

Achieve Your Goals Podcast 125 What Do Richard Branson

Essential reading for any would-be entrepreneur *Blueprint to Business* is the ultimate guide to becoming a successful entrepreneur. Bestselling author and CEO Mike Alden puts aside the rainbows and sunshine, gets real about what it takes to 'make it,' and gives you the real-world guidance you need to hear. Through anecdotes and advice, he shares his experiences along with those of other top founders and entrepreneurs to give you a realistic picture of what it takes to build a business. It's a bit of tough love, a healthy dose of reality, and a tremendously motivating guide to striking out on your own; from motivation and commitment to business licenses and the IRS, this guide is your personal handbook for the biggest adventure of your career. So you want to start a business: how much are you willing to commit in terms of time, money, and energy? How do you plan to bring in customers? What will set you apart from the crowd? What will convince clients to come to you rather than your competitor with an established track record? These questions must be answered before you even begin planning—and then, you have to make that canyon-sized leap from planning to doing. This book guides you through the early stages with practical advice from a real-world perspective. Turn 'dreams' into goals, and goals into reality Discover just what it takes to build a successful business Dig into the paperwork and legal/regulatory requirements Adjust your expectations to reflect your abilities and willingness to commit Starting a business could be the best thing you've ever done—or it could be the worst. Mitigate the risk by setting yourself up for success

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from the very beginning with the invaluable advice in *Blueprint to Business*. Praise for *Blueprint to Business* "I've had the opportunity to work directly with Michael Alden on his children's book. His business know how and ability to get things done is unparalleled." —Naren Aryal, CEO Mascot Books. "As an entrepreneur and author myself, I would recommend *Blueprint to Business* to anyone who is in business or looking to start a company. Michael Alden's no nonsense approach is much needed for anyone who wants the real truth about the life of an entrepreneur." —Ken Kupchik, author of *The Sales Survival Handbook Cold Calls, Commissions, and Caffeine Addiction The Real Truth About Life in Sales* "Michael Alden's story is truly inspirational. He has seen some extremely difficult times and has overcome extraordinary odds along his journey. He harnessed what he learned even as a young child to achieve great business success. The lessons in *Blueprint to Business* not only help those in business but it is for anyone who wants more out of life." —June Archer, author of *YES! Every day can be a good day: The Keys to success that lead to an Amazing life* "As a young entrepreneur, I have found that truly successful people help and teach others. Michael Alden has taken the time to help me with my business and my book. His experience is undeniable and I would recommend *Blueprint to Business* to any entrepreneur who wants to learn from someone who has done great things and continues to." —Casey Adams, social media influencer and author of *Rise of The Young: How To Turn Your Negative Situation Into A Positive Outcome, and Build A Successful Personal Brand* "Being an entrepreneur has its challenges. Michael Alden shares his business experiences to help others succeed. His advice and enthusiasm is directed towards teaching and leading through example. If you are looking to succeed in business this book is a must read!" —Christopher J. Wirth, entrepreneur, speaker,

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trainer, coach and host of the No Quit Living Podcast “I’ve known Mike for over ten years. I have had the opportunity to work very closely with him on dozens of transactions. His ability to get things done and work through obstacles is second to none. When most people would give up, Mike figures out a way to get things done.” —Jim Shriner, television personality and author of Live Disease Free Naturally.

Say hello to YOUR version of uncommon success with a revolutionary 17-step roadmap to guide your journey to financial, location, and lifestyle freedom! Based on thousands of interviews from John Lee Dumas’ highly acclaimed podcast, Entrepreneurs on Fire, this revolutionary 17-step roadmap provides a proven path for entrepreneurs like you to achieve the financial, location, and lifestyle freedom you are capable of. Let The Common Path to Uncommon Success show you how. The Common Path to Uncommon Success will: Reveal the critical steps successful entrepreneurs take to achieve uncommon success. Dispel the doubts and fear you’re currently facing while providing a clear path to financial freedom and fulfillment. Ensure you avoid the pitfalls that have tripped up countless entrepreneurs. Provide a “Well of Knowledge” section for you to tap into anytime you're in need of inspiration or motivation! JLD’s 17-step roadmap will help you accomplish your #1 goal in life, as it has for so many others, by showing you how to properly focus on your vision of success until it becomes your reality.

