

Unleash Your Badass Business The Ultimate Workbook For Manifesting The Money And Life You Crave

Body Image Remix Mastin Kipp's Claim Your Power Banish Your Inner Critic You Are a Badass® Badass Black Girl The Warrior Code Banish Your Inner Critic Unbreakable Runner Unleash Your Lady Boss Love Your Lady Landscape Believe Your Way to Badass Hustle Believe Receive Voice Training You Are a Badass at Making Money The Buddha and the Badass Soulbbatical Get Rich, Lucky Bitch Unleash Your Badass Business Unleash Your Inner Money Babe Badass Babe Workbook The Witchcraft Handbook Unfuck Your Brain Break the Good Girl Myth Getting Naked Little Brand Book Rage Yoga Lucky Bitch Badass Habits Me, Inc. The Buddha and the Badass Motivation Without The Hype UNSCRIPTED No Gym Required Meal and a Spiel Lead With Value The Audacity to Be Queen I Have the Watch She's Killin' It Manifesting Like A Boss Babe The Performance Paleo Cookbook

Body Image Remix

Silence the Voice of Self Doubt "Banish Your Inner Critic provides knowledge, insight, tools and practice for getting unstuck and expressing full creative potential." ?Rebecca Stockley, Co-Founder of BATS Improv in San Francisco CA Are you ready to boost your personal productivity—minus the fear and loathing? Are you ready to Banish Your Inner Critic and unleash the creative ideas and personal productivity within you? Help is on the way! Blocked creative ideas. Everybody has one, an inner critic that tells you that others have more talent, you're just faking it, and that you'll never have those great creative ideas that seem just out of reach. This inner critic is a subconscious deterrent that stands between the seeds of great creative ideas and the fruits of achievement. It afflicts us with a mental block as deadlines approach, makes us so afraid of being judged that we hold ourselves back and don't share our expertise, forces us to question our ability to learn ideas and technologies quickly; and makes us doubt, discount, and kill our ideas before they see the light of day. Find a world of creative ideas. Denise Jacobs is a speaker, author and creativity evangelist who speaks at web conferences and consults with tech companies worldwide. As the Founder and Chief Creativity Evangelist of "The Creative Dose", she teaches techniques to make the creative process more fluid, how to make work environments more conducive to personal productivity, and practices for sparking innovation. Now, in Banish Your Inner Critic, Denise Jacobs shows you how to defeat barriers that are holding you back and achieve success through a positive mental attitude. Banish Your Inner Critic and: Identify and quiet the voice of self-doubt Master three powerful practices to transform how you relate to yourself and your creativity Generate more creative ideas than ever before If you're a fan of books such as The Artist's Way or The War of Art, you should read Banish Your Inner Critic.

Mastin Kipp's Claim Your Power

A step-by-step guide to helping people overcome their blocks, push past their fears, and start making the kind of money they've never made before

Banish Your Inner Critic

"With [this book], you'll wake up energized by the momentum you've unleashed, an energy that will only increase with each new accomplishment and breakthrough. And you'll discover the peace and sense of self-respect that comes only to those who follow through and bring their Purpose to life"--Amazon.com.

You Are a Badass®

Embrace your inner witch. Packed with spells, potions and witchy wisdom, use this magickal guide to enhance every aspect of your life. From the effects of the moon to the use of candles to enhance spells, learn how to protect your home, fulfill your dreams, boost your love life, banish ill chance and secure your future. Isn't it time you unleashed the power of magick?

Badass Black Girl

It's weird and frankly bewildering that the most talented women in the world are often the ones struggling to make fabulous money from their talents. In *Get Rich, Lucky Bitch!*, you'll get the tools and inspiration you need to go to the next level of wealth - whether you're starting from scratch or itching to break through the million-dollar mark. Denise Duffield-Thomas has been through the whole financial rollercoaster herself - she has probably made every financial mistake possible! Finally, having had enough of under-earning, she dedicated a year to practising everything she knew about the Law of Attraction and applied it directly to money. As a result of all this work, her income doubled, then tripled, and in a few years she went from always being broke to being a successful entrepreneur. And in this book she teaches you how create the same shifts in your own life. This book is the most practical manifestation book you'll ever read. You'll get day-to-day actions, inspiration, kick-up-the-butt real talk and loving advice. There's no amount of money you could want that's too big or too small. Denise will teach you to cut through years of under-earning and chronic underserving, fly through your income goals, heal your money wounds and break through old self-beliefs. No matter where you're starting from, if you're willing to uncover what's holding you back, this book will help you create money miracles in your life.

