

Online Library Faster Than Normal Turbocharge
Your Focus Productivity And Success With The
Secrets Of The Adhd Brain

Faster Than Normal Turbocharge Your Focus Productivity And Success With The Secrets Of The Adhd Brain

“A rich, sensual, bewitching adventure of good vs. evil with love as the prize.” ~Publisher’s Weekly on ETERNITY 300 years ago, Raven St. James was hanged for witchcraft. But she revives among the dead to find herself alive. She is an Immortal High Witch, one of the light. A note from her mother warns that there are others, those of the Dark, who preserve their own lives by taking the hearts of those like her. Duncan Wallace’s forbidden love for the secretive lass costs him his life. 300 years later, he loves her again, tormented by hazy memories of a past that can’t be real. She tells him of another lifetime, claims to be immortal. Though he knows she’s deluded, he can’t stay away. And the Dark Witch after her heart is far closer than either of them know. If you liked the TV Series HIGHLANDER, you will LOVE this series. Don’t miss Book 2, INFINITY. “A hauntingly beautiful story of a love that endures through time itself.” ~New York Times Bestselling Author, Kay Hooper “This captivating story of a love that reaches across the centuries, becomes as immortal as the lover’s themselves, resonates with timeless passion, powerful magic, and haunting heartbreak.” ~BN.com’s official review

Adilyn Archer fought with the idea that she could ever

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stay happy for too long. She's numb from the emptiness in her heart after the unexpected death of her mother. Adi gave up all hope that she would ever find that one thing in life to take her from that solitude. Forced into a place she never expected to be, she's face to face with the monster that haunts her dreams every night. That man stole her life from her and she's forever damaged. Just when she thought she didn't have a fight left in her, she looks into the eyes of a beautiful distraction. He's just what she needs to get through this. But is it really at the right time? Ryder Bennett didn't expect to feel such an immediate attraction to Adi. He fights with the idea that they aren't meant to be together. They come from polar ends but he still can't get enough of her. As differences try to pull them apart, they uncover odd similarities that bring them together again. Is it enough to make it last? Just when things couldn't be any better, Ryder moves faster than Adi expected. However, she's hesitant to reveal her true feelings for him because her happiness has been ripped from her in the past. What could be so bad? She decides to take a chance on her happiness again. The Pattern repeats...Without warning, a damaging secret is revealed. Adi doesn't expect what's been thrown at her and she's broken again. What first brought them together could tear them apart. Was she too distracted to see who Ryder really is?

How to Turbocharge your Speed Reading! Do you want to learn to read faster and increase your comprehension of text? Do you want to be able to speed through articles? What about reading all those texts for university? You need to learn how to speed read. Speed

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reading is a revolutionary approach to reading. You will relearn how to read in a much more efficient manner. It is estimated that the average reader processes text at about 200-300 words per minute. But, speed readers can read at speeds exceeding 2,500 words per minute! Throughout the book there are exercises to help you learn to speed read and turbocharge your reading! This book which will teach you the all techniques needed to learn and master speed reading. Speed readers can read over 2500 words per minute, whereas average readers read at around 200 words per minute.

Throughout the book there are exercises which will help you develop your reading speed and reading comprehension. The book is suitable for any level of reader, as it has a progressive format, which teaches from the level of an average reader to that of a seasoned speed reader.

Groomed for a place at a Big Name School since their obsessed, status-conscious helicopter parents passed out cigars at the Stockstill General Hospital Neonatal Unit, the privileged students of Pembrocton College Preparatory are ratcheting up the stakes in the race to get into the nation's most prestigious colleges. The PCP juniors are gloating, jubilant at the rumor that the valedictorian presumptive has received a B on her report card, a grade that will relegate her to in-state hell. Her heir apparent, a three-generation Yale legacy, is the sole mourner at the demise of her future—if only because her thoughtless academic lapse is going to derail his plans to attend MIT. Across town, in the graffiti-covered halls of Stockstill High School, the students slink to class,

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praying that they arrive without a knife wound—and dream of ivy-covered walls. And with the help of a take-no-prisoners principal and an enterprising parent, the students at SHS dare to encroach shamelessly on territory normally reserved for their wealthy private school rivals. Join the fray as a memorable cast of characters engages in the latest rage in extracurricular activities: college admissions as a blood sport. Laugh out loud funny, *The Applicants* lampoons the heights we scale—and the depths to which we sink—to get into the “right” college. ?

