

Online Library Off Balance Getting Beyond The
Work Life Balance Myth To Personal And
Professional Satisfaction

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The prescriptive follow-up to the New York Times bestseller *The Dream Manager*. One of the major issues in our lives today is work-life balance. Everyone wants it; no one has it. But Matthew Kelly believes that work-life balance was a mistake from the start. Because we don't really want balance. We want satisfaction. Kelly lays out the system he uses with his clients, his team, and himself.

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find deep, long-term satisfaction both personally and professionally. He introduces us to the three philosophies of our age that are dragging us down. He shows us how to cultivate the energy that will give us enough battery power for everything we need and want to do. And finally, in five clear steps, he shows us how to use his Personal & Professional Satisfaction System to establish and honor our biggest priorities, even if we spend a lot more time on some of the lesser ones.

In this small volume, the celebrated author and speaker Matthew Kelly succinctly presents his reflections on one of life's most important lessons. In doing so, he demonstrates what he has revealed to us again and again through his work: He has taken the time to think on life's biggest questions so that he can present his findings to us in ways that make sense in our everyday experier

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life and at the same time stir our souls. Do you take the long view? Do you take the short view? Do you even know? Are you aware when you are taking the long view or the short view? How would your life be different if you became a student of the long view? The time when instant gratification no longer seems fast enough, The Long View invites us to step back from the endless hustle of our busy lives and question whether we are on the right path. Rocked to her core, Adrianna is faced with an incurable illness. She's aware of what she's up against and is willing to risk what's left of her for what she loves. With one last chance, and despite the doctor's orders, Adrianna struggles harder than ever to achieve her dream. Tired and torn, Kova embraces his flaws as he watches Adrianna reach her breaking point. Unable to stand by as she continues to endanger herself, he surrenders to what he wants

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even if it means losing himself in the process. As Adrianna fights for her life, Kova battles for them both. No one is left unscathed as they succumb to their darkest hunger. Passions reignite and their actions grow bolder, creating an endless link between them. Once is a mistake. Twice is reckless. Three times is a choice. But this time they may have gone too far.

From the moment she was born, twelve weeks early, Amelia was different. She was a fighter, destined to face a lifelong journey with cerebral palsy. The journey would lead her to overcome stereotypes, discover true joy, and impact countless people along the way. This book is a compilation of her writing-her raw thoughts and feelings about singleness, suffering, laughter, disabilities, life, and death. Enter Amelia's world, and it just might change yours forever.

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The Rhythm of Life

The 48 Laws Of Power

A Memoir

Living and Dying with Cerebral Palsy

Pause

Time Off

Nightmares are plaguing me. I wake up smelling sulfur, feeling my skin burning, knowing that I'm burning to death on the surface of Abaddon, but I'm not. I'm on Sel'Ani, my father's home planet. I'm alive and using my true name and finally free to be myself. And yet, I'm completely falling apart. Every time I wake up screaming, Lorne

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is there. I don't understand how he knows when I need him, but he does, and even if I can't say the words aloud, I'm so thankful that he's there. Because I wouldn't survive this without him. It's not just my nightmares and exhaustion and trauma making this hard. I thought escaping Earth, Abaddon, and SpaceTech would mean I was safe, but I'm not. The Aunare don't want me here, mostly because if I'm here that means my betrothal to the heir to the Aunare High Throne is back on. I would call it off, but I can't seem to make myself say the words because Lorne is the heir. Everything in me is drawn to Lorne, the

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man that haunted my dreams, the man that lures me in with his every look, the man that I can't seem to get away from because everywhere I go, every time I need him, he's there. Lorne makes me forget that the Aunare hate me enough to send assassins to kill me. I can't resist him. Lorne makes me think that everything is possible, that I will be okay, that I should just say yes to him. Because being with him means that I will eventually become the High Queen of the Aunare, and I'm not sure I can do that job. I'm not sure I should. Because the Aunare hate me for being a half-Earther, and I'm just one more

