

Read Book Face It Fix It How To Avoid Disaster And Turn Around Your Small Business

Face It Fix It How To Avoid Disaster And Turn Around Your Small Business

What's Holding Your Sales Back?

From Mike Michalowicz, the author of PROFIT FIRST, CLOCKWORK, and THE PUMPKIN PLAN, comes the ultimate diagnostic tool for every entrepreneur. The biggest problem entrepreneurs have is that they don't know what their biggest problem is. If you find yourself trapped between stagnating sales, staff turnover, and

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unhappy customers, what do you fix first? Every issue seems urgent -- but there's no way to address all of them at once. The result? A business that continues to go in endless circles putting out urgent fires and prioritizing the wrong things. Fortunately, Mike Michalowicz has a simple system to help you eradicate these frustrations and get your business moving forward, fast. Mike himself has lived through the struggles and countless distractions of entrepreneurship, and devoted years to finding a simple way to pinpoint exactly where to direct attention for rapid growth. He figured out that every business has a hierarchy of needs, and if you can understand where

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you are in that hierarchy, you can identify what needs immediate attention. Simply fix that one thing next, and your business will naturally and effortlessly level-up. Over the past decade, Mike has developed an ardent following for his funny, honest, and actionable insights told through the stories of real entrepreneurs. Now, Fix This Next offers a simple, unique, and wildly powerful business compass that has already helped hundreds of companies get to the next level, and will do the same for you. Immediately.

This book contains everything your Mum tried to teach you, but you were too cool to learn! What do you do when a button pops off your favourite shirt or the hem

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unravels on your best dress - throw it away, or make some simple repairs? This fun but practical book caters for all your sewing emergencies, teaching everyone who never learned how to thread a needle, sew on a button, darn a hole and much more. Avoid mending traumas with these simple, basic sewing skills that will revive not just your wardrobe but also your wallet. Learn the real basics of hand and machine sewing, with clear, easy-to-follow photographs and instructions. Sections cover: a range of different fastenings, instant fixes for emergencies, zips and closures, seams, hems and many other nifty repairs.

Historical View of the Literature of the South of Europe

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THE SEA ADVENTURES - Boxed Set: 20+ Maritime
Novels & Tales of Seas and Sailors

The 15 Minute Fix

An Effort to Teach People the Principles of Vital
Magnetism: Or, How to Replenish the Springs of Life
Without Drugs Or Stimulants

The Age Fix

Face: Exercises to Keep Your Face Youthful and Healthy

**The adventures of Diana continue as her
trouble magnet gets her in over her head and
definitely out of her comfort zone in
England. Little does Diana know, the family
member she is trying to help is in her own**

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conundrum. It will take all the skills of Ben and Scott, plus a few more, to get these ladies out of trouble.

This fast-paced action novel is set in a future where the world has been almost destroyed. Like the award-winning novel *Freak the Mighty*, this is Philbrick at his very best. It's the story of an epileptic teenager nicknamed Spaz, who begins the heroic fight to bring human intelligence back to the planet. In a world where most people are plugged into brain-drain entertainment systems, Spaz is the rare human being who can see life as it really is. When he meets an

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old man called Ryter, he begins to learn about Earth and its past. With Ryter as his companion, Spaz sets off an unlikely quest to save his dying sister -- and in the process, perhaps the world.

Former Prime Minister Gordon Brown offers his solutions to the key issues facing us all in 2021, from Covid to climate change and the crisis of capitalism

Your Surprising Solution to Addictions and Substance Abuse

The Last Book in the Universe

Man Alive

A Three-Step Plan to Break Free from Denial

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and Discover the Life You Deserve

What's Holding Your Sales Back?

