

Get Free Before The Change
Taking Charge Of Your
Perimenopause

Before The Change Taking Charge Of Your Perimenopause

From a renowned nutritionist and author

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of the bestselling Fat Flush Plan comes a revised and updated edition of the popular alternative guide for taking charge of your perimenopause, filled with up-to-date research, including the latest information on Hormone Replacement Therapy, mood swings, weight gain, and nutrition for women thirty-five and older. Before the

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Change offers a gentle, proven, incremental program for understanding your body's changes and controlling your symptoms during perimenopause—the period of about ten years leading up to menopause—to help you feel great through this vital phase of life. Inside you'll find:
A clear explanation of the symptoms of

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perimenopause and a self-diagnosis quiz; Safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs, and natural hormones; A guide to nutrition and healthy diet, with tips for foods that prevent and alleviate symptoms. In addition, this revised and updated edition includes: An expanded

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section on the pros and cons of soy as a natural phytoestrogen; An expanded discussion of hypothyroidism, its connection to hormonal imbalances, and the best natural treatments; A full analysis of HRT, including advice for safely weaning yourself off of synthetic hormones, and an overview of herbal,

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lifestyle, and diet options and modifications available for women who have had a hysterectomy, have risk factors or a history of breast cancer, osteoporosis or heart disease. With this essential do-it-yourself program, say good-bye to hormone havoc simply, safely, and naturally!

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"A game changer for anyone ready to become the captain of their own ship."
—Dr. Phil McGraw, host of the nationally syndicated series Dr. Phil "Take Charge of Your Life urges readers to stop blaming and start accepting responsibility for choices." —Jeannine Chartier Hanscom, ForeWord Reviews Are you seeking a

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happier and more satisfying life? In *Take Charge of Your Life*, author Dr. William Glasser explains choice theory—a science of human behavior and principles for regaining and maintaining a life you control—and how it can help you find personal freedom from relationship-destroying external control. *Take Charge*

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of Your Life, a revision of his 1984 book Control Theory, explains choice theory using personalized examples and illustrative stories that allow you to learn how to improve your relationships and take charge of your actions. Topics include marital and relationship problems, parenthood, addictions, pain management,

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and psychosomatic disorders. For each situation, Dr. Glasser ties behavior to the pictures people create in their minds of what they want. He explains how the pictures got there and how people can choose new behaviors to get what they really want. In *Take Charge of Your Life*, Glasser offers a real model of

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empowerment. He shows how you can become a part of the equation that adds happiness and connection to the world in which you live now and to the world of future generations.

Portrays the thirty-sixth president as a man who struggled to surpass JFK on civil rights, guided the country into Vietnam,

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and twisted the arms of friends and enemies alike

On "The Biggest Loser," Harper gives contestants the practical tools and psychological insights they need to get into shape. In his book, he offers a strategy for getting at the root of negative thought patterns, an easy-to-follow eating

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plan, and a fitness plan geared to make exercise an integral part of daily life.

The Perimenopause Solution

Believe You Can Succeed and You Will

Taking Charge in a New Leadership Role

The Definitive Guide to Natural Birth

Control, Pregnancy Achievement, and

Reproductive Health

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A Quick and Simple Guide to Taking
Charge of Your Life

The Dynamics of Taking Charge

How Self Coaching Can Transform Your
Life and Career

"This book provides diagnostic
techniques for assessing the needs of
school personnel involved in

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implementing new innovations for school improvement. Using the Concerns Based Adoption Model (CBAM) as a framework, it discusses the roles and personal needs of the people involved in the change process and provides strategies for the total management of an innovation. The

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first strategy offers ways to introduce the change or innovation and to monitor the variety and diversity of implementation. A component checklist for determining the range of operational patterns found in classrooms is described. In the second strategy, seven stages of concern

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experienced by teachers involved in the change process are identified, and suggestions are given on how to deliver interventions that will respond to each stage of concern. The concept of the innovation's levels of use provides the third strategy, which identifies the degree to which teachers

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are using the new practices. It is noted that this tool is useful for assisting teachers to move to higher levels of use as well as for evaluating the progress of the change implementation effort. Numerous figures supplement the text. (JD)"--ERIC dbase.