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assassination attempt away from being dead.
hr From Aileen Erin, the USA Today
Bestselling Author of the Alpha Girl series,
comes an epic adventure in space: The Aunare
Chronicles! Book1: Off Planet Book 2: Off
Balance Book 3: In Command (an eBook Novella)
Book 4: On Mission Book 5: On Destiny hr "Off
Balance is a rollercoaster ride with love,
lots of emotion, character development and
daring action.... Anyone who enjoys a book
written by Maria V. Snyder or Kristin Cashore
will devour her books. I don't read sci-fi
often...but Off Balance took my breath away."
- Book Dragon "She always catches me off

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guard with how powerful her books end!...If you're looking for romance, action, and sci-fi, check out this series!" - Reviews by Lenniland "I'm dying for the next one." - Amy, FWISD hr

You can go after the job you want—and get it!
You can take the job you have—and improve it!
You can take any situation—and make it work for you! Dale Carnegie's rock-solid, time-tested advice has carried countless people up the ladder of success in their business and personal lives. One of the most groundbreaking and timeless bestsellers of all time, *How to Win Friends & Influence*

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People will teach you: -Six ways to make people like you -Twelve ways to win people to your way of thinking -Nine ways to change people without arousing resentment And much more! Achieve your maximum potential—a must-read for the twenty-first century with more than 15 million copies sold!

In this classic bestseller, acclaimed author and speaker Matthew Kelly offers inspiring, take-charge strategies to help you discover your deepest desires, identify your unique talents, and lead a life filled with passion and purpose. Do you ever feel that if you weren't so busy you would be happier,

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healthier, more effective, more fulfilled...and maybe even a better person? The Rhythm of Life will help you to bring into focus who you are and why you are here. Through this book Matthew Kelly will help you discover your legitimate needs, deepest desires, and unique talents—and become the best-version-of-yourself. He helps you bring into focus who you are, why you are here, and what possibilities stand before you... Everything is a choice. This is life's greatest truth and its hardest lesson. It is a great truth because it reminds us of our power to live the life of our dreams. It is a

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hard lesson because it causes us to realize that we have chosen the life we are living right now. The measure of your life will be the measure of your courage. Fear stops more people from doing something with their lives than lack of ability, contacts, resources, or any other single variable. Fear paralyzes the human spirit. Life takes courage. With this groundbreaking guide, Kelly cuts through the stifling clutter of our everyday lives and delivers a clarity that is both refreshing and liberating.

A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy

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about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along with what Mom called "calorie restriction," eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, "Your eyelashes are invisible, okay? You

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think Dakota Fanning doesn't tint hers?" She was even showered by Mom until age sixteen while sharing her diaries, email, and all her income. In *I'm Glad My Mom Died*, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called *iCarly*, she is thrust into fame. Though Mom is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi ("Hi Gale!"), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of

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unhealthy relationships. These issues only get worse when, soon after taking the lead in the iCarly spinoff Sam & Cat alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants. Told with refreshing candor and dark humor, I'm Glad My Mom Died is an inspiring story of resilience, independence, and the joy of shampooing your own hair.

Our World Out of Balance

Living Every Day with Passion and Purpose

The Work-Life Balance Myth: Rethinking Your

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Optimal Balance for Success

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work

Twist

Dismount

Discover the transformative power of leisure to recapture your calm and creativity. Are your busiest days really the ones that make you feel the most accomplished? It might be time to question whether 'busy' = 'productive'. After reaching breaking points in their careers, business coach John Fitch and AI researcher Max

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Frenzel learned the critical importance of taking time off. Now these former workaholics will help you revolutionize the way you get things done. History's greatest minds, as well as some of the most successful leaders, thinkers, and creatives of today, found success by practicing a more balanced approach to work and life. Embracing their insights on how constant hustle can be your worst enemy, you will realize that time off means much more than just taking a break. Rediscover a more fulfilled and versatile version of yourself and unlock your true creative potential. Through relatable personal anecdotes,

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historically sound approaches to downtime, and scientifically backed strategies for increasing your creativity, Time Off will reshape the way you think about work and leisure. In Time Off, you'll discover:- The most effective methods to reclaim leisure, while increasing productivity and creativity- Why having a rest ethic will be a key competitive advantage in the future of work- Tactics for getting away from the work without the dreaded guilt- How to thrive alongside AI and use technology to become more human- The many ways in which time off improves your leadership skills, and much, much more!

