
Mind Change Changing The World One Mind At A Time

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Time*

2020-01-22

KOCH FLORES

How to Change Your Life Ballantine Books

"This life changing book helps readers use cognitive-behavioral therapy - one of today's most effective forms of psychotherapy - to conquer depression, anxiety, panic attacks, anger, guilt, shame, low self-esteem, eating disorders, substance abuse, and relationship problems. The second edition contains numerous new features : expanded content on anxiety ; chapters on setting personal goals and maintaining progress ; happiness rating scales ; gratitude journals ; innovative exercises focused on mindfulness, acceptance, and forgiveness; new worksheets ; and much more."--

Publisher.

Global Mind Change Penguin

This e-book is a shorter version of the paperback, with the same beautifully designed content excluding the practical exercise pages - perfect to dip in and out, and choose which bits work best for you. Join the Calm revolution. Modern life is hectic and relentless: trains delayed, endless emails filling the inbox, kids squabbling before bedtime... There has never been a more important time to rediscover your pause button. Calm is the book that will show you how to take back a little bit of peace, space and all-important calm. This book contains the simple tools, tricks and habits that will change the rest your life. It is a practical and pleasurable guide to twenty-first century mindfulness. Regular meditation

is medically proven to be good for you - it increases focus and creativity, productivity and job satisfaction, mental and even physical health. But in reality most of us don't have time to sit on a cushion with our eyes closed for half an hour every day. And many people associate meditation with hard work and huge lifestyle shifts: you might be imagining Buddhist monks locked in a mountain retreat and living off gruel... This is where Calm comes in. Calm is about simple, achievable habits that work with the demands of your busy life instead of pretending those demands don't exist. Calm does not require specialist training: it uses abilities that every single one of us is born with, like creativity, spontaneity and simply noticing the world around you. Calm is

not a set of rules that you need to worry about following or breaking. It is inspirational, practical and non-prescriptive. Onerous, time-consuming meditation might seem out of reach but everyone can achieve calm - including you. Calm combines extracts from fascinating neurological research with wisdom from history's great thinkers and the real-life experiences of individuals across the globe. It demystifies mindfulness and shows you the many simple ways to be mindful while carrying on with your life. It is also a beautifully crafted object, filled with artwork and artistry, that will change your perspective by showing you the pleasures of the world anew. Take a walk with nowhere to go, savour a chocolate on the tip of your tongue, plant a seed,

doodle aimlessly, turn off your mobile phone for five short minutes. Smile, breathe and go slowly. Michael Acton Smith has written a game-changing book, one that will finally balance everyone's need for calm with the realities of modern life. Join the Calm revolution. Calm your mind; change your world. Calm.com @calm

Winners Take All Editura Trei SRL

Look around you. You've noticed it, right? The Christian community seems to be looking more and more like the world around us: grief, chronic illness, mental health challenges, broken marriages, addiction--aren't these supposed to be the things Jesus sets us free from? And yet, it doesn't seem to be working anymore, does it? Has the Gospel of Jesus somehow lost its' power?

Absolutely not! Kent and Heather McKean served in the full-time ministry for over 15 years across the United States and abroad, which has provided a unique insight into some of the challenges facing members and leaders alike within the Christian churches. For years, Kent and Heather tried to ignore the growing discontent and disillusionment they witnessed in their congregations and within themselves until Heather found herself near death. After years of suffering from debilitating chronic illness, Heather used the methods described in this book to heal from all major health issues. She also experienced an unexpected but radical transformation in her faith and relationship with God. Kent witnessed his wife's incredible change and was

inspired to dig deep into his limiting beliefs around himself and God, finding profound transformation in his own life. From that time on, they answered the call to share this information with the world. Since 2013, Kent and Heather McKean have been on a journey of discovery. Through their personal work and work with hundreds of clients worldwide, the McKean's created the Metanoia Method(R) to help people understand God's intended connection between the brain, body, and Bible. The Greek word used for repentance in the Bible is metanoia, meaning "mind change." True biblical repentance (metanoia) requires a radical change of mind. Using the latest research in brain science, psychoneuroimmunology, quantum psychology, and the mind/body

connection, Kent and Heather show us how the Bible not only backs up the latest scientific findings but expands upon them. Mind-opening and life-altering, The Metanoia Method is sure to stir heart and soul. Now more than ever, we need to challenge the beliefs of our "brokenness" and step into faith and healing. Are you ready to change your mind?

