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I am the co-author with Amy Blaschka of "I Am: Escape Distractions, Unlock Your Imagination & Unleash Your Potential", a #1 new release on Amazon in Health & Stress. My day job is serving as a social media ghostwriter (i.e. storyteller) for highly accomplished professionals, including CEOs and entrepreneurs, plus leading I am a storyteller who uses words and images to help others.

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BRUCE KASANOFF is the author of many books, including How to Self-Promote without Being a Jerk and Never Tell People What You Do. He is one of the most prolific of all LinkedIn Influencers, and he enjoys helping others to do well by doing good. He also is a ghostwriter who helps professionals produce engaging social media articles and posts.

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Just as quotes are the output of the biggest names in success, the inspirations in this book put fuel in our ship, and the exercise they each present to us allows us to make our own quotes (or our own story, as co-author Amy would put it). Warning: You might not like this book if ethereal thinking stuns you.

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"Bruce and Amy don't target your rational, logical, orderly side; plenty of books do that. Instead, they trust the power of your brain and heart to come up with amazing possibilities -- to let you wander, explore, imagine, and experience as you discover ways to unlock your full potential." - Jeff Haden, Inc.com The stories you tell yourself have immense power. They can motivate or discourage you. They can cause you to grow or stagnate. But when you're living and working in an over-scheduled world, it's very easy to let these stories veer towards the negative. This book helps you tell yourself far better stories, but it doesn't tell you what to think. Instead, it starts you along a path that unlocks your imagination, creativity, and potential. To take control of the stories in your head, you need to make the process interesting, fun, engaging, rewarding, and effective. Most people skip the interesting, fun, engaging, rewarding, and effective parts... but this book doesn't. It offers short passages designed to help you escape distractions, take control of your future, and rewrite the stories you tell yourself. This book is only available in paperback so that you can scribble, draw, and take notes in the empty spaces next to each passage.

Let me entertain you Can good distraction lead to a more creative, fun-filled life? Award-winning mother and distraction expert Monique Doyle will entertain you with laugh-out-loud true stories, reflective poems and inspirational ideas on how a little distraction in your day can unleash creative riches inside you. HAVE FUN and BE INSPIRED!

"Indistractable provides a framework that will deliver the focus you need to get results." —James Clear, author of Atomic Habits "If you value your time, your focus, or your relationships, this book is essential reading. I'm putting these ideas into practice." —Jonathan Haidt, author of The Righteous Mind National Bestseller Winner of the Outstanding Works of Literature (OWL) Award Included in the Top 5 Best Personal Development Books of the Year by Audible Included in the Top 20 Best Business and Leadership Books of the Year by Amazon Featured in The Amazon Book Review Newsletter, January 2020 Goodreads Best Science & Technology of 2019 Finalist You sit down at your desk to work on an important project, but a notification on your phone interrupts your morning. Later, as you're about to get back to work, a colleague taps you on the shoulder to chat. At home, screens get in the way of quality time with your family. Another day goes by, and once again, your most important personal and professional goals are put on hold. What would be possible if you followed through on your best intentions? What could you accomplish if you could stay focused? What if you had the power to become "indistractable?" International bestselling author, former Stanford lecturer, and behavioral design expert, Nir Eyal, wrote Silicon Valley's handbook for making technology habit-forming. Five years after publishing Hooked, Eyal reveals distraction's Achilles' heel in his groundbreaking new book. In Indistractable, Eyal reveals the hidden psychology driving us to distraction. He describes why solving the problem is not as simple as swearing off our devices: Abstinence is impractical and often makes us want more. Eyal lays bare the secret of finally doing what you say you will do with a four-step, research-backed model. Indistractable reveals the key to getting the best out of technology, without letting it get the best of us. Inside, Eyal overturns conventional wisdom and reveals: • Why distraction at work is a symptom of a dysfunctional company culture—and how to fix it • What really drives human behavior and why "time management is pain management" • Why your relationships (and your sex life) depend on you becoming indistractable • How to raise indistractable children in an increasingly distracting world Empowering and optimistic, Indistractable provides practical, novel techniques to control your time and attention—helping you live the life you really want.