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Off balance takes the reader beyond the glitter of the stage to expose the sweat and struggle, amid the mandate to sustain the illusion at all cost.

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply

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don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit “reply all” • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager “A must-read for

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anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work.”—Booklist (starred review)

“The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience.”—Library Journal (starred review) “I am a huge fan of

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Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide
“Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way.”—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together
An empowering guide that will show you how to

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shed the myth of the “work-life balance” by merging the seven key components that make up your life to attain harmony and whole-life success “All of us have Seven Slices in our lives: our Family Slice, our Professional Slice, our Personal Slice, our Physical Slice, our Intellectual Slice, our Emotional Slice, and our Spiritual Slice. These all need to be served in some fashion—and in serving them, they, in turn, serve us.” This relatively simple but profoundly critical concept is at the heart of the method executive coach David McNeff has used to transform the lives and careers of his clients. It begins with two

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important facts: 1) stress happens—you can't avoid it; and 2) your existence is composed of far more than “work” and “life.” Too often, we divide our lives into those two general categories, but we're all a lot more complex and our lives are richer than that. By being clear and mindful of all aspects of your life—the Seven Slices—you'll be more likely to find inner harmony when stress impacts one of them. In The Work-Life Balance Myth, McNeff takes you on a deep dive into each of the Seven Slices, explaining the components of each Slice, signs that you may not be attending to each Slice in a

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healthy way, and hands-on methods for accessing an underserved Slice. The Work-Life Balance Myth won't make your life perfect—no one can do that, and you shouldn't trust anyone who makes that promise. What this book will do is provide you with proven new ways of framing your life, seeing stress for what it is, and vastly improving your ability to navigate the emotional challenges that will inevitably arise in a way that serves your Seven Slices.

Lead with Balance

Getting Out of the Box

The Culture Solution

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The Efficiency Paradox

***Knocked Off Balance... . Unexpected Events That
Change Our Course of Life***

What Big Data Can't Do

Redefining your work-life balance in the right way has life-altering results! These pages capture a better way for you to define your work-life balance supported by one-minute tools that are radically simple, yet powerful. These tools have been in use for more than two decades and have consistently improved peoples" lives and relationships from day one. I have been passionate about this topic since my senior year

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at Georgia Tech where I participated in an honors research project focused on creating a framework for how to be very successful in business and enjoy life's journey along the way. The result was one of the most important experiences of my life. It gave me the opportunity to study a wide range of subjects that I was interested in - leadership, ethics, people skills, philosophy, time management - and resulted in a very early framework. The techniques developed from that research were tested and substantially modified in the real world. I started and grew a light manufacturing business to a great team of more than 250 individuals

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generating over \$100,000,000 million in sales. A big part of our team's commitment and success came from adapting and applying these tools and respecting that in addition to having a job, each one of us has a life. I later built an international leadership and work-life balance training firm where those techniques were refined by working with hundreds of outstanding leaders and organizations to create a more positively balanced and happier life. Along the way I fell in love and added the experience of becoming a very proud and appreciative husband and dad. The result of decades of learning from and teaching others are

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found in the practical tools contained in this book. These tools have proven to better balance and enhance people's lives in their work and in relationships with family, friends and their own personal well-being. As part of that process I have personally asked tens of thousands of individuals in businesses, non-profits, government agencies and the U.S. military whether work-life balance is an important issue to them and what results they would like to see by better achieving it. Overwhelmingly it was an important issue and their most common desired benefits included: More fulfilled Less stressed More

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productive personally and professionally Get more important things done in less time Procrastinate less Stay focused amidst all the distractions Have time just for me Be happier These are all results that the tools in our training and in this book produced for them, and will for you, as well. However, before applying these tools to create a more positive work-life balance, we must first clearly redefine balance in a way that works for you. Regrettably that has become necessary because academics, HR departments and the media have superficially defined work-life balance in ways that make it unattainable, undesirable, or both. Too

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often these straw man definitions are used to conclude that work-life balance does not exist. Work-Life Balance Is Dead and Work-Life Balance is Impossible have been repeated headlines in hundreds of media pieces from Forbes, Fortune, and CNN amongst numerous others who grabbed a catchy title and ran with it. If something you inherently desire is undefined, ill-defined or impossible your outcomes will disappoint, frustrate and can often be harmful. Fortunately, these pundits are wrong. Work-life balance is attainable every day for the rest of your life, provided it is positively redefined from these self-