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of Give and Take). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated

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information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In Deep Work, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, Deep Work takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

THE ULTIMATE GUIDE TO SUPERCHARGING YOUR PRODUCTIVITY, DEMOLISHING YOUR TO-DO LIST, AND MAKING TIME FOR YOUR PASSION PROJECTS The 5 AM Miracle offers you a plan to focus on what matters most, and get more done. It shows how to

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reap the incredible benefits of early rising, from demolishing your to-do list to making time for your passion projects. With its 7-step system, this easy-to-follow guide teaches you how to systematically create a healthy, balanced lifestyle and achieve your grandest goals. Packed with tips, tricks and proven strategies for success, The 5 AM Miracle explains how and why you should:

- Create an evening boundary for work
- Plan tomorrow on paper tonight
- Boost energy all day
- Drink 1 liter of water and a green smoothie every morning
- Organize annual goals in 3-month chunks
- Use a task manager to track projects

"The most important book at the borderland of psychology and politics that I have ever read."—Martin E. P. Seligman, Zellerbach Family Professor of Psychology at that University of Pennsylvania and author of *Learned Optimism* Why are we devastated by a word of criticism even when it's mixed with lavish praise? Because our brains are wired to focus on the bad. This negativity effect explains things great and small: why countries blunder into disastrous wars, why couples divorce, why people flub job interviews, how schools fail students, why football coaches stupidly punt on fourth down. All day long, the power of bad governs people's moods, drives marketing campaigns, and dominates news and politics. Eminent social scientist Roy F. Baumeister stumbled unexpectedly upon this fundamental aspect of human nature. To find out why financial losses mattered more to people than financial gains, Baumeister looked for situations in which good events made a bigger impact than bad ones. But his team couldn't find any. Their research showed that bad is relentlessly stronger than good, and their paper has become one of the most-cited in the scientific literature. Our brain's negativity bias makes evolutionary sense because it kept our ancestors alert to fatal dangers, but it distorts our perspective in today's media environment. The steady barrage of bad news and

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crisismongering makes us feel helpless and leaves us needlessly fearful and angry. We ignore our many blessings, preferring to heed—and vote for—the voices telling us the world is going to hell. But once we recognize our negativity bias, the rational brain can overcome the power of bad when it's harmful and employ that power when it's beneficial. In fact, bad breaks and bad feelings create the most powerful incentives to become smarter and stronger. Properly understood, bad can be put to perfectly good use. As noted science journalist John Tierney and Baumeister show in this wide-ranging book, we can adopt proven strategies to avoid the pitfalls that doom relationships, careers, businesses, and nations. Instead of despairing at what's wrong in your life and in the world, you can see how much is going right—and how to make it still better.

Covers public relations, exhibitions, art dealers, rejection, grants, other sources of income, insurance, resumes, and motivation

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. In *Still Procrastinating?*, Joseph Ferrari will help you find out why you put things off and learn how to conquer procrastination for good. Do you ever say to yourself "What if I make a bad decision?," "What if I fail?," or "I'm better under pressure"? There are all sorts of reasons people procrastinate. What are yours? This book draws on scientific research on procrastination conducted over more than twenty years by the author and his colleagues, to help you learn what stops you from getting things done so that you can find the solutions that will really work. Contrary to conventional wisdom, chronic procrastination is not about poor time management, but about self-sabotaging tendencies that can prevent you from reaching your full potential. This book gives you the knowledge and tools you need to understand and overcome these

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tendencies so you can start achieving your goals--not next week, next month, or next year, but today! Exposes the hidden causes of procrastination, including fear of failure, fear of success, and thrill-seeking Identifies types of procrastinators and helps determine which type describes you Shares surprising information on how factors such as technology and the time of day affect procrastination Examines specific issues related to putting things off in school and at work Shares more than twenty years of research on the causes and consequences of chronic procrastination Written by a psychologist who is an international expert on the subject of procrastination Are you still procrastinating? This take-charge guide will help you stop making excuses and start transforming your life--right now.

