

David Essel

# slow down



The Fastest Way to Get  
Everything You Want

# Slow Down The Fastest Way To Get Everything You Want

**Nic Cunningham, Ali Villani**



## **Slow Down The Fastest Way To Get Everything You Want:**

**Slow Down** David Essel, 2004-05-01 If you're still buying into the notion that to be more successful in any area of life means that you must work harder faster and always be the first in line David Essel has two important words for you slow down

**Emotionfull** Lauren Woods, 2020-09-15 Experience the Therapeutic Benefits of Emotional Self Care Emotionfull is a collection of tips reminders and advice from a mental illness and low self esteem survivor who has learned beneficial techniques that focus on valuing her own feelings and listening to her inner needs Value your feelings We can get overwhelmed by our own emotions Though there's nothing wrong with what we're feeling we all struggle with how best to face stress anxiety sadness and even excitement sometimes Emotionfull helps us process difficult emotions one by one and allows us the space to focus on them in a way that's healthy Author Lauren Woods creator of The Positive Page platform has struggled with mental health and low self esteem herself so she comes to readers with experience and kindness in overcoming some of the daily challenges these struggles bring Listen to your needs Once we accept and process our emotions we are better able to understand what our inner needs are All aspects of our health deserve time and attention but more often than not we put more emphasis on physical health This book is a reminder to look inside and make sure we're addressing how we feel not just how we look It's a tangible reminder and guide for taking care of your mental health Full of tips advice and self care ideas it shows us how to improve self esteem and prioritize our emotional health Open up Emotionfull and learn more about Methods for working through overwhelming feelings Stress free ways to have difficult conversations about mental health Self care tips focused on emotional needs How to recognize self worth and build confidence If you were helped by books like You Can Do All Things It's OK to Feel Deeply or Start Where You Are then you'll want to experience the therapeutic benefits of Emotionfull

**Kindred** Octavia Butler, 2024-05-21 As you turn the pages of this novel and get lost in Dana's story allow yourself to relive the horrors of slavery Allow yourself to know the pain of our nation's past Tomi Adeyemi New York Times bestseller and Hugo and Nebula Award winning author from the new foreword This brand new package for young adults includes a redesigned interior for better readability specially commissioned cover art by Carlos Fama and spot gloss on cover elements I lost an arm on my last trip home My left arm Dana a 1970s Black woman is celebrating her 26th birthday with her new husband when she is snatched abruptly from her home in California and transported to the antebellum South Rufus the white son of a plantation owner is drowning and Dana has been summoned to save him Dana is drawn back repeatedly through time to the slave quarters and each time the stay grows longer more arduous and more dangerous until it is uncertain whether or not Dana's life will end long before it has a chance to begin This young adult edition includes a new foreword by Tomi Adeyemi New York Times bestseller and Hugo and Nebula award winning author of fantasy titles Children of Blood and Bone and Children of Virtue and Vengeance Adeyemi was also named one of Time magazine's 100 most influential people and was named one of Forbes's 30 Under 30 in Media

Bicycling ,2008-01 Bicycling magazine features bikes bike gear equipment reviews training plans bike maintenance how tos and more for cyclists of all levels      *The Unraveling* JP Franklinn,2022-12-11 Back from war at the age of 19 Kyle Stone builds a financial empire in the City of San Francisco There he will start his career after the suicide of his father at 8 and years on the street Kyle is now ready In the midst of craziness romance blossoms with a bright young woman who had no idea what she was getting into However she will bring hope where there was none Just as you think it is going to be okay a twist in the story sends Kyle to an existence he never knew and never wanted to know the Mafia Root for him as he is drawn into a world unknown by most that will spill into all their lives The Unraveling is a story of corporate corruption betrayal family saga Mafia action and adventure If you are looking for a story with a brisk pace crackling chemistry witty banter and romantic moments that make you melt a high stakes plot characters that jump off the page with the surprise of witchery finishing with a dramatic ending then The Unraveling is your book      **The Things You Can See Only When You Slow Down** Haemin Sunim,2017-02-07 Forbes Greatest Self Help Books of All Time The multimillion copy bestselling book of spiritual wisdom about the importance of slowing down in our fast paced world by the Buddhist author of Love for Imperfect Things Wise advice on how to reflect and slow down Elle Is it the world that s busy or is it my mind The world moves fast but that doesn t mean we have to This bestselling mindfulness guide by Haemin Sunim which means spontaneous wisdom a renowned Buddhist meditation teacher born in Korea and educated in the United States illuminates a path to inner peace and balance amid the overwhelming demands of everyday life By offering guideposts to well being and happiness in eight areas including relationships love and spirituality Haemin Sunim emphasizes the importance of forging a deeper connection with others and being compassionate and forgiving toward ourselves The more than twenty full color illustrations that accompany his teachings serve as calming visual interludes encouraging us to notice that when you slow down the world slows down with you      *Freedom: Financial Independence Stories of African Immigrants* Olumide Ogunsanwo,Achani Samon Biaou,2023-03-18 Are you an underdog outsider expat nomad minority or immigrant looking to achieve financial independence In Freedom Olumide Ogunsanwo and Achani Samon Biaou share their life stories as African immigrants moving to America and Europe to gain financial independence in their 20s and 30s Freedom goes beyond investing and managing money and offers insights into childhood psychology environmental influences and nurturing principles such as self belief curiosity and goal setting Olumide and Samon share their personal experiences and strategies to help you take control of your financial future and live a more intentional life Whether you re just starting out on your journey to financial independence or looking for new ways to build wealth and personal freedom Freedom is a must read for anyone who wants to achieve independence and success on their own terms      **The Ultimate Guide to Astrology** Tanaaz Chubb,2021-06-15 With The Ultimate Guide to Astrology leading astrologer and Instagram star Tanaaz Chubb foreverconscious presents a modern and accessible approach to astrology with an emphasis on the signs and the planets      *How to Sell Any Product in*