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defeating characterizations. That's why Part One of this book begins by dispelling the myth that there is no such thing as work-life balance. Instead it delivers a proven re-definition that is clear, fulfilling and attainable, along with a tool set that will enhance the value and positive balance you get from life - today and every day. Part Two is about people and relationships. You will learn two powerful one minute tools that can be applied to your life immediately. The outcome is a more rewarding, less stressed and happier balance with the important individuals in your personal and work life. In each chapter you will also

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see examples from people who have generously shared their personal stories and experiences in implementing these tools. Part Three is about achieving the things you want in life. It delivers two tools that supercharge your thinking. You will get more good thinking done with each of these tools in minutes than most people get done in days, weeks or even a lifetime of typical pondering. You will also discover two balance measurement tools: one gauges your emotional status and reactions and the other illuminates your current emphasis in life and enables you to easily adjust it, if it is not where you want it to

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be. Part Four concludes these pages using your definition of a good work-life balance to clarify your Way of Life goals. These goals are not specific markers to surpass or milestones to accomplish but way of living goals. What are the most meaningful and important outcomes you want from your life every day? You will be surprised how quickly these meaningful and often life-changing goals become clear with this final tool in the book. My promise to you is that by applying these proven tools you will create immediate positive outcomes personally and professionally. More importantly, from feedback

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across demographics, countries and cultures, I expect you will retain and use your favorite tools along with a re-definition of work-life balance to be happier, less stressed and more fulfilled over your lifetime. Let's turn the page and redefine work-life balance in a way that works for you.

Adrianna Rossi is no stranger to the rigorous demands required of her body. Years of pain and determination make her one of the best. Olympic glory is the ultimate goal, and she'll do anything to achieve it. Even if that means leaving home to attend World Cup Academy of Gymnastics, a training center that

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serves one purpose—producing champions.

Perfection, precision, and dedication are required of his athletes. When two time Olympian Konstantin Kournakova is persuaded into training the young hopeful, he immediately regrets it. She doesn't come close to his high standards. As the relentless pursuit of her dream keeps her striving, a passion is ignited within him. Kova's power and domination, coupled with Adrianna's fierce tenacity, reveal there is more for her body to learn. Every interaction can be misconstrued, but there's no mistaking the darkening of his gaze, the lingering of his touch, or the illicit

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image of his bare skin pressed against hers. Integrity is on the line. One toe off the beam and their forbidden desires could ruin everything they've worked for, throwing it all off balance.

Valuable Techniques to Living a Balanced Life Has your regular workday started to last over nine hours? Have you been missing important family events to satisfy the boss? Are you regularly skipping healthy meals and trips to the gym just to squeeze more into your day? If so, you're not the only one. Countless individuals struggle with maintaining steady personal and work lives. In *Lead with Balance*, university

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professor, speaker, and executive consultant Donnie Hutchinson addresses this issue head-on and explains how leaders, employees, and students can properly manage all the important facets of life. A balanced life leads to increased well-being, happiness, satisfaction, and productivity a win-win for everyone. Through proper time management and focus, anyone can find their life's balance. Don't lose sight of the most significant moments in life. We can all learn from the Millennials. It's time to take action and enjoy living!"

Most of us think we are happy-- but could be happier.

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Kelly takes a look at why we sabotage our own happiness-- and what to do about it. If you hold back from God because you want to be in control, what are you gaining in life? If you make yourself available to God, incredible things will happen.

How to Master Work-Life Balance in an Imbalanced Culture

The Real World of Ballet

Execution

The Daily Show (The Book)

A Practical Guide to Building Your Rest Ethic and Finding Success Without the Stress

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Understanding Climate Change and what We Can Do

Adrianna and Kova let caution fly for love despite the odds.

Each lesson learned formed a new scar for them to bear.

And now that her father knows their secret, the damage left behind is irreparable. They both must pay for their actions.