In this "thriller with literary merit" (Time Out New York), a stunning narrative combines the gritty rhythms of Junot Diaz with the noir genius of Walter Mosley. Bodega Dreams pulls us into Spanish Harlem, where the word is out: Willie Bodega is king. Need college tuition for your daughter? Start-up funds for your fruit stand? Bodega can help. He gives everyone a leg up, in exchange only for loyalty—and a steady income from the drugs he pushes. Lyrical, inspired, and darkly funny, this powerful debut novel brilliantly evokes the trial of Chino, a smart, promising young man to whom Bodega turns for a favor. Chino is drawn to Bodega's street-smart idealism, but soon finds himself over his head, navigating an underworld of switchblade tempers, turncoat morality, and murder. "Bodega is a fascinating character. . . . The story [Quiñonez] tells has energy and verve." —The New York Times Book Review

This book is compilation of over 150 my best blog articles have written with one goal in mind - to deconstruct the art of personal and professional growth, development, and, of course, leadership. In this book I am sharing my passion, and many years of trial and error, success

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and failure, based on my personal and professional experience, knowledge, and training. If you have ever experienced a fear of failure, low self-esteem, confidence overpowered by fear, lack of motivation, feeling of being stuck with no opportunity to grow, strong desire to change your present and create a better future for yourself and those around you but not sure how, strong desire to improve but unclear of steps to take, then this book is for you. Begin re-discovering new you - confident, determined, and ready to overcome any obstacle and fear on your path, while pursuing your goals and lifetime dreams today

"From the longest-running, most trusted book review in America comes a celebration of The New York Times Book Review, including reviews, essays, and interviews, showcasing the best, worst, funniest, strangest, and influential literary coverage since its beginnings in 1896"-- Too many ambitious women strive to accomplish all their goals alone, leading to dangerous levels of stress and anxiety. Learn how a strong support network and meaningful connections are crucial not only to your long-term success, but to your peace of mind. Today's women are ambitious and excelling in every way. But many still believe that asking for help along the journey is a sign of weakness, ignorance, or incompetence, so they go it alone. Author and podcaster Elayne Fluker believes this mindset is partially responsible for the increase in suicide rates for girls and women and the reason so many women end up depressed, overwhelmed, isolated and unfulfilled. To combat this alarming trend, Fluker helps women learn how to build their own networks, make meaningful connections, and understand how even some of the most successful women in the world, like Oprah Winfrey and Spanx founder Sara Blakely, had tremendous support networks that helped them achieve their dreams. Get Over "I Got It": Shares the lessons Fluker learned throughout her own struggles with learning

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how to ask for and accept support. Provides anecdotes from women professionals, interviews with health professionals, and current research demonstrating the tangible ways women can ditch the dangerous go-it-alone philosophy. Offers proven, real-world ways for women to embrace the proven health and career benefits of a stronger-together approach. Ultimately, this book helps women overcome their psychological hurdles to asking for help, giving them a surefire strategy—and the confidence—to seek support. They'll then be positioned to join other women's support networks, uplifting them in a way that will transform both individual lives and communities.

The world of digital media is changing at a phenomenal pace. Constantly evolving technologies are transforming not just how we access our information but how we interact and communicate with one another on a global scale. Understanding Digital Marketing is a practical, no-nonsense guide to web marketing, the rules of new media and researching the new generation of digital consumers. Clear, informative and entertaining, it covers key topics such as search marketing, social media, Google, mobile marketing, affiliate marketing, email marketing, performance marketing, customer engagement and digital marketing strategies. One of the best-selling books in the industry, this third edition of Understanding Digital Marketing has been thoroughly revised with more information on core areas such as search, analytics, online PR and content marketing. Complete with in-depth insider accounts of digital marketing successes from brands including Harley-Davidson, Help for Heroes, MercadoLibre and the UEFA Europa League, it remains 'one of the most comprehensive yet easy-to-read books on digital marketing available' (The Marketer) and is therefore essential reading for both practitioners and students alike.

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A groundbreaking approach to wellness that will help you cut through the clutter and find the small shifts that create huge changes in your life, from the host of the podcast The Feel Good Effect “An absolutely fresh and insightful guide . . . If you’re looking to create more calm, clarity, and joy, this book is for you.”—Shauna Shapiro, Ph.D., author of Good Morning I Love You What if wellness isn’t about achieving another set of impossible standards, but about finding what works—for you? Radically simple and ridiculously doable, The Feel Good Effect helps you redefine wellness, on your own terms. Drawing from cutting-edge science on mindfulness, habit, and behavior change, podcast host Robyn Conley Downs offers a collection of small mindset shifts that allow for more calm, clarity, and joy in everyday life, embracing the idea that “gentle is the new perfect” when it comes to sustainable wellness. She then leads you through an easy set of customizable habits for happiness and health in mind, body, and soul, allowing you to counteract stress and prevent burnout. Instead of trying to get more done, The Feel Good Effect offers a refreshingly sane approach that will allow you to identify and focus on the elements that actually move the needle in your life right now. Less striving. More ease. It’s time to feel good.