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The essential guide for women over 40 who are on the peri-menopausal roller coaster of hormone fluctuations, and would like to get their mojo back! Natural and practical solutions for lasting weight loss, boundless energy, balanced moods and hormone harmony, along with a comprehensive

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30 day plan to get results fast.

In this illuminating study of corporate America's most critical issue—leadership—world-renowned leadership guru Warren Bennis and his co-author Burt Nanus reveal the four key principles every manager should know: Attention Through

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Vision, Meaning Through
Communication, Trust Through
Positioning, and The Deployment of
Self. In this age of "process", with
downsizing and restructuring affecting
many workplaces, companies have
fallen trap to lack of communication
and distrust, and vision and leadership

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are needed more than ever before. The wisdom and insight in Leaders addresses this need. It is an indispensable source of guidance all readers will appreciate, whether they're running a small department or in charge of an entire corporation. Do you want to know what it takes to

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make change and create solutions?
Discover the model to meet the
unprecedented challenges unique to
the decade ahead and make a
remarkable impact on people ' s lives.
To overcome the radically different
challenges of inequity, division, and
scarcity of resources that will only

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increase in the future, the most successful and valuable leaders are those with the traits to be rebuilders. As the founding president of Social Venture Partners International, a global network of social innovators, entrepreneurs, philanthropists and more, Paul Shoemaker is here to

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connect you to the people, ideas, and organizations that matter. Shoemaker profiles 38 rock star rebuilders so you have a model to follow, including Peter Drucker Award winner Rosanne Haggerty, whose goal is to end chronic homelessness; Trish Millines, who has changed lives for kids of color in high

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tech; and David Risher, whose cross-sector approach is helping solve global illiteracy. Page by page, the common elements rebuilders utilize to make a remarkable impact on some of our most complex problems are highlighted as you: Learn the 5 vital traits change leaders use to solve big

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problems. Gain new perspective from relevant research, data, leadership lessons, and 3 case studies that illuminate the path ahead. Meet the leaders setting the standard for social change impact, all shared in Shoemaker ' s signature storytelling style. Taking Charge of Change is

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written for anyone seeking to be the driver of real change and an integral part of rebuilding the structures and foundations of American communities and companies throughout the decade ahead.

The Essential Guide for Women Over 40 to Fight Fat, Fatigue and Hormone

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Get Free Before The Change Taking Charge Of Your Perimenopause Havoc

Right from the Start

People and Performance : The Best of

Peter Drucker on Management

It's Not You It's Your Hormones

Before The Change

The Johnson White House Tapes

1963 1964

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Everything You Need to Know to Stay
Healthy in the Decade Before
Menopause

New Tools to Overcome the Human
Barriers to Change Leaders know
that their job is to transform their
organizations to keep pace with

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technology and an ever-changing business environment. They also know that they are bound to fail in doing so. But this discouraging prospect is not because they won't be able to solve a technological or strategic problem. Leaders will fail

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because of intractable human responses associated with change--responses such as fear, ingrained habits, politics, incrementalism, and lack of imagination. These stumbling blocks always arise when we

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humans are faced with change, but what if we had a way to transcend them? This book reveals a radical new method for doing just that. Written by the executive who designed and implemented it, the neuroscientist who helped make it

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work, and the academic who explains why it works and how to do it, Leading Transformation introduces an innovative yet proven process for creating breakthrough change. Divided into three steps--envisioning the possible,

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breaking down resistance, and prototyping the future--this process uses cutting-edge tools such as science fiction, cartoons, rap music, artifact trails, and neuroprototypes to overcome people's inability to imagine or react to what doesn't yet

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exist, override powerful habits and routines that prevent them from changing, and create compelling narratives about the organization's future and how to get there.