Enjoy 20 limited-detail illustrations, designed for those who would rather keep it simple. Each page was hand-drawn and edited by K J Kraemer, with you in mind. If you don't want to spend days on a project or just want room to get creative, this adult coloring book is for you! "A farmer and entrepreneur, Chase is a man of many abilities. Now he is being asked to use those abilities, and his own particular skills with a sword and bow, to assist an alien planet. This means trading a valuable resource that the planet harbours to convince the Inter-galactic Federation to repair its failing sun" -- Back cover. Identifies and examines nine traits of effective leadership and shows how leaders use them to build productive, open, innovative, and positive workplaces for the benefit of customer, employees, and stockholders.

You'll find the latest strategies developed by some of the most successful preschool ministers in the world.

They've been developed, tested, and proven in real churches, and now their secrets are yours. Whether you're a newcomer or a veteran, you'll discover: •Who

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preschoolers really are •Ready-to-use activities kids can't resist •Practical ideas for creating a preschool-friendly environment •Instant help for recruiting and training volunteers •Ministry-tested tips for working with parents Best of all, not only will you turbocharge your ministry, you'll energize preschoolers to love Jesus. It's time to say NO to trying to fit square-peg kids into round holes, and YES to raising them from a place of acceptance and joy. Today millions of kids are stuck in a world that doesn't embrace who they really are. They are the one in five "differently wired" children with ADHD, dyslexia, giftedness, autism, anxiety, or other neurodifferences, and their challenges are many. And for the parents who love them, the challenges are just as numerous, as they struggle to find the right school, the right support, the right path. But now there's hope. *Differently Wired* is a revolutionary book—weaving together personal stories and a tool kit of expert advice from author Deborah Reber, it's a how-to, a manifesto, and a reassuring companion for parents who can so often feel that they have no place to turn. At the heart of *Differently Wired* are 18 paradigm-shifting ideas—what the author calls "tilts," which include how to accept and lean in to your role as a parent (#2: Get Out of Isolation and Connect). Deal with the challenges of parenting a differently wired child (#5: Parent from a Place of Possibility Instead of Fear). Support yourself (#11: Let Go of Your Impossible Expectations for Who You "Should" Be as a Parent). And seek community (#18: If It Doesn't Exist, Create It). Taken together, it's a lifesaving program to shift our thinking and actions in a way that not only improves the family dynamic, but also allows children to fully realize their best selves. "In this generous and urgent book, Deborah Reber lets the light in. She helps parents see that they're not alone, and even better, delivers a positive

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action plan that will change lives.”—Seth Godin, author of Linchpin “Differently Wired will help parents of children who think differently to accept their child for who they are and facilitate their successful development.”—Temple Grandin, author of Thinking in Pictures and The Autistic Brain

He was famous for telling stories. He could always make the story interesting. He had a way of seeing the best or funniest of every situation. He wrote down over 180 of his best stories in his last few years for all his family and friends. You will laugh, and relate to the stories of childhood, school years, and growing up during the depression. From his northern New Jersey, small town home he shares what it was like growing up in the 20's and 30's. From logging to working with horses, the stories provide a great view of the life style from that time period.

PCMag.com is a leading authority on technology, delivering Labs-based, independent reviews of the latest products and services. Our expert industry analysis and practical solutions help you make better buying decisions and get more from technology.

This book offers an accessibly written introduction to ADHD, focusing on the topics that matter most to readers. The information it provides makes it an indispensable resource for anyone whose life is affected—directly or indirectly—by this disorder.