Reality Is Broken Knowledge Systems Incorporated

NEW YORK TIMES BESTSELLER • The groundbreaking investigation of how the global elite's efforts to "change the world" preserve the status quo and obscure their role in causing the problems they later seek to solve. An essential read for understanding some of the egregious abuses of power that

dominate today's news. "Impassioned.... Entertaining reading." —The Washington Post Anand Giridharadas takes us into the inner sanctums of a new gilded age, where the rich and powerful fight for equality and justice any way they can—except ways that threaten the social order and their position atop it. They rebrand themselves as saviors of the poor; they lavishly reward “thought leaders” who redefine “change” in ways that preserve the status quo; and they constantly seek to do more good, but never less harm. Giridharadas asks hard questions: Why, for example, should our gravest problems be solved by the unelected upper crust instead of the public institutions it erodes by lobbying and dodging taxes? His groundbreaking investigation has already forced a great,

sorely needed reckoning among the world's wealthiest and those they hover above, and it points toward an answer: Rather than rely on scraps from the winners, we must take on the grueling democratic work of building more robust, egalitarian institutions and truly changing the world—a call to action for elites and everyday citizens alike. Changing the World Without Losing Your Mind, Revised Edition Harper Collins [In this book, the author's] analysis of the effects and causes of capitalist underdevelopment in Latin America present [an] account of ... Latin American history. [The author] shows how foreign companies reaped huge profits through their operations in Latin America. He explains the politics of the Latin American bourgeoisies and their

subservience to foreign powers, and how they interacted to create increasingly unequal capitalist societies in Latin America.-Back cover.

Shift The New Press

An original theory of the development of consciousness that brings together research from neurology, new-paradigm studies, psychology, and mysticism.

Atomic Habits Penguin

“Fascinating. Doidge’s book is a remarkable and hopeful portrait of the endless adaptability of the human brain.”—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat*
What is neuroplasticity? Is it possible to change your brain? Norman Doidge’s inspiring guide to the new brain science explains all of this and more An astonishing new science called

neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they’ve transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders

successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

Change Your Mind, Change Your Life
HarperCollins

NEW YORK TIMES BESTSELLER “In her book, Melinda tells the stories of the inspiring people she’s met through her work all over the world, digs into the data, and powerfully illustrates issues that need our attention—from child marriage to gender inequity in the workplace.” — President Barack Obama
“The Moment of Lift is an urgent call to

courage. It changed how I think about myself, my family, my work, and what’s possible in the world. Melinda weaves together vulnerable, brave storytelling and compelling data to make this one of those rare books that you carry in your heart and mind long after the last page.” — Brené Brown, Ph.D., author of the New York Times #1 bestseller *Dare to Lead*
“Melinda Gates has spent many years working with women around the world. This book is an urgent manifesto for an equal society where women are valued and recognized in all spheres of life. Most of all, it is a call for unity, inclusion and connection. We need this message more than ever.” — Malala Yousafzai
“Melinda Gates's book is a lesson in listening. A powerful, poignant, and ultimately humble call to arms.” — Tara

Westover, author of the New York Times #1 bestseller *Educated* A debut from Melinda Gates, a timely and necessary call to action for women's empowerment. "How can we summon a moment of lift for human beings - and especially for women? Because when you lift up women, you lift up humanity." For the last twenty years, Melinda Gates has been on a mission to find solutions for people with the most urgent needs, wherever they live. Throughout this journey, one thing has become increasingly clear to her: If you want to lift a society up, you need to stop keeping women down. In this moving and compelling book, Melinda shares lessons she's learned from the inspiring people she's met during her work and travels around the world. As she writes

in the introduction, "That is why I had to write this book—to share the stories of people who have given focus and urgency to my life. I want all of us to see ways we can lift women up where we live." Melinda's unforgettable narrative is backed by startling data as she presents the issues that most need our attention—from child marriage to lack of access to contraceptives to gender inequity in the workplace. And, for the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world—and ourselves. Writing with emotion, candor, and grace, she introduces us to remarkable women and shows the power of connecting with one another. When we lift others up,

they lift us up, too.