Sermons on the Challenges of Life

Black Mama Saying Blank Journal/ Notebook Add To
Cart NowProduct Description:6x9119 pagesUniquely
designed matte coverHeavy PaperIdeas On How To Use
This Planner: Girlfriend/ Boyfriend GiftJournal for
2020Memory Keepsake BookReflections and Memories
NotebookBirthday Presen

"Face It & Fix It is the shot in the arm that every owner
of a struggling business needs." -T. Harv Eker, #1 NYT
& International Bestselling author of the book Secrets of

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the Millionaire Mind Half of all new businesses in the US and UK fail within five years. They fail for various reasons, but the main issue is that business owners either don't face up to their problems at all or when they do, it's too late. Running away from problems is a race that struggling businesses never win. According to leading business growth expert and coach Mac Attram it is always best to face problems when you are at your strongest and when your problems are at their weakest. That's where Face It & Fix It comes in. Face It & Fix It is a must-read book for owners of struggling small businesses; those who don't have a moment to lose

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before disaster strikes and their business is lost. Mac made many mistakes when he first started in business many entrepreneurs do. Things changed when he took his head out of the sand, faced up to reality and, in a systematic, ingenious and determined way, set about fixing the problems. Face It & Fix It is a hard-hitting and easy-to-understand handbook that explains how a small business can be transformed into a success. Readers will learn: Why struggling small business owners need to finally face reality and the problems that must be solved. The 43 problems that research shows guaranteed to lead to business failure if left unresolved.

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These all fit into one of the following categories: personal behavior, internal processes, external factors, or financial challenges. Seven inspiring, real-life business turnaround stories. The Fix-It Formula that Mac used to save his own business and that he now uses with his own clients as a turnaround consultant." World-renowned interventionist Ken Seeley, one of the hosts of A&E's hit television series Intervention, has spent the past twenty years helping people and their families deal with and overcome life-threatening addictions. His clients have ranged from the homeless multimillionaires, each needing professional help with

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every problem imaginable, including alcoholism, drug dependency, excessive gambling, sexual addiction, abusive behavior, and mental disorders. A few years into his career, Ken realized that the one common characteristic with each of his clients was denial. He has since built his success on a proven program for pinpointing and dealing with this core issue. Whether coping with a severe or a soft addiction, a life-threatening situation, or just an impediment to true happiness, we're all in denial about something. It might be small and seemingly innocent, such as the fact that you're not trying to excel in your job as much as you

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could or should be. Or it could be much larger and even potentially lethal, such as a full-blown addiction that at this very moment is destroying your life. The truth is, no matter who you are, no matter how small or large your problems may seem, denial is holding you back from living your life to the fullest. Denial is the number one symptom of addiction. It's the mask that lets addicts ignore and avoid the consequences of their actions. But what most people don't know is that denial is also the fuel that creates an addiction in the first place—as well as nearly every other disorder, behavior, and habit that can negatively affect your life. In *Face It and Fix It*, Seeley

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leads readers through a three-step process to remove damaging denial in order to live balanced and healthy lives. He helps readers first to identify life-damaging behaviors; next he gives the tools necessary to break down the walls that denial builds up over time; and finally he shows how to maintain balanced lives and relationships. Whether you're looking for help for someone you love or struggling with an addiction of your own, Face It and Fix It will leave you with a greater sense of self-awareness and the skills you need both improve your relationships and to live the life you deserve.

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Please Fix Your Face: A Funny Notebook Journal for
Your Everyday Needs

Figure It, Face It, & Fix It - Teen Workbook

Notebook/ Journal 119 Blank Pages Size 6x9 Black
Mama Sayings

Overcome the Invisible Barriers That Are Holding
Women Back at Work

Expert Advice for Maximizing Recovery from Bell's
Palsy, Ramsay Hunt Syndrome, and Other Causes of
Facial Nerve Paralysis

The Fix

Covering everything from replacing faulty faucets to

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curing the quirks of an air conditioner, this book provides step-by-step illustrated instructions for any home project, plus a comprehensive chapter on tools, in a resource that includes over three thousand photos, illustrations, charts, and diagrams.

