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Bloodstar (Star Corpsman, Book 1) Ian Douglas, 2013-05-09 Big bold military science fiction action from one of the genre s biggest names Smarter Emily Austen, 2025-09-02 An empowering manifesto for those ready to break free from burnout and redefine what it means to thrive Vanity Fair UK Are you stuck in an exhausting struggle for balance between work family life fitness friendships and mental health It s time to live life smarter not harder In Smarter entrepreneur and recovering productivity addict Emily Austen releases you from the myth that over productivity equals success with a life changing system for getting the right things done instead of trying to do them all With the ten pillars of the Smarter Method you ll learn how to Track your energy not your time Forget the 5 a m club and join the 8 a m club Switch from multitasking to monotasking Perform a Busyness Detox Create your Daily Dos Smarter is a system that harnesses how your brain actually works to get more out of your time By identifying and embracing your talents creating consistency and naming what you really want to do you can live your life fully while achieving your most ambitious goals The Peak Performing Teacher Mike Kuczala, 2022-01-27 Develop and implement an action plan for self care Cultivating focus re energizing oneself and improving daily habits are essential for educators well being and the good that they pass along to students Mike Kuczala asserts that educators greatest tool is a mirror in it teachers will find their greatest advocate for personal growth power wellness and vision themselves However finding the time to implement new habits can be hard Because small changes are easier to plan for and realize Kuczala concentrates on the habits that are most likely to yield significant improvements This book guides educators in meaningful self reflection by providing Five critical practices to increase productivity and decrease anxiety Reflection prompts and vignettes to guide readers in developing self care strategies Practical checklists and templates to help educators maintain goals Grounded in new research connecting personal change to professional improvement Kuczala's approach to well being builds a bridge between mind and body to create a comprehensive path for

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