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How to Win Games and Beat People Oct 18 2019 Destroy the competition on game night with this seriously funny guide packed with handy strategy, tricks, and tips from the experts Games are way more fun to play when you win—especially when you crush your friends and family! In *How to Win Games and Beat People*, Times science editor Tom Whipple explores inside tips, strategy, and advice from a ridiculously overqualified array of experts that will help you dominate the competition when playing a wide range of classic games—from Hangman to Risk to Trivial Pursuit and more. A mathematician explains how to approach Connect 4; a racecar driver guides you through the corners in slot car racing; a mime shares trade secrets for performing the best Charades; a Scrabble champion reveals his secret strategies; and a game theorist teaches you to become a real estate magnate, recommending the Monopoly properties to acquire that will bankrupt and embarrass your opponents (sorry, Mom and Dad). Funny, smart, and endlessly useful, this is a must-read for anyone who takes games too seriously, and the bible for sore losers everywhere.

We Got the Beat Nov 18 2019 An exuberant celebration of dance and play in picture book form, based on Charlotte Caffey's joyful classic made famous by the Go-Go's. See the people walking down the street Fall in line just watching all their feet They don't know where they want to go But they're walking in time They got the beat... *We Got the Beat* is a children's picture book based on the hit song by the 1980s new wave group the Go-Go's. Consisting of five members, the all-female band rocked the nation with their charisma and musical genius. Their hit song "We Got the Beat" spent three weeks at #2 on the Billboard 100 and became their signature song. Says the New York Times: the Go-Go's "taught a new generation the power of the girl gang." With lyrics by Go-Go's member Charlotte Caffey and illustrations by Kaitlyn Shea O'Connor, this picture book tells the story of what it is like to live life dancing to the beat, while enjoying friends, nature, and the fun that surrounds you. *We Got the Beat* will make both parents and children get their groove on and show off their best dance moves. "Songs like 'We Got the Beat' were built with a timeless durability as solidly constructed as a Motown hit." --New York Times

[How to Beat a Broken Game](#) Jun 25 2020 The inside story of how the Dodgers won their first championship in more than thirty years—but helped cripple the sport of baseball in the process After

years of frustrating playoff runs, the Los Angeles Dodgers finally reclaimed the World Series trophy after more than thirty years, led by star pitcher Clayton Kershaw, electric outfielder Mookie Betts, and a bevy of impressive young players assembled by team president Andrew Friedman. No team is better positioned to win now and in the future. Yet winning at modern baseball is nothing like it was even twenty years ago. In the years since the famous Moneyball revolution, baseball has grown to look less like a sport than a Wall Street firm that traded its boiler room for a field. Teams relentlessly chase every tiny advantage to win games and make money, even as it hurts fans, TV ratings, and players, courting bigger problems in the long run. This dramatic and insightful book takes you into the clubhouse with the championship players, as well as into the offices where teams constantly seek new ways to win—even when it hurts the game. *How to Beat a Broken Game* shows not only what it takes to win, but what it will take to save the sport.

I Beat The Odds Aug 28 2020 The football star made famous in the hit film (and book) *The Blind Side* reflects on how far he has come from the circumstances of his youth. Michael Oher shares his personal account of his story, in this inspirational New York Times bestseller. Looking back on how he went from being a homeless child in Memphis to playing in the NFL, Michael talks about the goals he had to break out of the cycle of poverty, addiction, and hopelessness that trapped his family. Eventually he grasped onto football as his ticket out and worked hard to make his dream into a reality. With his adoptive family, the Touhys, and other influential people in mind, he describes the absolute necessity of seeking out positive role models and good friends who share the same values to achieve one's dreams. Sharing untold stories of heartache, determination, courage, and love, *I Beat the Odds* is an incredibly rousing tale of one young man's quest to achieve the American dream.

Beat the Book Feb 26 2023 Introducing an innovative new book packed with fun, weird, crazy and perplexing activities! The book is filled with interactive activities and challenges. Transform the page into a mini soccer pitch and score three goals, or lay the book on the floor and drop pens until you've scored a bull's-eye! Some challenges are a cinch while others require practice and skill - but all are guaranteed to make you want to beat the book! Kids will love using the awesome silicone cover and movable silicone pieces to complete challenges or get creative with their own ideas! Do you think you can Beat This Book?

Organizing to Beat the Devil Apr 04 2021 Relates developments within the Methodist Church to American history, particularly with regard to social issues such as slavery and women's rights.