Torn apart, Adrianna is forced to face the last challenge of her gymnastics career alone. While Kova, the beautifully anguished man who has been at Adrianna's mercy giving

her everything she's demanded, has no choice but to walk away. Adrianna and Kova survived deception and betrayal.

Now they face their greatest enemy. Time. With just one hurdle left, the clock is winding down to the final moment.

Adrianna must soon realize life is more than an Olympic dream. But in order to live and salvage them both, she will

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first have to save herself.

"This accessible guide for children details how humans have thrown the planet off-balance and ways we can work to create a healthier world. Encouraging and easily digestible, this illustrated nonfiction guide introduces children ages eight to twelve to the important topic of climate change with tips on "How You Can Help" and citizen scientist activities. Filled with engaging big ideas that will inspire children to think about their role in keeping our world healthy, Our World Out of Balance details how humans have thrown the planet off-balance and ways we can work together to be part of the solution and create a healthier world"--

THE MILLION COPY INTERNATIONAL BESTSELLER Drawn

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from 3,000 years of the history of power, this is the definitive guide to help readers achieve for themselves what Queen Elizabeth I, Henry Kissinger, Louis XIV and Machiavelli learnt the hard way. Law 1: Never outshine the master Law 2: Never put too much trust in friends; learn how to use enemies Law 3: Conceal your intentions Law 4: Always say less than necessary. The text is bold and elegant, laid out in black and red throughout and replete with fables and unique word sculptures. The 48 laws are illustrated through the tactics, triumphs and failures of great figures from the past who have wielded - or been victimised by - power.

(From the Playboy interview with Jay-Z, April 2003)

PLAYBOY: Rap careers are usually over fast: one or two hits,

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then styles change and a new guy comes along. Why have you endured while other rappers haven't? JAY-Z: I would say that it's from still being able to relate to people. It's natural to lose yourself when you have success, to start surrounding yourself with fake people. In The 48 Laws of Power, it says the worst thing you can do is build a fortress around yourself. I still got the people who grew up with me, my cousin and my childhood friends. This guy right here (gestures to the studio manager), he's my friend, and he told me that one of my records, Volume Three, was wack. People set higher standards for me, and I love it. In this searing and riveting New York Times bestseller, Olympic gold medalist Dominique Moceanu reveals the dark underbelly of Olympic gymnastics, the true price of

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success...and the shocking secret about her past and her family that she only learned years later. At fourteen years old, Dominique Moceanu was the youngest member of the 1996 US Women's Olympic Gymnastics team, the first and only American women's team to take gold at the Olympics. Her pixyish appearance and ferocious competitive drive quickly earned her the status of media darling. But behind the fame, the flawless floor routines, and the million-dollar smile, her life was a series of challenges and hardships. Off Balance vividly delineates each of the dominating characters who contributed to Moceanu's rise to the top, from her stubborn father and long-suffering mother to her mercurial coach, Bela Karolyi. Here, Moceanu finally shares the haunting stories of competition, her years of hiding

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injuries and pain out of fear of retribution from her coaches, and how she hit rock bottom after a public battle with her parents. But medals, murder plots, drugs, and daring escapes aside (all of which figure into Moceanu's incredible journey), the most unique aspect of her life is the family secret that Moceanu discovers, opening a new and unexpected chapter in her adult life. A mysterious letter from a stranger reveals that she has a second sister—born with a physical disability and given away at birth—who has nonetheless followed in Moceanu's footsteps in an astonishing way. A multilayered memoir that transcends the world of sports, Off Balance will touch anyone who has ever dared to dream of a better life.

How Invasive Species Are Changing the Planet

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A Body Out of Balance

Ask a Manager

*Getting Beyond the Work-Life Balance Myth to Personal and
Professional Satisfaction*

Off Balance Volume 1

The Seven Levels of Intimacy

A Fine Balance, Rohinton Mistry's stunning internationally acclaimed bestseller, is set in mid-1970s India. It tells the story of four unlikely people whose lives come together during a time of political turmoil soon after the government declares a "State of Internal Emergency." Through days of bleakness and hope, their circumstances – and their fates – become inextricably linked in ways no one could have foreseen. Mistry's prose is alive with enduring images and a cast of unforgettable characters. Written with

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compassion, humour, and insight, A Fine Balance is a vivid, richly textured, and powerful novel written by one of the most gifted writers of our time.