Showing how these tools have been used successfully by

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companies such as Lowe's, Walmart, Pepsi, IKEA, Google, Microsoft, and others, the process revealed in this book gives leaders the means to transcend the human barriers that block change and lead their organizations confidently into

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"This successful guide has already helped many tens of thousands of readers understand and manage out-of-control anger in all its forms, from passive-aggression to all-out rage. Dr. Robert Nay presents an

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effective six-step program grounded in the proven techniques of cognitive-behavioral therapy. Self-quizzes and exercises show how to immediately recognize anger's triggers and early warning signs--and master cooling-off

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strategies that work in the heat of the moment. By learning specific ways to defuse conflict and express their feelings calmly, readers can put a lid on destructive anger while appropriately asserting their needs. The revised second edition includes

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a new chapter on resolving longstanding resentments, plus updated examples and resources"-- Head off depression, mood swings, weight gain, memory loss, hot flashes, and other menopausal symptoms before they start. "Before

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the Change" addresses perimenopause, the phase preceding menopause, providing women with the power to understand and control its dramatic, often frightening symptoms. Chart & graphs.

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Celebrating 10 years of helping hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, and gain better control of their health and lives, the 10th Anniversary Edition of the classic bestseller will include:

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- New "Preface to the 10th Anniversary Edition"
- Updates on new fertility technologies
- Natural approaches to conception
- Updated Resources and Books For any woman unhappy with her current method of birth control;

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demoralized by her quest to have a baby; or experiencing confusing symptoms in her cycle, this book provides answers to all these questions, plus amazing insights into a woman's body. Weschler thoroughly explains the

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empowering Fertility Awareness

Method, which in only a couple
minutes a day allows a woman to:

- Enjoy highly effective, scientifically proven birth control without chemicals or devices
- Maximize her chances of conception or expedite

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fertility treatment by identifying
impediments to conception

- Increase the likelihood of choosing the gender of her baby
- Gain control of her sexual and gynecological health

Taking Charge of Anger

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Take Charge of Your Life
Leaders

Taking Charge of Your Fertility,
10th Anniversary Edition

Proven Strategies to Succeed at
Work, at Home, and in
Relationships

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Perimenopause Power Taking Charge

The Essential Book for Every Woman
Over 35 You're in the prime of life. As
far as you know, menopause could be
years away. So why is your body
sending you such weird messages?
Women today can't afford to lose time

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and energy to the common, but often misdiagnosed, symptoms of perimenopause — from mood swings and stubborn extra pounds to hot flashes and insomnia — that precedemenopause by as much as a decade. In this lively and solution-packed book, renowned ob/gyn Dr. Laura Corio provides all the

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information you need to take charge of your physical and emotional well-being:

- Hormone treatment before menopause, including all the new, natural, and low-dose forms that are making this a safe choice for more women
- Herbs, soy, and other alternative therapies that are backed by

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solid medical research • How perimenopause affects fertility — and what to do if you want to get pregnant • How your skin, hair, and nails reflect deeper changes — and how to make them vibrant again • Ways to combat cancer fears — and what tests you absolutely must have • Whether a high-

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protein diet is right for you — and what vitamins and minerals you should be taking • What to do now to protect your breasts, uterus, bones, and heart in the years to come • Diet and exercises to prevent or minimize symptoms, and much more!

NOTES FROM A FRIEND is a concise

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and easy-to-understand guide to the most powerful and life-changing tools and principles that make Anthony Robbins an international leader in peak performance. Based on the concepts and stories in the bestselling AWAKEN THE GIANT WITHIN and UNLIMITED POWER, Anthony

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Robbins shows us how quick and simple it can be to take charge of your life.

'Vintage Tony Robbins...It distils the complexity of human potential movement into one single but powerful idea' JAMES REDFIELD, THE CELESTINE PROPHECY 'Tony's warmth, passion, and commitment will

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inspire you to truly master your life and touch others in the process' KENNETH BLANCHARD, PH.D., AUTHOR OF THE ONE MINUTE MANGER
MOKITA is for women who want to avoid the overwhelming task of sorting through all the myths and misconceptions of perimenopause &

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menopause in order to be proactive with their midlife health! Looking for real information, but frustrated by all the conflicting menopause messages online and in the media? Want to build your own midlife health team but unsure who to consult and when? This refreshing, easy-to-read guide will be especially

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helpful if you don't have time to read 30 different books and scour the internet for hours. Women's health advocate, Shirley Weir, and 13 women's health professionals, set the record straight on perimenopause, menopause and what you really need to know. The 21 bite-size chapters are full of up-to-date

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information, sage advice, relatable case studies, and a promise that YOU ARE NOT ALONE. "MOKITA is so human and real. By the end, you'll feel empowered to confidently navigate perimenopause, menopause & beyond!"
-Lori Brotto, Ph. D. R. Psych, Canada
Research Chair in Women's Sexual

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Health, Professor, Executive Director of the Women's Health Research Institute & author of the best-selling book, Better Sex Through Mindfulness.