The mental well-being of children and adults is shockingly poor. Marc Brackett, author of Permission to Feel, knows why. And he knows what we can do. "We have a crisis on our hands, and its victims are our children." Marc Brackett is a professor in Yale University’s Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a

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legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how.

The present collection examines the many different ways in which religions appeal to the authority of science. The result is a wide-ranging and uniquely compelling study of how religions adapt their message to the challenges of the contemporary world.

In the bestselling tradition of *Stuff Matters* and *The Disappearing Spoon*: a clever and engaging look at materials, the innovations they made possible, and how these technologies changed us. Finalist for the 41st Los Angeles Times Book Award in Science and Technology

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and selected as one of the Best Summer Science Books Of 2020 by Science Friday. In *The Alchemy of Us*, scientist and science writer Ainissa Ramirez examines eight inventions--clocks, steel rails, copper communication cables, photographic film, light bulbs, hard disks, scientific labware, and silicon chips--and reveals how they shaped the human experience. Ramirez tells the stories of the woman who sold time, the inventor who inspired Edison, and the hotheaded undertaker whose invention pointed the way to the computer. She describes, among other things, how our pursuit of precision in timepieces changed how we sleep; how the railroad helped commercialize Christmas; how the necessary brevity of the telegram influenced Hemingway's writing style; and how a young chemist exposed the use of Polaroid's cameras to create passbooks to track Black citizens in apartheid South Africa. These fascinating and inspiring stories offer new perspectives on our relationships with technologies.

BUSINESS STRATEGY. "The 4 Disciplines of Execution" offers the what but also how effective execution is achieved. They share numerous examples of companies that have done just that, not once, but over and over again. This is a book that every leader should read! (Clayton Christensen, Professor, Harvard Business School, and author of "The Innovator's Dilemma). Do you remember the last major initiative you watched die in your organization? Did it go down with a loud crash? Or was it slowly and quietly suffocated by other competing priorities? By the time it finally disappeared, it's likely no one even noticed. What happened? The whirlwind of urgent activity required to keep things running day-to-day devoured all the time and energy you needed to invest in executing your strategy for tomorrow. "The 4 Disciplines of Execution" can change all

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that forever.

Do you ever wonder how some people make success look so simple? In *Succeed*, award-winning social psychologist Heidi Grant Halvorson offers counterintuitive insights, illuminating stories, and science-based information that can help anyone:

- Set a goal to pursue even in the face of adversity
- Build willpower, which can be strengthened like a muscle
- Avoid the kind of positive thinking that makes people fail

Whether you want to motivate your kids, your employees, or just yourself, *Succeed* unlocks the secrets of achievement, and shows you how to create new possibilities in every area of your life.

Big Dreams, Daily Joys is an empowering guide to establishing healthy habits so that it's easy (and fun!) to accomplish long-term goals. This productivity book is filled with simple-to-follow techniques, rituals, and exercises for accomplishing day-to-day tasks and making progress on bigger goals. For those who feel overwhelmed by endless to-do lists and the stresses that come with daily life, *Big Dreams, Daily Joys* encourages a simple and achievable productivity practice.

- Offers tips on how to organize a productive day and overcome the urge to procrastinate
- Teaches skills on how to make space for creativity and achieve a healthy work-life balance
- The ultimate handbook to getting things done with clarity, joy, and positivity

Big Dreams, Daily Joys is an invaluable resource for anyone who is tackling a creative project, running their own business, or simply trying to manage time more efficiently. This book gives readers

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the tools to develop their own productivity practice and tips for reflection, celebrating accomplishments, and setting achievable goals. • Written by maker and doer Elise Cripe (@elisejoy) • The perfect gift for creatives, freelancers, entrepreneurs, fans of daily journaling and bullet journals, people looking to take more time for themselves, and anyone interested in personal growth, goal setting, and alignment • Great for fans of Start Where You Are: A Journal for Self-Exploration by Meera Lee Patel, The Crossroads of Should and Must: Find and Follow Your Passion by Elle Luna, and Girl, Stop Apologizing: A Shame-Free Plan for Embracing and Achieving Your Goals by Rachel Hollis

This edited collection helps those teaching religion in higher education utilize technology to increase student learning both inside and outside of the classroom. Recent times have seen major technological shifts that have important implications for how religion is taught at a post-secondary level. Providing multiple perspectives on a range of topics—including social media use and interactive classroom learning —this book presents a series of original case studies and insights on how technology can be used in religion classes in higher education to improve student learning.