100 Ways to Beat the Blues May 17 2022 "This book is like a good song; it will reach so many people right where they live." ---Tanya Tucker How do you beat the blues? We all have moments in life when we're down, lonely, or just plain sad. It's part of being human. Just as everyone is different, everyone has a unique way of beating the blues. For anyone who needs a bit of inspiration, a smile, or a friendly pat on the back, Tanya Tucker and ninety-nine friends offer this heartwarming collection of their personal recipes for beating the blues. Whether through family, friends, nature, music, or maybe even a little Jack Daniel's (as Nobel Prize winner William Faulkner recommended), the collected voices in this timeless book remind us of all the happiness and joy life has to offer. President George H. W. Bush yells at the television. Loretta Lynn makes herself a fried bologna sandwich. Sir Arthur C. Clarke explores the infinite universe of fractals. NASCAR's Geoff Bodine cleans the house. Seventy celebrities such as Kris Kristofferson, Jerry Orbach, and Garth Brooks and thirty ordinary folks such as a farmer, a private detective, a doctor, and a retired gospel radio-show host share what lifts their spirits and puts them back in the game of life. From George Jones's practical "Around the Farm Blues" to "Weird Al" Yankovic's funny "The Warm Weather Blues" to Cathie Pelletier's soulful "The Sunday Blues," *100 Ways to Beat the Blues* is an inspiring guide to finding happiness no matter what the blues may bring.

How to Beat the Credit Bureaus Nov 30 2020 In this sequel to his best-selling book, *Credit Secrets*, Hammond describes the deceptive web spun by the powerful credit bureau syndicate. He tells how to get a copy of your credit report, interpret it and then force the bureaus to wipe the slate clean. Get back on solid financial ground for good.

Beat the Dealer Jan 25 2023 The Book That Made Las Vegas Change the Rules Over 1,000,000

Copies in Print Edward O. Thorp is the father of card counting, and in this classic guide he shares the revolutionary point system that has been successfully used by professional and amateur card players for generations. This book provides: o an overview of the basic rules of the game o proven winning strategies ranging from simple to advanced o methods to overcome casino counter measures o ways to spot cheating o charts and tables that clearly illustrate key concepts A fascinating read and an indispensable resource for winning big, *Beat the Dealer* is the bible for players of this game of chance. ****Bring these strategies into the casino: Perforated cards included in the book****

How to Beat the Government! Mar 23 2020 This gag book is the perfect gift to the young rebel that has the need to overcome the greed and really try to live up to his own standards. Just a few pages will be of use to anyone. And with plenty of space to write -in your own ideas, why not make this book a new addition to your personal library today?

How to Beat Your Kids at Chess Dec 12 2021 *How to Beat Your Kids at Chess* is a book that truly starts at the beginning, with the most basic idea of all: the straight line. This book offers clear explanations, opportunities to practice each concept before moving on, and a systematic progression of ideas. If you... - have always wanted to learn to play chess, this is the book to get you started. - are a chess parent who wants to understand what your child is leaning, this is the book for you. - are a teacher or other adult with little chess knowledge, suddenly in charge of a chess program, then this is the book that will become your bible. - are an adult looking for something to keep your brain active, this book will open the door to exciting and complete brain stimulation. - have been daunted by the complexity of chess, think you don't have the patience for the game, or suffer some other fear that keeps you from trying, this book will allay all your anxieties.

Beat the Band Oct 10 2021 Get ready for riffs on hot girls, health class, and social hell! The outrageously funny boys from *SWIM THE FLY* return to rock their sophomore year. (Ages 14 and up) In this hilarious sequel to *SWIM THE FLY*, told from Coop's point of view, it's the beginning of the school year, and the tenth-grade health class must work in pairs on semester-long projects. Matt and Sean get partnered up (the jerks), but Coop is matched with the infamous "Hot Dog" Helen for a presentation on safe sex. Everybody's laughing, except for Coop, who's convinced that the only way to escape this social death sentence is to win "The Battle of the Bands" with their group, Arnold Murphy's Bologna Dare. There's just one problem: none of the guys actually plays an instrument. Will Coop regain his "cool" before it's too late? Or will the forced one-on-one time with Helen teach him a lesson about social status he never saw coming? With ribald humor and a few sweet notes, screenwriter-turned-novelist Don Calame once again hits all the right chords.

How to Beat the Open Games Oct 22 2022 A guide to a set of chess openings that are popular at all levels of play. Open Games are commonly used in the vast majority of scholastic games, but have sufficient richness of ideas that they are also a key battleground at all levels of chess right up to world-championship matches. The author's previous books have been commercially successful.