"Right From the Start, " with its timeless lessons of leadership, succession, and transition, is designed for anyone who wants to ensure that the

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first steps in a new job will lead to enduring success.

A Guide to Better Psychological Health and Well-Being

Mokita

a sweeping summer romance

Perimenopause

Before the Change

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Take Charge and Change Your Life Today!

To Take Charge, Lose Weight, Get in Shape, and Change Your Life Forever
The Founder's Dilemmas examines how early decisions by entrepreneurs can make or break a

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startup and its team. Drawing on a decade of research, including quantitative data on almost ten thousand founders as well as inside stories of founders like Evan Williams of Twitter and Tim Westergren of Pandora, Noam

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Wasserman reveals the common pitfalls founders face and how to avoid them.

'Maisie's knowledge of hormones changed my life... you need this book' Anna Jones 'Hill's advice is straightforward and no-nonsense'

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The Guardian 'An informative must-read for any woman – whatever their age' Vogue online During perimenopause three quarters of women will experience symptoms such as mood changes, insomnia, hot flushes, and night sweats, but

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there is little in the way of evidence-based information out there to help and guide us. Perimenopause Power is the essential handbook to understanding what the hell's going on and to empower us to improve our experience of the dreaded

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'change'. Maisie Hill, the highly qualified women's health expert, best-selling author of *Period Power* and founder of The Flow Collective, takes us through the physiological changes of perimenopause and menopause, step by step, with calm

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positivity. In this invaluable guide she shares tips and advice to support women through the challenge of wildly fluctuating hormones. A must-read for anyone looking for a well-researched, evidenced-based book on

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perimenopause and menopause that gives women the information they need to address their hormonal needs. Perimenopause Power will help women to understand what's going on with their bodies and how to deal with troublesome symptoms,

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and share valuable insights into making it a positive and powerful experience. 'Maisie Hill helps you understand the changes in your body and psyche during the lead-up to menopause and how to handle symptoms.' Top Santé 'Maisie Hill

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gets rid of myths, sheds light and allows for an open, honest and much-needed conversation' Mind From renowned nutritionist and author of the bestselling Fat Flush Plan comes a revised and updated guide to taking charge of your

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perimenopause. Filled with the latest research as well as practical tips and menus, Gittleman also incorporates timely information, especially pertaining to Hormone Replacement Therapy. Learn How You Can head off Depression and

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Mood Swings, Weight Shifts, Erratic Sleep, Memory Loss, and Other Changes Leading to Menopause. Take charge of your perimenopause simply, safely, and naturally! This breakthrough book details a gentle incremental program for

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understanding your own changes and offers a wide range of options for taking care of yourself. By following the author's proven techniques for controlling the symptoms of perimenopause, you can continue to feel great through

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this vital phase of your life. With this essential do-it-yourself program, you can say good-bye to hormone havoc and sail through your perimenopause, the period of about ten years leading up to menopause, by understanding and controlling its

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symptoms. Before the Change.

.clearly explains the symptoms of perimenopause and offers a self-diagnosis quiz; .details safe and natural alternatives to hormone therapy, including healing vitamins, minerals, herbs and natural

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hormones.gives you a powerful
Changing Diet, with tips and recipes
for foods that prevent and alleviate
symptoms

In this day and age, when fat is
blamed for all our health problems,
it's often easy to forget that salt can

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also be a dietary culprit. While salt is necessary for both bodily and cellular function, and is certainly crucial to the satisfying taste of some of our favorite foods, recent research shows that its excess consumption can also lead to

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hypertension, strokes, and a variety of cardiovascular problems. In *Get the Salt Out*, nationally recognized nutritionist Ann Louise Gittleman reveals 501 ways to avoid excess salt intake by serving a variety of delicious low-sodium foods, taking

