

Five Minutes In The Morning A Focus Journal

What's being widely regarded as "one of the most life changing books ever written" may be the simplest approach to achieving everything you've ever wanted, and faster than you ever thought possible. What if you could wake up tomorrow and any-or EVERY-area of your life was beginning to transform? What would you change? The Miracle Morning is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more ENERGY, MOTIVATION, and FOCUS to take your life to the next level. It's been right here in front of us all along, but this book has finally brought it to life. Are you ready? The next chapter of YOUR life-the most extraordinary life you've ever imagined-is about to begin. It's time to WAKE UP to your full potential...

Promote a climate of trust, academic growth, and positive behavior by launching each school day with a whole class gathering. This comprehensive, user-friendly book shows you how to hold Responsive ClassroomMorning Meetings, a powerful teaching tool used by hundreds of thousands of teachers in K-8 schools. In the new edition of this essential text, you'll find: Step-by-step, practical guidelines for planning and holding Responsive Classroom Morning Meetings in K-8 classroomsDescriptions of Morning Meeting in action in real classrooms100 ideas for greetings, sharing, activities, and messages: some tried-and-true and some newUpdated information on sharingGuidance on adapting meeting components for different ages and abilities, including upper grades and English Language Learners.Explanations of how Morning Meeting supports mastery of Common Core State Standards, 21st century skills, and core competencies enumerated by the Collaborative for Academic, Social and Emotional Learning (CASEL). In the aftermath of a small-town school shooting, lawyer Jordan McAfee finds himself defending a youth who desperately needs someone on his side, while detective Patrick Ducharme works with the primary witness--the daughter of the judge assigned to the case.

Five Minutes with Jesus provides bursts of inspiration for every reader's relationship with Jesus. Brief but profound, these daily readings from Sheila Walsh will help busy people draw close to Him and walk with Him throughout the day. It will become clear that, even in the midst of a busy lifestyle, every minute we spend in the powerful presence of Jesus makes a difference in our lives!

A Day and Night Reflection Journal (90 Days)

A Novel

5 Minutes with Jesus: Peace for Today

Nineteen Minutes

The 5-Minute Gratitude Journal

Dawn of the Morning

The 5AM Club

Jorge Cruise, the New York Times best-selling author, brings you an all-new specially designed weight-loss plan for people who are busy but want to lose 30 pounds or more. How does it work? Well there's a revolution going on in the field of weight loss. Aerobics and dieting are out. And strength training is in. Experts agree that the most efficient way to burn fat is to build lean muscle tissue. The problem is that no one has time to work out. Plus, when you have 30 or more pounds to lose, traditional exercises can be hard on your knees and lower back. The 8 Minutes in the Morning® Real Shapes, Real Sizes Kit changes the rules. It will empower you to shed the pounds at home without any exercise equipment, and it's extra-easy on your knees and back. In addition, Jorge's brand-new People Solution® will teach you how to end self-sabotage by stopping emotional eating.This fat-burning kit contains:- An instructional CD with Jorge, where he shares his very own secrets on how to easily lose 30 pounds or more in just 8 minutes a day.- 63 weight-loss cards that feature Jorge's trademark Cruise Moves®, designed specifically for people who have more to lose. With this ALL-NEW, easy-to-use-format, you'll be able to create customized 8-minute routines that you can conveniently take anywhere.- A resource booklet that comprises Jorge's brand-new, never-before-published emotional eating secret called the People Solution.So get ready to look slimmer, sexier, and stronger in JUST 8 MINUTES!

