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TikTok and Youth Cultures Crystal Abidin, 2025-11-04 Using anthropological methods to produce deep and insightful ethnographies about TikTok and its core users TikTok and Youth Cultures will help readers develop a critical understanding of TikTok's impact on society its place in the social media landscape and its cultural relevance around the world , *The Beauty Paradox* Chiara Piazzesi, 2023-03-06 Why must beauty be seen as a binary that is either oppressive or empowering for women The Beauty Paradox Femininity in the Age of Selfies argues that women's experiences of beauty as both validating and belittling is grounded in the contradictory injunctions that they receive regarding their participation in beauty culture Piazzesi identifies the four main paradoxes of Western beauty culture the worth paradox the authenticity paradox the power paradox and the commitment paradox and examines how they trail women's everyday experiences choices and reflections regarding beauty She examines the role of beauty in women's everyday lives and in a variety of contexts informal social encounters work and career settings parenting intergenerational relationships self care and online networking practices The author broadens the current discourse on beauty with an emphasis on the digital world primarily the use of selfies

Making It Happen Hannah Trigwell, 2023-11-06 Making It Happen is a comprehensive guide to navigating the modern music industry that redefines what making it means for musicians and inspires and educates musicians on the different options for generating revenue from their art This book offers theoretical and practical advice on making music creating promotional content and embracing traditional and emerging social media platforms into your marketing strategies Through interviews with music industry experts readers can expect professional tips and advice as well as clear instructions on how to build a dream team make content share that work and grow an audience to enable long term business sustainability In the modern music industry having multiple revenue streams leads to a stable income Making It Happen offers unique insights into the innovations and technologies available to contemporary music makers making it essential reading for independent musicians music business students music producers and marketers Research Methods in Library and Information Science Lynn Silipigni Connaway, Marie L. Radford, 2021-05-24 The seventh edition of this frequently adopted textbook features new or expanded sections on social justice research data analysis software scholarly identity research social networking data science and data visualization among other topics It continues to include discipline experts voices The revised seventh edition of this popular text provides instruction and guidance for professionals and students in library and information science who want to conduct research and publish findings as well as for practicing professionals who want a broad overview of the current literature Providing a broad introduction to research design the authors include principles data collection techniques and analyses of quantitative and qualitative methods as well as advantages and limitations of each method and updated bibliographies Chapters cover the scientific method sampling validity reliability and ethical concerns along with quantitative and qualitative methods LIS students and professionals will consult this text not only for instruction on

conducting research but also for guidance in critically reading and evaluating research publications proposals and reports As in the previous edition discipline experts provide advice tips and strategies for completing research projects dissertations and theses writing grants overcoming writer s block collaborating with colleagues and working with outside consultants Journal and book editors discuss how to publish and identify best practices and understudied topics as well as what they look for in submissions

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The Little Book of Morning Routines Krystian Szastok, 2019-12-23 Learn how you can take charge and transform your day through a simple minimum 5 minute morning routine You will learn new ways to boost your energy in the mornings how to build your morning routine and how to stick to the habit of morning routines Krystian Szastok has written this book based on his research and practice of morning routines over many years he has been coached and mentored by extremely successful entrepreneurs and life coaches to maximise his everyday success and bring a mix of self discovery and motivation to your morning The book doesn t just cover morning routines but also helps you discover your inner calling and add more purpose to your life These qualities and accomplishments will bring you closer to others in your life and help you grow new relationships From inside of the book Imagine if you could wake up get inspired get some exercise read meditate plan your day hydrate have your morning coffee work on your side projects and send messages to your loved ones all before the majority of the world is even awake I did all this today as I m writing this book by waking up at 4am and just doing it You can accomplish these things too just start waking up 15 minutes earlier than you would usually

