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Quick Start Self Help

Steven W. Pollard



Quick Start Self Help:

The Self-Care Habit: The 4-Step Formula to Ditch the Stress and Find Your Flow Aditi Ramchandani, 2022-09-01 Imagine how the world would be if we were less stressed more fulfilled and truly happy If this feels like a faraway reality it's only because we've given our power away to stress When we can truly hone the skills to manage stress we will have the space energy and clarity to take back our power and our lives For most of us stress is ruling our lives and stealing our joy We are more exhausted worn out and dissatisfied than ever and are dying literally and figuratively for another way Stress is reducing our immunity our energy levels and our ability to think clearly and make empowered decisions 90% of doctor visits are due to stress and as a society we are sicker than ever The good news is it doesn't have to stay this way The solution to stress is self care Microsoft recently released a study in 2021 that proves small breaks can dramatically decrease stress levels and improve our ability to focus Self care doesn't have to take a lot of time and it doesn't have to cost a lot of money What it requires is your attention and the right tools The mission of this book is to teach simple stress management tools that will transform your life As a society we were never taught this important life skill at school at home or at work and this book is here to change that Shifting your relationship to stress will allow you to lead forward with clarity and confidence If we as a collective learned the skills to manage stress we would be a more innovative productive and happier society In this book you will learn a stress management technique to clear mental fog breakthrough tension and have greater focus joy and balance This book will teach you how to self care in a way that nurtures your entire being your mind body and spirit It can be used as an informational guide as well as a step by step manual to create your own personalized self care practice The author Aditi kickstarted her wellness journey after facing her own personal health challenges At 20 years old she experienced a half paralyzed face due to stress and battled with years of depression burnout and dissatisfaction while trying to keep up with the fast pace of hustle culture She became a Certified Life Health Coach to help herself and others As a life coach and emotional wellness speaker she equips working professionals with tools to reduce burnout and create the personal success and happiness they desire In her healing journey Aditi released 60 pounds of emotional weight off her body quit her corporate job to pursue entrepreneurship full time and lived as a digital nomad for 3 years road tripping across the country Aditi is a certified Life Coach through The Life Coach School a certified Health Coach through The Institute of Integrative Nutrition and is currently pursuing Yoga Teacher Training with Blue Moon Yoga She combines the knowledge of her versatile training and intuitive guidance with her own twist that is digestible and fun She teaches emotional and cognitive tools to help professionals create greater mental and physical wellness It is her personal mission to equip others with the wellness tools that were never taught in school Aditi loves to travel speak and teach around the world at in person and online events

The Quick-Start Beginner's Guide to the Bible J. Stephen Lang, 2007-03-01 From the author of the bestselling Complete Book of Bible Trivia over 700 000 copies sold comes this instant reference guide to God's Word This is the perfect

foundational book for anyone who wants to learn about the Bible its books and the wonderful treasures within Not everyone knows what the Bible is why it was written how chapter and verse numbers work and why we even read it today In this helpful guide author Stephen J Lang answers many key questions including What are the books in the Bible named for Why are there two testaments Why are there so many versions What do the chapter and verse numbers mean Is the Bible the only holy book This is an ideal resource for anyone who has never used the Bible before as well as for new believers It will give them a running start on getting to know the God who loves them and understanding the written Word He has given them