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. You were introduced to the 5-day

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food-cycling method, which 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.

Everyone gets 168 hours a week, but it never feels like enough, does it? Work gobbles up the lion's share--many professionals are working as much as 70 hours a week--leaving less and less for rest, exercise, family, and friends. You know, all those things that make life great. Most people think productivity is about finding or saving time. But it's not. It's about making our time work for us. Just imagine having free time again. It's not a pipe dream. In *Free to Focus*, New York Times bestselling author Michael Hyatt reveals to readers nine proven ways to win at work so they are finally free to succeed at the rest of life--their health, relationships, hobbies, and more. He helps readers redefine their goals, evaluate what's working, cut out the nonessentials, focus on the most important tasks, manage their time and energy, and build momentum for a lifetime of success.

The Feel Good Effect Reclaim Your Wellness by Finding Small Shifts that Create Big Change Ten Speed Press

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For the first time in history, eradicating world poverty is within our reach. Yet around the world, a billion people struggle to live each day on less than many of us pay for bottled water. In *The Life You Can Save*, Peter Singer uses ethical arguments, illuminating examples, and case studies of charitable giving to show that our current response to world poverty is not only insufficient but morally indefensible. *The Life You Can Save* teaches us to be a part of the solution, helping others as we help ourselves.

Eating well can seem complicated, but it doesn't have to be. The truth is, one of the keys to having the energy, optimal body composition, and overall wellness we crave is the thing we're so often told is bad for us: animal protein. An ideal diet is one that is nourishing, balanced, and satisfying--but so often, we're told to cut out entire categories of food, and instead of healthy, we end up feeling restricted, hungry, and even sick. Women are frequently targeted with misinformation about the "appropriate" diet to keep us thin, which demonizes animal protein and fat in favor of low-calorie, low-fat foods and leaves us no closer to our goals. Good health is not about deprivation; it's about finding balance and embracing the most nutrient-dense foods nature has to offer. In their new book, *Carnivore-ish: 125 Protein-Rich Recipes to Boost Your Health and Build Muscle*, Ashleigh VanHouten and Beth Lipton cut through the clutter and dogma to provide an accessible and informative resource about adding more healthy protein to your meals. This book busts the myths and fearmongering and explains how and why to include these foods, which taste delicious, provide satisfaction, and can help you look and feel the way you want to. In this book, you'll find:

- * The latest scientific research on the importance of eating animal protein for optimal health
- * A breakdown of why we've been taught to fear

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meat--and what this misinformation is doing to our health * Tips to figure out your own "optimal diet" while avoiding unnecessary restrictions and marketing tactics aimed at keeping us confused * Carnivore-ish meal plans made easy, with a breakdown of what a "carnivore reset" is and why it's worth trying * 125 tasty high-protein recipes to please all palates Whether you're a lifelong meat eater looking for new and creative ways to get more animal protein, or you're finished with fads and seeking a health-boosting diet you can stick to, Carnivore-ish will help you enjoy a satisfying, protein-forward way of eating.

#1 Wall Street Journal Best Seller USA Today Best Seller Amazon Best Book of the Year TED Talk sensation - over 3 million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt,

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shame, sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, *Emotional Agility* serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face.

Turbocharge your professional success and accelerate your career. This practical guide cuts the fluff and gives you real, tangible, actionable steps you can take to build your own world-class network. Even if you think the terms “personal branding” or “networking” sound sleazy, *How to Get Ahead* teaches you how to earn more, learn more, get more done, and set yourself up for long-term career success. **THIS PROVEN, SIX-STEP SYSTEM TEACHES YOU HOW TO:**

- Stop spinning your wheels and set professional goals that you can actually achieve.
- Identify, reach out to, and learn from mentors, teachers, and advisors to shave years off your learning and avoid painful mistakes.
- Eliminate overwhelm and burnout through a

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personalized project management system Identify and signal your skills and expertise to unleash your own personal brand. • Discover The “Seven Deadly Sins of Networking” that kill your chances of building a world-class network— and how to avoid them. • Tap into your own personal network and get introductions influential people—even if you hate “networking.” • Make people want to work with you — even if you hate “pitching.” Whether you’re an employee, a business owner, an academic, a student, or an aspiring “digital nomad,” this book gives you the steps to set up your own system for professional success.

