

LOVE YOUR WORK

RECLAIM YOUR LIFE

STEP INTO
A WHOLE NEW WAY
OF EXPERIENCING WORK

MAGGIE HAMILTON

Love Your Work Reclaim Your Life

Lesley Moffat



Love Your Work Reclaim Your Life:

Reclaim Your Superpowers Ava Miles, 2020-08-17 An exquisite exploration Dr Shawne Duperon Nobel Peace Prize Nominee A life changing journey Crystal Andrus Morissette S W A T Institute A must read Angela Polidoro former Editor for Random House s Ballantine Bantam Dell International Bestselling Author Ava Miles shows readers how to overhaul the false power ruining their lives and reclaim their true power their superpower to live their best life perfect for fans of Brene Brown Here are all the tools you need to save your own world cape supersuit and a new bad ass attitude implied Kathia Zolfaghari International Bestseller and Kung Fu Master Do you remember the last time you believed you could do anything When you were your own superhero strong and capable and in charge of your life Many of us were plugged into our true power in childhood but it was disconnected as we grew up and graduated as adults in our communities the work force and our relationships Now current events have kicked us in the gut and plunged us into new depths of powerlessness Never before have we needed to relearn and reclaim our true power Ava worked with top leaders in the world s greatest power centers formulating plans to rebuild war zones and implementing them on the ground Through her work she learned true power creates a better life false power destroys it Her ring side seat to zero sum power led her to search for a new kind true instinctive personal power In Reclaim Your Superpowers Ava guides us through the steps she took to reclaim her own life going from a rat race professional to an international bestselling author living her dream life from zero to sixty This cutting edge guide gives you a practical blueprint on The ins and outs of real personal power Diving into your fears and misuses around power How to assess where you re using false power and getting nowhere Spotlight Tools to identify the origin stories holding you back Take Back Tools to reconnect you to your true power Super Tools to tease out your winning traits to plan and manifest what you really want It s time to take back your power your superpowers It s time to start living your best life Reclaim Your Superpowers is part of The Lost Guides to Living Your Best Life series a complete system to help us reclaim the nine superpowers essential to rocking life Ava Miles is the international bestselling author of powerful books about love happiness and transformation As a former conflict expert Ava rebuilt warzones in places like Lebanon Colombia and the Congo to foster peaceful and prosperous communities While rewarding Ava recognized she could affect more positive change in the world by addressing the real roots of conflict and unhappiness In becoming an author she realized her best life healing the world through books Her novels have received praise and accolades from USA Today Publisher s Weekly and Women s World Magazine in addition to being chosen as Best Books of the Year and Top Editor s picks However Ava s strongest praise comes directly from her readers who call her books life changing The Lost Guides to Living Your Best Life represent the culmination of her work as a conflict expert life coach and wellness expert Reviews Ava gives us the tools we need to reclaim our everyday joy and honest expression Rediscover my inner superpowers Yes please The Lost Guides are a world changer Well done Ava International Bestseller and Kung Fu Master Kathia Zolfaghari A life changing journey every woman will want

