative. This inspiring little book is filled with both practical as well as motivating tips and techniques to understand time and make it work for you. ISBN 0-9545249-2-6 Price: £7.99

Guides readers through a three-point process for facing, feeling, and transforming fear at any intensity level, explaining how courage comes by learning to work through fear and demonstrating how readers can experience fear as a message. Reprint.

Harness the power of your own hands and use reiki techniques at home - to harmonise and heal. A reiki session produces a feeling of radiance and a sense of calm, peace, security, and harmony of body and mind. It can also alleviate pain and treat stress and anxiety. The practice is intuitive - tuning into internal energy, laying hands on or close to targeted areas of the body to identify blockages and using placement and pressure to encourage a healthy flow of life energy. This ancient Japanese hands-on healing system is gaining interest and popularity as more people turn to Eastern medicine - in particular, Japanese wellness traditions - for inspiration. There is so much more to reiki than the hands-on body work that it is most known for. It is about connecting with the universal energy and coming home to your true self - using meditation, mantra, visualisation, breathwork, and distant as well as hands-on healing. And the more you can do at home, outside of visits to a therapist, the more benefits you will enjoy.

The Little Book of Self-Care for Pisces Simple Ways to Refresh and Restore--According to the Stars

Simplified Chinese edition of 12 Rules for Life: An Antidote to Chaos

Life is full of twists and turns - some joyful, some downright awful and others utterly bizarre. Whatever you're facing, The Little Book of Resilience provides a useful set of tools to help you deal with anything life throws your way. This little book is about strengthening ourselves, mentally, emotionally and physically, how to increase our resilience and, most importantly, maintain it. Discover how to utilize your skills and strengths to cope and recover from problems and setbacks, and learn to recognize unhealthy coping mechanisms. These helpful exercises and tips will encourage you to find purpose, have faith in your abilities, embrace change, establish goals and nurture yourself. The Little Book of Resilience is full of warm, loving, practical advice for anyone whose life isn't all plain sailing - and at one time or another, that is all of us. 'You're strong, you're a Kelly Clarkson song, you got this.' Everything that comes out of Jonathan Van Ness's mouth is a gift from god. He's the man who taught us about hair, self-care and CON-FI-DONCE. The Little Book of Sass is a collection of the most iconic quotes from the sassiest man around on love, men, self-care and friendship. From the power of the heel to how to be the most supportive friend, The Little Book of Sass is the most amazing gift for any JVN fans in your life.

'It is easier to complicate than to simplify' - this book takes up that challenge and aims to refine and clarify the theories in the original Results to produce a more succinct route to clarity and better results for the reader - because we all want to see results at home, at work and in life! Using transformational coaching techniques, examples, exercises and metaphors, Jamie talks the reader through the three key changes they need to achieve the results they are after and inspire others to do the same. Based on the principles of The Clarity Coaching Model, the reader will learn how to de-congest their mind to think more clearly, make better decisions and improve performance – achieving the 'flow' state attributed to the results of top-flight individuals. Clearer thinking removes the stress and anxiety from decision making and allows you to



power to make a big difference. The Little Book of Kindness will help you introduce small acts into your daily routine. A little kindness goes a long way!

Everything you need to know about self-care--especially for Pisces!

What would be, do or have if you could? Seriously what would you choose. This is what Matt Belcher asked himself when he was almost bankrupt, about to lose his house, drinking every night and 100K in dept. This little book will change your life. An easy to read, honest, direct and no frills book that comes straight from the heart to yours. The no fluff book! This isn't another light self help book. Actually you will find it very direct and strong. These are practical proven steps that have helped 1000's of people change their lives' Why not you?"

"Women are going to form a chain, a greater sisterhood than the world has ever known." Nellie McClung The force of girl power knows no bounds, encouraging strength, camaraderie and kindness. More than just friendship, sisterhood wraps itself around the world, embracing women of all age, size and race, providing a system of unspoken support and solidarity. The Little Book of Sisterhood is a love letter to the women of the world, showing you how to share the love, feel empowered and celebrate your female friendships. Through inspiring tips, positive quotes and awesome exercises, learn how to embrace your femininity, emulate your heroines and play your part in a strong and encouraging community.

Traditional Chinese edition of You're Mom: A Little Book for Mothers (And the People Who Love Them)

A detailed guide to overcoming the most frequently encountered psychological pitfalls of investing Bias, emotion, and overconfidence are just three of the many behavioral traits that can lead investors to lose money or achieve lower returns. Behavioral finance, which recognizes that there is a psychological element to all investor decision-making, can help you overcome this obstacle. In The Little Book of Behavioral Investing, expert James Montier takes you through some of the most important behavioral challenges faced by investors. Montier reveals the most common psychological barriers, clearly showing how emotion, overconfidence, and a multitude of other behavioral traits, can affect investment decision-making. Offers time-tested ways to identify and avoid the pitfalls of investor bias Author James Montier is one of the world's foremost behavioral analysts Discusses how to learn from our investment mistakes instead of repeating them Explores the behavioral principles that will allow you to maintain a successful investment portfolio Written in a straightforward and accessible style, The Little Book of Behavioral Investing will enable you to identify and eliminate behavioral traits that can hinder your investment endeavors and show you how to go about achieving superior returns in the process. Praise for The Little Book Of Behavioral Investing "The Little Book of Behavioral Investing is an important book for anyone who is interested in understanding the ways that human nature and financial markets interact." —Dan Ariely, James B. Duke Professor of Behavioral Economics, Duke University, and author of Predictably Irrational "In investing, success means being on the right side of most trades. No book provides a better starting point toward that goal than this one." —Bruce Greenwald, Robert Heilbrunn Professor of Finance and Asset Management, Columbia

