

FOREWORD BY DR. DANIEL AMEN



UNWIND!

7 PRINCIPLES FOR A STRESS-FREE LIFE

DR. MICHAEL OLPIN & SAM BRACKEN



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Unwind 7 Principles For A Stress Free Life

Michael Olpin, Margie Hesson



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Unwind! Michael Olpin, Sam Bracken, 2014 Discusses how to optimize your body heart mind and soul in order to lower anxiety levels and make better choices *The Mindful Librarian* Richard Moniz, Joe Eshleman, Jo Henry, Howard Slutzky, Lisa Moniz, 2015-11-26 The Mindful Librarian Connecting the Practice of Mindfulness to Librarianship explores mindfulness approaching it in such a way as to relate specifically to the many roles or challenges librarians face Coinciding with the increased need to juggle a variety of tasks technologies ebooks and databases the new Association of College it has been connected to various religious traditions in a wide variety of ways for centuries most notably Buddhism In the latter part of the 20th century however a secular version was popularized largely by the work of Jon Kabat Zinn and his work on MBSR Mindfulness Based Stress Reduction at the University of Massachusetts s Medical School The medical benefits and the overall quality of life improvements from its adoption have exploded in recent years in particular the last two decades which have seen mindfulness traditions incorporated into education to a greater degree and with very positive results Presents the only current LIS book that covers this topic in a way that applies directly to librarians Provides a topic that will be appealing to librarians as it speaks to the pressures of budget cuts and consumer culture being felt across the academy Seeks to improve the joy and quality of life that librarians and library science students experience in their personal lives and jobs

Guts Sam Bracken, 2018-03-15 The bestselling author of My Orange Duffel Bag helps readers overcome obstacles set a big vision and define a life of purpose greater than self Michael K Simpson author of Unlocking Potential Sam Bracken s backstory would make Dr Phil turn tail and run During his childhood he suffered years of abuse and was even set on fire by a relative What didn t kill Bracken made him stronger And he is now on a mission to bring self empowerment to others to realize a life of grit and grace This book is about achieving a purpose driven life You ll have to push past failure again and again And it is also about beating the odds no matter how high they are stacked against you To be a true leader you have to start with yourself In Sam Bracken s GUTS you will learn about Mental strength Resisting feelings of low self esteem Self empowerment Building self confidence Living a life of passion And most importantly what it takes to have grit and grace Sam Bracken had no advantages but went from being a hopeless street kid to a champion college football player In this insightful book he illustrates how success in life is less about talent wealth or good luck and more about GUTs And having GUTs is a choice anyone can make Sean Covey author of The 7 Habits of Highly Effective Teens *Presentation Advantage* Kory Kogon, Breck England, Julie Schmidt, 2015-09-15 The average attention span of an adult is eight seconds eight seconds That is tough news for a presenter It means you may have a room full of people but their minds are elsewhere You re competing with a slew of activities demanding their attention email texts Facebook YouTube chats and apps in addition to thoughts about their next meeting and projects that are behind schedule How do you get a message across in a world like that The inability to powerfully inform and persuade amid an unprecedented number of distractions is one of the greatest hidden and pervasive

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It Just Makes Sense Kym Coco, Stephen Thompson, 2020-12-31 Life today is often portrayed by a bigger better and faster motto While the constant access to people and information can create endless opportunities it is can be accompanied by an increase or overload of stress And when we re stressed we lose sight of common sense solutions Full of enlightening information useful exercises and personal stories It Just Makes Sense will show you how to create clarity purpose and harmony in all aspects of your life Gain confidence in your decision making Support your relationships with clear communication Maximize your energy in your daily routine Learn how the power of common sense can support your goals and allow you to create a joyful meaningful life

Stress Management for Life: A Research-Based Experiential Approach Michael Olpin, Margie Hesson, 2015-01-01 Clearly explaining the how to of stress management and prevention STRESS MANAGEMENT FOR LIFE 4th Edition emphasizes experiential learning and encourages students to personalize text information through practical applications and a tool box of stress reducing resources including activities and online stress relief audio files Michael Olpin and Margie Hesson offer more than just a book about stress they offer students a life changing experience Well researched and engaging the Fourth Edition empowers students to experience personal wellness by understanding and managing stress gives stress related topics a real life context and motivates students to manage stress in a way that accommodates their lifestyle values and goals Important Notice Media content referenced within the product description or the product text may not be available in the ebook version

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