A year has passed since Rob Simpson-Stone received a photo of his nieces enjoying a night out, unaware their photographer was one Anders Folden: a psychopathic hitman Rob helped to put away while working undercover for the Met Police Special Investigations Unit. Only Gray Fisher—Rob's former boss, now his business partner—is taking Rob seriously. The powers-that-be insist Rob and Gray are being paranoid: there ' s no proof the photo came from Folden, who ' s stayed off the authorities ' radar long enough to have assumed a new identity and fled overseas. It takes a significant threat to Rob ' s son ' s life for anyone to question that assertion, but police protection is worth nothing when the target has friends in high places to bend and break the law to his will. Folden won ' t stop until he ' s completed his mission: to fulfil a contract or end a personal vendetta, Rob and Gray are no longer sure which. What they do know is they need to find him before he finds them—with or without help from the authorities. The final instalment in the Gray Fisher trilogy.

Somewhere along the way, we got distracted. As much as we multitask, love our devices and feel like we ' re in control, deep down we know that something is off. Shortened attention spans, declines in critical thinking, lack of sleep, self-doubt and decreased creativity are just some of the effects coming to light in an age of digital distraction. It ' s time to reclaim our lives. It ' s time to take control. Lifescale is a journey of self-discovery and growth. It ' s about getting back into balance and remastering our destinies. Author Brian Solis knows first-hand. He struggled with distraction and all of its ill-effects. To get his life back, he developed a set of techniques, exercises, and thought experiments designed to tame the chaos, and positively and productively navigate our day-to-day lives. Instead of falling victim to the never-ending cycle of newsfeeds, Likes, addictive apps, and boredom scrolling (aka the endless scroll), we can learn to manage our time and inspire our own lives in a way that will bring meaning back—without sacrificing the benefits that our devices bring us. In Lifescale, Brian has done the legwork to pull together scientific findings and practical tools into one book. Readers—especially those who are distracted—will connect with the humor, pathos, and inspiration inside. Using this book ' s simple but powerful lessons, we can: Identify sources of distraction and turn attention toward creativity and productivity Understand and resist the manipulative techniques that turn us into digital addicts Find meaning and purpose to guide our time in more meaningful ways Visualize future success to successfully dive into deep work and stop procrastinating Break bad habits, establish rituals, and establish routines that help you achieve goals Nurture imagination and learn to express ourselves more artistically Maximize productivity with simple but effective strategies Focus for extended periods and make breaks more restorative Foster a strong sense of purpose in life and identify the steps needed to bring it to life every day Smile more and build self-esteem With the renewed perspective Lifescale offers, we can finally learn to prioritize what matters, and live our digital and physical lives with intention and true happiness.

One little prick changes everything. A hilarious cozy urban fantasy about a normal woman whose ordinary life turns out to be not so ordinary after all. Hi. My name is Helena. I ' ve got my head on straight. A good job, a condo of my own, a sensible outlook on life. I have been blessed with a practical personality and a strong character, and for that I have always been grateful. I have no complaints. None. Nada. So...how exactly did I end up here, you ask? Surrounded by hooved creatures and nymphs, wine pouring from the ceiling like rain, fish that understand what I ' m saying, and a secret connection to the ample figured, often naked, women in some famous Baroque painter ' s artwork? Cupid. That ' s how.

For many modern professionals, remaining electronically connected at nearly all times is the norm. And dealing with these constant distractions-from email, social media, apps, and so on-can wreak havoc on our ability to focus. In Cal Newport's 2016 book, Deep Work, he shares strategies for regaining your ability to focus on a task without distraction. This audiobook summary distills some of the most poignant lessons from Deep Work into quick, easily digestible tips. Tune in to learn how to enhance your productivity-and get more out of your spare time-though focused, deep work. Note: This audiobook summary was produced by Blinkist. We are pleased to host this content in our library.

How to Unlock Your Child's Genius is a book for parents and educators that shows them 11 simple steps on how to help support their child's learning.Written by the award winning author and educationalist, this book uses empowerment literature, poetry, short stories, autobiographical writing and essays to inspire all who are involved in unlocking the genius of children.

FAMILIAR ALWAYS KNOWS BEST! Molly Harper's sister had been killed—and her baby niece had been kidnapped. Now, the only man she could depend on to help her solve the crime—and bring Baby Kate to safety—was Thomas Lakewood. Trouble was, Thomas was the prime suspect. But Molly and Familiar were convinced he was innocent. And in a race against time, could Molly, Thomas and Familiar join forces to clear his name and fi nd Baby Kate before their chances for a future were destroyed forever?

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