

Shortcuts to

getting a life

Tips and strategies that
will change your life

Gael Lindenfield

Shortcuts To Getting A Life

JS Bruner



Shortcuts To Getting A Life:

50 Shortcuts to a Sugar-Free Life Fredrik Paulín, 2015-01-13 Refined sugars are probably the most hazardous ingredients in modern food. They're extremely dense in calories and highly addictive, and this can make us fat. For most Americans today, one out of every four calories consumed is refined sugar. Excessive consumption of refined sugar increases the risk for many forms of cancer, cardiovascular disease, diabetes type 2, general inflammation, and premature aging. In *50 Shortcuts to a Sugar-Free Life*, Fredrik Paulín, Sweden's number one nutritionist and author of *50 Ways to Boost Your Metabolism*, explains why refined sugars are so dangerous to your health and how to avoid excess intake and addiction. He offers lifestyle tips and easy tricks for reducing consumption of sugar and making healthy choices. Paulín also shows how to enjoy a taste of sweetness from natural sources for delicious food that provides only positive effects for the brain and body. Paulín draws on the latest research to provide expert, scientifically proven shortcuts to a better lifestyle. Whether you follow one sugar-cutting strategy or all fifty, the results on your health and waistline are guaranteed. **33 1/3 Success Shortcuts**

I Wish Someone Had Taught Me Sooner David Jurewicz, 2008-10-31 If you've always wanted to have a fun life full of great experiences and serendipitous events, then you'll want to read chapter 11 in this book. What if there was a simple, straight-forward life formula you could follow that might improve your health, wealth, and relationships right away? This information is a secret held by only a tiny percentage of our population. No, it's not necessarily known by the rich and famous, but rather by people who have much more: a blissful life full of an abundance of fine things. You can be one of them, too. Read the book **33 1/3 Success Shortcuts I Wish Someone Had Taught Me Sooner** by David Jurewicz right away. Get started today on your new and improved life. Go to these sites to order. From the book publisher P.S. There's a lot more in this book. Use these two powerful laws to move things in your direction: **FASTER** Page 27. How to double your reading speed forever in just a few hours Page 57. An age-defying eating plan that can boost your immune system for better health Page 71. The little-known actions you can take right now to become a great public speaker Page 52. How to stay married a long time Page 69. The shortcut to great wealth Page 94. How keeping track of things can explode your personal production at home and work Page 85. The ONE thing you're probably doing right now that's holding you back from great success Page 54. The fastest way to a six-figure income without a college education Page 38. Going to school: Get educated faster so you'll make more money sooner Page 60. Plus a lot more. Ovations for this great book: Very well written and easy to read. Great advice that can be used by anyone, no matter what their profession. Good job, David. Roger Carignan, Executive. David is one of the great motivators I've known in my life. Spending time on a chapter with David stimulates you to go out and accomplish your goals. His energy, curiosity, and zest for life are sure to rub off on you. Kristi Garrett, author and businesswoman. Order your copy right now. **101 Rules to Being the Champion of Your Own Life** Jolie Glassman, 2021-12-21 All of us fight. We fight for the things we believe in. We also fight for those we love, and at times we need to fight against our toughest opponent: ourselves. In *Life According to the Rules*

of Boxing author Jolie Glassman offers a curriculum for life discussing how to live your life like a boxer and be the champion fighter of your own life You are the hero you have been waiting for it is your future self The guide presents 101 rules to live life like a boxer who trains to be a champion and becomes one It offers tips and advice to help you become stronger fitter faster better and wiser in mind body and spirit Each rule is paired with a famous boxer s quote and Glassman recommends being with the rule reflecting on if you currently possess the skill or trait and if not how you will begin to incorporate it in your life and embody it Life According to the Rules of Boxing is a catalyst to open your eyes to the choices champions make while inspiring you to do the same This is a curriculum for living a powerful and successful life you love Inspired by her passion for boxing and love of service Jolie Glassman has written a truly inspirational book a blueprint for anyone that is ready to fight for a better life She uses the words and disciplines of great fighters like myself to train and motivate the mind into obtaining characteristics that boxers use for self mastery which include belief discipline repetition and desire If you are ready to fight for a better life than there s no better coach than Jolie Glassman to have in your corner Mike Tyson

The Passion to Turn Your Life Around James Jornyoun,2023-04-09 The passion to turn your life around is about encouraging people to take small steps daily to improve as a way to accept change as part of life to make a breakthrough and take control of their lives The passion to turn your life around is to serve as a guide to not dwell on the past because the future is full of promises to explore and help in building confidence to manage fear and take chances in life The passion to turn your life around is to help create the conversation and ideas on managing our affairs as we begin to grow and learn along the way from decisions we make as well as the training we get living our lives

