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Summary of Getting Things Done: The Art of Stress-Free ... -

Many Lives, Many Masters - Brian L. Weiss 1988-07-15 Describes the case of a young woman suffering from anxiety attacks, explains how hypnosis revealed her memories of past lives, and discusses the usefulness of regression therapy

Big Results - Robert Greene 2016-06-15 A lot of times, when people think about success, they immediately start to think about their goals. They look at their life and start to measure their accomplishments. I then ask these people, of all their goals, how many would they say they accomplish in a year or month. In most cases, they have set goals but they have no idea of the steps or work it takes to accomplish them. I tell you, although we set goals, the outcome we desire is a specific set of results. Let’s look at the big picture: the reasons why we set goals in the first place. We would like an immediate result, so instead of focusing on the goal, let’s focus on the result we want. To see, when have the word “goal” weakly think of something. Thinking, I have so often how to make his goals real, and I have plenty of people who work hard and don’t get the result they wanted. It is possible that, in the process of working toward that goal, they lost sight of the result intended. Or is it possible that they didn’t plan the necessary steps to reach the goal?

Summary Of "The 5 Love Languages: The Secret To Love That Lasts- By Gary Chapman" - Sapiens Editorial 2017-11-29 DESCRIPTION OF THE ORIGINAL BOOK: In the depths of every human being there is the desire to love and be loved. Falling in love and having love last forever is a natural goal for most people. However, the world shows that this “eternal love” seems not to be possible in these times, where relations, formalized or not, between two people who fall in love are increasingly less durable. Dr. Gary Chapman addresses in this book the management of communication in couples, the expression of love that is totally intentional and on which the harmony in the couple depends. In this unique volume, Gary Chapman sheds light on the experience of being in love and speaks of the emotional need to give to one another, signs of love and devotion.

Social Intelligence - Daniel Goleman 2006-09-26 Emotional intelligence was an international phenomenon, appearing on the New York Times bestseller list for over a year and selling more than five million copies worldwide. Now, once again, Daniel Goleman has written a groundbreaking synthesis of the latest findings in biology and brain science, revealing that we are "hard wired to connect" and the surprisingly profound impact of our emotions on our lives. For more than we are consciously aware, our daily interactions with parents, spouses, friends, and even strangers shape our brains and alter cells throughout our bodies. In Social Intelligence, Daniel Goleman explores how this human capacity, often considered the "soft stuff" that distinguishes us from other animals, is the outcome of millions of years of evolutionary development. Our ability to connect is the secret to success at work and in love, and the key to our ability to find fulfillment. This synthesis of the latest findings in neuroscience and social science presents an exciting new language that enables us to understand the "hard wiring" of our emotions in relationships.

Wild Ivy - Hakuin Ekaku 2010-07-13 A fiery and intensely dynamic Zen teacher and artist, Hakuin (1685–1768) is credited with almost single-handedly revitalizing Japanese Zen after three hundred years of decline. As a teacher, he placed special emphasis on koan practice, tracing many new koans himself, including the famous “What is the sound of one hand clapping?” Hakuin's life and work have been an inspiration to many, and his teachings continue to live on through his writings and the practices of his students.

Wild by Mihaly Csikszentmihalyi 2010-07-13 In Friday and Saturday nights after the work, we need to break the work and come to the natural place. The natural place is the place of the nature. However, the world shows that the "natural place" seems not to be possible in these times, where relations, formalized or not, between two people who fall in love are increasingly less durable. Dr. Gary Chapman addresses in this unique volume, Gary Chapman sheds light on the experience of being in love and speaks of the emotional need to give to one another, signs of love and devotion.