Jesus wants you to know peace—every day. Deadlines and bills, illnesses and fears about the future, frustrations with others and ourselves . . . there's enough going on in our lives to make us feel overwhelmed and anxious, if not panicked! But Jesus said that we could expect this, that trials and sorrows are simply part of life on earth, and He offers an amazing gift that changes everything: His peace. He tells us, “The peace I give is a gift the world cannot give. So don't be troubled or afraid” (John 14:27 nlt). Bestselling author Sheila Walsh wants to guide you in worrying less and letting your heart be settled. Each reading includes messages such as: Gratitude opens doors out of bitterness and doors into joy. God loves you for who you are, not what you do. Resting in the purpose and presence of God brings peace. It's amazing what God will do with a broken life when we give Him all the pieces. No matter how big the storm, God is bigger. The 5 Minutes with Jesus series is the perfect way to start your day with peace of mind and a peaceful heart. Based upon his weekly Harvard Business Review columns (which is one of the most popular columns on HBR.com, receiving hundreds of thousands of unique page views a month), 18 MINUTES clearly shows how busy people can cut through all the daily clutter and distractions and find a way to focus on those key items which are truly the top priorities in our lives. Bregman works from the premise that the best way to combat constant and distracting interruptions is to create productive distractions of one's own. Based upon a series of short bite-sized chapters, his approach allows us to safely navigate through the constant chatter of emails, text messages, phone calls, and endless meetings that prevent us from focusing our time on those things that are truly important to us. Mixing first-person insights along with unique case studies, Bregman sprinkles his charming book with pathways which help guide us -- pathways that can get us on the right trail in 18 minutes or less.

WHAT'S IMPORTANT TO YOU TODAY? What if five minutes could change your routine and change your day? What if you checked in with how you are feeling for just those few minutes, maybe sitting down over that cup of coffee or tea, or quietly sitting by the window before you head towards the shower? Writing things down has been shown to help people more successfully achieve their dreams and goals. It is a way to help us focus on what matters, prioritise what we are going to do for the day ahead and track our progress. Five Minutes in the Morning offers a beautiful space and creative exercises to encourage reflection and intention setting at the start of the day. ALL IT TAKES IS FIVE MINUTES IN THE MORNING.

And Two Other Short Guides to Achieving More at Work and at Home

Five Minutes in the Morning: a Focus Deck

Two Minute Mornings

Wake Up Successful

100 Morning Practices to Help You Stay Calm and Focused All Day Long

The Good Morning Journal

Own Your Morning. Elevate Your Life.

With 8 Minutes in the Morning you will: NOT do aerobics, NOT spend hours in the gym, and NOT be on a starvation diet. What's Jorge's get-slim secret? Just 8 minutes of his unique strength-training moves done in the privacy of your home. A few minutes each morning is all you need to lose up to 2 pounds a week. Add the cutting-edge eating program that teaches you how to eat the right fats to satiate your hunger and cut your calories, plus a daily dose of motivational support from Jorge, and weight loss has never been easier! Jorge's fat-burning program includes: Two super-quick moves a day A delicious eating plan where you don't count calories and you must eat fat Daily pep "talks" to help you hit the ground running Access to Jorge's online community that will help keep you encouraged and connected Plus, you'll find Jorge's brand-new "On-the-Go" Weight-Loss Travel Cards inside. So get ready to look slimmer, sexier, stronger in just 8 minutes!

Previously published under title: Hugs Daily Inspirations for Women: 365 devotions to inspire your day, 2006.

Productive days don't just happen. They're the result of upending the habits that aren't working for us and developing ones that will. Using his proven 7-minute framework, productivity expert John Brandon reveals how to radically reduce digital distractions and revamp your routines for better focus, efficiency, and outcomes. The 7-Minute Productivity Solution shows you how to - start your day - manage your schedule - stop obsessively checking email - take effective breaks - create compelling presentations - and more It only takes 7 minutes to transform your days from mindlessly reacting to whatever comes your way to mindfully structuring your time for maximum impact.