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advantage of tasty salt substitutes and steering clear of many surprising hidden sources of salt. She provides more than fifty delicious recipes for low-sodium foods, which will add healthful new staples to the diet of anyone who

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wants to "get the salt out." Other features include:

- Advice on how to use herbs effectively to reduce sodium intake
- Tips for reading labels to expose salt where it is hidden in ingredient lists, as well as other points of supermarket salt

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savvy , Ways to reduce the salt level
in your water , Advice for avoiding
salt when you eat out , Tips for
dealing with stress and other
impediments you may face in your
efforts to get the salt out , A week-
long menu plan , A resource section

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Get the Salt Out has all the tips, menu plans and recipes to help you enjoy real foods again and create meals that both your taste buds and your body can truly savor! From the Trade Paperback edition.
Are You Ready!

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The Founder's Dilemmas
Leading Transformation
The Change Before the Change
Ten Principles For Managing People
And Performance
How to Stay Young and Healthy in a
Toxic World

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How to Build Your Future and Make Real Change

Going home has never been easy... With her dad in hospital, Robyn Matthers needs to go home and take charge. But does she have the strength to do it? Cole

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Ryan is on a personal mission. Tall, dark and handsome, Robyn has certainly noticed the brooding hockey player around town. But can she trust her feelings – or his? But she can't risk the past

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she's kept buried for so long coming out and he hasn't opened his heart for a long time. Will the two of them be able to finally open up, and let themselves, just maybe, fall in love...

Previously published as

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Get Free Before The Change Taking Charge Of Your Perimenopause Taking Charge.

Do you feel your life is at a crossroads or at a breaking point? What's the next step? In Take Charge and Change Your Life Today! author Trevor Bolin provides a roadmap for improving

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yourself and your life.

Based on his own rags-to-riches story, Bolin discusses a host of techniques to help you achieve success, make better decisions, and reach your goals. He shows how success

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is based on attitude—you determine your life's outcome based on your thoughts and actions. Take Charge and Change Your Life Today! demonstrates how to • change your attitude, starting today; • start the

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process of short-term and long-term goal setting; • find your "Y" in life; • make a plan; • understand the importance of gratitude; • realize the role vices play in your life; • be confident and become a winner. You

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have the power to choose your path, and this guide can show you the way. Accept nothing but the best for yourself and your life.

“Perimenopause? What?! I’m way too young!” If you’re suddenly struggling with

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weight gain, insomnia, irregular bleeding or flooding, mood swings, and relationship challenges, perimenopause may be knocking at your door. And there's more! Burning tongue, itchy skin, electric

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shock feelings? Yes, these can be part of perimenopause too. Women are inundated with information on how to have healthy, happy pregnancies, but we get left out on the opposite end of the reproductive spectrum.

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That stops now! In this entertaining, information-packed, empowering book, Dr. Anna Garrett shares everything you need to know about your body and how to care for it to create hormone harmony. Here are

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just a few of the things
you'll learn: Perimenopause
can start as young as 35 Why
perimenopause is very
different from menopause How
you CAN balance your
hormones and find symptom
relief Why you're not going

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crazy Tips for creating a healthcare team that gets you the care you deserve Dr. Anna offers realistic, holistic solutions for diet challenges, sleep, stress reduction, supplements and more in her savvy sister's

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guide. Perimenopause is a revolutionary book focused on giving you the tools to navigate this transition with grace and ease so you can rock your mojo through midlife and beyond! You can learn to make perimenopause

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an initiation into the wise woman's years, worthy of celebration and discovery, rather than something to dread. I highly recommend this book!" -Lissa Rankin, MD, OB/ GYN physician and New York Times bestselling

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author of Mind Over Medicine
At last...this is the
“perimenopause manual” we
have all longed for! Dr.
Anna explains it all in a
way that feels neither
demeaning nor overly
scientific. She provides

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solutions, suggestions and actual steps to take to regain control of our moods, our bodies, our lives. From lifestyle tweaks to supplement suggestions, every page brings awareness and hope. It's my current

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“bedside read,” right before I drift off into truly restorative sleep. Thank you, Dr. Anna! ~Sheree Clark
Midlife Courage Coach Fork in the Road Dr. Anna is the unequivocal authority in helping women—including