- Approaches the subject in a holistic manner, covering often-overlooked areas such as societal perceptions and impacts on family and friends
- Provides quick answers to the questions that readers are most likely to have in an Essential Questions section that also serves as a springboard for understanding the content of the book in greater depth
- Provides relatable, real-world examples of concepts discussed in Case Illustrations
- Points readers toward useful books, organizations, and websites in an annotated Directory of Resources guiding further study and research

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Life in lower class as offspring of a notorious thief was simple for the Quartar daughters until accidental mishaps with the other classes of society turn their dirt poor lives around for worse and better. Eight young women are taken from the slums into the high class world they never understood only at first to find betrayal, suffering, scandal, revenge and corruption. Then, before they know it they are wrapped in the grandest scandal their country of Galli has ever seen. The kingdom of Cretaine is trying to overthrow the corrupted kingdom of Galli. The Quartar family must betray their world in order to save Galli from a brutal civil war.

Canadian Edition, revised and updated From first-time newlyweds to people on their second marriage, couples face an overwhelming task when it comes to money management. Internationally renowned financial advisor and bestselling author David Bach knows that it doesn't have to be this way. In *Smart Couples Finish Rich*, he provides couples with easy-to-use tools that cover everything from credit-card management to investment advice to long-term care. From this updated, newly revised Canadian edition, couples will learn how to work together as a team to identify their core values and dreams, and to create a financial plan that will allow them to achieve security, provide for their family's future financial needs, and increase their income.

A New York Times bestseller that offers a groundbreaking new view of human psychology, showing how eight key traits of human behavior--long perceived as liabilities--can be important hidden strengths What if the inattentiveness that makes school or work a challenge holds the secret to your future as an entrepreneur? What if the shyness in groups that you hate is the source of deep compassion for others? What if the anxiety and nervousness you often feel can actually help energize you? Renowned psychiatrist and popular on-air personality Dr. Dale Archer believes that behaviors frequently

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labeled "ADHD," "bipolar," and "OCD" are often normal human qualities--and he contends that we all experience these and other psychological traits to some extent yet fail to leverage the significant advantages they can offer. Worse, we stigmatize one another for these aspects of our personalities. In *Better Than Normal*, Dr. Archer offers an empowering framework for redefining mental health. Drawing on his 20 years of clinical experience, he describes eight traits of human behavior, each of which occurs along a continuum rather than as a simple on-off switch. These are the aspects of our personality that we worry about the most, but these are also the very things that make us distinctive and different. Filled with engaging anecdotes and practical tools to help readers capitalize on their unique characteristics, *Better Than Normal* offers a new and liberating way to look at ourselves and others.

Tokoda's rock 'n roll lifestyle comes to an abrupt halt when he is called back home. He climbs on his Harley and heads back to Spirit Island where Native American legends are known to come to life. Nara is intent on preserving her Ojibwa heritage, and couldn't be happier about her former crush coming back to the Island, and is even happier when the sexy musician finds his way into her bed. The rekindled lovers are thrown back in time, but in opposite directions. Tokoda and Nara must overcome the barbaric Sioux tribe to find one another and look for a way to return to their own time. \$1 from each copy of *Mystified* sold will go to Mark's Run for A.L.S. (Lou Gehrig's Disease)

Learn to grow your business and create more profitability and more fun in your business from one of today's top coaching and consulting experts. Achieve the same success she has shared with clients over the past several decades and finally enjoy the business success you deserve.