The Warrior Code

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"A must-read for any woman who is ready to design a life on her own terms." – Sophia Amoruso, Founder and CEO, Girlboss Women: it's time to break the good girl myths that are holding you back and share your true gifts with this groundbreaking book from Stanford University-trained designer and women's leadership expert Majo Molino. For thousands of years, women have been taught to be "good" instead of powerful. But when we embody the good girl, we hold back their voices and gifts in a world that desperately needs female perspectives. Drawing on countless coaching sessions and conversations with female leaders, Majo identifies five self-sabotaging tendencies ("the five Good Girl Myths") every woman must overcome to unleash her power and design a more purposeful life: While there are many women's leadership books, Majo uses her knowledge and training in design thinking (which is used by the world's most innovative people and companies) to help you build creative confidence and break free from these disempowering myths once and for all. Discover how each myth negatively affects your relationships, career, and well-being and identify your primary good girl myth – the blindspot that's zapping most of your power as a creative badass. If you're a woman who can't seem to get your voice or ideas out into the world, Break the Good Girl Myth will finally help you understand why and light the way out so you can become the woman you're meant to be. Your time – our time – is now.

Banish Your Inner Critic

Recipes, lessons, and inspirations from an adventurous Jewish girl who lived in Italy and returned to California to transform her community into a bunch of badass cooks.

Unbreakable Runner

Do you really know what makes you unique? And how to work it? Own it? Bring it? Well lucky for you, we do. And we have the playbook to show you exactly how to thrive in business, life, and relationships. Take the Brand Boss personality test to reveal your specific archetype and how this acumen applies to your life, your relationships, your career and your company. Are you a Catalyst, Coach or Crusader? Optimist or a Woo-er? Maven or Mastermind? Poet or a Prodigy? Just like there are 12 Astrological Signs, we share the 12 Personality Archetypes and then help you drill down to unlock yours. We'll also introduce you to female entrepreneurs who embody each particular archetype—an "InfluenceHER"—to personally share their kick-ass success stories and inspire you to unleash your talents, brains, and vision to confidently strike out on your own. Little Brand Book offers support, tools and lessons to help women succeed in business and to create abundance for yourself, your family, your company, your employees and your customers.

Unleash Your Lady Boss

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A New York Times Best Seller! Men's Journal Health Book of the Year In Unbreakable Runner, CrossFit Endurance founder Brian MacKenzie and journalist T.J. Murphy examine long-held beliefs about how to train, tearing down those traditions to reveal new principles for a lifetime of healthy, powerful running. Unbreakable Runner challenges conventional training tenets such as high mileage and high-carb diets to show how reduced mileage and high-intensity training can make runners stronger, more durable athletes and prepare them for races of any distance. Distance runners who want to invigorate their training, solve injuries, or break through a performance plateau can gain power and resilience from MacKenzie's effective blend of run training and whole-body strength and conditioning. CrossFitters who want to conquer a marathon, half-marathon, or ultramarathon will find endurance training instruction with 8- to 12-week programs that combine CrossFit™ workouts with run-specific sessions. Unbreakable Runner includes CrossFit-based training programs for race distances from 5K to ultramarathon for beginner, intermediate, and advanced runners. Build a better running body with this CrossFit Endurance-based approach to running training.

Love Your Lady Landscape

Love Your Lady Landscape is a healing journey through the terrain of what it is to be a woman. When a woman isn't in alignment with her feminine essence, she may experience exhaustion and overwhelm, lack sexual desire or passion for life, and generally feel "out of sync". In this book, Lisa Lister uses a myriad of tools and practices such as Earth based spirituality, shamanic teachings, movement and dance, and breath and sound work to teach women how to reconnect to their feminine wisdom in order to start rebalancing all aspects of their lives. Based on Lisa's own 11-year journey of healing and reconnecting with her body, this book will help you:

- release guilt and shame from the past
- explore self-pleasure and sensuality
- understand, read, and connect with your body's signs and signals
- learn about your menstrual cycle and its connection with the rhythms of nature and the universe
- discover the sacred art of receiving
- express your creativity
- find your voice to communicate your needs, wants, and desires

Love Your Lady Landscape will move women into a fiercely loving and healing relationship with their body and will teach them how to use its cycles and signs to create a life of vitality, fulfillment, and creation.

