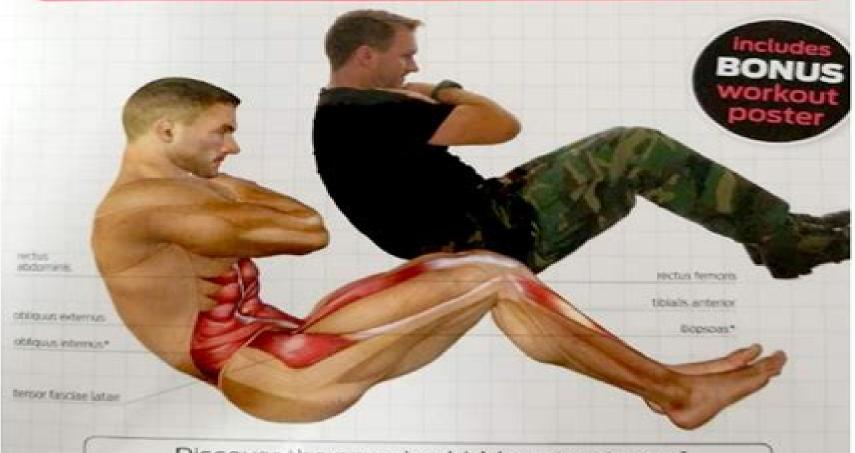
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defective heart A long ago detected but undiagnosed anomaly followed him his whole life culminating in the catastrophic event that nearly brought his existence to an end With the trinity of science faith and his dogged determination he succeeded in winning his battle for life **Cumulated Index to the Books** ,1999 Shift Ethan Kross, 2025-02-04 For anyone who has wondered whether they ll ever be in charge of their emotions this book has the answer yes Angela Duckworth author of Grit This book does much more than make sense of emotions it breaks new ground on how to manage them Adam Grant author of Think Again Whether it's anxiety about the dentist boiling rage when we re stuck in traffic or devastation after a painful break up our lives are filled with situations that send us spiralling But as difficult as our emotions can be they are also a superpower When they re activated in the right ways and at the right time they function like an immune system alerting us to our surroundings telling us how to react to a situation and helping us make the right choices But how do we make our emotions work for us rather than against us Acclaimed psychologist Dr Ethan Kross has devoted his scientific career to answering this question In Shift he dispels common myths for instance that avoidance is toxic or that we should always strive to live in the moment and provides a new framework for shifting our emotions so they don't take over our lives Shift weaves groundbreaking research with riveting stories of people struggling and succeeding to manage their emotions from a mother whose fear prompted her to make a spur of the moment decision that would save her daughter's life mid flight to a nuclear code carrying Navy SEAL who learned how to embrace both joy and pain during a hellish training activity Dr Kross shows us that we already have access to a wide array of tools and demonstrates how to harness them to be healthier and more successful Filled with actionable advice cutting edge research and inspiring stories Shift puts the power back into our hands so we can control our emotions without them controlling us and help others do the same Packed with gems of wisdom and endless actionable advice on emotional regulation Shift is essential reading for everyone I couldn't put it down Chris Evans A revolutionary guide to mastering your emotional life Charles Duhigg author of Supercommunicators American Book Forthcoming Books Rose Arny, 2002-02 Publishing Record, 2007 The Navy Seal Workout Mark De Lisle, 1998-06-01 Many people believe the only way to get in shape is by putting a lot of money into trendy fitness centers or spending hard earned cash on a variety of workout videotapes In the end these methods seldom provide the results we re all looking for But don t get me wrong I am not demeaning gyms or workout tapes in fact I still enjoy the benefits of a gym to keep fit Weight lifting rooms and other facilities can be extremely beneficial However to obtain and maintain supreme cardiovascular fitness and a rock hard body I must continually use the training regimen I learned as a member of the Navy SEALs from The Navy SEAL Workout As the world's most elite combat unit the Navy SEALs have long been known for their tremendous physical fitness and mental stamina Their training program has also carried somewhat of a mystique as so few people actually enter and stay in the program Now Navy SEAL Mark De Lisle reveals the no frills workout that has conditioned some of the best bodies around From stretching through cooldown including a variety of running and swimming workouts as well as tips on

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