At just twenty-two years of age, Briana Mills finds herself at a

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desperate crossroads. Once a promising student at the University of Oregon, she now finds herself alone on the streets of Portland with only the clothes on her back, memories of a happier time, and the stray dog that's adopted her. And she's got the drug that helps her forget. Briana's mistakes haunt her, lashing her with severe consequence, forcing her to make a decision few would ever make. Still, in a final attempt to make her young life count for something, Briana begins writing it all down—everything—so that others walking the crumbling precipice of rebellion might leap to safety before it's too late. She writes about her present struggles and the past. She writes about Michael, the boy she loved and left behind when she went off to college. She writes about the violent activism and drug that derailed her life. She writes about the demands placed on her by a socially conscious mother, and the adoration shown by a proud father. And Briana talks about Brody—the young activist leader who captured her heart, took it to the altar, and then crushed it. What develops is an engrossing record of a young and troubled life, one both beautiful and ugly, innocent and corrupt, lost and then found. And wrapped in its literary sinew is a cast of characters as diverse and engaging as the stars, and an impassioned love story sure to transcend time. What readers are saying: "Timeless...provocative." "Characters so real you'd swear this was a true account." "A brilliant read!" Alone Among People is D. M. Anthony's first novel. He lives in California where he's at work on his next book. This review is from: Alone Among People (Paperback) A Compelling and Heart Warming Story, September 25, 2012 "Alone Among People is at once an engaging, moving story and a provocative statement about the thin line between thriving and sinking into an abyss as inescapable as quicksand. Its timeless and uplifting messages of hope conquering despair, healing borne of love and care, and

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peace at discovering one's identity are an inspiration. The author's empathy for the characters and their plight betrays knowledge of what he writes, and offers the reader a unique glimpse into a vulnerable and intimate place... his heart. I recommend this book to anyone who has traveled through the anguish of darkness and longed for the light; it may just guide your way."

Indistinct voices, strange visitations and unusual dreams have begun to plague Nineteen-year-old Khari days before her return from London to her Oregon home. As the occurrences have spawned haunting emotions she thought she had escaped, she realizes she can't ignore them any longer and begins to surrender to their pull. Feeling weary and a bit crazy, Khari struggles to cope with what is happening to her. She is forced to open up about herself, only to find out secrets were kept from her by those she trusts the most. She then begins a problematic journey toward self-discovery and uncovers more than she ever imagined possible. But, continuing toward understanding requires Khari to face a dangerous figure, risk of death and a fight for love. Kharishma explores the importance of family ties, both past and present, the consequences of love and hate, and the power of believing in ones self. It is a story of deception, humility, discovery and the strength of bonds to the seen and unseen. It is a story that will not be easily forgotten and will leave you wishing for more.

From the bestselling producer of audio and video learning programs comes this resource to guide readers to take complete control of their personal and work lives. Geared toward professionals who want to make more money and get more satisfaction from their career, this guide is based after the author's tested model of controlled luck.

Popular Mechanics inspires, instructs and influences readers to help them master the modern world. Whether it's practical

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DIY home-improvement tips, gadgets and digital technology, information on the newest cars or the latest breakthroughs in science -- PM is the ultimate guide to our high-tech lifestyle. Shayla had no idea her life would turn out like it did. She had two kids, independent, a college degree, owns a Top Business Consulting firm in Buckhead, Atlanta and a Non-profit organization for the community, but in the midst of it all she was Trapped. Trapped in love, hate, lust and PAIN!! She had a natural body that these women would die for, her personality made her beautiful, her presence was unreal and she had a smile that would lighten up your darkest days. Shayla wasn't your average chick she was street and book smart, but had one problem men was her weakness. She picked the men she had the weakness for. Shayla was living a triple life and the walls were starting to close in on her fast.. Shayla was focused on her businesses, but on the flip side enjoyed herself, She never meant to hurt anyone feelings, so she tried to be as upfront as possible when they would ask, which was never so, she never offered the information. She is about to go for the ride of her life, she's a street girl by nature, maybe she can get herself out it. Her best friend Kisha is by her side to support her until Shayla finds out her secret. Shayla is into deep.....

The year is 4518 BCE. Halim, a Shakti warrior initiate, lives with his family in Harappa, a fortified city in the Indus River Valley. His father is injured, so the task falls to Halim to find a cure for his mother, who has fallen prey to a mysterious, debilitating disease. Sanjit, a seasoned Shakti, agrees to accompany Halim to the Kunlun Mountains in search of a sacred medicine from an ancient monastery. Halim's impulsive sister, Taja, insists on joining them too. When the three travellers confront the Ignogai, a barbaric tribe with a bloodthirsty shaman, they must flee across hazardous and unfamiliar terrain to avoid being captured and persecuted for

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their Shakti Prana. With a little bit of magic, determination, and some help from a few extraordinary people, the trio must fight for their lives to make it back home in time to save Halim's mother from certain demise.