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me—navigate perimenopause and menopause. Trust me, it IS possible to come out on “the other side” better than ever! Dr. Anna offers her guidance with humor, wit and compassion. ~Jill Grunewald, FMCHC, author of the best

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selling Essential Thyroid Cookbook, and creator of the Reversing Alopecia program
"There simply is not enough quality information available to women on perimenopause. Thankfully, Dr. Anna Garrett is changing

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all that! Get your midlife health education from someone who has worked with hundreds (thousands?) of women one-on-one to balance their hormones, tweak their lifestyles, and most importantly, set them up to

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live their healthiest lives!
This is a book you'll want
to refer to again and again
throughout your journey—and
then share it with all your
girlfriends!" ~Shirley Weir,
founder, Menopause Chicks
and author of MOKITA: How to

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navigate perimenopause with confidence and ease
Featuring Gittleman's own detoxification program, this guide provides a comprehensive toxic invaders questionnaire and explores the four greatest hidden

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treasures to health.

The Fourth Industrial
Revolution

Taking Charge of Your
Emotions

How to Take Charge of Your
Life and Make Positive
Changes Using an 8-Step

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Breakthrough Process

The Strategies for Taking
Charge

Taking Charge of Your Career

501 Simple Ways to Cut the
Salt Out of Any Diet

Six Steps to Asserting
Yourself Without Losing

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Acclaimed YUM! Brands CEO and author of the New York Times best-selling leadership book, Taking People With You, David Novak, teams up with Jason Goldsmith, the coach to some of the world's best PGA golf stars, to bring you groundbreaking lessons on personal

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growth and professional development.

TAKE CHARGE OF YOU teaches you the secrets to self-coaching. Everyone could use a good coach to help them reach their full potential. Unfortunately, there just aren't enough good ones to go around, and the ones that exist are often too expensive or sought-after for most of us to

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even consider hiring them. But that doesn't mean you should go without! Your life is too important to leave your personal growth and professional development up to chance. Take Charge of You helps you define for yourself what you want out of life and give yourself what you need to succeed. Written by two highly successful

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coaches from the worlds of business and professional sports, this book provides a straightforward process that will guide you on your self-coached journey to success, including: Getting into a coaching mindset Using all 5 senses to spark your brain Visualizing success The practice of neutrality The action of belief,

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and more Chock full of stories, exercises, tips, and questions to ask yourself to spark insight, it's designed to provide not just the knowledge you need, but tools you can use to create real, lasting change so you can lead a more fulfilling and successful life--now and well into the future.

From time to time, all of us face

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circumstances that can be psychologically demoralizing. We might have difficulties with certain types of people, have marital problems, or be overwhelmed by day-to-day burdens. When conditions are especially troublesome, we might experience destructive emotions such as anger, fear of abandonment, or anxiety

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that get the better of us. We may also experience a sense of helplessness, a feeling that events and people control us, and that can detract from our overall outlook and well-being. Nevertheless, despite how bleak things can appear, it is possible to gain more control over our lives and learn to cope better with things

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that are beyond our control. By understanding how and why we react the way we do to various situations and events, we can learn to manage and change our own thoughts and emotions. In that way, we can maximize the positive and minimize the negative outcomes in our day to day living, and in so doing give

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ourselves an opportunity to enhance our overall well-being. Using a Rational Emotive Behavior approach, the authors show readers how to identify irrational beliefs replace them with rational ones, and lead a more fulfilling and balanced life. Anyone struggling with emotions or moods that often feel out of control or self-

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*defeating will find comfort and guidance
in these pages.*

*Kiss cellulite goodbye! The Fat Flush®
Plan melts fat from hips, waist, and thighs
in just two weeks and re-shapes your body
while detoxifying your system. The Fat
Flush Plan is a groundbreaking low
carb/detox diet and fitness program. Fat*

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Flush is known as the only diet program that gets rid of bloat, supports the liver, cleans up the lymph, and helps to eliminate the appearance of cellulite – for good. An international best-seller with legions of devoted followers, The Fat Flush Plan has been featured on "The View," as well as in cover articles in Time,

