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WITH AN INTRODUCTION BY
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Sleep Less, Live More Everett B. Mattlin, 1979 *Drink Less, Live More* Jenna Rose Hartley, 2025-10-19 Transform Your Social Life and Rediscover True Confidence Are evenings out starting to feel more draining than enjoyable It's time to rethink your relationship with alcohol and reclaim the vibrant social life you deserve This book offers a compassionate practical guide designed to help you take control and experience social moments fully awake and genuinely connected Drink Less Live More Your 30 Day Social Reset walks you through a step by step journey that goes beyond simply cutting back From understanding your personal triggers to building unshakable confidence in any social setting this book equips you with the mindset and tools you need to thrive and feel empowered in alcohol optional environments Imagine showing up at gatherings with calm assurance free from pressure or self doubt Picture yourself savoring meaningful conversations engaging actively with friends and waking up energized rather than sluggish Whether you want to pause drinking temporarily or embrace a new social lifestyle the chapters guide you gently through crafting a personalized plan managing cravings and setting boundaries that align with your values More than just a how to this reset encourages celebrating progress embracing setbacks with kindness and cultivating lasting habits that support your well being From mindfulness exercises and creative social ideas to building a supportive network you'll find inspiration to not only navigate but also enjoy social interactions on your terms Take the first step toward living with more clarity freedom and authentic joy because when you drink less you truly do live more

Scroll Less, Live More Christopher Hayes-Preston, 2025-02-03 Discover the Harmony of Modern Life Without Digital Overload In today's fast paced technology driven world it's easy to feel overwhelmed by the constant barrage of notifications and endless screen time Are you feeling the strain of digital overload and looking to reclaim your life from the grip of devices Here's your chance to embark on a transformative journey towards digital mindfulness Scroll Less Live More Your Guide to Digital Mindfulness is your comprehensive roadmap to escaping the clutches of digital addiction and rediscovering life beyond the screen With a perfect blend of scientific insights and practical strategies this book unveils the hidden consequences of digital distractions on your productivity and mental well being Dive into the myth of multitasking and explore techniques to enhance your focus and establish healthy technology boundaries Discover the art of digital minimalism where you'll learn to declutter your digital spaces and embrace a life of intentional use Each chapter offers actionable insights to help you foster real life connections enhance sleep quality and even nurture your creativity without the crutch of screens Imagine savoring the joy of offline hobbies achieving the elusive work life balance and setting a shining example for the younger generation by teaching them digital discipline This guide empowers you to make meaningful changes and sustain them for the long term celebrating your successes while providing resources to support your journey It's time to liberate yourself from the frenetic pace of the digital world and find solace in a more mindful way of living Allow yourself the chance to thrive achieve emotional resilience and celebrate the profound personal growth awaiting you beyond the confines

of screens **Eat Less, Live More** Live Long and Strong Press,2025-11-12 Discover a Life Extended by Mindful Nourishment Imagine a lifestyle where every bite you take not only fuels your day but also adds meaningful years to your life This compelling exploration reveals how a simple shift in how much you eat can transform your longevity Backed by cutting edge science it dives deep into the fascinating relationship between caloric intake and lifespan challenging myths and providing clarity on what it truly means to eat less for lasting health Rather than promoting extreme dieting or deprivation this book offers a balanced evidence based approach to caloric moderation tailored to fit your unique life stage activity level and personal goals You ll uncover how subtle metabolic and hormonal adjustments triggered by eating mindfully can enhance cell function and protect your brain health The practical guidance extends beyond numbers to include nutrient quality sustainable meal planning and managing social and psychological factors that often undermine healthy eating habits Step by step you ll learn how to set realistic goals overcome common challenges and harness the powerful synergy between moderate eating and physical activity From middle age to later life the book addresses gender specific considerations and the evolving science shaping tomorrow s longevity strategies With interactive tools for tracking progress and cultivating motivation it empowers you to take control over your well being with confidence More than just a health manual it s a comprehensive lifestyle companion that supports your journey toward vibrant aging through mindful eating Whether you seek to boost cognitive function enrich your social connections or find deeper purpose in your daily choices this guide illuminates the path to a longer fuller life all by learning to eat less and live more *Worry Less, Live More* Robert J. Morgan,2017-11-07 How do you bury worry before it buries you Worry which is essentially a strain of fear is a rational response to real pressures and problems Life is harder than we expect and even the Lord Jesus the Prince of Peace Himself admitted Each day has enough trouble of its own Matthew 6 34 He said In this world you will have trouble John 16 33 On one occasion He even said Now my soul is troubled and what shall I say John 12 27 Our souls are easily troubled The world and its trials seem to only increase In nearly forty years of pastoral counseling Rob Morgan has seen a lot of changes in our culture People are anxious and everyone seems increasingly tense and taunt We re overextended running on empty and often running late We re worried and we re weary One moment we re alarmed about global politics and the next we re frustrated with a clogged commode or a cranky boss Stress can have a way of keeping us on pins and needles from dawn to darkness In this book Pastor Morgan leads the way through the investigation of the Bible s premier passage on the subject of anxiety Philippians 4 4 9 is God s most definitive word about overcoming anxiety and experiencing His overwhelming peace Dissecting the following eight practices this vital passage promotes will help you to wage war on worry The Practice of Rejoicing The Practice of Gentleness The Practice of Nearness The Practice of Prayer The Practice of Thanksgiving The Practice of Thinking The Practice of Discipleship The Practice of Peace When we study and employ these practices effectively we have the power to erase anxious thoughts and compose our minds with peace in any situation **Stress Less, Live More: The Science of Inner Balance**