The Boy Who Could Change the World

Vintage

NEW YORK TIMES BESTSELLER • A

“brilliant [and] entrancing” (The Guardian) journey into the hidden lives of fungi—the great connectors of the living world—and their astonishing and intimate roles in human life, with the power to heal our bodies, expand our minds, and help us address our most urgent environmental problems. “Grand and dizzying in how thoroughly it recalibrates our understanding of the natural world.”—Ed Yong, author of *An Immense World* ONE OF THE BEST BOOKS OF THE YEAR—Time, BBC Science Focus, The Daily Mail, Geographical, The Times, The Telegraph, New Statesman, London Evening

Standard, Science Friday When we think of fungi, we likely think of mushrooms. But mushrooms are only fruiting bodies, analogous to apples on a tree. Most fungi live out of sight, yet make up a massively diverse kingdom of organisms that supports and sustains nearly all living systems. Fungi provide a key to understanding the planet on which we live, and the ways we think, feel, and behave. In the first edition of this mind-bending book, Sheldrake introduced us to this mysterious but massively diverse kingdom of life. This exquisitely designed volume, abridged from the original, features more than one hundred full-color images that bring the spectacular variety, strangeness, and beauty of fungi to life as never before. Fungi throw our concepts of individuality

and even intelligence into question. They are metabolic masters, earth makers, and key players in most of life's processes. They can change our minds, heal our bodies, and even help us remediate environmental disaster. By examining fungi on their own terms, Shel Drake reveals how these extraordinary organisms—and our relationships with them—are changing our understanding of how life works. Winner of the Wainwright Prize, the Royal Society Science Book Prize, and the Guild of Food Writers Award • Shortlisted for the British Book Award • Longlisted for the Rathbones Folio Prize
Way of the Peaceful Warrior Gatekeeper Press
 Ernest Holmes's rational, lucid explanation of why our thoughts have

power will instruct readers on how they can change their lives by changing their thinking. "The wisdom of God is within you, and you can use it to improve your life." How to Change Your Life presents: ideas on life and God essential to contemporary spiritual understanding how science and spirituality have merged and what that means for you step-by-step instructions on how to use Science of Mind to improve your experience of life These principles, along with techniques for applying them, are thoroughly described in this book. If readers are ready to positively jumpstart their lives, this is the book that can help them do it.

What Have You Changed Your Mind About? Penguin

The instant New York Times bestseller |

A Washington Post Notable Book | One of NPR's Best Books of the Year “Expert storytelling . . . [Pollan] masterfully elevates a series of big questions about drugs, plants and humans that are likely to leave readers thinking in new ways.”
 —New York Times Book Review From #1 New York Times bestselling author Michael Pollan, a radical challenge to how we think about drugs, and an exploration into the powerful human attraction to psychoactive plants—and the equally powerful taboos. Of all the things humans rely on plants for—sustenance, beauty, medicine, fragrance, flavor, fiber—surely the most curious is our use of them to change consciousness: to stimulate or calm, fiddle with or completely alter, the qualities of our mental experience. Take

coffee and tea: People around the world rely on caffeine to sharpen their minds. But we do not usually think of caffeine as a drug, or our daily use as an addiction, because it is legal and socially acceptable. So, then, what is a “drug”? And why, for example, is making tea from the leaves of a tea plant acceptable, but making tea from a seed head of an opium poppy a federal crime? In *This Is Your Mind on Plants*, Michael Pollan dives deep into three plant drugs—opium, caffeine, and mescaline—and throws the fundamental strangeness, and arbitrariness, of our thinking about them into sharp relief. Exploring and participating in the cultures that have grown up around these drugs while consuming (or, in the case of caffeine, trying not to consume)

them, Pollan reckons with the powerful human attraction to psychoactive plants. Why do we go to such great lengths to seek these shifts in consciousness, and then why do we fence that universal desire with laws and customs and fraught feelings? In this unique blend of history, science, and memoir, as well as participatory journalism, Pollan examines and experiences these plants from several very different angles and contexts, and shines a fresh light on a subject that is all too often treated reductively—as a drug, whether licit or illicit. But that is one of the least interesting things you can say about these plants, Pollan shows, for when we take them into our bodies and let them change our minds, we are engaging with nature in one of the most profound ways

we can. Based in part on an essay published almost twenty-five years ago, this groundbreaking and singular consideration of psychoactive plants, and our attraction to them through time, holds up a mirror to our fundamental human needs and aspirations, the operations of our minds, and our entanglement with the natural world.