Believe Your Way to Badass

A Daily Dose of Affirmations for Black Girls “You'll come away from Badass Black Girl feeling as if you've known the author your entire life, and it's a rare feat for any writer.” —“Mike, the Poet,” author of Dear Woman and The Boyfriend Book #1 Best Seller and Gift Idea in Teen & Young Adult Cultural Heritage Biographies and Maturing; Publishers Weekly Select Title for Young Readers Affirmations for strong, fearless Black girls. Wisdom from Badass Black female trailblazers who accomplished remarkable things in literature, entertainment, education, STEM, business, military and government services,

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politics and law, activism, sports, spirituality, and more. Explore the many facets of your identity through hundreds of big and small questions. In this journal designed for teenage Black girls, MJ Fievre tackles topics such as family and friends, school and careers, body image, and stereotypes. By reflecting on these topics, you will confront the issues that can hold you back from living your best life and discovering your Black girl bliss. Embrace authenticity and celebrate who you are. Finding the courage to live as you are is not easy, so here's a journal designed to help you nurture creativity, positive self-awareness and Black girl bliss. This journal honors the strength and spirit of Black girls. Change the way you view the world. This journal provides words of encouragement that seek to inspire and ignite discussion. You are growing up in a world that tries to tell you how to look and act. MJ Fievre encourages you to fight the flow and determine for yourself who you want to be. Badass Black Girl helps you to: Build and boost your self-esteem with powerful affirmations Learn more about yourself through insightful journaling Become comfortable and confident in your authentic self If books like All Boys Aren't Blue, Stamped, 100 African-Americans Who Shaped American History, or This Book is Antiracist have interested you, then Badass Black Girl should be the next book you read!

Hustle Believe Receive

YOUR EPIC LIFE STARTS HERE. In every woman lives a Queen who is confident, poised and clear on her calling. She is bold and unapologetic. Drawing from her spiritual connection and feminine nature, she accesses the power to manifest her desires and fulfill her purpose. The era of invisible women is over. Your time to be Queen has arrived. In The Audacity to be Queen, women's empowerment and success coach Gina DeVee invites modern day women to embrace the endless possibilities that are rightfully ours. Permission granted to take ourselves off the back-burner financially, romantically, physically, and socially--and step into our greatness. The days of dismissing ourselves and our desires end here. No longer must we pretend to be anything other than brilliant, capable and fabulous. The world needs women like us to own our power, raise our standards and contribute our talents like never before. When a woman chooses to be a Queen everyone benefits. With spectacular flair, beautiful pearls of wisdom, life-changing stories of unexpected triumph, The Audacity to Be Queen takes you on a journey to empower the Queen within. Gina DeVee shares the steps, exercises, meditations, prayers, and journal prompts to release all forms of self-doubt and self-sabotage so you can discover the best version of you. Only from the position of Queen can you fulfill your calling, and in this pivotal moment, time is of the essence. The age of Queen is now.

Voice Training

In Hustle Believe Receive, Sarah Centrella, author of the internationally popular blog Thoughts.Stories.Life., proves that anyone, no matter where they start from, can change their life, achieve success, and live their dream. As a single mom

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living on food stamps, Sarah completely changed her life of poverty to enable her to live her dream in just eighteen months. Sarah discovered the tools to change her life after her husband abandoned her and their three small children in 2008. Her story has impacted hundreds of thousands worldwide through her simple eight-step plan for achieving success known as the #HBRMethod. The book, now in paperback, features fifty-one inspiring stories of people who believe in Sarah's message, each of whom she personally interviewed for this book. They include: NFL star running back Jonathan Stewart; NBA power forward Anthony Tolliver; famed artist Victor Matthews; best-selling author Laura Munson; middle weight world boxing champion Daniel Jacobs; CEO Ryan Blair; and Morgan Stanley executive director Kimberley Hatchett, among many others. Hustle Believe Receive shows how these stories are connected, and how Sarah, a single mom from Oregon, manages to bring them all together in the most unlikely way. Hustle Believe Receive contains true tales of how real people are living the impossible. This book answers the question of "How did they do that?" and, more importantly, how you can too.

You Are a Badass at Making Money

DELICIOUS, NUTRIENT-PACKED MEALS TO FUEL A BETTER PERFORMANCE You train hard to perform well; your food should fuel the process and taste good, too. The Performance Paleo Cookbook gives you all the information and recipes you need to prepare delicious food that will help you get stronger today. When you train, your body needs the right combination of nutrients-whether it's to support your workout or to aid in recovery. Following a Paleo-based diet with smart modifications for training is the best way to maximize your workout so that you can get stronger and raise your performance. In this book you will get meal strategies based on your workout, meal combinations that pack a nutrient punch and recipes that will nourish you throughout your day-from pre-workout snacks to post-workout fuel and dozens of other carb-dense, nutrient-boosting meals to keep you at your best. And with 100 delicious recipes like Mocha-Rubbed Slow Cooker Pot Roast, Honey Garlic Lemon Chicken Wings, Baked Cinnamon Carrots, Savory Salt & Vinegar Coconut Chips and Banana Fudgesicles, who says healthy food has to taste bad? No matter how you choose to test the limits of your body, The Performance Paleo Cookbook has got your back with tasty, energizing food to help you train harder, recover faster and perform better.