Dipanjan Bir,2025-10-06 In a world that never slows down stress has become our constant companion But what if the very thing that drains you could become your greatest teacher What if calm focus and clarity weren't distant goals but natural states you could return to every single day Stress Less Live More The Science of Inner Balance is your step by step guide to transforming stress into strength through the power of science backed mindfulness and daily balance Drawing on modern psychology neuroscience and ancient wisdom this book helps you understand why we feel overwhelmed and shows you how to find your center again You'll learn how to Understand the biology of stress and how it affects your mind and body Use breathwork and mindfulness to instantly restore calm Rewire your brain for focus resilience and emotional stability Build habits that support mental clarity energy and peace Create mindful relationships and set compassionate boundaries Unplug from digital distractions and design a balanced intentional life With practical exercises simple breathing techniques and a 21 day Stress Less Live More Challenge you'll discover that balance isn't about escaping chaos it's about mastering your inner state no matter what life brings Whether you're struggling with anxiety burnout or the pressures of daily life this book offers a clear compassionate roadmap to reclaim your peace your presence and your joy Live with calm Move with purpose Thrive with balance It's time to stress less and live more **Worry Less, Live More** Susan M. Orsillo,Lizabeth Roemer,2016-04-05

Do you ever feel like you want more from your life but get scared or overwhelmed by the idea of making changes For many worry fear or negativity are stumbling blocks that can be extraordinarily difficult to overcome This effective workbook provides a blueprint to help you move through painful emotions without being ruled by them Vivid stories of others who have struggled with anxiety are accompanied by meditation and acceptance practices and step by step exercises that build self knowledge and self compassion you can download and print additional copies of the worksheets as needed Armed with a deeper understanding of what you really value you can break free of the common traps that leave people feeling stuck and dare to live the life you really want Audio downloads of the mindfulness practices narrated by the authors are provided at www.guilford.com/orsillo2 materials See also the authors Mindful Way through Anxiety which explains mindfulness techniques in greater detail Worry Less Live More can be used on its own or as the perfect way to expand on and enhance the lessons of the first book using a step by step approach **No More Sleepless Nights** Peter Hauri,Shirley

Linde,1996-08-13 In this sensible simple to follow workbook based on the acclaimed No More Sleepless Nights program one of the world's leading insomnia experts gives you the tools to be your own sleep therapist Filled with interactive quizzes sleep logs and self evaluation exercises which may be used in conjunction with the patented Sleep Timer the workbook will help you uncover the underlying cause of your own sleep problem and then put together a personalized action plan for getting a good night's rest With advice on improving sleep hygiene and diet the right exercise relaxation techniques and more No More Sleepless Nights Workbook helps you conquer your own poor sleep right now More importantly it equips you to beat it again if it ever returns to disturb your dreams **Talks to My Patients** Rachel Brooks Gleason,1882 **Sleep Less, Live More**

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