In difficult times, debt can be a matter of life and death, happiness and despair. Controlling your debt can bring order and calm. Mastering debt can bring wealth and success. As bestselling Rich Dad/Poor Dad author Robert Kiyosaki says, "Good debt makes you rich and bad debt makes you poor." The ABCs of Getting Out of Debt provides the necessary knowledge to navigate through a very challenging credit environment. A Rich Dad's Advisor and best selling author of numerous business books, Garrett Sutton, Esq. clearly writes on the key strategies readers must follow to get out of debt. Unlike other superficial offerings, Sutton explores the psychology and health effects of debt. From there, the reader learns how to beat the lenders at their own game, and how to understand and repair your own credit. Using real life illustrative stories, Sutton shares how to deal with debt collectors, avoid credit scams, and win with good credit. "The reason Garrett Sutton's book is so important is that like it or not, debt is a powerful force in our world today. The financially intelligent are using debt to enrich themselves while the financially uneducated are using debt to destroy their lives."- Robert Kiyosaki The times call for a book that offers hope and education on mastering credit and getting out of debt.

A refreshingly practical and honest guide that rewrites the script on ADHD Peter Shankman is a busy guy -- a media entrepreneur who runs several businesses, gives keynote speeches around the world, hosts a popular podcast, runs marathons and Iron Mans, is a licensed skydiver, dabbles in angel

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investing, and is loving father to his young daughter. Simply put, he always seems to have more than 24 hours in a day. How does he do it? Peter attributes his unusually high energy level and extreme productivity to his ADHD. In *Faster Than Normal*, Shankman shares his hard-won insights and daily hacks for making ADHD a secret weapon for living a full and deeply satisfying life. Both inspiring and practical, the book presents life rules, best practices, and simple but powerful ways to:

- Harness your creative energy to generate and execute your ideas
- Direct your hyperfocus to get things done
- Identify your pitfalls--and avoid them
- Streamline your daily routine to eliminate distractions
- Use apps and other tech innovations to free up your time and energy

Filled with ingenious hacks and supportive self-care advice, this is the positive, practical book the ADHD community has long needed - and is also an invaluable handbook for anyone who's sick of feeling overwhelmed and wants to drive their faster-than-normal brain at maximum speed...without crashing. A treasure trove of tools and techniques to take your children's ministry to the next level...and impact kids' lives like never before. These 100 sure-fire "how-tos" were developed by children's ministry leaders who've spent years fine-tuning the strategies that bring real success. You'll discover how to:

- Equip volunteers to love serving and stay for the long haul
- Develop a dynamic ministry area

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that kids love and bring their friends to • Rev up your vision and get your team excited • And much, much more!

Discover how to become an entrepreneur by starting your own small business Do you hate your job? Are you looking for a way to build the lifestyle you want? Do you want to work from home but have no business ideas? Would you like to explore new business opportunities? Becoming an entrepreneur and starting your own business is actually not as difficult as what most people would have you believe. You don't need a MBA or business degree, nor do you need years of experience. Entrepreneurs start small businesses, often highly successful, with a few simple business ideas and not much else. Take Action! and Start your own Business explores why entrepreneurs go out on their own and how they go about it. **** The myths surrounding starting your own business are stripped away. This book will show you: How to start your own business. Where to look for new business ideas. How entrepreneurs take business ideas and turn them into profit. How running a small business can free you from the rat race. How to build your life around your unique purpose in life. Taking Consistent Action is Key to Changing your Life Do you want your own profitable small business that will bring fame and success? Do you desire financial independence and personal freedom? Would you love to improve your

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relationships and make them more fulfilling by being able to spend more quality time with your loved ones?**** Becoming an entrepreneur and starting your own business becomes easy once you know how. You can achieve all of the above, but you must be willing to take action. If you apply the principles taught, you can become an entrepreneur and start a small business faster than what you ever imagined possible. Will this be one of those books that will change your life and start you on your entrepreneurial journey? There's only one way to find out ...Starting a business has never been made this easy!