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Morning Magic Arrmon Abedikichi, 2017-01-07 Get More Done Before 8 A M Than Most Will Do All Day Learn powerful and effective strategies to wake up refreshed start the day with success and create life on YOUR terms Do you want to learn how to sleep better wake up productive and create a marvelous morning routine without all the hassle Morning Magic is your cure to the morning blues If you are tired of snoozing being unproductive and starting the day off on the wrong foot then this book is your answer This is a step by step guide to creating Morning Magic What are the 4 Pillars of a Magical Morning Waking up and beginning the day is not just about getting up when your alarm goes off If you want to ensure your success you must understand all the factors that go into waking up peacefully and having the energy to perform at a peak level Morning Magic reveals the four pillars to a successful morning Pillar 1 Bedtime Rituals Pillar 2 High Quality Sleep Pillar 3 Waking Up Productive Pillar 4 Creating Morning Magic but I'm just not a morning person No one is born successful Every successful person is self-made and determined So are morning people They just understand and do certain things certain ways that produce certain results Learn all the key elements of a successful morning routine and how to create your own that will set you up for success each and every day Do you constantly wake up and hit snooze Learn how to implement the no snooze policy and wake up feeling refreshed Not only will you learn how to improve your sleep you will also learn how to wake up feeling enthusiastic and excited like a kid on Christmas morning By creating a meaningful and powerful morning routine you will look forward to waking up and beginning each day on your own terms Morning Magic provides powerful secrets that most people were never taught 14 bedtime rituals to wind down for sleep 7 simple and effective sleep hacks for optimal rest Top 10 things to avoid before bed 12 Productive wake up strategies Sample morning routines 50 morning activity ideas Create Your Very Own Morning Magic Do you want to get more done before 8 a.m. than most people will do all day It is possible with the Morning Magic plan You will learn powerful and effective strategies that are easy to implement Learn how to create your own plan that ensures you start the day in a magical way Here are a few of the areas you can improve with a powerful morning routine Health and diet Planning your day Fitness and exercise Money and finances Family and love Relationships Hobbies and recreation Personal improvement Learning and education Job and career Spirituality and prayer **FREE BONUS** Download the Morning Magic Starter Kit As an added bonus to help you with your success you can download the Morning Magic Starter Kit at no charge The starter kit contains Routine trackers Sleep journal Habit creation charts Morning and night affirmations And many more tools to increase your success If you are ready to create a magical

morning a brighter future and more success then scroll up and click buy to give it a try

Five Morning Routines of Highly Successful People Claire Keymington, 2019-03-03 5 MORNING ROUTINES OF HIGHLY SUCCESSFUL PEOPLE They are without doubt some of the most successful individuals in the world of business acting politics and others we probably aren't even aware of Will you listen to what Oprah Winfrey Brain Tracy Ex POTUS Barack Obama Tony Robbins and Will Smith have to say about your morning routines I think you should In this easy to read very friendly guide on what you should do each day when you wake up you are subtly nudged into excellence as we examine the A M lives of these inspiring personalities and get wisdom on how to modify our own routines to give room for greatness After finding out this great secret of having morning routines that give structure to your day to day activities I couldn't help but share the secret with you and that's what led to the birth of this book So dig in get a few laughs get upped on your wisdom level and let's all progressively climb the ladder of early morning greatness

Morning Routine for Night Owls: How to Supercharge Your Day with a Gentle Yet Powerful Morning Routine S. F. Howe, 2018-04-28 CALLING ALL NIGHT OWLS While night owls are still rubbing the sleep from their eyes nursing their first cup of coffee and grumping around the house morning larks around the globe have already performed holistic morning rituals that charged up every part of their multidimensional beings and arrived early at their workplaces all bright eyed and bushy tailed like the squirrels that they really are ready to take on the world How can a wise but unappreciated night owl win against this blatant demonstration of early bird power Not to worry Night Owl The purpose of this book is to help night owls living in an early bird world achieve the success they well deserve Studies show that a good morning routine sets the tone for a successful and fulfilling day The problem is many night owls can barely get through their existing morning schedule much less do even more early day tasks in order to improve their life This gives the lark a distinct advantage because they naturally have high energy in the morning to invest in a powerful daily routine But don't despair Night Owl We've got your back To help compensate for your unique biorhythm we have designed a gentle yet powerful wake up ritual that can be easily integrated into the first part of your day no matter what time you wake up and is guaranteed to supercharge your life Welcome to the morning routine for night owls Scroll up and click on Add to Cart to get Morning Routine for Night Owls right now

