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Nathalie Spencer

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Chicken Soup for the Soul: Reader's Choice 20th Anniversary Edition Jack Canfield, Mark Victor Hansen, Amy Newmark, 2013-06-25 This special anniversary collection of has a double dose of inspiration personal stories of how Chicken Soup for the Soul changed lives and the life changing story itself Twenty years later Chicken Soup for the Soul and its stories are still changing lives This special twentieth anniversary collection celebrates the power of storytelling Readers share their personal inspiring stories about how a Chicken Soup for the Soul story made a difference in their lives paired with the life changing story itself It s a double dose of inspiration

Master Deep Reading Robert Smith, 2025-05-15 Master Deep Reading A Mindful Life Series Book is an insightful guide designed for anyone seeking to transform their reading habits and reconnect with the deeper joys of the written word With thoughtful exploration of how modern life has impacted our attention spans this book gently challenges the reader to move beyond surface level skimming and rediscover the rewards of immersive mindful reading The opening chapters illuminate the importance of setting intentions and cultivating awareness laying the groundwork for a transformative literary journey that is accessible to all Drawing on a blend of neuroscience practical strategies and mindful living the book provides readers with the tools they need to develop enduring deep reading skills Each chapter delves into actionable techniques from designing distraction free reading spaces and setting clear goals to practicing slow reading active engagement and reflective journaling The comprehensive structure guides readers through overcoming common obstacles including digital distractions mental fatigue and the frustration that can accompany challenging texts while fostering patience curiosity and a growth mindset More than a manual Master Deep Reading inspires lifelong growth by integrating the practice of deep reading into broader habits of mindfulness creativity and meaningful living Readers are encouraged to translate insights from books into real life applications nurture empathy by embracing diverse voices and share their reading journeys within supportive communities Whether you are looking to reignite your love of books enhance your focus and comprehension or cultivate a more intentional and reflective life this book serves as both a practical handbook and a stirring invitation to savor the lasting rewards of deep mindful reading

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Mindfulness Giving Maria Cuddy-Casey,2024-09-09 This accessible book offers a unique evidence based perspective on the art and science of giving It combines concepts from psychology neuroscience and social science theory with stories from interviewees on their experiences as a giver and receiver This book offers a holistic overview of the reciprocal aspects of giving strategies for selecting a recipient of a gift in a never ending sea of need and a guide to developing one s personal philosophy boundary and plan on giving As people seek to reconnect and find meaning this book offers a venue for

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Good Money: Understand your choices. Boost your financial wellbeing. Nathalie Spencer, 2018-10-11 Using a unique visual approach Nathalie Spencer uncovers the science behind how we think about use and manage money to guide you to a wiser and more enjoyable relationship with your finances From examining how cashless transactions affect our spending and decoding the principles of why a bargain draws you in through to exposing what it really means to be an effective forecaster Good Money reveals how you can be motivated to be better with money and provides you with essential tools to boost your financial well being At BUILD BECOME we believe in building knowledge that helps you navigate your world Our books help you make sense of the changing world around you by taking you from concept to real life application through 20 accessible lessons designed to make you think Create your library of knowledge Find out about other BUILD BECOME titles at the BUILD BECOME Amazon store and follow us at buildbecome.com buildbecome From

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Planning Job Choices, 1998 *Interactive Storytelling* John T. Murray, María Cecilia Reyes, 2024-12-18 This two volume set LNCS 15467 and LNCS 15468 constitutes the refereed proceedings of the 17th International Conference on Interactive Digital Storytelling ICIDS 2024 held in Barranquilla Colombia during December 2-6 2024 The 21 full papers 9 short papers and 11 Late Breaking Works presented here were carefully reviewed and selected from 75 submissions The papers presented in these two volumes are organized under the following topical sections Part I Theory History and Foundations Social and Cultural Contexts Interactive Narrative Design Applications and Case Studies Part II Virtual Worlds Performance Games and Play Tools and Systems Late Breaking Works

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