The Buddha and the Badass

Unleash Your Badass Business is an intensive Workbook for entrepreneurs who are ready to massively expand their online empires. This four part workbook is designed to teach you how to Manifest big money in your business. Learn how to work through the transformation process of becoming a true leader so you can attract massive clients. Learn how to get clear about your vision, align with your purpose and build a life you crave. Throughout this 175 page workbook, you are taken on a transformation journey to become the version of yourself you always wanted to be, gaining true clarity in your business

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like never before. The Unleash Your Badass Business is a roadmap for female entrepreneurs, professional women, side hustlers, and anyone who's truly hungry to level up and play big in their passion. You can find out more about Lauren Eliz Love on instagram @Badassbusinessbabe Facebook by searching Badass Business Babe, or online at badassbusinessbabe.com

Soulbbatical

What if Life Wasn't About 50 Years of Wage-Slavery, Paying Bills and then Dying? Tired of sleepwalking through a mediocre life bribed by mindless video-gaming, redemptive weekends, and a scant paycheck from a soul-suffocating job? Welcome to the SCRIPTED club— where membership is neither perceived or consented. The fact is, ever since you've been old enough to sit obediently in a classroom, you have been culturally engineered for servitude, unwittingly enslaved into a Machiavellian system where illusionary rules go unchallenged, sanctified traditions go unquestioned, and lifelong dreams go unfulfilled. As a result, your life is hijacked and marginalised into debt, despair, and dependence. Life's death sentence becomes the daily curse of the trivial and mundane. Fun fades. Dreams die. Don't let life's consolation prize become a car and a weekend. Recapture what is yours and make a revolutionary repossession of life-and-liberty through the pursuit of entrepreneurship. A paradigm shift isn't needed—the damn paradigm needs to be thrown-out altogether. The truth is, if you blindly follow conventional wisdom pushed by conventional people living conventional lives, can you expect to be anything but conventional? Rewrite life's script: ditch the job, give Wall Street the bird, and escape the insanity of trading your life away for a paycheck and an elderly promise called retirement. UNSCRIPT today and start leading life— instead of life leading you.

Get Rich, Lucky Bitch

Me, Inc. features a black simulated-leather cover with gold foil stamping and a black ribbon bookmark. The fact that KISS is one of the most successful rock bands in the world is no accident. From the beginning Gene Simmons and Paul Stanley had a clear-cut vision of what they wanted to do and how they wanted to operate KISS as a business well before they ever first took the stage. Since deciding with Paul to manage the band themselves, Simmons has proved himself to be a formidable businessman, having sold over 100 million CDs and DVDs worldwide, overseen over 3,000 licensed merchandise items, and starred in the longest running celebrity reality show to date. More impressive is that he handles all of his business ventures on his own—no personal assistant, few handlers, and as little red tape as possible. In Me, Inc., Simmons shares a lifetime of field-tested and hard-won business advice that will provide readers with the tools needed to build a solid business strategy, harness the countless tools available in the digital age, network like hell, and be the architect for the business entity that is you. Inspired by The Art of War, the book dispenses Simmons' in-depth insights via thirteen specific principles for success

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based on his own experience, triumphs, and instructional failures in business—from finding the confidence within yourself that's necessary to get started, to surrounding yourself with the right people to partner with and learn from, to knowing when to pull the plug and when to double-down. These thirteen principles are a skeleton key into a world of success, freedom, peace of mind and, most importantly, financial success.

Unleash Your Badass Business

Unleash Your Inner Money Babe is a workbook designed to help you let go of your past programming and limiting beliefs around money, and unlock the mindset of abundance and wealth. The workbook is designed to be a fun, exciting, truth-bomb packed 21 day challenge with the goal of manifesting \$1,000 by the end of the 21 days. Kathrin guides you how to do this step-by-step with her "money babe actions" that allow you to tap into your innate ability to manifest money. Society wants you to think that money is hard. But the Universe is urging you to learn the truth about money. This workbook is your key to unlocking your natural money manifesting abilities that you didn't know you had all along. After the challenge, you'll never go back to struggling with money again. Ever. You can find more about Kathrin on Instagram at @manifestationbabe, on Facebook by searching Manifestation Babe, or online at ManifestationBabe.com.

