

VIEW FROM THE CLIFF

A Course in Achieving Daily Focus



LYNN WEISS, PH.D.

View From The Cliff A Course In Achieving Daily Focus

Mike Townsend



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View from the Cliff Lynn Weiss,2001-04-01 View from the Cliff imparts new hope not only to ADD style thinkers but to anyone challenged with self esteem issues or seeking to achieve their goals With her simple straightforward program Dr Weiss lays out the tools and techniques to help sharpen existing strengths and develop new ones **The New Attention Deficit Disorder in Adults Workbook** Lynn Weiss,2005-11-01 Her workbook aims to emphasize practical steps for screening out distractions planning and organizing tasks and managing time Dallas Morning News **Learn More Now** Marcia L. Conner,2004-04-02 Leaders at all levels will benefit from Marcia Conner s amazing book of strategies exercises and stories to maximize learning This book is a must for your reading list this year Ken Blanchard Chief Spiritual Officer Ken Blanchard Companies A road map to reawakening the natural process of integrating learning into our daily lives Kathy O Driscoll Human Resources Director Microsoft Finally a publication that genuinely respects learner diversity as much as it offers tangible ideas for dealing with it Marcia L Conner is a true learning champion Gunnar Bruckner former Chief Learning Officer United Nations Development Programme We re all born with a vast capacity to explore and learn Unfortunately many of us never discover what we re truly capable of What if you could reclaim your birthright and tap into your full potential for learning Imagine how much you could accomplish how much you could become Here s your chance to find out Through her innovative learning programs Marcia Conner has helped thousands of people unleash the power of their intuition to rediscover the joy of learning and to expand their personal and professional productivity In Learn More Now she distills her renowned learning solutions into an easy to use ten step program that will help you Learn better smarter and faster Identify your learning style and your motivational style Synthesize your experiences perspectives thoughts and actions Develop new pathways in your brain to increase your opportunities Absorb facts on the fly and overcome information overload Optimize your environment for concentrating and learning Packed with fun easy to do action steps and exercises Learn More Now will help you discover how to be more focused and aware work in step with your natural rhythms be improvisational in your approach and transform your life into a learning adventure Women with Attention Deficit Disorder Sari Boone's Solden,2012-07-15 Women with Attention Deficit Disorder psychotherapist Sari Solden s groundbreaking book explains how every year millions of withdrawn little girls and chronically overwhelmed women go undiagnosed with Attention Deficit Disorder because they don t fit the stereotypical profile they re not fast talking hyperactive or inattentive and they are not male This pioneering book explores treatment and counseling options and uses real life case histories to examine the special challenges women with AD HD face such as the shame of not fulfilling societal expectations Solden explains that AD HD affects just as many women as men and often results in depression disorganization anxiety and underachievement Included in this revised edition is a brand new chapter on friendship challenges for women with AD HD Three empowering steps restructuring one s life renegotiating relationships and redefining self image help women take control of their lives and enjoy

success on their own terms Sari Solden has used her personal and professional experience to shine some light into the dark closet inhabited by far too many ADD women She empowers ADD women by validating their experience as worthwhile human beings who struggle with serious organizational problems in many areas of their lives Kate Kelly and Peggy Ramundo authors of *You Mean I m Not Lazy Stupid or Crazy* **Forthcoming Books** Rose Arny,2001 *American Book Publishing Record*,2001 **Books In Print 2004-2005** Ed Bowker Staff,Staff Bowker, Ed,2004 [Conversations of the Mind](#) Rebecca William Mlynarczyk,2013-10-18 Asking students to write journals that reflect on their learning has become a widespread pedagogical practice in recent years However the scholarly literature does not address certain key questions about how journal writing aids learning Is there something inherent in journal writing that encourages students to write reflectively What psycholinguistic or cognitive factors help to explain the power of journal writing Why do some students use journals to write prolifically and creatively while others limit their responses to summarizing the assigned course reading Why do teachers find some journal entries so much more engaging than others How do teachers ways of responding to journals affect their students development as writers and thinkers This book addresses such questions through a careful analysis of the journal writing of the students in the author s ESL classes at a large urban college It contains detailed case studies of five culturally and linguistically diverse students with widely differing responses to journal writing To teachers of composition for both first and second language students and to teachers of graduate courses in education and qualitative research this book offers a contextualized description of journal writings as a complex social activity By emphasizing the need for educators to reexamine their pedagogy and to learn from their students *Conversations of the Mind* is an indispensable contribution to the emerging literature of teacher research and reflective practice **The Vision Driven Leader** Michael Hyatt,2020-03-31 Having a clear compelling vision and getting buy in from your team is essential to effective leadership If you don t know where you re going how on earth will you get there But how do you craft that vision How do you get others on board And how do you put that vision into practice at every level of your organization In *The Vision Driven Leader* New York Times bestselling author Michael Hyatt offers six tools for crafting an irresistible vision for your business rallying your team around the vision and distilling it into actionable plans that drive results Based on Michael s 40 years of experience as an entrepreneur and executive backed by insights from organizational science and psychology and illustrated by case studies and stories from multiple industries *The Vision Driven Leader* takes you step by step from why to what and then how Your business will never be the same [Walking on Uist and Barra](#) Mike Townsend,2023-03-31 A guidebook to 40 walks on the Scottish islands of Berneray North Uist Benbecula South Uist Eriskay Barra Vatersay and Mingulay in the Outer Hebrides From short easy walks to demanding hill walks many on pathless terrain there are routes to suit all abilities Covering mountains moor and coast walks range from 3 to 17km 2 11 miles and can be enjoyed in 1 8 hours 1 50 000 OS maps included for each walk Sized to easily fit in a jacket pocket Notes on getting to the walks starting points Information on the

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