Persuadable Random House

Some people are dreamers. They choose a career shaped by dreams of making the world a better place--caring for kids, lifting up the poor, protecting the planet. When your dreams are that powerful, it's easy to neglect yourself. Both lives and dreams can suffer the consequences. If you're one of the dreamers, this is the book for you. *Changing the World Without Losing Your Mind* is a down-to-

earth guide to mission-driven leadership. Drawing on his decades of experience as an acclaimed nonprofit leader, Alex Counts offers practical advice on such vital activities as fundraising, team-building, communications, and management. He shows you how to run an organization--and your own life--both effectively and sustainably, giving joyfully to those around you while also caring generously for yourself. Candid, funny, insightful, and wise, *Changing the World Without Losing Your Mind* is a book you'll refer to throughout your career . . . no matter where your dreams may lead you.

52 Small Changes for the Mind

Author House

The best-selling author of *Subliminal* and *The Drunkard's Walk* teaches you how to

tap into the hidden power of your brain. "Elastic is a book that will help you survive the whirlwind." —Daniel H. Pink, author of *When* and *A Whole New Mind Named to the 800-CEO-READ Business Book Awards Longlist* In this startling and provocative look at how the human mind deals with change, Leonard Mlodinow shows us to unleash the natural abilities we all possess so we can thrive in dynamic and troubled times. Truly original minds capitalize when everyone else struggles. And most of us assume that these abilities are innate, reserved for a select few. But Mlodinow reveals that we all possess them, that we all have encoded in our brains a skill he terms elastic thinking—and he guides us in how to harness it. Drawing on groundbreaking research, Mlodinow

outlines how we can learn to let go of comfortable ideas and become accustomed to ambiguity and contradiction; how we can rise above conventional mindsets and reframe the questions we ask; and how we can improve our ability to solve problems and generate new ideas—critical skills for achieving professional and personal success in our quickly morphing world.

Compassionate Reasoning Guilford Publications

Small changes work. In this practical ebook, wellness expert Brett Blumenthal reveals how to hone in on the mind as the foundation of overall health and well-being. She presents one small, achievable change every week—from developing music appreciation to eating brain-boosting foods, practicing mono-

tasking, incorporating play, and more. The accumulation of these lifestyle changes ultimately leads to improved memory, less stress, increased productivity, and sustained happiness. Backed by research from leading experts and full of helpful charts and worksheets, *52 Small Changes for the Mind* provides a road map to a better life—and proves that the journey can be as rewarding as the destination.

The Brain That Changes Itself NYU Press
In his too-short life, Aaron Swartz reshaped the Internet, questioned our assumptions about intellectual property, and touched all of us in ways that we may not even realize. His tragic suicide in 2013 at the age of twenty-six after being aggressively prosecuted for copyright infringement shocked the

nation and the world. Here for the first time in print is revealed the quintessential Aaron Swartz: besides being a technical genius and a passionate activist, he was also an insightful, compelling, and cutting essayist. With a technical understanding of the Internet and of intellectual property law surpassing that of many seasoned professionals, he wrote thoughtfully and humorously about intellectual property, copyright, and the architecture of the Internet. He wrote as well about unexpected topics such as pop culture, politics both electoral and idealistic, dieting, and lifehacking. Including three in-depth and previously unpublished essays about education, governance, and cities, *The Boy Who Could Change the World* contains the

life's work of one of the most original minds of our time.

[Mind Change \(B&N Version\)](#) Oxford University Press

There is no world! Healing is the guaranteed gift for those who are prepared to learn there is no world. What you see reflects your thinking, and your thinking reflects what you want to see. As you become aware that you are causing everything that seems to happen to you, you will gain a new understanding of the importance of your thoughts and emotions. This book will transform the way you see yourself and the world. As you awaken to the remembrance of God, you will know that you have never been alone. *Gorgeous for God* offers practical teachings based on *A Course in Miracles*.