Unleash Your Inner Money Babe

A former celebrity trainer outlines a program for maximizing health and strength through a clean-living diet, making recommendations for nutrition, fitness, and motivation while explaining the importance of working on one's unique positive attributes rather than comparing oneself to others. Original.

Badass Babe Workbook

Believe Your Way to Badass is an interactive guide built to lead you to discover, develop, and unleash your inner Badass through step-by-step coaching and journaling prompts. This guide can be used for any and all aspects of your life to further your badassery. "Believe your way to Badass is the catalyst that you need to allow yourself to live your dream life. I've read many books in my day, but this one will transform your life! It seriously gets my highest recommendation." -AJ Mirhzad "I have really enjoyed diving deep into Believe Your Way to Badass and particularly enjoyed the fun and conversational style that it is written in. I feel that this book completely showcases Celeste's personality and the essence of who she is, and I know that the reader will also directly feel how much she cares about them, which is truly special."- Regan Hillyer

The Witchcraft Handbook

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"The New York Times bestselling author of The Code of the Extraordinary Mind challenges everything you thought you knew about work, showing how aligning with your core values and fostering personal growth will lead to unimaginable success with a sense of ease"--

Unfuck Your Brain

Does your life match your dreams? Are you feeling stuck? What are you doing NOW to make things different next year? Are you feeling trapped by the fear of instability, failure, or what other people will think? It's time to kick fear out--you are capable, you are worthy, and you are ready! Fearless Lady Boss Stefanie Peters will show you her ultimate keys to ignite your inner greatness and catapult you toward the life you've always imagined. Unleash Your Lady Boss is for women who: Want more out of life Are ready to dream big Want to be their own boss Are tired of living paycheck to paycheck Want to live up to their God-given potential This book is your go-to guide, cheerleader, and mentor on your path to joy and fulfillment. Your future sparkles it's time to get moving, sister! Your ultimate Lady Boss life awaits.

Break the Good Girl Myth

Silence the Voice of Self Doubt "Banish Your Inner Critic provides knowledge, insight, tools and practice for getting unstuck and expressing full creative potential." ?Rebecca Stockley, Co-Founder of BATS Improv in San Francisco CA Are you ready to boost your personal productivity—minus the fear and loathing? Are you ready to Banish Your Inner Critic and unleash the creative ideas and personal productivity within you? Help is on the way! Blocked creative ideas. Everybody has one, an inner critic that tells you that others have more talent, you're just faking it, and that you'll never have those great creative ideas that seem just out of reach. This inner critic is a subconscious deterrent that stands between the seeds of great creative ideas and the fruits of achievement. It afflicts us with a mental block as deadlines approach, makes us so afraid of being judged that we hold ourselves back and don't share our expertise, forces us to question our ability to learn ideas and technologies quickly; and makes us doubt, discount, and kill our ideas before they see the light of day. Find a world of creative ideas. Denise Jacobs is a speaker, author and creativity evangelist who speaks at web conferences and consults with tech companies worldwide. As the Founder and Chief Creativity Evangelist of "The Creative Dose", she teaches techniques to make the creative process more fluid, how to make work environments more conducive to personal productivity, and practices for sparking innovation. Now, in Banish Your Inner Critic, Denise Jacobs shows you how to defeat barriers that are holding you back and achieve success through a positive mental attitude. Banish Your Inner Critic and: Identify and quiet the voice of self-doubt Master three powerful practices to transform how you relate to yourself and your creativity Generate more creative ideas than ever before If you're a fan of books such as The Artist's Way or The War of Art, you should read Banish Your Inner Critic.

Getting Naked

New York Times bestselling author Jen Sincero gets to the core of transformation: habits--breaking, making, understanding, and sticking with them like you've never stuck before. *Badass Habits* is a eureka-sparking, easy-to-digest look at how our habits make us who we are, from the measly moments that happen in private to the resolutions we loudly broadcast (and, erm, often don't keep) on social media. Habit busting and building goes way beyond becoming a dedicated flosser or never showing up late again--our habits reveal our unmet desires, the gaps in our boundaries, our level of self-awareness, and our unconscious beliefs and fears. *Badass Habits* features Jen's trademark hilarious voice and offers a much-needed fresh take on the conventional wisdom and science that shape the optimism (or pessimism?) around the age-old topic of habits. The book includes enlightening interviews with people who've successfully strengthened their discipline backbones, new perspective on how to train our brains to become our best selves, and offers a simple, 21 day, step-by-step guide for ditching habits that don't serve us and developing the habits we deem most important. Habits shouldn't be impossible to reset--and with healthy boundaries, knowledge of--and permission to go after--our desires, and an easy to implement plan of action, we can make any new goal a joyful habit.