Elam Harnish has more money than he would ever need. As he accumulates wealth as a successful entrepreneur in the Alaskan Gold Rush, Harnish must face the challenges of the Yukon Territory. After he makes a fortune, Harnish finds himself still unsatisfied. In efforts to find a new challenge and make more money, Harnish decides to move down to the mainland of America, settling in California. However, after a group of money kings threaten to take his entire amassed fortune, Harnish resorts to violence to recover it, endangering him both physically and morally as he slides down a slippery slope of immorality. Realizing that he can make even more money with undercut business practices, Harnish slowly becomes corrupt, making shady business deals, cheating, and being dishonest.

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While it gives him more wealth, Harnish soon realizes that money is not all he wants in life. After one of his employees catch his eye, Harnish resorts to harassing her for attention. However, she is a woman of strong will and morals, and refuses his advances. Harnish realizes that she will never reciprocate his attraction if he continues his shady business dealings, but what if it is too late to redeem himself? Filled with action and suspense, Jack London's *Burning Daylight* brings an exciting twist to the classic enemies to lovers storyline. Featuring two exciting settings—California and Alaska, *Burning Daylight* is an entertaining glimpse into the gold rush era of the United States. Through the use of amusing caricatures of hyper-masculinity and hyper-femininity, London's romance novel also provides intriguing insight on the early 20th century gender expectations. *Burning Daylight* has inspired several film adaptations over the years, and was among the list of best-selling books when it was released in 1910. With adaptations and record sales, Jack London's *Burning Daylight* proves that it is a prolific work able to be enjoyed by audiences even in the 21st century. This edition of *Burning Daylight* by Jack London is now presented with a new, eye-catching cover and is printed in an easy-to-read font, making it both modern and accessible.

A planet plagued with tumult from outsiders and divided by its own religious dichotomy could face

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extinction if their faiths are not united and an unholy artifact is destroyed. Safiro, the God of Death, and Sanguina, the Goddess of Life, created two heroes (Vytametas) -- mirror twins separated at birth yet destined to meet in a place where the future of their world will be decided by their powers. The only people who know not the ultimate purpose of the legendary Vytametas are the young heroes themselves. While the teenage Vytametas learn of their world and of their mission, they will be turned against each other by the two faiths they are meant to save: the demented Safiric Brotherhood and the shady Sanguinic Sisterhood.

Men take better care of their cars than they do their own bodies, finding health information too technical, scary, or boring. Written and designed in a guy-friendly manner--think of a cross between an owner's manual to a vintage muscle car and a Boy Scout handbook--The Better Man Project aims to change that with a practical health guide to help men achieve the holy grail of a well-lived life. In response to its readers' calls for more health content in the manner that they've come to expect from Men's Health, here is straightforward, personal information delivered with a double-shot of humor. Baby boomers and millennials alike will respond to the promise of leaner, stronger, healthier longevity. Features include: • Health and fitness self-tests so readers see how they measure up to other guys their

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age • A decade-by-decade cheat sheet for diagnostic tests men must have • Special reports on testosterone supplementation, telomere protection, reversing diabetes and heart disease, and preventing dementia • A troubleshooter's guide to common ailments and quick fixes • A simple plan for losing weight and preserving muscle mass • Answers to 50 questions men are afraid to ask their doctors Readers who seize this moment and follow the world-class tips in this book can expect the next 40, 50, or more years of their lives to be the most active, fun, and satisfying ever.

Colin has yet another argument with his wife and storms out of the house with the intention of watching the remaining half of a football match in his local pub. However, he is knocked down by a car whilst crossing a road. And, That is just the start of his troubles...

Dustin is a seventeen-year-old young man who finds out that his girlfriend, Sandy

Using examples set by exceptional companies as well as smaller businesses, shows business leaders how to create fanatically loyal customers--an army of "zombie loyalists"--to increase their customer base, brand awareness, and revenue.