125 family-friendly recipes based on the author's popular Just a Taste food site, with each recipe featuring a totally unexpected ingredient Kelly Senyei, founder of the food site Just a Taste, has garnered millions of fans with a delicious hook--every one of her recipes has a secret ingredient, something totally unexpected that takes a dish from common to extraordinary. Some of the 125 tried-and-tested recipes are surprisingly simple, like her Vanilla Bean Drop Doughnuts made with Greek yogurt, or the Sweet and Tangy Baked Chicken Wings made with blackberry jam. Other recipes are nothing short of genius, such as the Kale Panzanella made with croissants, the Healthy White Chicken Chili made with hummus, or the Crispy Slow Cooker Carnitas made with cocoa powder. And just because the secret ingredients are surprising doesn't mean they're expensive or hard to find, either. Kelly is a busy mother of two, and she made sure every ingredient can be found in any supermarket. Her family-friendly recipes cover every occasion, from crowd-pleasing snacks and 30-minute entrées to make-ahead sides and holiday-worthy desserts.

What if wellness isn't about achieving another set of impossible standards but about finding what works - for you? In The Feel Good Effect, podcast host Robyn Conley Downs presents a

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ground-breaking approach to help you cut through the clutter and find the small shifts that create huge changes in your life. Radically simple and ridiculously doable, *The Feel Good Effect* helps you redefine wellness, on your own terms. Drawing from cutting-edge science on mindfulness, habit, and behavior change, author Downs offers a collection of small mindset shifts that allow for more calm, clarity, and joy in everyday life, embracing the idea that "gentle is the new perfect" when it comes to sustainable wellness. She then leads you through an easy set of customizable habits for happiness and health in mind, body, and soul, allowing you to counteract stress and prevent burnout. Instead of trying to get more done, *The Feel Good Effect* offers a refreshingly sane approach that will allow you to identify and focus on the elements that actually move the needle in your life right now. Less striving. More ease. It's time to feel good.

Distributing Condoms and Hope is a feminist ethnographic account of how youth sexual health programs in the racially and economically stratified city of "Millerston" reproduce harm in the marginalized communities they are meant to serve. Chris Barcelos makes space for the stories of young mothers, who often recognize the narrow ways the public health professionals of Millerston approach "teen" pregnancy. Barcelos's findings show that the agents of these programs--teachers, social workers, nurses--ignore systemic issues of race, class, and gender, and instead advocate for individual-level solutions such as distributing condoms and promoting "hope." Through a lens of reproductive justice, *Distributing Condoms and Hope* theorizes different kinds of futures for marginalized youth, ones that neither use their lives as basis of disciplinary public policies nor romanticize their struggles.

Assistant, you are a leader. As an assistant, you constantly face obstacles that hold you back

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from accomplishing your career goals. Whether it's a job change, shifting deadlines, a micromanaging executive, a toxic co-worker, a high-pressure project, or an intense negotiation with a vendor, the administrative profession is not for the faint of heart. If you're looking to maintain the status quo and be "just an assistant," this book is not for you. But, if you want the confidence and ability to conquer the challenges that most try to avoid, then you're in the right place. The Leader Assistant outlines four pillars-embodiment the characteristics, employ the tactics, engage in relationships, and exercise self-care-that will help you rediscover your passion for the profession and become a confident, future-proof, game-changing Leader Assistant. If you neglect even one pillar, you'll head for burnout, stagnation, and anonymity. You are meant for so much more. Are you ready to be the Leader Assistant the world needs? "The ABA and most state bar associations have identified a wellness crisis in the legal profession, and called for educating students on how to better cope with the challenges of law school and practice. At the same time, students must learn how to maximize their brain health so that they perform well in law school and on behalf of their clients in practice. The same way musicians would tune their instruments, or chefs would sharpen their knives, law students must sharpen their minds. This book aims to help students "do well" in their ability to learn, and "be well" in the process, by exploring the deep connection between brain health and wellness. Specifically, the book discusses: How to cultivate the ability to deeply focus and deal with the challenges of the 24/7 digital age How stress affects both brain and body How increasing resilience helps deal with challenges and setbacks Why we need exercise for mental, physical, and brain health Why adequate sleep is important and how it can be improved How what we eat affects the brain and one's physical performance Written in a witty, informative, and easy-to-