The Little Book That Still Beats the Market Feb 14 2022 In 2005, Joel Greenblatt published a book that is already considered one of the classics of finance literature. In *The Little Book that Beats the Market*—a New York Times bestseller with 300,000 copies in print—Greenblatt explained how investors can outperform the popular market averages by simply and systematically applying a formula that seeks out good businesses when they are available at bargain prices. Now, with a new Introduction and Afterword for 2010, *The Little Book that Still Beats the Market* updates and expands upon the research findings from the original book. Included are data and analysis covering the recent financial crisis and model performance through the end of 2009. In a straightforward and accessible style, the book explores the basic principles of successful stock market investing and then reveals the author's time-tested formula that makes buying above average companies at below average prices automatic. Though the formula has been extensively tested and is a breakthrough in the academic and professional world, Greenblatt explains it using 6th grade math, plain language and humor. He shows how to use his method to beat both the market and professional managers by a wide margin. You'll also learn why success eludes almost all individual and professional investors,

and why the formula will continue to work even after everyone “knows” it. While the formula may be simple, understanding why the formula works is the true key to success for investors. The book will take readers on a step-by-step journey so that they can learn the principles of value investing in a way that will provide them with a long term strategy that they can understand and stick with through both good and bad periods for the stock market. As the Wall Street Journal stated about the original edition, “Mr. Greenblatt...says his goal was to provide advice that, while sophisticated, could be understood and followed by his five children, ages 6 to 15. They are in luck. His ‘Little Book’ is one of the best, clearest guides to value investing out there.”

Eat to Beat Disease Nov 11 2021 Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in *Eat to Beat Disease*. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. *Eat to Beat Disease* isn't about what foods to avoid, but rather is a life-changing guide to the hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems-Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, *Eat to Beat Disease* explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

Low-Fat Cooking to Beat the Clock Jul 07 2021 Using clever timesaving and fat-busting techniques, Gugino shows busy cooks how to get a healthy dinner fit for a gourmand and on the table in 15 minutes, including the time it takes to chop and prep. This cookbook drastically cuts the preparation time for meal-sized entrees, while offering creative new ways of thinking about any recipe that can change the way readers cook.

Beat the Curve Sep 28 2020 Beat The Status Quo! Those who wish to improve are willing to make changes, others are dreamers. As Henry Ford so aptly put it: "If you always do what you've always done, you'll always get what you've always got." While this does not mean you have been unsuccessful, aspirations to move to a higher standard will require changes. What changes can a book like this offer? *Beat The Curve* is a compilation of authors who have outperformed the status quo. Their fields are different and their approaches are varied. Their ability and passion for their work, coupled with their perseverance, have allowed these Celebrity Experts(r) to soar to a higher level. While they have developed their successes in different ways, there are the common threads throughout. Why not be guided by a mountain climber who has been to the top before? To quote the Chinese philosopher, Confucius: Success depends upon previous preparation, and without such preparation there is sure to be failure. With the expert help available in the pages of this book, you will not only learn from their successes and their failures, but you will now have their guidance to help *Beat The Curve*.

Can You Beat the Book? Jul 19 2022 *Can You Beat the Book?* is the perfect book for tweens who love challenges, competition, and quirky fun.

Beat the Sports Books Sep 21 2022 Dan Gordon, who is widely regarded as one of the three best football handicappers in the world, shares his inside tips and strategies on making big money betting on NFL football. Much of the information here is available nowhere else. More than 40 chapters cover basic, advanced and expert concepts that will give readers the most powerful winning information available anywhere. Readers learn how to set up betting models and use power ratings

and how to separate performance from perception. Gordon shows how to beat the point spreads and money lines, and how to bet underdogs, propositions, teasers, parlays, futures, and much, much more.

How to Beat Up Anybody Dec 24 2022 “World Champion” Judah Friedlander tells you How to Beat Up Anybody in this insanely hilarious satirical martial arts guide. Better known as an award-winning stand-up comic, actor, and star of 30 Rock, Friedlander shares his adventures in butt-kicking with lucky readers in a self-defense handbook in the gut-busting vein of *The Truth About Chuck Norris*.