Blockchain QuickStart Guide Dr. Kalpesh Parikh,Amit Johri,2022-03-22 Adopt distributed technology to deliver immutable data ownership solutions KEY FEATURES Understand how Blockchain is the backbone of bitcoin and smart contracts Complete coverage across distributed systems blockchain frameworks smart contracts and wallet Includes use cases and current trends on the adoption of blockchain across different business models DESCRIPTION This book is about developing a comprehensive understanding of blockchain how it works and can benefit the functioning of the organization This book exposes you to blockchain technology and illustrates how to leverage it to create value First you should have a working grasp of cryptography cypher modes digital signatures and digital certificates all of which are thoroughly covered in the first chapter of this book By gradually introducing you to Distributed Ledger Technology you can start understanding blockchain After that you ll become acquainted with fundamental blockchain concepts like consensus models algorithms and procedures You ll learn about blockchain platforms such as Ethereum and Hyperledger Fabric that enable the development of DApps DeFi applications and systems driven by blockchains Additionally concepts such as smart contracts the Ethereum virtual machine accounts wallets GAS and mining are explained briefly and simplified The book analyses current blockchain developments various blockchain as a Service BaaS platforms and helps you to gain a better grasp of the technology Throughout the book you will understand multiple blockchain principles procedures tools and platforms required to begin developing blockchain based business networks WHAT YOU WILL LEARN Acquaint yourself with the blockchain s application cases and primary benefits Consensus models distributed networks and cryptography techniques are well understood Recognize how smart contracts and cryptocurrencies work Familiarize yourself with the HyperLedger Fabric and Ethereum Examine the Blockchain as a Service BaaS model platform user interfaces infrastructure and network WHO THIS BOOK IS FOR This book is intended for prospective blockchain developers technical consultants and anybody who is interested in learning and exploring the principles of blockchain technology including the distributed systems networking cryptography and smart contracts Having prior knowledge around IT systems would be preferred TABLE OF CONTENTS 1 Cryptography The Basics 2 Understanding Distributed Ledger Technology and Blockchain 3 Consensus Models in Blockchain 4 Cryptocurrency 5 Ethereum Smart Contract and dApps 6 Hyperledger Fabric 7 Blockchain Trends *From Overwhelmed to Offline: A Self-Help Workbook to Reduce Social Media Stress (Healthy Habits Journal)* Emilio Carter Brooks,2025-08-18 Does

Your Thumb Start Scrolling on Autopilot Do You Close Your Apps Feeling More Drained Than Before You pick up your phone for a quick check and an hour later you re lost in a sea of curated perfection breaking news and endless opinions You close the app only to be left with a lingering feeling of anxiety comparison and the sense that you re not doing enough or that you are not enough You re not alone In our hyper connected world the pressure is relentless You know you need a break a real change but the idea of a drastic digital detox feels overwhelming and unrealistic Where do you even begin The journey starts here It s time to go from Overwhelmed to Offline This is not another book that just tells you social media is bad for you This is your personal Self Help Workbook and Healthy Habits Journal a gentle guided path to reducing digital stress and intentionally reclaiming your peace focus and real world joy This is an interactive experience With beautifully designed pages and insightful prompts you won t just read about change you ll create it Inside this transformative workbook you will Pinpoint Your Personal Stress Triggers Begin with guided self assessments to understand your unique relationship with social media and identify exactly what causes you the most anxiety and stress Break the Cycle of Mindless Scrolling Discover simple powerful mindfulness exercises and grounding techniques that you can use anytime anywhere to stop the scroll and bring yourself back to the present moment Build Lasting Healthy Habits Use beautifully designed trackers to gently reduce your screen time cultivate new offline hobbies and celebrate your progress creating sustainable change without the pressure of perfection Untangle Your Thoughts and Feelings Explore insightful journaling prompts designed to help you process the effects of social media practice self compassion and redefine your own version of a happy successful life Create Your Personalized Action Plan Move from intention to action by building a concrete plan to nurture real life connections and invest your precious time and energy in what truly matters to you Why Is This Workbook Your Path to Peace Because it s a gentle non judgmental guide that meets you where you are It s not about deleting your accounts or abandoning technology forever It s about creating a healthy balance that works for your life It s a tool for self discovery a plan for intentional living and a journal to celebrate your journey back to yourself Imagine ending your day feeling calm and fulfilled not anxious and depleted Imagine having more mental space for your passions and the people you love That reality is within your reach The journey from overwhelmed to offline starts with a single page Scroll up and click the Buy Now button to take the first step toward a calmer more present life today

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Microsoft Power BI Quick Start Guide