to take Crystal Andrus Morissette Founder of the S W A T Institute Simply Woman Accredited Trainer Miles series is an exquisite exploration of internal discomfort and courage allowing you to reclaim your divine soul and fully express your womanhood I highly recommend Dr Shawne Duperon Project Forgive Founder Nobel Peace Prize Nominee on The Lost Guides Miles provides us with essential advice on how we can shed the beliefs that are making us miserable and find our way back to our inner goddesses She guides us through the sometimes turbulent waters of the issues that matter most to us relationships sex finances self expression self image etc This is must read Angela Polidoro former Editor for Random House s Ballantine Bantam Dell Pushing the envelope is edgy Change is never comfortable Ava Miles takes us out of our comfortable chitchat cocoon and shows us how to become those butterflies all women are destined to become no matter what they face in life The series is a must read Risa Shimoda Outdoor Leadership Consultant and President of The Shimoda Group on The Lost Guides Let your adventure begin and unleash by reading this series Anna Levesque author of Yoga for Paddling on The Lost Guides This series delivers empowering advice without pulling any punches Liza M Shaw MA Licensed Marriage and Family Therapist of PowerToThrive com on The Lost Guides Ava Miles is a courageous fellow writer whose mission is to empower all women Aspen Matis author of the internationally bestselling memoir Girl in the Woods Ava gets to the heart of why some of us do toxic or hang around drama while helping us all realize we can have happy and loving relationships that don t clutter up our space or make us sick Courtney Cachet Celebrity Designer TV Personality If you enjoy books by Brene Brown Gabrielle Bernstein Rachel Hollis Jen Sincero Mark Manson Shawn Achor Michael Singer Tony Robbins Deepak Chopra Shauna Niequist Gary Chapman John Leland and Gretchen Rubin you will love Ava s self help books [Reclaiming Your Life](#) Jean C. Jenson,1996-10-01 Provides practical and compassionate guidance on dismantling the childhood defenses of repression and denial Contemporary Psychology *Reclaim Your Power* J. L. Hart,2025-06-14 Reclaim Your Power The Freedom of Letting Go is your path to emotional freedom inner peace and personal empowerment Feeling overwhelmed burned out or stuck in the cycle of perfectionism This book offers a powerful shift stop trying to control everything from your career to your relationships and start focusing on what truly matters YOU Through science backed strategies real life stories and practical exercises you ll learn how to Break free from burnout by understanding the hidden costs of control Manage stress anxiety and self doubt with proven tools Redefine success on your own terms and live in alignment with your values Set healthy boundaries and create your Vision of Fulfillment Whether you re chasing approval navigating toxic relationships or simply craving peace this book will help you embrace uncertainty shift your mindset and reclaim your power Let go and watch your life unfold in ways you never imagined **The Yes Frequency** Gary Quinn,2014-01-01 Filled with practical and deeply insightful strategies this concise guide offers methods for breaking old habits becoming more successful and giving life a greater purpose Focusing on recurring problems existent in today s hectic world readers will be encouraged step into a positive vibration frequency to access inner power creativity and intuition Recognizing the ways in which fear creates chronic

anxieties and alienation new approaches are explored for healing limiting wounds opening a path for an optimistic life approach geared towards discovering and manifesting one's desires

Summary of Flow by Mihaly Csikszentmihalyi

QuickRead, Alyssa Burnette, Flow invites us to step outside the mundane experiences of our everyday lives to craft the optimum psychological experience through making a few simple yet radical choices in our everyday lives Exploring the overall dissatisfaction with life and obsession with instant gratification which besets humanity psychologist Mihaly Csikszentmihalyi presents a new method of attacking the status quo By challenging ourselves to learn new skills develop our passions and fine tune our senses Csikszentmihalyi posits that we can generate a state of happiness and focus which will help us find our flow that psychological state of pleasure engagement and satisfaction which brings meaning to our lives Do you want more free book summaries like this Download our app for free at <https://www.QuickRead.com> App and get access to hundreds of free book and audiobook summaries

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Reclaiming Life Alia Stevenson, 2021-12-30 Alia Stevenson was unaware that her own happiness was the cornerstone of her family's success Stevenson's mindset was crooked Her health was deteriorating her happiness had vanished and her stress levels were out of control The heartache confusion and disappointment Alia battled with engulfed her Allowing stressful situations to build upon themselves resulted in Alia becoming unstuck No one intentionally decides to destroy their own health but one is required to intentionally reclaim their health In *Reclaiming Life* Stevenson reveals hers and her family's inspirational journey How they improved their health and well being and why Sharing with you how nourishing your body overcoming stressful situations making conscious decisions to eradicate toxic friendships managing your sleep and finding gratitude in living every day can change your life *Reclaiming Life* helps you understand that your health is your responsibility and the only person who can help you achieve great results is you Stevenson divulges how uncomplicated living a healthy lifestyle can be and explains how everything is connected Alia shares her six steps beginning with your mindset your nutrition and your sleep pattern to developing an attitude for gratitude and how exercising regularly and feeding your gut microbiome can improve your health and happiness