The evening is a naturally reflective time of the day, when thoughts can end up going round and round in your head, landing on worst-case scenarios and interpretations. Five Minutes in the Evening is a guided journal designed to help you integrate any emotions experienced or discoveries made during the day and reflect on how you are feeling through the practice of journaling. The mere act of putting your thoughts onto paper can slow them down enough to allow you to consider them calmly rather than feeling consumed or overwhelmed by them. The human brain has a tendency to lean toward negative thinking, and so a few minutes of evening journaling is a very helpful tool for developing more positive mental habits. Focusing on gratitude has been shown to increase a person's sense of wellbeing and optimism, and describing the sensations associated with an activity you enjoy, such as how you feel in nature or while chatting to a good friend, offers similar benefits to the activity itself - your body will begin to feel the calm, grounded sensations that you feel in nature, or the sense of connection that you have while talking with a friend. Journaling is an excellent practice for clearing the clutter of your day and your mind. Simply writing down all the to-do lists that are floating around in your head, making you worried, can feel like a great relief. Many of the prompts and practices in this journal are based on the theme of letting go, as so many of us have a natural tendency to hold on to thoughts and mental or emotional baggage that are no longer serving us. In today's busy world, it can also be helpful to dedicate a few minutes at the end of the day to doing less, to allow your energy to settle in preparation for restful sleep and to consider what really matters to you.

How to Manage Your Schedule, Overcome Distraction, and Achieve the Results You Want

8 Minutes in the Morning(R)

5-Minute Guided Reflections to Start Your Day with Inspiration, Purpose, and a Plan

8 Minutes in the Morning Kit

A Leadership Fable...About Solving the Most Painful Problem in Business

Quick & Easy Ways to Create Lasting Peace

5 Minutes with Jesus

This guided journal will help you cultivate gratitude through the exercise of mindfulness and journaling. Gratitude: A Day and Night Reflection Journal will help you center your day around positive feelings and gratitude. It's the perfect place to record and celebrate anything that you are grateful for and to preserve important memories. This 90-day journal gives you a path to creating a habit of daily gratitude that you can carry with you throughout your life. Cultivating gratitude is one of the most potent and important mindfulness exercises, and thankfulness has proven to have a positive effect on a person's mental health and general well-being. Each page of the journal includes space to record expressions of gratitude, personal affirmations, memories of positive interactions, and commentaries on the significance of it all. The journal is intended for those who want to foster deep reflection as well as for those who simply want to discover the effects of thankfulness. Having filled the journal with statements of gratitude, you will end up with a personal trove of wonderful reflections, which can be a source of positive inspiration at any time. The journal's 184 lined, acid-free pages made from archival paper take both pen and pencil nicely.

Five Minutes in the Evening is a journal for rest and reflection with over 70 five-minute exercises and meditations to promote relaxation at the end of the day. Studies have proven that journaling is most effective first thing in the morning or late at night in this book, the third of it's series, readers are encouraged to write down their thoughts, worries, dreams and goals before going to bed. Beautifully illustrated pages combined with interactive writing exercises help to promote a more restful and productive sleep as the unconscious brain processes the events of the day. Practical tips and physical practices, such as lighting an aromatic candle, clearing the bedroom of digital stimulation and restful yoga poses are included in this aspirational guide to a perfect night's sleep.

Seize the day and begin your morning routine with positivity and inspiration using this beautiful easy-to-use guided journal that helps you boost productivity and make the most of each day. Great days start with The Good Morning Journal! Each day is a blank slate—a gift that we choose how to use. You can begin each day with clarity, purpose, and inspiration with The Good Morning Journal. This beautiful, easy-to-use guided journal is filled with quick, thoughtful prompts that help you recognize what you want to accomplish—and why—and create a simple plan to achieve your goals. You'll also find motivating and inspiring quotes that spark a positive mindset and encourage you throughout the day. With this journal, you'll be able to identify your true passions—the activities, ideas, and items that mean the most to you—and thoughtfully arrange your day to prioritize these passions. Start living with more purpose, accomplish your goals, achieve your dreams, and fill your days with more joy than ever.