Devin Knight,Mitchell Pearson,Bradley Schacht,Erin Ostrowsky,2020-10-30 An accessible fast paced introduction to all aspects of Power BI for new or aspiring BI professionals data analysts and data visualizers Purchase of the print or Kindle book includes a free eBook in the PDF format Key Features Updated with the latest features in Power BI including Dataflow AI insights visuals and row level security Get faster and more intuitive data insights using Microsoft Power BI and its business intelligence capabilities Build accurate analytical models reports and dashboards Book Description This revised edition has been fully updated to reflect the latest enhancements to Power BI It includes a new chapter dedicated to dataflow and covers all the essential concepts such as installation designing effective data models as well as building basic dashboards and visualizations to help you and your organization make better business decisions You ll learn how to obtain data from a variety of sources and clean it using Power BI Query Editor You ll then find out how you can design your data model to navigate and explore relationships within it and build DAX formulas to make your data easier to work with Visualizing your data is a key element in this book and you ll get to grips rapidly with data visualization styles and enhanced digital storytelling techniques In addition you will acquire the skills to build your own dataflows understand the Common Data Model and automate data flow refreshes to eradicate data cleansing inefficiency This guide will help you understand how to administer your organization s Power BI environment so that deployment can be made seamless data refreshes can run properly and security can be fully implemented By the end of this Power BI book you ll have a better understanding of how to get the most out of Power BI to perform effective business intelligence What you will learn Connect to data sources using import and DirectQuery options Use Query Editor for data transformation and data cleansing processes including writing M and R scripts and dataflows to do the same in the cloud Design optimized data models by designing relationships and DAX calculations Design effective reports with built in and custom visuals Adopt Power BI Desktop and Service to implement row level security Administer a Power BI cloud tenant for your organization Use built in AI capabilities to enhance Power BI data transformation techniques Deploy your Power BI desktop files into the Power BI Report Server Who this book is for Aspiring business intelligence professionals who want to learn Power BI will find this book useful If you have a basic understanding of BI concepts and want to learn how to apply them using Microsoft Power BI this book is for you

Personal Finance

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LIFETIME ACCESS TO FREE BONUS PERSONAL FINANCE RESOURCES: Easy to use Budget Spreadsheet, 1 Page Personal Finance Plan, Effective Goal Setting Workbook, and more.

Make Money at Home: A Quick Guide G.J. Fuller, 2013-02-06 Do you need money? Would you like to make a fortune from the comfort of your home? If so, then this book is for you. Step by step, this easy-to-understand quick guide will show you how. You can have financial freedom, time to spend alone or with your loved ones, and more time to do something you enjoy. By using this book, you'll be on the right track. This book covers nearly EVERY topic such as Making a fortune online, Making a fortune from your kitchen table, How to get FREE MONEY from GRANTS.

How to get LOANS EVERYTHING YOU NEED TO KNOW TO MAKE MONEY AT HOME QUICKLY And much much more **A**

Quick Start Guide to Cloud Computing Mark I Williams,2010-10-03 Cloud computing has caused a marketing fog confusing business executives seeking to understand the technology s potential applications and business benefits A Quick Start Guide to Cloud Computing cuts through the industry hype and provides non technical explanations about what it is and how it can improve your business With case studies from large and small business it shows how enabling a remote workforce and sharing resources can reduce your organisation s carbon footprint It describes the benefits of cloud computing how to choose the right supplier and technologies for your particular business key security issues and the perils and pitfalls to avoid This Quick Start Guide puts business needs before technology enabling you to make confident decisions about IT strategy make the right choices for your business and reject solutions that fix problems you don t have **Chronic Pain: a**

Self-Help Guide Steven W. Pollard,2011-07-01 Chronic Pain A Self Help Guide offers a practical program for coping with chronic pain Dr Steven W Pollard appraises the current methods for managing chronic pain and presents his program for a down to earth flexible menu of coping strategies for fellow sufferers of chronic pain Walking step by step through the stages of pain from denial anger bartering and depression to acceptance Dr Pollard leads the sufferer gently on the route towards a clear and simple set of guidelines to enable them to live with cope with and take control of their own lives in the midst of chronic pain In approximately August of 2008 he began developing his own severe chronic lower back pain and suffered with it for the next three years His experience with severe chronic pain gave him the impetus to develop a program to help him cope with the pain While he still has some severe pain he has regained new purpose in his life to help others learn how to cope with their pain With his professional training in treating severe chronic pain and the added advantage of experiencing severe pain himself he was able to develop the effective method for managing chronic pain Now he presents both his story and his methods in hopes of helping others overcome their suffering and build new lives

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