This edition tackles the issue of self-deception and provides methodologies to help people overcome it.

Plants, animals, insects and fish are moving in. Invasive species threaten local ecosystems and the planet's biodiversity, but are they all as bad as we think they are? In *Nature Out of Balance: How Invasive Species Are Changing the Planet* author Merrie-Ellen Wilcox profiles all-star invasive species around the world, starting in her own neighbourhood, and warns that humans are the most invasive species of all. We find out how and why species become invasive, what we can do to stop their spread and whether it's time to think differently about invasive species that are here to stay.

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NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning *The Daily Show* with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, *The Daily Show* with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of *The Daily Show*'s most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the

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reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

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A Painted Bay Story

The Big Problem and Bigger Promise of Working from Home

Nature Out of Balance

A Fine Balance

My Life, a Little Off-Balance

Off Balance

After Kova's devastating betrayal, Adrianna must become her own champion and place her Olympic dream ahead of all else. In doing so, she ignores the warning signs as both the extreme training and unending heartbreak begin to take their toll. There is no atoning for what Kova did. The vow he made cannot be undone. With boundaries set and lines clearly

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defined, Kova will now have to be the one to relinquish control in order to regain Adrianna's trust. Though the dynamics shift between coach and gymnast, nothing can prepare them for the agonizing truth that is to come. Fighting for a dream becomes only half the battle when Adrianna's fate is sealed, leaving them both with their biggest challenge yet.

A business parable about how companies can achieve remarkable results by helping their employees fulfill their dreams Managing people is difficult. With disengagement and turnover on the rise, many managers are scratching their heads wondering what to do. It's not that we

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don't dream of being great managers, it's just that we haven't found a practical and efficient way to do it. Until now . . . The fictional company in this remarkable book is grappling with real problems of high turnover and low morale -- so the managers begin to investigate what really drives the employees. What they discover is that the key to motivation isn't necessarily the promise of a bigger paycheck or title, but rather the fulfillment of crucial personal dreams. They also learned that people at every level need to be offered specific kinds of help and encouragement -- or our dreams will forever remain just dreams as we grow

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dissatisfied with our lives and jobs. Beginning with his important thought that a company can only become the-best-version-of-itself to the extent that its employees are becoming better-versions-of-themselves, Matthew Kelly explores the connection between the dreams we are chasing personally and the way we all engage at work. Tackling head-on the growing problem of employee disengagement, Kelly explores the dynamic collaboration that is unleashed when people work together to achieve company objectives and personal dreams. The power of The Dream Manager is that simply becoming aware of the concept will change the way you

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manage and relate to people instantly and forever. What's your dream?

An array of life challenges towards the human experience, yet with a sound wisdom and compassion towards an effective resolve

The "New York Times" bestselling author of "The Rhythm of Life" brings a timely approach to the subject of relationships, revealing a seven-level process that creates strong bonds, deep contentment, and lasting connection. Fireside Release

***Once Minute Tools to Reduce Stress, Achieve More and Enjoy Life Every Day
Redefining Work-Life Balance***

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***An Oral History as Told by Jon Stewart, the
Correspondents, Staff and Guests
Harnessing the Life-Changing Power of Giving
Yourself a Break
Leadership and Self-Deception***

A bold challenge to our obsession with efficiency—and a new understanding of how to benefit from the powerful potential of serendipity. Algorithms, multitasking, the sharing economy, life hacks: our culture can't get enough of efficiency. One of the great promises of the Internet and big data revolutions is the idea that we can improve the processes and routines of our work and personal lives to get more done in less time than we ever have before. There is no doubt that we're performing at higher levels and moving at unprecedented speed, but what if

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we're headed in the wrong direction? Melding the long-term history of technology with the latest headlines and findings of computer science and social science, The Efficiency Paradox questions our ingrained assumptions about efficiency, persuasively showing how relying on the algorithms of digital platforms can in fact lead to wasted efforts, missed opportunities, and, above all, an inability to break out of established patterns. Edward Tenner offers a smarter way of thinking about efficiency, revealing what we and our institutions, when equipped with an astute combination of artificial intelligence and trained intuition, can learn from the random and unexpected.