Writer/director/producer Justine Bateman examines the aggressive ways that society reacts to the aging of women's faces. "Face...is filled with fictional vignettes that examine real-life societal attitudes and internal fears that have caused a negative perspective on women's faces as they age." --The TODAY Show, a Best Book of 2021 "With her new book Face: One Square Foot of Skin, Justine Bateman...is trying to push back against the notion

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that women's faces are 'broken and need to be fixed'...The book is a meditation on women's faces, and the cultural pressure to be 'ashamed and apologetic that their faces had aged naturally.' --New York Times "[Bateman] studies the topic of women and aging in her new book Face: One Square Foot of Skin." --People "There is nothing wrong with your face. At least, that's what Justine Bateman wants you to realize. Her new book, Face: One Square Foot of Skin, is a collection of fictional short stories told from the perspectives of women of all ages and professions; with it, she aims to correct the popular idea that you need to stop what you're doing and start staving off any signs of aging in the face." --W

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Magazine "The actor and author of Face: One Square Foot of Skin wants to push back against the ubiquity of plastic surgery." --Vanity Fair "Justine Bateman extends her creative talents to include fiction in this collection of vignettes that focus on how we've learned to react to women's faces as they age. Based on Bateman's own real-life interviews, the stories dig deep to uncover why we're uncomfortable with faces of a certain age, and argue that confidence--and not cosmetic procedures--are the answer to the problem." --Town & Country, one of the Best Books of Spring 2021 "Through a selection of short stories, [Bateman] examines just how complicated it is for women to get older, both in and out of the spotlight."

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--Glamour "Bateman asks, what if we just rejected the idea that older faces need fixing. What if we ignored all the clanging bells that remind women every day on every platform that we are in some kind of endless battle with aging." --TIME Magazine

"[Bateman] argues that American society has long equated the signs of aging on a woman's face with unattractiveness. But she also asserts that women need not participate in such prejudice by accepting and internalizing it." --AARP "Right on, Justine Bateman. Thanks for helping us embrace our faces just as they are." --Upworthy "It's been a long time since I read something that made me want to stand up and cheer." --ScaryMommy Face is a book of

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fictional vignettes that examines the fear and vestigial evolutionary habits that have caused women and men to cultivate the imagined reality that older women's faces are unattractive, undesirable, and something to be "fixed." Based on "older face" experiences of the author, Justine Bateman, and those of dozens of women and men she interviewed, the book presents the reader with the many root causes for society's often negative attitudes toward women's older faces. In doing so, Bateman rejects those ingrained assumptions about the necessity of fixing older women's faces, suggesting that we move on from judging someone's worth based on the condition of her face. With impassioned prose and a

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laser-sharp eye, Bateman argues that a woman's confidence should grow as she ages, not be destroyed by society's misled attitude about that one square foot of skin.

In the vein of #Girlboss and Nice Girls Don't Get the Corner Office, discover how to thrive at work from the head of the Global Innovation Coalition for Change at UN Women with this "passionate, practical roadmap for addressing inequality and finally making our workplaces work for women" (Arianna Huffington). For years, we've been telling women that in order to succeed at work, they have to change themselves first—lean in, negotiate like a man, don't act too nice or you'll never get the corner

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office. But after sixteen years working with major Fortune 500 companies as a gender equality expert, Michelle King has realized one simple truth—the tired advice of fixing women doesn't fix anything. The truth is that workplaces are gendered; they were designed by men for men. Because of this, most organizations unconsciously carry the idea of an "ideal worker," typically a straight, white man who doesn't have to juggle work and family commitments. Based on King's research and exclusive interviews with major companies and thought leaders, The Fix reveals why denying the fact that women are held back just because they are women—what she calls gender denial—is the biggest obstacle holding

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women back at work and outlines the hidden sexism and invisible barriers women encounter at work every day. Women who speak up are seen as pushy. Women who ask for a raise are seen as difficult. Women who spend hours networking don't get the same career benefits as men do. Because women don't look like the ideal worker and can't behave like the ideal worker, they are passed over for promotions, paid less, and pushed out of the workforce, not because they aren't good enough, but because they aren't men. In this fascinating and empowering book, King outlines the invisible barriers that hold women back at all stages of their careers, and provides readers with a clear set of takeaways to

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thrive despite the sexist workplace, as they fight for change from within. Gender equality is not about women, and it is not about men—it is about making workplaces work for everyone. Together, we can fix work, not women.