Daily Routine George Whittaker, 2017-03-14 Start Your Day Like A Champion It is no secret that your morning sets the tone for your entire day That is why it is crucial that you have a power driven morning that is completely set to align you for the highest level of success possible Having a powerful and positive morning routine that starts you off with the right vibrations is going to absolutely change your life You will find that every day you lead with your right foot forward you will feel empowered positive and successful before you even begin There are several methods for you to create a power routine for your mornings but the formula for a strong morning routine is generally the same You may wish to make some alterations to make these routines suit you and your unique lifestyle That is okay and is a big part of creating your power mornings After all you need a routine that feels good to you in order for it to

truly start you off on the right foot Throughout this book you are going to be lead from the moment you wake up until the moment you are ready to truly start your daily commitments Each chapter will be dedicated to a certain part of your power morning It is important to note that a strong power morning starts with a restful night s sleep which you can learn more about in Daily Routines Night Time Routine for Being More Happy Productive and Healthy By combining the skills that you will learn in these two books you will transform your life in ways you never imagined You will be more productive happier healthier more vibrant and more successful in your everyday life and beyond Here Is A Sneak Peek Of What You Will Learn Fueling Your Mind Fueling Your Body Ways To Lift Your Spirit Waking Up With The Positive Mind Essential Formula To Start The Day And Much Much More Do Not Wait Any Longer And Get This Book For Only 13 38 **The Winners' Morning**

Ritual Paula H Eder,2021-04-15 Discover the secrets to creating a morning routine that fits your needs and lifestyle perfectly Would you like to experience your own expansion of possibilities Have you ever imagined wonderful morning rituals to help you start each day off right If your day starts well it will probably end well too Well you are the lifeblood of your days and nothing beats morning rituals to start your days off right What are some of these rituals Keep reading to find out Many people adopt someone else s morning ritual but find it doesn t work in their life Fortunately creating the perfect morning ritual isn t that difficult While you probably need some guidance creating a great morning routine is relatively easy once you know how to do it This book THE WINNERS MORNING RITUAL Secret Routines That Help to Kick Off a Good Start Into Every Day will help you create the perfect morning ritual based on your life Inside are tested and proven morning rituals routines methods ideas tactics tricks tips and practices that if applied with dedication can help you create a morning routine that will improve your productivity energy and happiness throughout the day Chapters and subsections give you extensive and small practices that cover essential topics like Why you need to have a morning routine How soon can you expect the benefits of a morning ritual How a primary goal will help you create an effective morning routine How to Create a New Morning Routine Based on Your Current Routine Ideas and tips for busy morning routines Why you need a slow morning routine Ideas and tips for slow morning routines The dangers of using gadgets in the morning Ways to use your time at night to make your morning sweeter How to further improve your routine at all levels etc And all you need to do is follow them with commitment These are methods and practices that you can start applying today or even tomorrow to help you give yourself what you need to live your life fully and happily This revolutionary book s content will empower your day and guide you through creating a calm start to the day to multiply your productivity results So if you want to be happy productive and feel energized scroll up and click on the Buy Now button to order your copy and prove that you re committed to experiencing your own expansion of possibilities [Master Your Morning Routine](#) Chris Estrada,2021-04 Get Rid of Your Bad Habits Today With the Help of This Guide and Become a Person That Can Accomplish Anything With Ease Would you like to discover the secret to success Would you like to improve your self discipline and organizational skills Would you like to stop

procrastinating If so this book will show how to turn your bad habits into good ones and you ll achieve any goal with ease Humans are creatures of habit We tend to repeat the things that give us pleasure and satisfaction but most often these habits have a negative influence on our ability to perform our day to day tasks successfully Did you know that accomplished people tend to have more positive habits which is the main factor that contributes to their success If you want to become a successful person you need to learn what these positive habits are and how to incorporate them into your daily life with this guide in your hands that process will be a piece of cake The step by step guides and expert strategies will show you the quickest and easiest way to implement a morning routine in your life that will transform you from procrastinator to achiever in no time Here is what this morning routine guide can offer you Simple morning routines of successful and organized people A step by step guide to implementing these morning routines in your life with ease Ten easy steps for habit stacking Mindfulness exercises to improve self discipline Expert strategies to eliminate bad habits from your life And much more If you wish to become a successful and accomplished person you can start now all you need to do is to follow the simple step by step guides found in this book the success will come in no time What are you waiting for **Daily Routine** George Whittaker,2017-03-24 Use These Proven Morning and Night Routines To Live Happier Healthier and More Productive Life Today This book duo is designed to help you create powerful morning and nighttime routines that will transform your life By adding these changes to your morning and night you will create the perfect conditions to have a happier healthier and more productive life These simple strategies are easy to implement into your day and can have major impacts if you use them properly In addition to getting direct guidance on what you should do you will also learn about how you can do it and what the important elements are for you to have happier healthier and more productive mornings night times and days in general If you are ready for the total life transformation that comes from making these simple changes then you are ready to dive into Daily Routines Morning Routine for Being More Happy Productive and Healthy and Daily Routines Nighttime Routine for Being More Happy Productive and Healthy Here Is A Sneak Peek Of What You Will Learn Waking Up With The Positive Mind Essential Formula To Start The Day Ways To Lift Your Spirit Preparing the Mind Tips for Falling Asleep And Much Much More Do Not Wait Any Longer And Get This Book For Only 16 99 **Wake Up Successful** S. J. Scott,2014-03-21 DISCOVER Why Successful People Get More Things Done Before 9 A M Having trouble achieving your goals The reason most people aren t successful is they fail to follow a day by day strategy Instead they start each day hoping they will have enough time to take action on their goals If you closely examine the world s most successful people you d see they start each day in an energized state ready to accomplish any goal What s their secret The one thing they do differently is they prioritize each day so the most important task is completed first Put simply successful people have morning routines that help them feel energized and ready to focus on their most important goal START TODAY Live Each Day Like It s Your Last In Wake Up Successful you ll learn how to live every day like it s your last No longer will you stumble out of bed and waste the first few