Every morning offers an opportunity for a fresh start. It's so easy to start your day by hitting the snooze button or getting sucked into your phone or to-do list, but what if there was a gentle, soothing and easy alternative? As we sleep, our brains record what we've learned and experienced over the course of the day, making the first few minutes of your morning the best time to fully absorb what you've learned and connect with your needs and aspirations, physically, emotionally and spiritually. Take five minutes in the morning for yourself with this beautiful 50-card deck, featuring prompts to help you decide what's important to you today, advice on how to write effective to-do lists, body meditations, energy flow exercises and more. Whether you pull a card from the deck at random, shuffle through the deck to find the card that fits your morning best, or select a card for yourself the night before, the Five Minutes in the Morning Focus Deck helps you set an intention for your day with prompts and short creative exercises to help you get the most out of your mornings and live more mindfully.

A Simple Way to Shed Up to 2 Pounds a Week GUARANTEED

Hello Mornings

Five minutes a day to soothe your soul

What the Most Successful People Do Before Breakfast

The Morning Meeting Book

The Morning Magic 5-Minute Journal: Inspiring Prompts to Set Intentions and Live with Gratitude All Day

Five Minutes to a Healthier You

More than 70 practical exercises and prompts to help you focus on your health and wellbeing. Can you spare five minutes? From simple stretches when you wake up in the morning to five minutes of mindfulness in the evening, the exercises and prompts in this guided journal show how adding small moments of health to your day can make a big difference. Writing down your healthy goals and achievements also means that any positive changes you observe are more likely to last. Discover more than 70 ways to a healthier you...in just five minutes.

A gratitude journal for greater joy and well-being in just 5 minutes a day Happiness begins with gratitude--the feeling of appreciation for the people and experiences in our lives that have helped or supported us in some way.

The 5-Minute Gratitude Journal makes it easy and enjoyable to develop a daily gratitude practice, with insightful prompts that take just 5 minutes to complete. Any day, at any time, you can engage with thought-provoking prompts, powerful quotes, and positive affirmations. You'll feel inspired to notice things, big and small, that you might otherwise take for granted, and pause to feel grateful for them. The 5-Minute Gratitude Journal helps you: Start small--Easy journaling is the perfect first step to turn gratitude from an occasional occurrence into a consistent practice. Find the attitude of gratitude--Discover the psychological and emotional benefits of a gratitude journal, and how it can help you feel happier and more optimistic in every part of your life. 5 Minutes each day--These short gratitude journal prompts are designed so that even the busiest of people can reap the rewards of greater gratitude. A new, positive mindset is just around the corner with The 5-Minute Gratitude Journal.

Synopsis coming soon.....

*The hit journal by @MySelfLoveSupply - OVER 3 MILLION FANS ON INSTAGRAM The Morning Journal is your daily companion. It will inspire you to start each week with intention and find moments of peace even on the messiest days. This is a simple, gentle guide to understanding and fulfilling your self-care needs with compassion. FEATURING: * a daily planner * reflective journal pages * prompts and mood trackers * empowering words of affirmation * soothing activities*

Death by Meeting

How to Build a Grace-Filled, Life-Giving Morning Routine

How to Create a Short Morning Routine and Supercharge Your Life

18 Minutes

Meditation with Intention

The 7-Minute Productivity Solution

Five Minutes to a Mindful You

five minutes in the morning a focus journal (2020 five minutes in the morning a focus journal): What if 5 minutes could change your your day? five minutes in the morning a focus journal, help us focus on what matters, prioritise what we are going to do for the day ahead and track our progress.

Hiroshima is the story of six people—a clerk, a widowed seamstress, a physician, a Methodist minister, a young surgeon, and a German Catholic priest—who lived through the greatest single manmade disaster in history. In vivid and indelible prose, Pulitzer Prize-winner John Hersey traces the stories of these half-dozen individuals from 8:15 a.m. on August 6, 1945, when Hiroshima was destroyed by the first atomic bomb ever dropped on a city, through the hours and days that followed. Almost four decades after the original publication of this celebrated book, Hersey went back to Hiroshima in search of the people whose stories he had told, and his account of what he discovered is now the eloquent and moving final chapter of Hiroshima. Do you feel like you have unfulfilled potential within yourself? Or like you're stuck in certain areas of your life, no matter what you do?Do you wish you could just be happier?If so, The 30 Minute Happiness Formula is perfect for you. If you can commit to 30 minutes a day for 30 days in a row, you will see measurable results in life's most important areas: - Health- Money- Relationships- Mindset- Productivity and Goal Setting- Pleasure- OrganizationAmong other things, the 30 Minute Happiness Formula will show you: How you can set a successful morning routine, even if they've never worked for you before 5 minute "hacks" you can add to your morning routines to start seeing big results (we want to make this as easy as possible) Mix-and-match: pick from 101 different 5-minute-or-less activities and apply them to wherever you want to grow the most... How to wake up earlier, even if you normally hate mornings... Use the hacks to improve your marriage, upgrade your finances, have more fun, declutter your house, or boost whatever area of your life you're ready to upgradeThere's a LOT covered in this short, to-the-point book. It's easy to read so you can get moving right away.To get started, simply scroll to the top of the page, select the "Buy" button, and start reading.