Little Brand Book

"The New York Times bestselling author of *The Code of the Extraordinary Mind* challenges everything you thought you knew about work, showing how aligning with your core values and fostering personal growth will lead to unimaginable success with a sense of ease"--

Rage Yoga

If you've ever felt an itch to discover who you are, what you want out of life, and become the best version of yourself, then you have come to the right place. *"She's Killin' It"* is a 21 day journal to help you manifest your kickass life. Filled with thought provoking prompts, inspirational quotes, motivational mantras, and tons of space to dig deep into the depths of your soul, *"She's Killin' It"* is a journey unlike any other. In just 21 days you can expect to learn how to set goals effectively, set daily intentions, majorly reduce anxiety levels through therapeutic prompts, form positive habits, and gain crystal clarity of your biggest dreams and desires. Best of all, you'll have fun the entire journey. Expect to grow into the best version of yourself and kill it at this thing called life.

Lucky Bitch

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Part memoir, part manifesto, *Soulbbatical* is an invitation to become Chief Soul Officer of your own life—and to open up a whole new world of possibility. Former Harley-Davidson executive Shelley Paxton did just that. She walked away at the peak of her twenty-six-year marketing career and embarked on a profoundly personal journey to reconnect with her true purpose and deepest desires. She called it her “Soulbbatical,” and it not only changed her life, it became her calling. Paxton had a wildly successful life by most definitions—iconic brands, executive titles, and a globe-trotting career that took her to over sixty countries. She had one of the coolest jobs in the world, yet couldn’t shake the feeling that she had lost herself along the way. Something was missing. Here, she takes you on a sometimes harrowing, often hilarious journey through the illness, divorce, addiction, and tragedy that finally woke her up. Suddenly she was rebelling for her best life, and embracing a new mission: to encourage others to live their most authentic, courageous, and purposeful lives—today. *Soulbbatical* is an unconventional, exhilarating, and totally badass road map to discovering what you really want—and getting it. Because no matter how far you’ve strayed from your soul’s true path, it’s never too late for transformation.

Badass Habits

Kareen shows you how to build long-standing relationships with your clients by adding value at every opportunity. Her book lifts the veil from coveted practices used by highly effective leaders to articulate your true values, build a value system in your organization, and lead with greater ease.

Me, Inc.

Voice is one of the most important qualities of a leader. When you have a POWERFUL voice, life becomes so much easier. Your social life will be much better and your business life will reward you so many times. Girls will be much more attracted to you and you'll be respected and admired by every person you meet.

The Buddha and the Badass

In this refreshingly amusing self-help guide, body image expert Summer Innanen gives you the low-down on why changing your body image isn't about changing your body—it's about changing your mindset. With her not-so-PG stories and cheeky advice, you'll learn how to unconditionally love yourself and unleash the radiant, badass woman within. This book will help you to discover, challenge and reset the beliefs that are holding you back from being unapologetically you in today's perfection-obsessed society. By the end of the book, you'll be able to get on with the life you've been putting on hold and stop letting the scale, your jean size, dietary macros and Fitbit points dictate your self-worth. Whether you're ready to wholeheartedly abandon the idea that your life will be better 10 pounds from now or if you are simply body-posi-curious,

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Summer Innanen will help you explore a new way of thinking that bucks everything our body-obsessed culture shoves down our throats.

Motivation Without The Hype

Another extraordinary business fable from the New York Times bestselling author Patrick Lencioni Written in the same dynamic style as his previous bestsellers including The Five Dysfunctions of a Team, Lencioni illustrates the principles of inspiring client loyalty through a fascinating business fable. He explains the theory of vulnerability in depth and presents concrete steps for putting it to work in any organization. The story follows a small consulting firm, Lighthouse Partners, which often beats out big-name competitors for top clients. One such competitor buys out Lighthouse and learns important lessons about what it means to provide value to its clients. Offers a key resource for gaining competitive advantage in tough times Shows why the quality of vulnerability is so important in business Includes ideas for inspiring customer and client loyalty Written by the highly successful consultant and business writer Patrick Lencioni This new book in the popular Lencioni series shows what it takes to gain a real and lasting competitive edge.