hours Instead you ll learn how to start the day by creating energy and harnessing this power to focus on ONE breakthrough goal that will make a difference in your life A morning routine is simple and effective It s easy to tailor to your unique circumstances and goals And best of all it s tested Inside this book you ll discover the proven strategies to help you get the most out of those precious first few hours

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The Morning Routine Adam Rockman, 2017-06-28 Do you wake up without energy and motivation Do you wake up with anxiety about all your responsibilities and goals Tony Robbins Elon Musk Richard Branson and countless other successful entrepreneurs master their daily routines and aim that mastery at building impressive legacies and contributions to the world What do you want to create Would you like to build a successful startup Want to create beautiful art or music that people love If yes then you MUST read The Morning Routine Book These techniques are based on proven psychology and are so easy they are effective for anyone Learn to kick ass every day with routines that quadruple your productivity Part of you might enjoy the instant gratification of skipping exercise wasting time on various smart phone apps neglecting your life goals staying up late binge watching a TV show you just discovered or sleeping in But you know another part of you wants more from life This part of you wants the discipline and willpower to achieve goals learn new skills and build something of value The Morning Book gets those 2 parts of yourself into a dialogue

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your body and mind The best way to begin your day at work and achieve maximum productivity How to stay positive despite day to day struggles How conceptual thinking can help not just your mornings but your life in general What the right morning routine does to turn your life around And much more If you're struggling to take back your mornings you need a guide to point you in the right direction Turn around your mornings and you can turn around your life It all starts here BUY IT NOW and let your customers get addicted to this amazing book *A Billion-Dollar Morning Routine* ARX Reads, Better Organization Using this routine you'll find out how to plan out your day cut out the distractions and choose what actually deserves your time More Productivity Make real progress on the projects that really matter trade your to do list and begin moving the ball down the sector in important ways More Money When you're more focused and productive you'll get the important stuff done This routine has been the key to growing my business Own Your Morning Liz Baker Plosser, 2021-09-07 Own Your Morning will guide you to create personalized daily rituals that center you energize you and give you the power to fully show up for your day Jay Shetty 1 New York Times best selling author of Think Like a Monk and host of the On Purpose podcast Rise and truly shine with a life changing new morning routine Find clarity and happiness with this start your day plan that prioritizes your wellness and life goals Good days start with good mornings and Editor in Chief of Women's Health Liz Baker Plosser believes there's no cookie cutter morning ritual that will lead you to success Instead she advocates that your a.m. routine should reflect what matters most to you Own Your Morning starts with easy prompts to help you identify your core values the way you want to spend your energy time and resources Once you've figured out the elements of your personal perfect morning you'll find proven insights from wellness experts and personal anecdotes from Liz to help you reimagine your a.m. habits to benefit your physical and mental health focus your energy enhance your productivity and make the most of your day from the moment you wake up Whether you want to amp up a killer workout sweat changes everything tap into the power of meditation Jay Shetty shares his go to meditation practice create mini moments of connectivity with loved ones such as creating emoji shorthand in your group chat or fuel your a.m. awesomeness with a healthy breakfast including a few recipes these easy to implement strategies will help you set a morning routine unique to you

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