We Beat the Street Aug 08 2021 Growing up on the rough streets of Newark, New Jersey, Rameck, George, and Sampson could easily have followed their childhood friends into drug dealing, gangs, and prison. But when a presentation at their school made the three boys aware of the opportunities available to them in the medical and dental professions, they made a pact among themselves that they would become doctors. It took a lot of determination—and a lot of support from one another—but despite all the hardships along the way, the three succeeded. Retold with the help of an award-winning author, this younger adaptation of the adult hit novel *The Pact* is a hard-hitting, powerful, and inspirational book that will speak to young readers everywhere.

The King of Swings Jan 21 2020 Against the backdrop of one of golf's most majestic spots, these unlikely opponents played out in eighteen holes the class conflict that soon came to dominate American society with the onset of the Depression. Goodman's victory sent shock waves through the rarefied world of golf in the Roaring Twenties and inspired millions of working-class Joes never to lose sight of their dreams.

How to Beat the Bully Without Really Trying Mar 15 2022 When luck gives a new kid a false reputation as a tough guy, can he find the strength to live up to his image? Rodney Rathbone is a self-admitted coward. Things scare him, and he can't help it. So naturally he's terrified when he moves to a new town and the bully is ready to pounce. But just as Rodney is about to flee, a baseball flies in from out of nowhere and knocks out the bully. Now everyone thinks Rodney's invincible—when really he feels just the opposite. Can he figure out how to live up to his new reputation and make friends along the way? Told with warmth and heart, this debut novel from a middle-school teacher will speak to the hidden insecurities—and strengths—of every middle-grade reader.

How To Beat Anyone At Chess Sep 09 2021 Offers a guide to important chess techniques and principles to help players develop the skills needed to beat opponents, from the basics of play to specific tactics and strategies, as well as a look at the world of competitive chess.

Strategy Beyond the Hockey Stick Apr 23 2020 Beat the odds with a bold strategy from McKinsey & Company “Every once in a while, a genuinely fresh approach to business strategy appears” - legendary business professor Richard Rumelt, UCLA McKinsey & Company's newest, most definitive, and most irreverent book on strategy—which thousands of executives are already using—is a must-read for all C-suite executives looking to create winning corporate strategies. *Strategy Beyond the Hockey Stick* is spearheading an empirical revolution in the field of strategy. Based on an extensive analysis of the key factors that drove the long-term performance of thousands of global companies, the book offers a ground-breaking formula that enables you to objectively assess your strategy's real odds of future success. “This book is fundamental. The principles laid out here, with compelling data, are a great way around the social pitfalls in strategy development.” — Frans Van Houten, CEO, Royal Philips N.V. The authors have discovered that over a 10-year period, just 1 in 12 companies manage to jump from the middle tier of corporate performance—where 60% of companies reside, making very little economic profit—to the top quintile where 90% of global economic profit is made. This movement does not happen by magic—it depends on your company's current position, the trends it faces, and the big moves you make to give it the strongest chance of vaulting over the competition. This is not another strategy framework. Rather, *Strategy Beyond the Hockey Stick* shows, through empirical analysis and the experiences of dozens of companies that have successfully made multiple big moves, that to dramatically improve performance, you have to overcome incrementalism and corporate inertia. “A different kind of book—I couldn't put it down.

Inspiring new insights on the facts of what it takes to move a company's performance, combined with practical advice on how to deal with real-life dynamics in management teams." —Jane Fraser, CEO, Citigroup Latin America

The Guru Investor Apr 16 2022 Today's investor is faced with a myriad of investment options and strategies. Whether you are seeking someone to manage your money or are a self-directed investor deciding to tackle the market on your own, the options can be overwhelming. In an easy-to-read and simple format, this book will dissect the strategies of some of Wall Street's most successful investment gurus and teach readers how to weed through the all of the choices to find a strategy that works for them. The model portfolio system that author John Reese developed turns each strategy into an actionable system, addressing many of the common mistakes that doom individual investors to market underperformance. This book will focus on the principles behind the author's multi-guru approach, showing how investors can combine the proven strategies of these legendary "gurus" into a disciplined investing system that has significantly outperformed the market. Gurus covered in the book are: Benjamin Graham; John Neff; David Dreman; Warren Buffett; Peter Lynch; Ken Fisher; Martin Zweig; James O'Shaughnessy; Joel Greenblatt; and Joseph Piotroski.

How to Beat the Video Games Jun 18 2022

The Race Beat Jul 27 2020 An unprecedented examination of how news stories, editorials and photographs in the American press—and the journalists responsible for them—profoundly changed the nation's thinking about civil rights in the South during the 1950s and '60s. Roberts and Klibanoff draw on private correspondence, notes from secret meetings, unpublished articles, and interviews to show how a dedicated cadre of newsmen—black and white—revealed to a nation its most shameful shortcomings that compelled its citizens to act. Meticulously researched and vividly rendered, *The Race Beat* is an extraordinary account of one of the most calamitous periods in our nation's history, as told by those who covered it.