Donald J. Trump's Catastrophic Final Year

The New Gospel of Health

You Have to Face it to Fix it

Fix Your Face

Sociolinguistic Aspects of Thai Politeness

Fix This Next

This notebook is perfect for you and your needs. With 50-150 lined pages it has enough room for you to jot, write, and scribble all your notes, thoughts and secrets. Check out Jay

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Wilson on Amazon for more designs and books that will fit your every need. What are you waiting for? If you would like to submit ideas for a notebook cover or would like to submit a photo, I do give credit for photos where I know the photographer. Send me an email at thatwriternamedjaywilson@gmail.com If you are the owner of a photo on one notebook and I have failed to credit you, send me an email and I will update the book to give you the rightful credit. Please accept my apology for using the image without giving credit. Thank you. Check out more poetry and writing on my [instagram account](#). [jaywilsonthewriter](#)

The instant #1 New York Times bestseller | A Washington Post Notable Book | One of NPR's Best Books of 2021 The definitive behind-the-scenes story of Trump's final year in

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office, by Phil Rucker and Carol Leonnig, the Pulitzer-Prize winning reporters and authors of A Very Stable Genius.

“Chilling.” - Anderson Cooper “Jaw-dropping.” - John Berman

“Shocking.” - John Heilemann “Explosive.” - Hallie Jackson

“Blockbuster new reporting.” - Nicolle Wallace “Bracing new

revelations.” - Brian Williams “Bombshell reporting.” - David

Muir The true story of what took place in Donald Trump’s

White House during a disastrous 2020 has never before been

told in full. What was really going on around the president, as

the government failed to contain the coronavirus and over

half a million Americans perished? Who was influencing

Trump after he refused to concede an election he had clearly

lost and spread lies about election fraud? To answer these

questions, Phil Rucker and Carol Leonnig reveal a

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dysfunctional and bumbling presidency ' s inner workings in unprecedented, stunning detail. Focused on Trump and the key players around him—the doctors, generals, senior advisers, and Trump family members— Rucker and Leonnig provide a forensic account of the most devastating year in a presidency like no other. Their sources were in the room as time and time again Trump put his personal gain ahead of the good of the country. These witnesses to history tell the story of him longing to deploy the military to the streets of American cities to crush the protest movement in the wake of the killing of George Floyd, all to bolster his image of strength ahead of the election. These sources saw firsthand his refusal to take the threat of the coronavirus seriously—even to the point of allowing himself and those around him to be infected. This is

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a story of a nation sabotaged—economically, medically, and politically—by its own leader, culminating with a groundbreaking, minute-by-minute account of exactly what went on in the Capitol building on January 6, as Trump's supporters so easily breached the most sacred halls of American democracy, and how the president reacted. With unparalleled access, Rucker and Leonnig explain and expose exactly who enabled—and who foiled—Trump as he sought desperately to cling to power. A classic and heart-racing work of investigative reporting, this book is destined to be read and studied by citizens and historians alike for decades to come. When three teenage boys find themselves caught in the center of a sting-operation, they quickly discover the law isn't on their side. The city's corrupt officials will stop at nothing to

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set them up for the fall. They are falsely accused of crimes they did not commit in order to detain them so they couldn't blow the cover of the sting operation. Based on a true story.

I Alone Can Fix It

Stitch 'n' Fix

The Fix-It-Shop

Workplace Fraud and Embezzlement: Face It, Find It, Fix It

Carpentry and Building

Your Surprising Solution to Addiction and Substance Abuse

This comprehensive, easy-to-follow resource is a must-read for anyone with recent-onset or persistent facial paralysis due to injury of the seventh cranial nerve.