Shortcuts to God Gerald G. Jampolsky, MD,2013-10-09 More than twenty years after the publication of LOVE IS LETTING GO OF FEAR best selling author Gerald Jampolsky brings us the highly anticipated sequel In SHORTCUTS TO GOD Dr Jampolsky sheds light on the human longing to be closer to the mystical parts of our lives and teaches us to abandon our fears and embrace honesty forgiveness and love When asked why the sequel has been so long in coming Dr Jampolsky explained that learning about love can be a lifelong expedition one that has continuous cycles of hardship fulfillment and revelation each of which builds on the past to shape the self Fortunately for the rest of us Dr Jampolsky has emerged from his own spiritual journey much the wiser and ready to share the insights and revelations he s gleaned along the way SHORTCUTS TO GOD will jump start your journey to love and spirituality whether you re just starting down the path or well on your way to enlightenment

Get a Life That Doesn't Suck Michelle Deangelis,2008-09-02 Life can really suck But it doesn t have to With the help of esteemed consultant and coach Michelle DeAngelis life can really rock DeAngelis serves up a combination of street smart wisdom and cheerful irreverence as she shows readers how to enjoy the ride of their lives regardless of the roadblocks or potholes along the way By providing the specific mechanics to joy DeAngelis shows that joy is a repeatable by product of living one s life in integrity and of making conscious choices every day that kick misery worry and guilt to the curb She explains how most people are not

naturally equipped to deal with life's challenges and then introduces foundational tools and effective techniques to take readers from crappy to happy. She starts with a Joy Quotient Quiz that gives readers their JQ score and identifies their Gap, the measurable difference between what people think and what they do, which is where life sucks. She then teaches a four-step fast acting process that provides quick relief to solve everyday problems. The centerpiece of the work is DeAngelis's 10 Life Changing Ahas. From the title to the very last line, *Get a Life That Doesn't Suck* is not your everyday self-help book. Through humor and real life examples, DeAngelis explains how readers can reduce their stress, improve their outlook, and get rid of whatever is holding them back. She provides the formula for readers to make joy real and accessible so that the journey from life sucks to life rocks is worth the trip.

Shortcuts to Success Jonathan Robinson, 2000-01-01. Distilling the advice of his personal heroes, a group that ranges from Anthony Robinson to Ram Dass, the author guides readers to the secrets of improved performance, enhanced health, and re-energized relationships. Original 25,000 first printing. *Expressions for Life*, *Be A Shortcut* Scott G. Halford, 2008-12-22. Shortcut is the new catchphrase that identifies high quality influence and value in employees and executives. *Be A Shortcut* is a business book that provides new frameworks and tactics to help a broad range of individuals become the professionals their company can't live without. The book shows you how to actually become a Shortcut using Halford's proven Shortcut success formula. You'll gain more influence, become more valuable, get promoted faster, find better customers, get better raises, no matter what you do. Shortcut is a way of thinking, a way of doing, a way of being, and when you commit yourself to it, you'll write your own ticket to wherever you want to go.

Shortcut to Prosperity Mark Hopkins, 2013-01-01. Just being good at what you do doesn't cut it anymore. Today's information fueled economy rewards a new breed of worker: those who can think differently, move faster, and attain a level of knowledge that tilts the field of play in their favor. In *Shortcut to Prosperity*, Mark Hopkins explains how to develop those habits, not only for career success but also for a more fulfilling and exciting life. He'll show you how to do the soul searching required to find your passion, harness hardship or personal vision to engage a lifelong Prosperity Cycle that builds on one success after another. Put in the hours with the right organizations to develop a differentiating level of competence. Exploit your natural curiosity and expand your field of vision to spot opportunities others miss. The most important entrepreneurial habit: Develop partners, guides, and mentors to help you along the way. However you define prosperity, Mark can help you find your field of play, develop a competitive advantage, and recruit allies. Through stories of inspiring people, some entrepreneurs, some not, Mark reinforces the book's message: you don't have to be a genius or lucky to have the exact career and life you want. By sharing the habits of success and simple strategies for integrating them into your life, Mark will help you map your own shortcut to prosperity.

Life As a Mommy Cathy Spigarelli, 2006-04. Do You Feel Isolated as a Mom? You've heard, "No man is an island," but did you know that No mom is an island, either. Through twelve years of parenting, Cathy Spigarelli has learned moms need other moms for advice, reassurance, suggestions, and camaraderie. In her book *Life as a Mommy*, moms find just