UNSCRIPTED

YOU ARE A BADASS IS THE SELF-HELP BOOK FOR PEOPLE WHO DESPERATELY WANT TO IMPROVE THEIR LIVES BUT DON'T WANT TO GET BUSTED DOING IT. In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up 27 bitesized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, Make some damn money already. The kind you've never made before. By the end of You Are a Badass®, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass.

No Gym Required

From American Grit co-star, former Marine Gunnery Sergeant Tee Marie Hanible comes the story of how she became a warrior and how you can do it, too. In The Warrior Code, entrepreneur, philanthropist, reality star, and retired Gunnery Sergeant Tee Marie Hanible serves up eleven principles to awaken your inner badass and thrive in the face of adversity. After surviving the death of her father, enduring foster care, and being expelled from school, Tee joined military reform school, where she began uncovering her inner warrior. As part of one of the first female classes of recruits to complete the Marine Corps Crucible and the Marine Combat Training, and as the only woman to deploy with her unit to Iraq in 2003, Tee

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tested her mettle and learned the key to becoming an unbreakable woman. With insightful honesty and wisdom, and set against the backdrop of Tee's life, The Warrior Code will help you understand that things can beat us back from realizing our true potential but the key is finding the way to realize one's own innate strength.

Meal and a Spiel

When you're a leader, you have the watch. Through seven deployments commanding sailors in the complex and dangerous world of nuclear submarine warfare, Jon Rennie experienced a deep form of leadership. On a sub, there is no escape. No "after work." No home to commute to. You live and lead side-by-side with the crew, every day. What Rennie didn't realize was how much his time underwater prepared him to lead global industrial businesses and startups across multiple industries. Becoming a leader worth following begins--and ends--with people. "This book cuts to the heart of the matter of leadership: it's all about people." Says Joshua D. Cotton, PhD, Founder and CEO, VetStoreUSA With a special foreword by John Brubaker, Author of Seeds of Success, Rennie lays out a case for becoming a people-centered leader. Leaders have the watch. They are not only accountable for the results of the organization, but they are also responsible for the people who work for them. Leadership is a people business. The actions of a leader will have a deep impact on the lives and careers of the people they are responsible for. Natasha Goldstein, Founder and CEO, The Accountkeepers says, "As the founder of a fast-growing, people-based business, I could not put this book down. Unlike any other book on leadership I've read, Jon boils it down to what really matters: how you treat people." Great leaders know that employees who are respected, appreciated, and are given the chance to grow will go the extra mile for your organization. This book provides real-world leadership wisdom written from a hands-on perspective. If you want to be a more effective leader, this is the one book you should read this year. "Start becoming a better leader today by reading this book." Says Heather Eason, Founder and CEO, SELECT Power Systems

Lead With Value

NO HYPE On Your Personal Motivation! Is it time to take action and begin living your dream life? With this book you can join millions in using proven mindset science to get the mentoring and coaching you need to achieve personal growth with your mind, body and spirit. Are you looking for a blueprint that will take your motivation to the next level? * Learn proven systems and solutions to unleash your greatness * Discover action orientated plans to drive your momentum * Turn your inspiration for personal growth into results and success * Master your growth mindset and turn impossibilities into possibilities Do you? * Find it hard to change your habits and keep up momentum? * Struggle with maintaining a positive mindset? * Wonder why you don't achieve your goals? * Feel stuck in your life or career, unable to enjoy your dream existence? Motivation Without The Hype will turn your mindset, action and momentum into an unstoppable forward-moving

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force. This is what author Gez Perez, a master personal development coach and certified behavior profiler, specializes in. In *Motivation Without The Hype*, you will find:

- * Gez Perez's exclusive Thrive Motivation method, which will take you from procrastinator to action taker instantly
- * How to take your motivation one step further and use it as your secret source of greatness
- * How to prevent lapses into old habits, negative mindsets and lack of action.
- * Tips for channeling your newfound motivation into levelling-up your life
- * The proof you're wired for greatness.
- * And it's all outlined through easy steps and actionable ways to empower your motivation.

Motivation Without The Hype is not one of those fluffy personal success books that make you feel good without results. This book will unlock principles and strategies anyone can apply to their lives. It will rewire your thinking and drive you to become a high achiever with purpose. Don't wait and contemplate, your time to get motivated is now. Because you are an action taker! Tell yourself I CAN! I WILL! I MUST!