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read style, the book is full of suggestions to help students establish healthy and productive habits which will benefit both brain and body. Each chapter ends with a self-reflection exercise to help students take the material and consciously begin implementing its suggestions. This book could be used in orientation programs, academic support and wellness programming, professional development, mindfulness, and other "preparing for practice" courses"--
NEW YORK TIMES BESTSELLER • “Desus & Mero are smarter and funnier than everyone writing books.”—Shea Serrano “I will never write anything as hilarious as they have. I give up.”—Malcolm Gladwell “These motherf***ers make me laugh until I choke.”—Jia Tolentino **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR** A wild, hilarious guide to life from the hosts of the hit late-night show Desus & Mero and the Bodega Boys podcast Who could have predicted that, after a fateful meeting in a Bronx summer school in the 1990s, Desus & Mero would turn their friendship into an empire of talking to each other. And it’s no surprise—tuning in to them is like listening to the funniest, smartest people you know dissect a topic and then light it on fire. Now they’ve written the most essential guide to life of this century*, in which all the important questions are asked: How do I talk to my kids about drugs if I do them, too? What are the ethics of ghosting in a relationship? How do I bet on sports? How should I behave in jail? How much is too much to spend on sneakers? Is porn really that

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bad for me? As they put it: "We want to share all we've learned, after years in the Bronx streets, with you: the people. So with a lifetime spent building up a plethora of information from trials and tribulations and a handful of misdemeanors, we decided to write this book—a sequel to the Bible, or maybe to The Hitchhiker's Guide to the Galaxy, depending on how big a nerd you are. Let this book be your North Star." *NO REFUNDS

The old saying goes, "To the man with a hammer, everything looks like a nail." But anyone who has done any kind of project knows a hammer often isn't enough. The more tools you have at your disposal, the more likely you'll use the right tool for the job - and get it done right. The same is true when it comes to your thinking. The quality of your outcomes depends on the mental models in your head. And most people are going through life with little more than a hammer. Until now. The Great Mental Models: General Thinking Concepts is the first book in The Great Mental Models series designed to upgrade your thinking with the best, most useful and powerful tools so you always have the right one on hand. This volume details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making, productivity, and how clearly you see the world. You will discover what forces govern the universe and how to focus your efforts so you can harness them to your advantage, rather than

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fight with them or worse yet- ignore them. Upgrade your mental toolbox and get the first volume today. AUTHOR BIOGRAPHY Farnam Street (FS) is one of the world's fastest growing websites, dedicated to helping our readers master the best of what other people have already figured out. We curate, examine and explore the timeless ideas and mental models that history's brightest minds have used to live lives of purpose. Our readers include students, teachers, CEOs, coaches, athletes, artists, leaders, followers, politicians and more. They're not defined by gender, age, income, or politics but rather by a shared passion for avoiding problems, making better decisions, and lifelong learning. AUTHOR HOME Ottawa, Ontario, Canada

Transform Aspirational Thoughts into Life-Changing Results What's the biggest challenge you face if you want to accomplish great things? It's getting and keeping the right mindset, according to the hundreds of high achievers Julia Pimsleur has interviewed and worked with as a business coach. In *Go Big Now*, Pimsleur distills two decades of studying complex mindset practices into eight essential "mindset keys" that can be used by anyone to get the Go Big Mindset and achieve ambitious professional and life goals. Pimsleur shares personal stories of how she used these keys to raise venture capital and build multimillion-dollar companies, and illustrates each key with an example from a leader, CEO,

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or celebrity whose mindset catapulted them to success. You'll learn to reframe perceived setbacks, replace unhelpful thoughts and limiting beliefs with empowering ones, and stay motivated to pursue your big goal, even in the face of massive hurdles. With the Go Big Mindset, you'll boost your mental resilience and discover how to think your way to bigger, better results.

C.S. Lewis wrote many great words, but not everything you see with his name on it is from the famed author of the Narnia books. Seventy-five quotations are presented that have an association in one way or another with a host of names, including: Ryan Seacrest, Anthony Hopkins, Max Lucado, Rick Warren, and Tim Allen! Learn the three most common ways Lewis is misrepresented: 1. Falsely Attributed Quotes: Expressions that are NOT by him. 2. Paraphrased: Words that are ALMOST what he said. 3. Out of Context: Material he wrote, but are NOT QUITE what he believed. This book doesn't stop there. Also discover what Lewis actually said that is related to the presented misquotes. Those new to Lewis and the more serious reader of his works will grow in their appreciation of a writer that is not only quotable, but obviously misquotable!