Written by a multidisciplinary team of facial nerve

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specialists with The Foundation for Facial Recovery, Fix My Face offers hope to patients struggling with facial palsy's many complications and uncertain outcomes by presenting a roadmap for pursuing the best possible recovery. Readers will gain: - a plan for managing symptoms - exercises to minimize synkinesis and improve circulation, function, and symmetry - an exploration of facial plastic surgery, including Botox(R) and facial reanimation procedures Healthcare providers on the front lines of diagnosing patients will find Fix My Face thought-provoking and helpful. Calling on research-based evidence and their own clinical results with hundreds of patients, the authors make the case for

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rethinking how facial palsy is treated, including: - A new approach to medications - Early intervention rather than "wait and see" - Coordinated treatment by physicians, facial plastic and oculoplastic surgeons, physical therapists, and other providers working together on behalf of the patient.

Industrial Cutting of Textile Materials, Second Edition, is a comprehensive guide to cutting room operations, offering step-by-step information on processes, technologies and best practice. This new edition is updated to present the latest advances in automated cutting technology, including advanced spreading methods and machines, advanced knife cutting systems,

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and pattern matching methods processing garment, home and technical textiles. Drawing on her extensive practical experience, the author begins by reviewing initial steps, such as unloading, sorting and quality control of materials, before discussing subsequent operations, including lay planning and marker making, manual and automated spreading and cutting, fusing of cut components, and final work operations such as sorting cut components for further joining. The book also covers manual and advanced automated marker making, spreading and cutting methods for more intricate fabrics, such as striped fabrics and fabrics with check, motif and border patterns, narrow lace and fabrics with pile. With

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essential information on cutting room operations and best practice, this book provides engineers, technologists and managers with the knowledge they need to maximize accuracy and efficiency, to control production processes effectively, and to improve product quality. The book also enables academics and students engaged in the field of textile and clothing technology to gain a solid understanding of cutting room procedures. Provides production managers, technologists, and other manufacturing specialists of textile goods the knowledge they need in order to increase raw material utilization and with it reduce productions costs, maximise cutting process efficiency, control production processes

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effectively, and improve ready product quality. Describes spreading and cutting of garment, home and technical textiles Includes guidance on best practice dealing with intricate fabrics Enables readers to benefit from the latest advances in automated textile cutting technologies It's time to unlock your potential and find freedom from the chains that have been holding you back! In this revolutionary new book you will learn to: Overcome addiction in a positive way The secret to saying "no" and really meaning it Breakthrough relapse prevention tools Welcome to: Figure it, Face it & Fix it Your surprising solution to addictions and substance abuse. Mark Turansky's Choice Process program throws out

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negative words like "CAN'T" and "HAVE TO" and takes you on an empowering, personal journey to freedom!

There is a cure for addiction; you can be FREE!!!

English Mechanic and World of Science

Find It, Face It, and Fix It

The Cruise of the Dazzler, The Sea-Wolf, Adventure, A Son of the Sun, The Mutiny of the Elsinore, The Cruise of the Snark, Tales of the Fish Patrol & South Sea Tales
You Better Fix Yo Face Before I Fix It for You

Face

God Can Fix What Sin Destroys

More than 550 step-by-step instructions for everything from fixing a faucet to removing

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mystery stains to curing a hangover.

**'The ultimate guide on how to stay healthy
as a man, both physically and mentally'**

JASON FOX, EX-SPECIAL FORCES AND

BESTSELLING AUTHOR Being a man is bad

for your health. Not only do men have a

greater chance of getting almost every

illness but they die sooner too: one in five

men die before the age of 65. So why do so

many men still accept poor health as a

consequence of 'just getting older'? In MAN

ALIVE, Dr Jeff Foster, men's health specialist

and private GP, examines the most

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commonly misunderstood aspects of men's health, such as testosterone deficiency and 'male menopause', heart disease, diabetes and mental health. He also looks at conditions related to male anatomy and physiology, including erectile dysfunction and prostate disease, with advice on what symptoms and signs to look for, how to self-examine, and when to consider seeing a doctor. Dr Foster covers problems to do with lifestyle too, including obesity, poor sleep, bad nutrition, and lack of exercise, and he examines the evidence for specific