Your Life After Trauma Michele Rosenthal, 2015-03-02 Restoring your sense of self after trauma In 1981 as a thirteen year old child I was given a routine antibiotic for a routine infection and suffered anything but a routine reaction An undiscovered allergy to the medication turned me into a full body burn victim almost overnight By the time I was released from the hospital I had lost 100% of my epidermis Even more importantly I had completely lost myself Now a professional coach who specializes in helping trauma victims rebuild their lives Michele Rosenthal struggled with the effects of medically induced post traumatic stress disorder PTSD for over 25 years before reaching a full recovery Today she is 100% free of symptoms of PTSD In this

book she applies her personal experience and professional wisdom to offer readers an invaluable roadmap to overcoming their own trauma in particular the loss of sense of self that often accompanies it If you suffer from the effects of trauma or PTSD whether it was caused by a single incident like a car accident or from chronic childhood abuse domestic violence illness or war trauma you are well aware of how disconnected you feel from the person you most deeply wish to be Trauma interrupts even hijacks your identity To cope you may rely on mechanisms to keep your emotions triggers and responses in check but these very habits can often prevent the true restoration of safety stability and inner connection How can you rediscover your sense of self so that you honor who you were before the trauma even if that trauma began at birth understand who you are at this very moment and determine who you want to be going forward Like a therapist in your back pocket Your Life After Trauma guides you in finding answers to these tough questions Expertly written by a helping professional who keenly understands the post trauma identity crisis that is so common among trauma and PTSD sufferers it is a simple practical hands on recovery workbook Filled with self assessment questionnaires exercises tips and tools not to mention insightful personal and professional vignettes it takes readers through a step by step process of healing the identity crisis from understanding some of the basic brain science behind trauma and why you feel the way you do to recognizing who you were or had the potential to be before the trauma who you are today after the trauma and who you want to become With this book by your side it is possible to regain a sense of calm confidence and control on your road to recovery

Reclaiming You Abby Rawlinson, 2024-01-18 Highlighters at the ready The therapist we all wish we had delivers a book that you can keep coming back to when life takes a turn DR JULIE SMITH bestselling author of Why Has Nobody Told Me This Before A life changing roadmap on how the mind body connection can transform our lives FEARNE COTTON With such empathy and wisdom Abby nudges us back home to ourselves after difficult times TASHA BAILEY realtalk therapist An empowering practical guide to the tools of therapy you need to know From integrative therapist Abby Rawlinson therapywithabby comes this real world companion to improving your mental health Guiding you on your journey to reconnecting with your true self and uncovering the science of how our minds and bodies are interconnected this empowering handbook shows you how to rediscover what you want and need break unhealthy patterns and make lasting positive change Here are 5 things you ll learn from reading this book that in turn will transform your life 1 Have a healthier reaction to stress 2 Break your people pleasing pattern 3 Better tackle anxiety and low moods 4 Silence your inner critic 5 Learn to say no without feeling guilty Warm and personal will help you dig deeper into who you are and help you grow your self belief DR MARTHA DEIROS COLLADO dr martha psychologist A must read for anyone wanting to understand themselves a little more deeply HELEN MARIE h e l e n m a r i e Published by Happy Place Books *Your Money or Your Life* Vicki Robin, Joe Dominguez, 2008-12-10 A fully revised edition of one of the most influential books ever written on personal finance with more than a million copies sold The best book on money Period Grant Sabatier founder of Millennial Money on CNBC

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The Codependency Workbook: How Anyone Can Recover from Toxic Relationships and Reclaim Their Self-Worth in 30 Days or Less ALBAN COLE,2025-05-06 Rewrite your story and break free from the painful cycle of