Are you ready to wake up for your life and not just to your life? Don't worry; you don't have to be a morning person to start each new day well. Join Kat Lee and thousands of women from countries around the world who have learned to maximize their mornings. In Hello Mornings, Kat introduces a simple yet powerful three-minute morning routine that integrates Bible study, planning, and fitness into a foundational morning habit that fits into every schedule. She then helps you build each of these core habits for life-long growth. Everyone can find three minutes. And instead of adding one more thing to the list, Hello Mornings lifts the weight off women by revealing a grace-filled way to establish a powerful morning routine that offers a simple way to incorporate the most-sought-after daily habits into a simple morning routine: God. Plan. Move. the latest research on habit formation and development practical tools to help readers develop and grow their own personalized, adaptable plan for mornings stories of transformed mornings from women in every season and stage of life Hello Mornings helps readers renovate their mornings to establish and grow a powerful daily routine—a long-term, Jesus-centered habit to anchor them in every season. Each morning can then become a launch pad into God’s amazing plan for their lives.

Five Good Minutes

Gratitude

Five Minutes' Peace

Find Your Focus, Master Distraction, and Get the Right Things Done

Give Thanks, Practice Positivity, Find Joy

A Journal for Rest and Reflection

IS IT ME OR IS IT THEM? Maintaining control in today's hectic workplace is a challenge -- everything is lean, competitive, and uncertain. What does it take to survive? Making Work Work is Julie Morgenstern's most important book yet. Through the mastery of brand-new strategies, Morgenstern shows you how small changes in your thinking and behavior will help you achieve the seemingly impossible -- boost your value, increase your job security, and afford you the time to still have a life. Morgenstern has helped clients of all levels take control of their work lives in every industry: from corporations and nonprofits to government agencies and small

businesses; from executives and assistants to educators and salespeople. She's learned that no matter who you are, happiness at work involves feeling appreciated, in control, successful, and in balance. And achieving that is possible. People rarely look at their jobs from a psychological and practical perspective at the same time, but Julie Morgenstern does. This book mirrors the individual consulting services she provides by showing you how to start with yourself and then tackle the more complex external issues of working relationships and the job. For every obstacle you encounter along the way, Morgenstern diagnoses the source of the problem (is it you or them?), and with insight and warmth, she provides simple grab-and-go strategies. These are small changes anyone can make to improve performance and efficiency at work. At its core, Making Work Work is about your relationship to your job. With the reliable, methodical process taught in this book, you will:

- feel less trapped and more in charge
- be able to make a bad situation better
- search for a job that's a better fit for who you are.