such support Every day for a year Cathy wrote about life with her three young children The 365 compact entries have a girlfriend to girlfriend conversational tone and can be read in minutes without guilt Life as a Mommy provides a window into the daily life of a mom revealing her triumphs and struggles her joy and laughter and her dilemmas and concerns The book gently advises provides insights and offers suggestions to fellow moms You will laugh you will cry and you will wonder as Cathy does about this incredibly difficult incredibly joyous thing called motherhood Cathy Spigarelli didn't start out dreaming of being a mommy Instead she began a career as an engineer She married and then completed a master's degree With a brand new degree and a brand new baby Cathy found herself at a turning point Setting aside career ambitions she became a full time mommy For twelve years Cathy has been a stay at home mom Every day for an entire year she captured her thoughts feelings and concerns about daily life as a mom She wrote while locked in the bathroom at stoplights and in the preschool parking lot She lives with her husband who wonders why he isn't mentioned in the book more often and her three lively children who wonder why mommy writes about them in Indianapolis Indiana In this book you will find that as a mom you do not walk alone We journey through motherhood together Won't you join me **Shortcuts to Getting a Life** Gael Lindenfield,2002-01-01 **A Divine Understanding Of Life** Katekani Masangu,2017-06-21 this book takes you to a journey of understanding oneself understanding what life really is how you should interact with yourself and your environment how to overcome challenges and live your life to be successful it gives you a good sense of respect of time and the chance that you are given as a person it gives you a challenge of mastering your thoughts living to the best of you knowing what you should speak and what you should not speak as you journey your way to your divine destination remember the legacy you leave behind matters Life Sucks. Get Used To It. Mohamed Zubair,2019-09-04 We live in strange times Most of us hate our jobs our parents are sending us friend requests on Facebook and Memes are the only form of entertainment that truly make us happy Life sucks get used to it is India's first Anti Self Help book While regular self help books want to look into your eyes hold your hand and tell you that the universe is waiting to reward you in beautiful ways Life sucks get used to it is more like a spank on the bottom that encourages you to accept the harsh realities of life with some tough love of course This BS free and no nonsense handbook provides you with actionable tools you can use to bring about a change in your life Somewhere among the brutal truths life lessons humorous puns profound sarcasm and profanity laden thoughts you might just end up finding the answer to living your best life and making your place in this big bad world *How to Meaningfully Live a Student's Life* Hammad Ansari,2021-10-21 There is a lack of guidance in general for students in different aspects of life and they are mostly left alone to figure out by themselves the right course of action in any particular situation they are in The learnings from this book will help students have a better perspective towards different aspects of life and choose the right course of action This book will give you perspectives that will help you live a meaningful life This book is a compilation of perspectives concepts and ideas that every student must be aware of The learnings from this book will not only help you in your student's life but

will also help you further in life in your meaningful growth as a mature individual This book is about personal growth and opening up new horizons in life along with maintaining happiness in the journey of life This book is not a typical abstract motivational book in fact motivation is dumb if it lacks practicality Loaded with practical ideas facts and legit researches this book not only motivates but also gives a good understanding of the human mind and behavior the knowledge of which will help individuals make better decisions in life Life as unusual work as usual Ayon Banerjee,2023-08-02 NAME

Ramayana: The Game of Life - The Complete Collection Shubha Vilas, Features 6 National Bestsellers Ramayana The Game of Life Book 1 Roar with Courage Ramayana The Game of Life Book 2 Conquer Change Ramayana The Game of Life Book 3 Adopt Patience Ramayana The Game of Life Book 4 Stand Strong Ramayana The Game of Life Book 5 Radiate Confidence Ramayana The Game of Life Book 6 Think Big to Win Authentic narration of the epic with life lessons The RAMAYANA is not a story It is a way of life It is THE GAME OF LIFE A good game is full of twists and turns at every stage and this magical epic arms us with valuable tools to deal with anomalies in our own lives These quirks turn us into valiant warriors in the face of the most challenging situations **8 Essentials for a Life of Significance** Jay Strack,Ron Luce,2006-05-08 For over 20 years Dr Jay Strack has been working with young Christian leaders throughout the U S and teaching them have a better understanding of God s Word and His calling in their lives The topics chosen for the Student Leadership University Study Guide Series represent part of the teaching model that Dr Strack has developed over the years and address tough questions that young people are asking today In this study guide Dr Strack and Ron Luce will take the student on a journey through the lives of teens such as David Joseph Shadrach Meshach and Abednego Timothy Mary and others to discover what it takes to really make a difference in the world around you They will teach students the importance of having a powerful personal devotion time with God keeping your mind protected and fortified defending your faith having accountability honoring your parents finding your purpose and living it out fearlessly **Past Life and Retrograde Planets** Deepanshu Giri, Vedic Astrology defines a retrograde planet as one that appears to be moving backward A retrograde planet may weaken or strengthen its energy and influence on an individual s life In this book you will learn about the different retrograde planets in Vedic astrology You will also discover how they can affect different areas of your life such as relationships career and personal growth You will also learn techniques for working with the energy of retrograde planets to improve your life **Shameless Shortcuts** Fern Marshall Bradley,2004-01-01 1 027 tips and techniques that help you save time save money and save work every day

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