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Glamour, Self, and many others. It is based upon essential fats (such as flax seed oil and flax seeds), balanced proteins (including eggs, meat, fish, and moderate soy) plus low-glycemic healthy carbs from fat flushing fruits and vegetables. The Plan also features “cleansing” tonics such as unsweetened cranberry juice and water,

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the “Long Life Cocktail,” and daily hot water and lemon juice as well as a delicious array of fat burning, water regulating, and insulin controlling herbs and spices (think cayenne, mustard, cilantro, parsley, cinnamon, and cloves). Between the 18th and 19th centuries, Britain experienced massive leaps in

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*technological, scientific, and economical
advancement*

Taking Charge of Your Premenopause

*Anticipating and Avoiding the Pitfalls That
Can Sink a Startup*

Take Charge

Notes From A Friend

The Fat Flush Plan

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*How to Take Charge of Your Company's
Future*

Lead from the Outside

*The world of work is changing
dramatically and jobs for life
have become a thing of the past.
Even people moving up the*

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corporate ladder are questioning their choices and considering new possibilities, such as work/life balance or portfolio working. If you want to take charge of your career but don't know where to start, change can

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*feel unobtainable - a pipe dream.
This action-oriented and
pragmatic book will help you
overcome the barriers to
deciding on a career and
changing career, giving you a
proven roadmap to achieve your*

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goals. Taking Charge of Your Career will lead you step-by-step through the process of building your career strategy and making it happen. Full of exercises and self-assessment tools to help you make the right choices, it

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also includes real-life stories of successful career changers.

Looks at the impact of change on the modern corporation, offers diagnostic tools to assess the need for change, advice on how to implement changes, and

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*guidelines for measuring
performance*

*Discusses the qualities of
successful business executives
and offers advice for managers
on how to develop leadership
skills.*

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*Purpose ? Passion ? Success! 8
to Great, revised! Positive
attitude for positive changes:
This groundbreaking and
practical book offers a simple,
yet powerful, 8-step process for
taking charge of your life and*

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*achieving your dreams, using
author MK Mueller's unique
formula for ""positive attitude"".
Positive attitude is everything for
achieving greater happiness,
health and success, yet no one,
until now, has given the world a*

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formula that is simple enough to remember and use on a daily basis. Mueller's "FGH" formula: FGH ? Forgiveness of the past, Gratitude for the present and Hope for the future. In 8 to Great you will learn how Mueller's five

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""High-Ways"" address the most common stumbling blocks to using FGH: • High-Way 1: Get the Picture. It reminds us how to clearly see our dreams happening and "think it till we feel it." • High-Way 2: Risk. Once

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the picture is clear, we must "run to, not from" and face our fears in order to move forward. • Highway 3: Full Responsibility. Rather than a burden, this is the key to freedom as we discover that we are the only problem we

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have and therefore, we are the solution. • High-Way 4: Feel All Your Feelings. For those suffering with depression or rage, this chapter unfolds amazing insights into how Mad and Sad balance each other. •

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High-Way 5: Honest Communication. When you're ready to stop getting defensive in arguments and be done with triangulation in the workplace, Mueller shows the way with down-to-earth examples of her

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clients' success stories. New level of self-esteem and well-being: In 8 to Great you will learn how the High-Ways provide a step-by-step process that helps you find greater happiness and success. The fact that Mueller

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has also created a widely-used curriculum for high schools based on her concepts is testimony to the fact that her methods are simple without being sugar-coated, and powerful without being pompous.

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8 to Great will take you from wherever you are in life and provide a springboard into a new level of well-being and joy. Whether for yourself or someone you love, 8 to Great is an investment that is sure to bless

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and bliss your world."

*How Rebuilders Solve Hard
Problems*

*How to Navigate Perimenopause
with Confidence & Ease.*

*Navigating your hormones on the
journey to menopause*

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Beyond Probiotics

*Mastering Menopause: Women's
Voices on Taking Charge of the
Change*

*Take Control of Your Hormones
Before They Take Control of You
Get the Salt Out*

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What comes next after this revolutionary treatment.