This is a provocative and life-changing book that will help you boost your clarity, confidence, and performance in any economic climate. With Morgenstern's guidance you can find a way to make work work. Three powerful mini e-books about high productivity, now together in paperback Laura Vanderkam has combined her three popular mini e-books into one comprehensive guide, with a new introduction. It will help readers build habits that lead to happier, more productive lives, despite the pressures of their busy schedules. Trough interviews and anecdotes, she reveals . . . What the Most Successful People Do Before Breakfast—to jump-start the day productively. What the Most Successful People Do On the Weekend—to recharge and prepare for a great week. What the Most Successful People Do at Work—to accomplish more in less time. Mindfulness is in the moments. In this guided journal there are mindfulness exercises and prompts to help you nourish a sense of inner calm wherever you are. From immersing yourself in your senses as you savour that first cup of tea or coffee in the morning to letting go of a terrible day, mindfulness develops your awareness. You become the watcher of your emotions, acknowledging all while understanding that you need not be controlled by them. Journaling is a wonderful practice for developing mindfulness, noticing the glorious detail in life and how you feel without clinging on to your emotions. Connect with yourself for these few minutes and see all the connections in your life blossom and grow.

Bestselling author Bob Barnes provides five-minute thoughts from the Scriptures to give men strength. It shows them how to help one another grow in grace by how they build each other up with their words and hold one another to a high standard, turning to God's Word to guide them.

- Five Minutes in the Morning a Focus Journal
- Five Minutes in the Morning
- The Discovery That Revolutionizes Home Baking
- A Guided Journal to Better Health
- 50 Cards to Change Your Day
- Hiroshima

And Other Unexpected Strategies for Making Your Work Life Work
The 100 simple practices found in Five Good Minutes are designed to help even the busiest person start the day right. Using just five minutes of mindfulness, relaxation, or imagery techniques during their morning routines, readers can set their intentions and greet the day feeling calm, centered, and energized.

DISCOVER:: Why Successful People Get More Things Done Before 9 A.M.*Having trouble achieving your goals? The reason most people aren't successful is they fail to follow a day-by-day strategy. Instead they start each day, "hoping" they will have enough time to take action on their goals.If you closely examine the world's most successful people you'd see they start each day in an energized state, ready to accomplish any goal. What's their secret? The *one thing* they do differently is they prioritize each day so the most important task is completed first. Put simply, successful people have morning routines that help them feel energized and ready to focus on their most important goal.START TODAY:: Live Each Day Like It's Your LastIn "Wake Up Successful" you'll learn how to live every day like it's your last. No longer will you stumble out of bed and waste the first few hours. Instead, you'll learn how to start the day by creating energy and harnessing this power to focus on ONE breakthrough goal that will make a difference in your life.A morning routine is simple and effective. It's easy to tailor to your unique circumstances and goals. And, best of all, it's tested. Inside this book, you'll discover the proven strategies to help you get the most out of those precious first few hours.DOWNLOAD:: Wake Up Successful - How to Increase Your Energy & Achieve Any Goal with a Morning Routine"Wake Up Successful" contains a step-by-step blueprint for creating a powerful morning ritual.Inside this guide you'll learn how to:** Create a bedtime routine that sets up an energized morning** Use 25 tips to get a full night's rest** Follow the 8 strategies for boosting energy every morning** Build YOUR morning ritual, using two sample templates** Achieve any goal with an "Hour of Power"** Use 15 examples to find your perfect daily goal activity** Turn a morning routine into a permanent habitYou can become more successful every day. All you need is a step-by-step strategy for each morning.Would You Like To Know More?Download now and begin each day, ready to attack the world.Scroll to the top of the page and select the buy button.*

With just five minutes of meditation a day, you can achieve a more focused, balanced, and peaceful life. Join wellness consultant Anusha Wijeyakumar as she shares the transformative meditation program that she developed for California's world-famous Hoag Hospital. You will discover the vital intentions and five-minute meditations designed for heart opening, chakra balancing, trusting your inner truth, embodying courage and strength, and more. These meditations and pranayama-breathwork exercises will help you create more joy and peace in your life while learning to control negative internal chatter. Raised in the philosophy of Sanatana Dharma (Hinduism) on her way to becoming a clinician and teacher, Anusha expertly helps you integrate ancient Eastern wisdom into your modern Western lifestyle for a deeper sense of purpose, self-acceptance, and self-love.