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beginner and intermediate cyclists without making them feel like novices. It covers all the information the reader needs to begin an effective training regimen. The book is divided into five sections that are then broken into miniguides for various cycling training disciplines. Cyclists will learn about how the body becomes fit and how that fitness translates to on the bike performance while discovering the components of a successful training plan including nutrition. Furthermore, riding disciplines such as road racing, endurance events, cyclocross, mountain biking, and track are discussed at length so readers can figure out which activities are right for them. The *Bicycling Big Book of Training* is an excellent guide for anyone who wants to learn more about cycling and take their performance to the next level. It's Splitsville James J. Gross, 2013-09-24

Thinking about divorce? Already in the process of divorce? You need this book. Divorce is complex and complications are not what you need when you are facing its emotional and financial pressures. In *It's Splitsville: Surviving Your Divorce*, veteran divorce attorney James J. Gross breaks down the divorce process for nonlawyers in easy-to-understand steps. He explains the legal system in plain and simple language and he describes the process of obtaining a fair separation agreement and navigating family law and the legal system. Just as important, it explains the emotional hazards of divorce and how to withstand the myriad pressures you will face. *It's Splitsville: Surviving Your Divorce* explains divorce laws in easy-to-understand words. Guides you through the steps for obtaining a separation agreement. Provides a friendly user's manual for divorce court. Helps you and your spouse decide what's best for the children. Shows you how to protect your assets to the legal extent possible. Explains when and how to play hardball. Nearly a million people get divorced each year in the United States. Many if not most could be handled far better for all parties involved. *It's Splitsville: Surviving Your Divorce* will guide you safely through the hazards of divorce, show you how to understand and survive the complicated legal process, explain underhanded tactics and how to combat them, and help emerge on the other side as a stronger, wiser, and better person. What you'll learn: If you're buying this book, you're probably beyond stay vs. go. Go. Gain control of the emotional hazards of divorce. Take the first steps toward separation and divorce. When to handle the divorce yourself and when to get a lawyer. Agree on a parenting plan for the children. Understand the laws about alimony, child support, the house, pensions, and other property. Explains how to come up with fair agreements that enable you to avoid court. How to navigate the legal system and divorce court. Who this book is for: *Surviving Your Divorce: A Legal Guide* is for anyone in the process of separation or divorce and those thinking about it. Table of Contents: Timing Things to Do Now, Research and Documents, Can You Do It Yourself, Finding a Lawyer, First Meeting with Lawyer and Beyond, Custody in General, Physical Custody, Timesharing, Child Support, Alimony, Property and Debt, The House, A Play in Three Acts, Pensions, Retirement Plans, Deferred Pay and Social Security, Business Investments, Bank Accounts, Stock and Other Liquid Assets, Taxes, Prenuptial Agreements, Separation Agreements, Different Ways to Get a Separation Agreement, Tactics and Strategies for Negotiating Your Own Separation Agreement, Pleadings, Evidence, Trial Procedure, Same Sex Marriage and Divorce, Postdivorce, Sample Forms, Glossary. **Time Notes** Wynn

Davis,2015-08-06 In this groundbreaking book Wynn Davis shares over 100 time management principles that will help you accomplish more while working less This innovative thought provoking book has bite sized chapters packed with practical ideas for using time effectively in every area of your life You will learn How to set goals that get results A plan for your day that works Eleven proven ways to cure procrastination once and for all A simple technique to help you deal with deadlines An easy nine step guide for organizing your home The simple formula that will keep you motivated for life Life s greatest time waster and how you can protect yourself from it The most effective way to zip through paperwork Five easy planning steps and how they can revolutionize your life How to use the rule of the vital few and the trivial many to leverage your time How to use the science of signals to guide your choices The best tools and how to use them And much much more Time Notes brings the very best time management ideas into one simple easy to use guide Autocross Performance Handbook Richard Newton, Autocross is open to just about anyone with a helmet and a car Aimed at all those autocross drivers who race the cars they drive every day this thorough and easy to follow handbook covers everything from choosing the best class and car for competing to tuning modifying and racing that car Richard Newton an ASE certified Master Technician talks in a reader friendly fashion about what can be done why it should be done and what might need to be altered when conditions change He discusses the rule book and driving techniques used in autocross events Featuring helpful full color illustrations this guide covers all engine drivetrain combinations and focuses on car subsystems including engine suspension wheels and tires and brakes among others The book includes drawings of course set ups as well as a complete reference appendix **You Are Your Own Million Dollar Formula** Nic Cunningham,Ali Villani,2016-10-26 Create Every woman has her own creativity talents and divine purpose to shine into the world When women give themselves permission to live in their 100% authentic truth and back themselves they create opportunities and freedom like never before Every woman is her own Million Dollar Formula Learn how to access and monetise your unique creativity and step up and claim the space to have the personal and financial freedom you have always dreamt of Celebrate Women often value their worth on the opinions of others They measure their success by the values and social commentary around them disempowering themselves and never truly celebrating their success When women back themselves 100% of the time and pursue their authentic truth the opinions social commentary and projections of others hold no value Learn how to disassociate from the negativity criticism and what other people think to liberate yourself and celebrate each and every one of your talents and achievements Consistency When women take personal responsibility for their success and challenges they create the opportunity to grow Learn how to transform your life make money and find greater happiness effortlessly through the commitment to The Action Hours When you do the work you get the results Join thousands of women from all over the world who are stepping up claiming the space and being the best version of themselves You Are Your Own Million Dollar Formula

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