Nearly 10 million people in the United States have been told by their doctor that they have prediabetes, with tens of millions more estimated to have prediabetes and not know it. In fact, the latest numbers from the CDC suggest that nearly 1 in

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3 adults currently have either prediabetes or diabetes. These are alarming numbers, and finding out that you are that one out of three can be even more alarming. Shock, denial, and confusion are not uncommon reactions. But there is a flipside to learning you have prediabetes. It's scary, but it also means you've caught the condition just in time, before it's too late. Prediabetes does not mean you will develop diabetes. There are actions you can take to improve your health. *Prediabetes: A Complete Guide*, will reveal to you in detail what these actions are and empower you to find the healthy eating and lifestyle changes that work best for you to help you achieve your health goals. Written by Jill Weisenberger, a registered dietitian nutritionist, certified diabetes educator, certified health and wellness coach, and author of the American Diabetes Association bestselling book, *Diabetes Weight Loss—Week by Week*, this comprehensive guide will lead you through dozens of concrete steps you can take to reduce the risk of developing type 2 diabetes and other lifestyle-related chronic diseases. Taking an individualized approach to your lifestyle "reset," this book will allow you to choose your own path to wellness, help you gain a greater sense of wellbeing, boost your confidence in your abilities to maintain a healthful lifestyle, and potentially even help you reverse prediabetes and avoid type 2 diabetes and other chronic illnesses. You'll be feeling better than you have in years! Inside,

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you will learn to: Identify your risks for developing type 2 diabetes Set personalized and meaningful behavioral goals Identify and build on your motivation for a lifestyle reset Create positive new habits Change eating habits for weight loss and greater insulin sensitivity Choose wholesome foods in the supermarket and when away from home Tweak your favorite recipes Reduce sedentary time Start or improve upon an exercise plan Reduce emotional eating Organize and track your progress with tools included in the book Much more Prediabetes can be scary, but it's also a huge opportunity—an opportunity to "reset," to improve your health, and to get yourself in better shape than ever. Let *Prediabetes: A Complete Guide* show you how.

The author of *The Dude Diet* is back with 125 crowd-pleasing recipes to hack the daily dinner dilemma. In her cult-classic *The Dude Diet*, chef and recipe developer Serena Wolf dared go where no healthy living cookbook had gone before: into the realm of dude food. From wings and nachos to burgers and pizza, Serena offered clean(ish) junk food makeovers that inspired dudes everywhere to put down the takeout menu and pick up a spatula. Now, *The Dude Diet Dinnertime* gives those same hungry dudes—and their families—dozens of drool-worthy main course dishes. In *The Dude Diet Dinnertime*, Serena gives you 125 foolproof recipes to satisfy every craving and please every member of the

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family. With soon-to-be classics like Super Sloppy Josés, Turkey Reuben Patty Melts, Chicago Dog Baked Potatoes and Chicken Parm Quinoa Bake, Serena shows comfort food fanatics and picky eaters alike how to get a delicious, nutritious, and filling dinner on the table without a fuss—and sometimes in 30 minutes flat. With easy-to-follow, step-by-step instructions, gorgeous food photography, and Serena's one-of-a-kind voice and humor, *The Dude Diet Dinnertime* offers a fun and utterly satisfying answer to the eternal question: What's for dinner?

How the meaningless process of natural selection produces purposeful beings who find meaning in the world. In *From Darwin to Derrida*, evolutionary biologist David Haig explains how a physical world of matter in motion gave rise to a living world of purpose and meaning. Natural selection, a process without purpose, gives rise to purposeful beings who find meaning in the world. The key to this, Haig proposes, is the origin of mutable “texts”—genes—that preserve a record of what has worked in the world. These texts become the specifications for the intricate mechanisms of living beings. Haig draws on a wide range of sources—from Laurence Sterne's *Tristram Shandy* to Immanuel Kant's *Critique of the Power of Judgment* to the work of Jacques Derrida to the latest findings on gene transmission, duplication, and expression—to make his argument. Genes

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and their effects, he explains, are like eggs and chickens. Eggs exist for the sake of becoming chickens and chickens for the sake of laying eggs. A gene's effects have a causal role in determining which genes are copied. A gene (considered as a lineage of material copies) persists if its lineage has been consistently associated with survival and reproduction. Organisms can be understood as interpreters that link information from the environment to meaningful action in the environment. Meaning, Haig argues, is the output of a process of interpretation; there is a continuum from the very simplest forms of interpretation, instantiated in single RNA molecules near the origins of life, to the most sophisticated. Life is interpretation—the use of information in choice.

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