Casey McDaniel had never been so nervous in his life. In just ten minutes, The Meeting, as it would forever be known, would begin. Casey had every reason to believe that his performance over the next two hours would determine the fate of his career, his financial future, and the company he had built from scratch. "How could my life have unraveled so quickly?" he wondered. In his latest page-turning work of business fiction, best-selling author Patrick Lencioni provides readers with another powerful and thought-provoking book, this one centered around a cure for the most painful yet underestimated problem of modern business: bad meetings. And what he suggests is both simple and revolutionary. Casey McDaniel, the founder and CEO of Yip Software, is in the midst of a problem he created, but one he doesn't know how to solve. And he doesn't know where or who to turn to for advice. His staff can't help him; they're as dumbfounded as he is by their tortuous meetings. Then an unlikely advisor, Will Peterson, enters Casey's world. When he proposes an unconventional, even radical, approach to solving the meeting problem, Casey is just desperate enough to listen. As in his other books, Lencioni provides a framework for his groundbreaking model, and makes it applicable to the real world. Death by Meeting is nothing short of a blueprint for leaders who want to eliminate waste and frustration among their teams, and create environments of engagement and passion.

- The New Artisan Bread in Five Minutes a Day*
- How to Increase Your Energy and Achieve Any Goal with a Morning Routine*
- 8 Minutes in the Morning to Lean Hips and Thin Thighs*
- Never Check E-Mail In the Morning*
- The Morning Journal*
- Five Minutes In The Evening*
- Lose Up to 4 Inches in Less Than 4 Weeks—Guaranteed!*

The New Artisan Bread in Five Minutes a Day is a fully revised and updated edition of the bestselling, ground-breaking, and revolutionary approach to bread-making--a perfect gift for foodies and bakers! With more than half a million copies of their books in print, Jeff Hertzberg and Zoë François have proven that people want to bake their own bread, so long as they can do it easily and quickly. Based on fan feedback, Jeff and Zoë have completely revamped their first, most popular, and now-classic book, Artisan Bread in Five Minutes a Day. Responding to their thousands of ardent fans, Jeff and Zoë returned to their test kitchens to whip up more delicious baking recipes. They've also included a gluten-free chapter, forty all-new gorgeous color photos, and one hundred informative black-and-white how-to photos. They've made the "Tips and Techniques" and "Ingredients" chapters bigger and better than ever before, and included readers' Frequently Asked Questions. This revised edition also includes more than thirty brand-new recipes for Beer-Cheese Bread, Crock-Pot Bread, Panini, Pretzel Buns, Apple-Stuffed French Toast, and many more. There's nothing like the smell of freshly baked bread to fill a kitchen with warmth, eager appetites, and endless praise. Now, using Jeff and Zoë's innovative technique, you can create bread that rivals those of the finest bakers in the world in just five minutes of active preparation time.

A beautifully designed, 365-day devotional for busy women who want to make time for a few moments with God each day. Be still and know that I am God. - Psalm 46:10 Just a few quiet moments before your busy day begins can center your heart and thoughts on God. This collection of inspiring daily readings, written just for busy women, will help you focus on God in the quiet moments before your day really begins. The 365 daily devotions are arranged by season and lead you on a year-long journey to deepen and strengthen your faith. Each devotion contains a brief message, a passage from scripture, and an encouraging quote to help you start your day in the Word. Now every woman, no matter how busy, can spend five minutes in His presence each morning. Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, The 5am Club will walk you through: How great geniuses, business titans and the world’s wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed “Insider-only” tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, The 5am Club is a work that will transform your life. Forever.

Targeting the problem area of hips and thighs, offers daily visualizations and motivational tips, exercises to promote maximum fat loss, nutritional guidelines, and leg stretches to smooth cellulite and elongate leg muscles.

- 2020 Five Minutes in the Morning a Focus Journal
- 5 Minute Morning Boosters
- For Extra-Easy Weight Loss
- The Miracle Morning
- A Focus Journal
- Five Minutes in the Evening
- A guided journal for self-reflection
- Five Minutes in the MorningA Focus JournalAsterFive Minutes in the MorningA Focus JournalAster*
- Five Minutes in the Bible for Men*
- Daily Devotions for Women*