The Audacity to Be Queen

Channel your inner lady badass by harnessing creativity with the *Badass Babe Workbook*! This empowering art book highlights the accomplishments and messages of over 100 badass babes with prompts, art activities, and writing exercises that will encourage you to unearth, fuel, and cultivate your own inner superpowers, unleash your creativity, and find your voice. Get details on trailblazing, badass babes -- scientists, artists, athletes, writers, activists, poets, entertainers, and boundary breakers -- and you will see how creativity and self-expression combine to energize change yourself, and in the world. The *Badass Babe Workbook* is a playground for you to tap into your ideas, find your voice, and be reminded of the difference each of us can make when we are unafraid and assured in what we envision and express. In these complex, sometimes bewildering times, the *Badass Babes Workbook* keeps you engaged and connected with phenomenal women. Dig deep into yourself, polish up your gifts, fight injustice, and be your biggest, best, badass self!

I Have the Watch

Our brains are doing our best to help us out, but they can be real assholes sometimes. Sometimes it seems like your own brain is out to get you—melting down in the middle of the grocery store, picking fights with your date, getting you addicted to something, or shutting down completely at the worst possible moments. You already told your brain firmly that it isn't good to do these things. But your brain has a mind of its own. That's where this book comes in. With humor, patience, and lots of swearing, Dr. Faith shows you the science behind what's going on in your skull and talks you through the process of retraining your brain to respond appropriately to the non-emergencies of everyday life. If you're working to deal with old traumas, or if you just want to have a more measured and chill response to situations you face all the time, this book can help you put the pieces of the puzzle together and get your life and brain back. Here's an excerpt from the book: Knowing what's going on up in your brain is HUGE. So much of how we interact with the world around us is a completely normal

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response when we take into account our past experiences and how our brains work. • Freaking the fuck out • Avoiding important shit we need to take care of • Feeling pissed off all the time • Being a dick to people we care about • Putting shit in our bodies that we know isn't good for us • Doing shit we know is dumb or pointless None of these things are fucking helpful. But they all make sense. Your brain has adapted to the circumstances in your life and started doing things to protect you, bless it. It's not TRYING to fuck you over (even though it totally is, at times). As we navigate the world, nasty shit happens. The brain stores info about the nasty shit to try to avoid it in the future. Sometimes these responses are helpful. Sometimes the responses become a bigger problem than the actual problem was. It's called a trauma reaction. And even if you aren't dealing with a specific trauma? Adaptive coping strategies, bad habits, and funky behaviors all wire in similar ways. And research is showing that these issues are actually some of the easier ones to treat in therapy ... if we address what's really going on, rather than just the symptoms.

She's Killin' It

Manifesting Like A Boss Babe is a 21-day step by step ultimate guide to the manifestation process and Law of Attraction. This workbook is meant to help you uncover any mental blocks and limiting beliefs you are unconsciously holding onto. This book provides you with the tools and resources to co-create the life of your dreams. This workbook is your key to unlocking the infinite wisdom you hold within yourself and to start taking responsibility for the life you deserve to create. It all starts with you, babe! This book is for you if you: want to master the art of manifestation, want manifestation to finally work for you the way you desire, want to create the life you know you are meant to live, want to learn and implement simple yet strategic manifesting techniques and tools, and know that you are here to play a bigger game in life and are looking for that nudge in the right direction. Paige Cole is a Master Mindset Coach, Law of Attraction and Manifestation Expert, who works with spiritual entrepreneurs to create the life of their dreams. Paige is an advocate of growth mindset and grit. She believes that limitations are simply a choice. With the right education and tools, anyone can become an entrepreneur with location freedom and flexibility to sculpt their career around the life they desire and love. Paige believes that with a little guidance, ambition, and a solid game plan, you can tailor your situation and vision to manifest the vibrant and energized life you've been craving!

Manifesting Like A Boss Babe

Can you learn to be lucky? Self-made millionaire Denise Duffield-Thomas not only believes this is possible, she knows it's possible. From being broke, hating her office job and generally having a life that made her completely miserable, Denise went on to travel the world and make all of her dreams come true within the space of a few years. She attracted more than half a million dollars- worth of free travel, scholarships, prizes and bank errors in her favour, and in this book she reveals

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how you can do the same. Whether you're already lucky and want to attract even more into your life, or you feel like your luck is just about to run out, Lucky Bitch will show you how to take action in areas of your life that are lacking in magic. With her trademark humour and encouragement, Denise gives clear and effective instructions based on the principles of the Law of Attraction to get you closer to living your dream life. You'll also learn the 'Ten Lucky Bitch Commandments' and how to use them to create luck in all areas of life, including business and money. This book has already changed the lives of tens of thousands of women. Now it has the potential to change yours. If you've been asking for an answer or a miracle, this book is it!

The Performance Paleo Cookbook

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