Interviews with and case studies of women in the U.S., accompanied by research in this text, show how our perceptions, thoughts, and spiritual practices can help women through menopause without drugs and their

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potential side effects. More and more women today are seeking natural ways to cope with menopause, including through mindfulness techniques and Eastern practices such as meditation. Women of various races, ages, and socioeconomic

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status interviewed at length for this study explain their experiences, victories, and setbacks in their quests to overcome this natural but body- and brain-altering change. Complementing findings from her research with wider outside research, author Deborah Merrill

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explains how popular culture depictions, race, class, and education all alter women's perceptions of the meaning of menopause, and how those perceptions can complicate, exacerbate, or alleviate physical and psychological symptoms. She

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details the "medical view" that views menopause as a problem to be solved, rather than as a natural event. And, through women's words and case studies, she details psychospiritual approaches many are adopting to cope, instead of seeking potentially harmful

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medicines. Readers will find new insights, wisdom, and potential solutions in the array of voices, experiences, and paths taken and presented in this book. Includes interviews with women of various races, socioeconomic statuses, and ages Addresses the social meaning

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of menopause and portrayals in popular culture Discusses how some women are turning to lifestyle and diet changes, as well as Eastern practices such as yoga, meditation, and mindfulness to cope with menopause Includes appendices of meditations,

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dialogues, and resources

Analyzes seventeen successful and unsuccessful managerial transitions, describes the five stages in mastering a new position, and discusses the implications for career planning

In this book, I introduce some

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common principles to help you learn how to shift your mindset from a "desire" to a "deed" and key strategies that will help you identify areas where that change needs to take place. I share some amazing tips on how you can make a difference in your life and those you

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care about. It will help you to re-define your destiny and change your life while developing your full potential.

The Revolutionary Rediscovery of a Missing Link in Our Immune System
Taking Charge of Adult ADHD,
Second Edition

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Summer by the Lake

The Savvy Sister's Guide to
Hormone Harmony

Taking Charge of Change

Take Charge of You

Taking Charge Of Change

**If you're among the millions
of adults with attention-**

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deficit/hyperactivity disorder (ADHD), you need the latest facts about the disorder and its treatment. You need practical strategies to help develop your strengths and achieve your goals, whether on the job, in family

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**relationships, or in personal
pursuits. From renowned
ADHD researcher/clinician
Russell A. Barkley, this is the
book for you. Dr. Barkley
takes you through the
process of seeking
professional help, addresses**

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**frequently asked questions
about medications and other
treatments, and offers a
wealth of advice and tips--all
science-based. Featuring the
latest resources and
medication facts, the revised
and updated second edition**

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includes new or expanded discussions of mindfulness, emotional self-control, time management, building a successful career, maintaining a healthy lifestyle, and more. Finally, an authoritative one-stop

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**resource to help you take
back your life from ADHD.
Lead from the Outside is a
necessary guide to
harnessing the strengths of
being an outsider by Stacey
Abrams, one of the most
prominent black female**

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**politicians in the U.S.
Leadership is hard.
Convincing others—and often
yourself—that you possess
the answers and are capable
of world-affecting change
requires confidence, insight,
and sheer bravado. Stacey**

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Abrams's Lead from the Outside is the handbook for outsiders, written with the awareness of the experiences and challenges that hinder anyone who exists beyond the structure of traditional white male power—women, people

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**of color, members of the
LGBTQ community, and
millennials ready to make a
difference. In Lead from the
Outside, Stacey Abrams
argues that knowing your own
passion is the key to success,
regardless of the scale or**

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target. From launching a company, to starting a day care center for homeless teen moms, to running a successful political campaign, finding what you want to fight for is as critical as knowing how to turn thought into action.

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Stacey uses her experience and hard-won insights to break down how ambition, fear, money, and failure function in leadership, while offering personal stories that illuminate practical strategies. Stacey includes

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exercises to help you hone your skills and realize your aspirations. She discusses candidly what she has learned over the course of her impressive career: that differences in race, gender, and class are surmountable.

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With direction and dedication, being in the minority actually provides unique and vital strength, which we can employ to rise to the top and make real change.

8 to Great

The Essential Guide to Finding

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**the Job That's Right for You
How to Get What You Need
with Choice-Theory
Psychology
Taking Charge of Your
Perimenopause**