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health claims - busting plenty of myths along the way. 'An immensely useful and practical guide, answering the questions that every man has about their day-to-day health' IAN MARBER 'Many men avoid going to the doctor as they fear their concerns are either embarrassing or they will not be taken seriously. This book will empower men with the right information to change this' DR LOUISE NEWSON

This carefully crafted ebook: "THE SEA ADVENTURES - Boxed Set: 20+ Maritime Novels & Tales of Seas and Sailors

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(Illustrated)" is formatted for your eReader with a functional and detailed table of contents: The Cruise of the Dazzler The Sea-Wolf Adventure A Son of the Sun The Mutiny of the Elsinore The Cruise of the Snark Tales of the Fish Patrol White and Yellow The King of the Greeks A Raid on the Oyster Pirates The Siege of the "Lancashire Queen" Charley's Coup Demetrios Contos Yellow Handkerchief South Sea Tales The House of Mapuhi The Whale Tooth Mauki "Yah! Yah! Yah!" The Heathen The Terrible Solomons The Inevitable White Man The Seed of

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McCoy Jack London (1876-1916) was an American novelist, journalist, and social activist. His amazing life experience also includes being an oyster pirate, railroad hobo, gold prospector, sailor, war correspondent and much more. He wrote adventure novels & sea tales, stories of the Gold Rush, tales of the South Pacific and the San Francisco Bay area - most of which were based on or inspired by his own life experiences.

Obscure Reflexions

Expert Advice for Maximizing Recovery from

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Bell's Palsy, Ramsay Hunt Syndrome, and Other Causes of Facial Nerve Paralysis One Square Foot of Skin New Fix-it-yourself Manual How to Avoid Disaster and Turn Around Your Small Business Face It and Fix It

*It's time to unlock your potential and
find freedom from the chains that have
been holding you back! In this
revolutionary new book you will learn to:
-Overcome addiction in a positive way -The
secret to saying "no" and really meaning*

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*it -Breakthrough relapse prevention tools
Welcome to: Figure it, Face it & Fix it -
Your surprising solution to addictions and
substance abuse. Mark Turansky's Choice
Process program throws out negative words
like "CAN'T" and "HAVE TO" and takes you
on an empowering, personal journey to
freedom! There is a cure for addiction;
you can be FREE!!!*

*This comprehensive, easy-to-follow
resource is a must-read for anyone with
recent-onset or persistent facial
paralysis due to injury of the seventh*

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cranial nerve. Written by a multidisciplinary team of facial nerve specialists with The Foundation for Facial Recovery, Fix My Face offers hope to patients struggling with facial palsy's many complications and uncertain outcomes by presenting a roadmap for pursuing the best possible recovery. Readers will gain:

- a plan for managing symptoms*
- exercises to minimize synkinesis and improve circulation, function, and symmetry*
- an exploration of facial plastic surgery, including Botox® and facial reanimation*

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procedures Healthcare providers on the front lines of diagnosing patients will find Fix My Face thought-provoking and helpful. Calling on research-based evidence and their own clinical results with hundreds of patients, the authors make the case for rethinking how facial palsy is treated, including:

- A new approach to medications*
- Early intervention rather than “wait and see”*
- Coordinated treatment by physicians, facial plastic and oculoplastic surgeons, physical therapists, and other providers*

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*working together on behalf of the patient.
Jackson reflects upon her life in order to
help others make the right choices in
theirs. (Christian)*

The Fraud Within

*Man Alive: The Health Problems Men Face &
how to Fix Them*

Fix My Face

Seven Ways to Change the World

Figure It Face It & Fix It

*The health problems men face and how to
fix them*

Don't buy another overpriced cream. Hold off on

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that invasive procedure. Stop avoiding the reflection in the mirror. Get your Age Fix. Here's what the experts know but aren't telling you-until now:- The drugstore brand can be just as effective-or better-than the expensive cream at your dermatologist's office- Surgery usually isn't the best solution- Natural, DIY creams can actually get results, using ingredients that cost pennies - Diet can be your best defense against redness, acne, fine lines, and wrinkles. Dr. Anthony Youn is the rare plastic surgeon who does everything he can to keep his patients out

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of the operating room. He's spent the past sixteen years researching the secrets of plastic surgeons, dermatologists, makeup artists, and dietitians, and he knows what works, what doesn't, and what's overpriced. Now he's compiled solutions to every cosmetic aging problem in this definitive anti-aging bible.