The Book of Songs and Rhymes with Beat Motions Nov 23 2022 It feels great to get into a rhythm! Establishing a feeling for the beat is central to all rhythmic development, and with *The Book of Songs and Rhymes with Beat Motions* children of all ages can enjoy fun games while developing a feel for rhythm patterns. Whether felt in the hands, the feet, or with the whole body, the games in this book will have all participants keeping the beat. Because they are easy to learn and fun to play, songs and rhymes with beat motions are a wonderful way to engage children, while at the same time planting seeds of musical sensitivity and imagination. This special book, for the first time, collects the most cherished of these songs and rhymes (some in danger of being lost or forgotten), enabling your family to carry on the tradition of laughter and learning for generations!

1001 Ways to Beat the Time Trap Oct 30 2020 Applies the principles of time management for improving efficiency at work and at home, emphasizing the ways executives can eliminate time-wasting activities, delegate workload, and organize a time management system

How to Beat the Building Game Jan 13 2022

64 Ways to Beat the Blues Dec 20 2019

Beat The Reaper Feb 20 2020 The Doctor will see you now.... Meet Peter Brown, a young Manhattan ER Doctor who has a past he'd prefer to stay hidden. When a figure from the old days emerges it looks increasingly unlikely that his secret will stay intact. Nicholas LoBrutto, aka Eddy Squillante, is given three months to live, and it's clear to Peter that the clock is ticking for both of them. He must do whatever it takes to keep him - and his patient - alive. It's time to beat the reaper....

Beat Game Jun 06 2021 "Be the best at your favorite games"--Cover.

1160 Mental Triggers to Beat the Narcissist May 05 2021 The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Beat the Narcissist. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method

combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Beat the Narcissist. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if it is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now!

Discovering the Pattern - How to Beat the Market 2018 Edition Full Color Jan 01 2021

"Money should work for you" To be rich you need to think like the rich. Don't work for money; make money work for you. That is how the rich think. M.G. Roberts About The Book M.G. Roberts challenges the status quo on the "buy and hold" method and adopts a different concept. His research contained in "Discovering The Pattern" looks at various industries to identify seasonal patterns. It features an easy-to-use, step-by-step instructions on which weeks to buy-in and which weeks to sell-out that will outperform the market sector over time. In this book you will learn to: > Incorporate the power of compounding into your portfolio. > Protect your assets from market corrections! > Take advantage of huge market swings! > Takes away the emotion of Trading. > Avoid investing in a few high-risk firms.

The Beat Book Aug 20 2022 An anthology of the best of the beats edited by Anne Waldman (who should know) and containing a chronology of the movement from Kerouac to Snyder. The emphasis is on the the poetry and prose excerpts; However, the volume includes brief biographical sketches, an introduction by Ginsberg, a recommended beat vacation guide of the places where the gang passed out or recovered, and more scholarly references. The writers selected for inclusion represent the core of beat: Corso, Kerouac, Ginsberg, Orlovsky, di Prima, Burroughs, Baraka, Ferlinghetti, Kyger, Kandel, Kaufman, Whalen, McClure, and Snyder. Annotation copyright by Book News, Inc., Portland, OR

How to Beat the Japanese at Their Own Game Mar 03 2021

How to Beat the I.R.S. at Its Own Game May 25 2020 A revised guide explains how the I.R.S. chooses which taxpayers to audit and how to avoid being one of them, showing which parts of a tax return are scrutinized most closely and how to handle them. Original. 35,000 first printing. IP.

How to Beat the Biscuit Tin Blues Feb 02 2021 How to Beat the Biscuit Tin Blues' gives you simple and practical things you can do every day to boost your energy and improve your health! With no complicated meal plans, silly ingredients or exhausting fitness regimes you can apply these tips straight away, even in to a busy life, with no fuss. Find out how to achieve great physical health,

a calmer life and a nourished spirit the EASY way. We will look at the 5 steps to living a healthier life. We will cover:

- The right and wrong foods to eat, whether at home or work
- Ways to get fit and healthier without joining a gym
- How to stay stress free, even when your diary is full to busting
- Juggling a job and home life and still having time and energy at midnight
- How to live in spirit, slow down and really enjoy every moment of your life

At the end of the journey you will be healthier, happier and feel on top of your game.

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