Business School "'Know thyself.' Overcoming human instinct is key to becoming a better investor.¿ You would be irrational if you did not read this book." —Edward Bonham-Carter, Chief Executive and Chief Investment Officer, Jupiter Asset Management "There is not an investor anywhere who wouldn't profit from reading this book." —Jeff Hochman, Director of Technical Strategy, Fidelity Investment Services Limited "James Montier gives us a very accessible version of why we as investors are so predictably irrational, and a guide to help us channel our 'Inner Spock' to make better investment decisions. Bravo!" —John Mauldin, President, Millennium Wave Investments

A Little Book of Abundance Tips A handy book of abundance tips — what it is, how to recognise the abundance already in your life and how to get more of it. It's filled with inspiring and motivating tips and techniques — in a compact yet comprehensive little guide. ISBN 0-9545249-7-7 Price: £7.99 This book is available to order from all good bookshops, and on Amazon.co.uk.

Elevate your self-care routine using the benefits of CBD—or cannabidiol—with these 200 methods to improve your mind, body, and spirit! Many people have already been implementing CBD into their self-care routines and are loving all the many soothing benefits it brings. But with so many products and supplements now available in the marketplace, it can be difficult to figure out what will work best for you. In The Little Book of CBD for Self-Care you'll find 200 CBD-powered activities that can boost your self-care experience. From stretching exercises using CBD to soothe sore muscles, to skin-calming face mask recipes, to CBD-fueled smoothie breaks, you'll find all the tools to start feeling your best. Take some much-needed time for yourself with these quick and easy methods to relax and recharge.

Uses brain science to teach readers why it is so hard to lose weight, in a book that explains how to break down negative emotional links to food, why certain foods affect your body and your mood, what your bad eating habits look like and how to create better ones, how to distinguish between physical and emotional hunger and much more. Original.

Featuring activities to heal your mind, body, and soul, now you can find the perfect way to treat yourself as the stars intended with this astrological self-care guide. It's time for a little "me" time—powered by the zodiac! By tapping into your sign's astrological energy and personality, The Astrological Guide to Self-Care brings cosmic relief to everyone with hundreds of relaxing and rejuvenating self-care ideas tailored to your individual zodiac sign. The Astrological Guide to Self-Care provides information on taking care of yourself, the inherent intersection between self-care and astrology, background on the elements, sign-specific self-care guidance, and hundreds of activities tied to the zodiac signs. There's no better guide to personal growth than the stars! Enjoy a facial if you're an Aries or spend some time gardening if you're a Taurus. Sagittarians can satisfy their wanderlust by getting lost in a good book or if you're a Pisces, treat yourself to a pedicure. With this astrological self-care reference, you will discover the most cosmically compatible

pampering routines ever.

There are many types of kindness: compassion, forgiveness, love, friendship, generosity, happiness, hope, and gratitude. Kindness has a kind of magic about it. The smallest gesture can have a powerful and memorable impact on the person on the receiving end—and there are also many benefits to the person who is being kind. Unexpected kindness can turn despair into joy, friendship into love, duty into gratitude, and the wonder of it is that it often triggers further acts of kindness, so the goodwill spreads and the energy continues. This beautifully illustrated book has been created as a gift of kindness that is a joy to give as well as receive, and will enrich the life of whoever reads it. As the Greek writer Aesop said, “No act of kindness, no matter how small, is ever wasted.”™

"The Little Book of Man" is a collection of personal quotes, poems and essays on the subject of tolerance and acceptance of self, and human nature. R.A.M. has received top writing awards from the "International Society of Poets" where he has been recognized as a "Poet of Merit." In 2002 he received the "Editors Choice Award" and has been published in several poetry anthologies. He has also been listed in the "Who's Who of Writers, Editors and Poets" for 2002.

The book presents a modern, psychoanalytically-informed chronological view of how the mind develops from infancy through young adulthood. It is a comprehensive work which integrates analytic theories and concepts with a contemporary systems model of development and draws on scholarly research from neighboring fields.

Showing the same incisive and outrageous wit as in his previous books, where he first took on the self-help craze then New Labour's addiction to spin, Alistair Beaton now tackles the management gurus. Read this book and you will be transformed overnight into a successful modern manager, capable of talking authentic management bollocks at any hour of the day or night, because, let's face it, talking bollocks is what modern management is all about. Below are a few of the gems contained within THE LITTLE BOOK OF MANAGEMENT BOLLOCKS... RISK MANAGEMENT Improve risk management outcomes by never investing in anything. INSPIRING OTHERS As a manager, it's your job to inspire others. If there's nothing inspiring about you, just use fear instead.

Everything you need to know about self-care--especially for Cancer!

How well do you really know yourself? Are you able to quickly answer the most basic questions about yourself? It's time to meet the real you with this little book of self-discovery and use it to start making small changes in your life. 'PLEASED TO MEET MYSELF' keeps things simple with its workbook format. No deep psychological stuff that goes way over your head. Answer simple questions about yourself, set yourself some personal goals, form new habits and record your progress on the journal pages. 100 pages, 6 x 9".

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