codependency Open a new chapter where you can live as the complete and authentic version of yourself embracing self discovery empowerment and independence Are you constantly seeking approval bending over backward to meet the needs of others even at the expense of your own well being Do you often neglect your own desires and boundaries in the process If your answer is yes then you may be exhibiting codependent behavior in one or more types of relationships in your life The main sign of codependency is consistently elevating the needs of others above your own In reality it presents a spectrum of pains and scars that run deep beneath the surface It can manifest in various relationships whether with a partner family member friend or coworker It thrives in environments where there is an imbalance of power emotional instability or a history of dysfunctional relationship dynamics Codependency is a challenging cycle of give and take and the only way out is through profound emotional healing personal growth and transformative change This book serves as your guiding light through the shadows of codependency offering insights practical strategies for coping and emotional intelligence and empathetic support so you can break free from its grip By exploring the roots of codependent behavior and providing actionable steps toward building healthier relationships this book will help you reclaim your autonomy and foster genuine connections based on mutual respect and trust Here is just a fraction of what you will discover within A step by step guided journey to the complete you rediscovering the love you have for yourself The spectrum of codependency understanding the different ways it manifests in life and relationships Exercises for self reflection how to rediscover your needs and desires and foster a deeper connection with yourself How to master the art of unconditional self love so you can bring your complete self to relationships The paradox of people pleasing and why external validation is a honey trap here s a secret people pleasing pleases no one How to set and maintain wise and healthy boundaries in all areas of your life at home at work and in various social scenarios The key to healthy relationships how to write a new language of love for yourself and the people in your life And much more This book understands that change isn t easy especially when you ve given too much for too long It addresses breaking unhealthy habits building trust healing from trauma and enhancing mental health It s easy to say Just assert your wants and needs but taking action is an entirely different mountain to climb This book will help you find the inner strength and will you need to take action and combat codependency This is your sign to end the cycle Step out of the shadows of codependency and live your best most authentic life Scroll up and click the Add to Cart button right now **Ritual as Remedy** Mara

Branscombe, 2022-06-07 Explains how ritual can serve as a way to ground yourself invite in the new let go of what needs to be shed and tap into your own inner powers Shares ancient and modern rituals ceremonies and practices to connect with the seasons the lunar cycles and the five elements as well as open your heart dance with your shadow self grow your intuition and connect with your body Offers detailed instructions for each ritual ceremony and transformative healing practice HEALING BALM for psyche and soul ritual invokes a unique magic that allows us to step beyond the mundane and touch base with the sacred turning points in our life and the truth of our soul s calling In this evocative guide Mara Branscombe

offers potent soul care rituals and ceremonies to purify and strengthen minds hearts and bodies so as to enable us to activate our inner power Connecting with the pagan wheel of the year the five elements and the lunar cycle soulstirring rituals and step by step healing protocols show a path towards a deeper heart centered living Transformative practices such as guided meditations and visualizations breathwork altar creation and discovery of our personal empowerment mantras facilitate our healing journey Ancient and modern ceremonies and specific spiritual formulas help us embody a loving existence dance with our shadow self engage with grief grow our intuition dismantle limiting beliefs and heal toxic patterns to find inner strength and peace Ritual as Remedy is an invitation to shape shift heal transform and reclaim one s true soul purpose through powerful self care protocols that awaken freedom joy and a wild untamed self love

Help, I'm Failing as a Mom Tanya Trevett, 2020-09-01 Help I m Failing as a Mom helps mothers handle their child s mood disorder without feeling like a failure as a parent Tanya Trevett is a mental health coach teacher and certified Reiki and IET Practitioner as well as the mother of three daughters with mental illnesses In Help I m Failing as a Mom she guides mothers through the eight step WELLNESS Process that teaches them how to handle their child s mood disorder without feeling as if they are failing Written for parents who want to learn how to live with their child s mood disorder in a healthier way Tanya shares what she has learned in her fifteen year journey to help mothers Learn the secret to letting go of guilt so they can be a better and happier parent Understand the complexities of mood disorders and why it takes a village Learn methods and activities for hope and healing Rediscover the joy pride and unconditional love they have for their child

Reclaiming Conversation Sherry Turkle, 2016-10-04 Turkle presents a powerful case that a new communication revolution is degrading the quality of human relationships The New York Review of Books Turkle s witty well written book offers much to ponder Talk is cheap but conversation is priceless Boston Globe This is a persuasive and intimate book Washington Post Renowned media scholar Sherry Turkle investigates how a flight from conversation undermines our relationships creativity and productivity and why reclaiming face to face conversation can help us regain lost ground We live in a technological universe in which we are always communicating And yet we have sacrificed conversation for mere connection Preeminent author and researcher Sherry Turkle has been studying digital culture for over thirty years Long an enthusiast for its possibilities here she investigates a troubling consequence at work at home in politics and in love we find ways around conversation tempted by the possibilities of a text or an email in which we don t have to look listen or reveal ourselves We develop a taste for what mere connection offers The dinner table falls silent as children compete with phones for their parents attention Friends learn strategies to keep conversations going when only a few people are looking up from their phones At work we retreat to our screens although it is conversation at the water cooler that increases not only productivity but commitment to work Online we only want to share opinions that our followers will agree with a politics that shies away from the real conflicts and solutions of the public square The case for conversation begins with the necessary conversations of solitude and self