Our choices seal our fate. Hannah Reed is about to learn just how important one little decision can be. Hannah's plans for a nice, quiet senior year of high school are rapidly disintegrating. It all starts when she innocently

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bursts in on Ethan Flynn in the change room of the clothing store where she works. Ethan's presence in Hannah's world is subtle but constant, and when he saves her life, they become linked by the workings of an ancient society and Ethan's sworn duty to protect Hannah. Working together to figure out what destiny wants with Hannah, the two of them stumble on a baffling mystery that leaves even Ethan questioning what is in store for her future. With Ethan's help, Hannah learns there is far more to this life, to her life, than she ever realized. As they attempt to untangle Hannah's unique past and emerging abilities, an unknown danger from Ethan's past looms ever closer. While racing to put together the pieces of the puzzle before it's too late, Hannah wrestles with the idea that she is anything but average, and that perhaps she is also more to Ethan than just a job. Hleo is the first book in the series with the same name. A story of destiny and how one decision can change everything. When you buy a copy of Hleo, your one decision also has the ability to change the lives of others across the globe. \$3.00CAD from every copy of Hleo purchased goes towards the amazing efforts of the Because I am a Girl Education initiative. Fighting to bring literacy and safe learning resources to girls living in some of the poorest nations in this world.

Everyone struggles occasionally with sitting still, distractions, forgetting appointments, completing long-term projects, and losing schoolbooks, but these things can be particularly frequent and problematic for those with attention deficit/hyperactivity disorder (ADHD), a condition that affects an estimated 11 percent of school-

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aged people. This insightful book offers straightforward information about ADHD, as well as oppositional defiant disorder (ODD), which affects many people with and without ADHD. Readers will learn about diagnosis procedures, treatment options, and empowering strategies to thrive at home, school, and beyond.

Lose that stubborn weight while enjoying delicious food with this perfect companion to The All-Day Fat-Burning Diet. In The All-Day Fat-Burning Diet, renowned fitness expert and New York Times bestselling author Yuri Elkaim revealed the innovative way to reset and accelerate metabolism to burn fat 24/7. His 5-day food-cycling method helps supercharge metabolic rate while significantly improving health. Now, The All-Day Fat-Burning Cookbook makes following the plan a breeze, with quick-and-easy recipes that are presented according to the 5-day food-cycling formula. You will enjoy more than 125 delicious gluten-, dairy-, and soy-free recipes, including 5-minute, 5-ingredient Whipped Coconut Cream and Berries; flavorful, 15-minute Beef and Rice with Spice; and vegetarian BBQ Butternut Squash Steaks. These satisfying recipes will help you stay lean and happy for life.

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Accomplish Your Goals? Without the Stress Start with a plan. One of the biggest reasons goals fail is that we often don't put enough thought into what we really want before diving in. Your Goal Guide by Debra Eckerling starts with that first, crucial step: figuring out your goals

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and putting a plan in place. As a professional writer, communications specialist, and project catalyst with more than 20 years of experience, Eckerling is prepared to help you achieve success. A method that works. Eckerling presents readers with her own tested and proven method: The DEB Method. DEB is a brainstorming and task-based system and stands for: Determine Your Mission, Explore Your Options, Brainstorm Your Path. Eckerling's method is a roadmap for goal setting that helps professionals lay down a plan and accomplish their mission. Making the process as stress-free as possible. Goals can be intimidating because of the pressure we often put on ourselves to succeed. However, Eckerling believes that setting goals should be easy?we just need the right tools to tackle them. Through a combination of writing exercises and systems, Eckerling provides readers with a process for making and setting goals that is stress-free and easy-to-manage. Debra Eckerling's Your Goal Guide is your next step to success. Open it up and find:

- To-the-point advice and user-friendly recommendations
- Easy-to-read examples and case studies
- Adaptable worksheets and numerous resources to bring you one step closer to goal achievement

Readers of books like Atomic Habits, Your Best Year Ever, and The Bullet Journal Method will love Your Goal Guide: A Roadmap for Setting, Planning and Achieving Your Goals.

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