When she lands her dream job, Maya Scott thinks her luck may finally be about to change. Eager to prove herself a successful

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adult and win back custody of her young daughter, Maya is determined to excel at the Mars Fund. Her new boss, New York's notorious ice queen, Elena Mars, could prove difficult to please. Their relationship gets off to a rocky start and Maya learns from her coworkers, some who love her while others loathe her, that Elena has Cerebral palsy. Embarrassed by her assumptions, Maya avoids Elena until the appearance of her Elena's young daughter at the office opens a line of communication and provides some common ground. A tentative connection blossoms between them and Maya realizes there is much more to Elena than the outward appearance. Between the complexities of learning about disability and navigating the distance between them in age and wealth, they find that what matters in the end is the family we choose.

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The move to World Cup Academy of Gymnastics is the greatest challenge Adrianna has encountered. Punished for Coach Kova's overwhelming desires, she's reeling with resentment while she sits out the first meet of the season. As Adrianna fights to regain her focus, he pushes her body to the extreme, leaving her mentally and physically exhausted. Kova underestimates Adrianna's endurance, and gravitates more toward her, despite his internal battle raging within to stay away. They try to disentangle themselves, but the tension between coach and gymnast mounts, engulfing them both in a forbidden world of deception and passion. The one place where they should never feel alive, is where they find complete absolution. But one slip, one wrong landing, a missed grip, and everything they built can come tumbling down, damaging both

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their professional and personal lives.

The future isn't about where we will work, but how. For years we have struggled to balance work and life, with most of us feeling overwhelmed and burned out because our relationship to work is broken. This "isn't just a book about remote work. It's a book that helps us imagine a future where our lives—at the office and home—are happier, more productive, and genuinely meaningful" (Charles Duhigg, best-selling author of The Power of Habit). Out of Office is a book for every office worker – from employees to managers – currently facing the decision about whether, and how, to return to the office. The past two years have shown us that there may be a new path forward, one that doesn't involve hellish daily commutes and the demands of jam-packed work schedules that no longer

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make sense. But how can we realize that future in a way that benefits workers and companies alike? Based on groundbreaking reporting and interviews with workers and managers around the world, Out of Office illuminates the key values and questions that should be driving this conversation: trust, fairness, flexibility, inclusive workplaces, equity, and work-life balance. Above all, they argue that companies need to listen to their employees – and that this will promote, rather than impede, productivity and profitability. As a society, we have talked for decades about flexible work arrangements; this book makes clear that we are at an inflection point where this is actually possible for many employees and their companies. Out of Office is about so much more than zoom meetings and hybrid schedules: it aims to reshape our entire relationship to

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Off-Balance

The Long View

The Art of Loving and the Joy of Being Loved

How To Win Friends and Influence People

Unexpected Events That Changes Our Course of Life

I'm Glad My Mom Died

The Off Balance series chronicles the life of an elite gymnast, her journey to the Olympics, and the illicit affair she has with her coach. Adrianna Rossi is no stranger to the rigorous demands required of her body. Years of pain and determination make her one of the best. Olympic glory is the ultimate goal, and she'll do anything to achieve it. Even if that

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means leaving home to attend World Cup Academy of Gymnastics, a training center that serves one purpose-producing champions. Perfection, precision, and dedication are required of his athletes. When two time Olympian Konstantin Kournakova is persuaded into training the young hopeful, he immediately regrets it. She doesn't come close to his high standards. As the relentless pursuit of her dream keeps her striving, a passion is ignited within him. Every interaction can be misconstrued, but there's no mistaking the darkening of his gaze, the lingering of his touch, or the illicit image of his bare skin pressed against hers. Integrity is on the line. They try to disentangle themselves, but the tension between coach and gymnast mounts, engulfing them both in a

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forbidden world of deception and passion.

Blurb: When JUDAH MADDEN flees his tiny suffocating home town in New Zealand for the dream of international ballet stardom, he never intends coming back. Not to Painted Bay. Not to his family's struggling mussel farm. Not to his jerk of a brother. Not with his entire life plan in shreds. And certainly not into the tempting arms of MORGAN WIPENE, the older, ruggedly handsome fisheries officer who seems determined to screw with Judah's intention to wallow in peace. But dreams are fickle things. Shatter them and it's hard to pick up the pieces. Hard to believe. Hard to start again. And the hardest thing of all? Finding the courage to trust in love and build a new dream where you least expected to find it.