reflection They are endangered these days always connected we see loneliness as a problem that technology should solve Afraid of being alone we rely on other people to give us a sense of ourselves and our capacity for empathy and relationship suffers We see the costs of the flight from conversation everywhere conversation is the cornerstone for democracy and in business it is good for the bottom line In the private sphere it builds empathy friendship love learning and productivity But there is good news we are resilient Conversation cures Based on five years of research and interviews in homes schools and the workplace Turkle argues that we have come to a better understanding of where our technology can and cannot take us and that the time is right to reclaim conversation The most human and humanizing thing that we do The virtues of person to person conversation are timeless and our most basic technology talk responds to our modern challenges We have everything we need to start we have each other Turkle's latest book *The Empathy Diaries* is available now **Workday Warrior** Ann Gomez, 2022-12-06 Reclaim control of your workday with a proven time saving method Life is busier than ever before We are working longer hours to keep up with longer to do lists Yet we're experiencing more stress and seem to fall further and further behind Our so called leisure time is punctuated with interruptions constantly pulling us back to work We are led to believe we can prioritize our way out of this but prioritization is broken In *Workday Warrior* productivity expert Ann Gomez presents a fresh approach that smashes today's time challenges too many priorities too many interruptions and too much complexity We don't need more willpower discipline or hours in our day Instead we need a straightforward approach to help us reclaim our time and upgrade our work habits We need to concentrate our priorities protect our time and simplify our work to amplify our results This book will help you become a Workday Warrior Find more time in your day play at a higher level and feel more in control of your time Your work and life will never be the same **Energy Is Power** Holly Harrell, 2021-06-17 Welcome to *Energy is Power* This is a book to help you understand vibrational energy and how it affects your body My journey has been to find the answer to how we can heal ourselves and understand how energy works Throughout my life I have found an understanding that simple vibrational energy is all around us and is the key to our health and happiness I have created a four pillar plan to help you understand how higher vibrational energy is the key to living a more healthy and happier life The four pillars are divided up into diet exercise ego or emotions and our higher power or spirituality All are important to understand each vibrational energy pillar and learn to raise each one Let me walk you through a simple to understand program that I have developed to help you take control of your own life The higher you vibrate the more miracles will come to you and your chosen path that you were meant to live will be part of your everyday life Let's do this together it is amazing and so empowering Holly Harrell [Unleash](#) Paige Bevans, 2020-09-29 It starts as a quiet rebellion stirring in your bones No matter what age you are if you are woman you know the demands placed upon you to be everything for everyone all the time With all her energy going to family career and endless errands it is no wonder she can't shake the feeling that somehow along the way she left behind a piece of herself It may surprise you to know that it is much

easier than you think to get back that spark that your younger self had so naturally The way to her is through the Wild Feminine a fire that burns fierce in the hearts of all women While constraints of everyday life may have dwindled that fire it can never be fully extinguished Unleash will take you on a journey within where you will kick up the ashes and find the embers still glowing In understanding how you have arrived in this place the patterns that keep you here and how to break free of them you will see that living life as a passionate and wild female is exactly how your younger self always dreamed you would live You are made of fire The Glory of Living Myles Munroe,2011-07-28 Dr Munroe surgically removes the religious rhetoric out of this most oft used word glory replacing it with words that will draw you into the powerful Presence of the Lord The Glory of Living not only introduces you to the power of the glory but also practically demonstrates how God longs to see His glory reflected through man **I Love My Job But It's Killing Me** Lesley Moffat,2020-01-07 I Love My Job But It s Killing Me is the step by step guide teachers need to get back to the career they love without compromising their health any longer I Love My Job But It s Killing Me is a no nonsense and practical guide to help get teachers started today on the path to improved health and more energy so they can get back their career and their life Within I Love My Job But It s Killing Me teachers learn techniques that will Improve their ability to fall and stay asleep Reduce brain fog and exhaustion brought on by stress Eliminate or greatly minimize aches and pains that interfere with daily work Help them reclaim the energy needed to support their work and family life Gives concrete steps to take when it feels like it s all falling apart

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