Whether you want to stay as natural as possible or you're interested to know which creams and medical procedures actually work (and are worth the price tag), THE AGE FIX has your fix to look younger and more radiant. Dr. Youn's

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customizable Age Fix routine will help you improve skin health, whatever your age or concerns, and his diet-based Age Fix prescription will rejuvenate your skin and overall health from the inside out. Did you know that the foods you choose every day can contribute to fine lines and wrinkles and the likelihood of your getting a sunburn? Dr. Youn explains why you should shun soda but reach for that glass of red wine. You'll also discover which fruit can help you look younger and prevent sun damage and which supplements are proven to reduce fine

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lines. From your face, to your neck, your hands, your eyes, and your body, THE AGE FIX has you covered with an abundance of actionable takeaways and insider advice to help you reclaim your youthful glow-without spending a fortune or going under the knife!

William D. Watley encourages readers to confront life's challenges and offers sermons on facing the things that can hold us back, including: difficulties with God, our enemies, our fears, persecution when doing the right thing, and even success. "If you're willing to face

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yourself", says Watley, "Jesus is able and willing to fix what's wrong. He's still in the fixing business".

Is your face showing its age a bit more than you would like? Is your lifestyle making you look older than you are? Do you want to be one of those people who retain a healthy, youthful look throughout your life? If so, *The 15 Minute Fix: FACE* is here to help. This book will teach you how to use face exercises to make your skin smoother, firmer, and healthier without the risk and plastic look of invasive procedures. You will

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also learn to use facial exercises to alleviate stress, sharpen cognitive function, improve communication skills, boost your confidence, and improve your overall health. It's like yoga for your face. These exercises have been designed to act as a natural face lift as part of an overall anti-aging strategy. The program is specifically designed to help you develop a younger looking face without cutting into your busy schedule. In less than 15 minutes a day, you can use these facial workouts to tackle wrinkles, bags or dark circles under the eyes, double chins, turkey

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neck, jowls, sagging cheeks, laugh lines and more. In addition to 56 different facial exercises targeting all parts of the face, including neck, chin, lips, cheeks, nose, eyes, and forehead, you will find:

- Progress tracking tools
- Sample workout plans
- Tips for taking care of your face and promoting healthy skin
- Suggestions on foods that are good for your face
- Descriptions of topical ingredients that are good for your face
- and others that are bad for your face

-Further supporting materials are also available at the15minutefix.com The 15 Minute Fix: FACE will

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appeal to anyone who wants younger looking skin, but doesn't want the expense or risk of plastic surgery. You may not be able to entirely erase wrinkles, but The 15 Minute Fix: FACE will help you develop a youthful, vibrant face in just 15 minutes a day. These exercises for aging are not only designed to help you look young naturally, their numerous side benefits will help improve your quality of life. About The 15 Minute Fix: The 15 Minute Fix is a series of programs designed to help you age well. Regardless of how old you are now, 15 Minute Fix programs

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can teach you how to take care of yourself so that you stay healthy and youthful for many years. In addition to the main target area of each book (vision in this case), these anti-aging exercises will help you reduce stress, improve cognitive function, and otherwise promote a youthful mind, body, and soul. The 15 Minute Fix follows the tradition of innovative exercise programs such as Tim Ferriss's 4-Hour Body and Tony Horton's P90X series.

How to Fix (just About) Everything

A Leading Plastic Surgeon Reveals How to

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