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"Behind the glitter and illusions of the ballet world lie the poignant, often shocking realities of a dancer's life. A borderline anorexic dances seven hours a day and completes high school through correspondence courses; she is fifteen years old. A New York dancer performs despite agonizing pain in his shins until a doctor tells him he has eight stress fractures; he is twenty-five. After ten years of professional dancing and twelve years of training at a cost of nearly \$75,000, a dancer is told that she's too old for the company; she is thirty. They love to dance and have made unimaginable sacrifices to achieve what they have. But after two years of intimate conversations with dozens of dancers like these, Suzanne Gordon wonders whether their sacrifices are really

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necessary. From New York to San Fransisco, from Houston to Chicago, in Europe and in Scandinavia, Gordon explores the inner lives of dancers, revealing for the first time the dreams and realities of the young men and women ballet audiences so admire. .."--Jacket.

Love doesn't always add up. Russell Bishop is a rising star at Vantage Marketing, but when he slips on a coffee spill, he never expects to land in the lap of luxury-and the chief financial officer's bed. Russ has worked hard to get where he is and doesn't need Stephen Parker to take care of him. But as they wrestle to balance love and finances, the tables are turned when Stephen's father dies. It's Russ's turn to take care of Stephen, opening his eyes to the true depth of his feelings-

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and what he can bring to the relationship. If Russ can find the strength, he can be Stephen's support, his heart, and his hope for the future. Note: Previously released as the Equals and Partners novellas in 2015, Off-Balance is a complete re-write with an additional 20k of content and fresh edits.

Out of Office

The Dream Manager

A Practical Guide to Building a Dynamic Culture So People Love Coming to Work and Accomplishing Great Things Together

Resisting Happiness

Balance

One of the most common yet

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underrecognized autoimmune and rheumatological disorders. Sjögren's (pronounced SHOW-grens) syndrome, or SjS, affects more people than rheumatoid arthritis and lupus combined. Difficult to diagnose, SjS is characterized by symptoms that shift almost daily, usually beginning with vague discomforts such as dry eyes and dry mouth, then advancing to more severe concerns such as joint pain and swollen glands. A Body Out of Balance

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provides a comprehensive guide to the wide array of symptoms, traditional and complementary treatments, and invaluable coping methods, so patients may devise a personal treatment plan. Co written by a woman living with the disease and by a physician who has treated countless SjS patients, this indispensable resource will enhance awareness and demystify this often-misunderstood disorder. Feeling overwhelmed, burned out, or

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stuck? Discover the power of the pause. Sometimes life throws you for a loop. You're stressed out at your job; you're torn between work and family; your motivation and productivity are taking a nosedive. Your impulse might be to lean in and tough it out, but what you may really need to do is take a step back. Reassess your life with a clear head and dive back in with purpose and poise. In this enlightening book, Rachael O'Meara guides you through the

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Steps of your own pause journey: - The signs that you're in need of a meaningful break - Planning your optimal pause—whether it's as short as a day or as long as an epic journey - Reentering the world with renewed clarity and purpose. Incorporating the latest findings from psychology and neuroscience and peppered with inspiring stories of successful pauses, this book will show you that the fastest way to happiness is to slow

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down. Whether you pause by taking a five-minute walk outside, spending a day unplugged from digital devices, or taking a few weeks off to yourself, Pause will give you the tools to find what “lights you up” and the ability to lead the most satisfying and fulfilling life you choose. As seen in The Washington Post.

The six foundational principles of a Dynamic Culture are universal and unchanging. In The Culture Solution,

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business consultant and New York Times bestselling author of *The Dream Manager* and *Off Balance* presents the six enduring principles of a Dynamic Culture in a way that is both intensely practical and inspiring. If you want to . . . grow your business; attract, grow, and retain top talent; learn the key to hiring in the 21st century; teach every person in your organization that they have a role to play in making the culture better today than it was

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yesterday . . . this book is for you
and every person on your team.