Changing Your Mind Will Change

Your Life Harper Perennial

NEW YORK TIMES BESTSELLER * MORE THAN ONE MILLION COPIES SOLD “A provocative read...There are few tomes that coherently map such broad economic histories as well as Mr. Dalio’s. Perhaps more unusually, Mr. Dalio has managed to identify metrics from that history that can be applied to understand today.” —Andrew Ross Sorkin, The New York Times From legendary investor Ray Dalio, author of the #1 New York Times bestseller Principles, who has spent half a century studying global economies and markets, Principles for Dealing with the Changing World Order examines history’s most turbulent economic and political periods to reveal why the times ahead will likely

be radically different from those we’ve experienced in our lifetimes—and to offer practical advice on how to navigate them well. A few years ago, Ray Dalio noticed a confluence of political and economic conditions he hadn’t encountered before. They included huge debts and zero or near-zero interest rates that led to massive printing of money in the world’s three major reserve currencies; big political and social conflicts within countries, especially the US, due to the largest wealth, political, and values disparities in more than 100 years; and the rising of a world power (China) to challenge the existing world power (US) and the existing world order. The last time that this confluence occurred was between 1930 and 1945. This realization sent

Dalio on a search for the repeating patterns and cause/effect relationships underlying all major changes in wealth and power over the last 500 years. In this remarkable and timely addition to his Principles series, Dalio brings readers along for his study of the major empires—including the Dutch, the British, and the American—putting into perspective the “Big Cycle” that has driven the successes and failures of all the world’s major countries throughout history. He reveals the timeless and universal forces behind these shifts and uses them to look into the future, offering practical principles for positioning oneself for what’s ahead. Changes of Mind Chronicle Books
United Nations Champion of the Earth, climate scientist, and evangelical

Christian Katharine Hayhoe changes the debate on how we can save our future in this nationally bestselling “optimistic view on why collective action is still possible—and how it can be realized” (The New York Times). Called “one of the nation’s most effective communicators on climate change” by The New York Times, Katharine Hayhoe knows how to navigate all sides of the conversation on our changing planet. A Canadian climate scientist living in Texas, she negotiates distrust of data, indifference to imminent threats, and resistance to proposed solutions with ease. Over the past fifteen years Hayhoe has found that the most important thing we can do to address climate change is talk about it—and she wants to teach you how. In *Saving Us*, Hayhoe argues that when it comes to

changing hearts and minds, facts are only one part of the equation. We need to find shared values in order to connect our unique identities to collective action. This is not another doomsday narrative about a planet on fire. It is a multilayered look at science, faith, and human psychology, from an icon in her field—recently named chief scientist at The Nature Conservancy. Drawing on interdisciplinary research and personal stories, Hayhoe shows that small conversations can have astonishing results. *Saving Us* leaves us with the tools to open a dialogue with your loved ones about how we all can play a role in pushing forward for change.

Saving Us Simon and Schuster

#1 New York Times Bestseller “THIS. This is the right book for right now. Yes,

learning requires focus. But, unlearning and relearning requires much more—it requires choosing courage over comfort. In *Think Again*, Adam Grant weaves together research and storytelling to help us build the intellectual and emotional muscle we need to stay curious enough about the world to actually change it. I’ve never felt so hopeful about what I don’t know.”

—Brené Brown, Ph.D., #1 New York Times bestselling author of *Dare to Lead*
The bestselling author of *Give and Take* and *Originals* examines the critical art of rethinking: learning to question your opinions and open other people's minds, which can position you for excellence at work and wisdom in life
Intelligence is usually seen as the ability to think and learn, but in a rapidly changing world,

there's another set of cognitive skills that might matter more: the ability to rethink and unlearn. In our daily lives, too many of us favor the comfort of conviction over the discomfort of doubt. We listen to opinions that make us feel good, instead of ideas that make us think hard. We see disagreement as a threat to our egos, rather than an opportunity to learn. We surround ourselves with people who agree with our conclusions, when we should be gravitating toward those who challenge our thought process. The result is that our beliefs get brittle long before our bones. We think too much like preachers defending our sacred beliefs, prosecutors proving the other side wrong, and politicians campaigning for approval--and too little like scientists

searching for truth. Intelligence is no cure, and it can even be a curse: being good at thinking can make us worse at rethinking. The brighter we are, the blinder to our own limitations we can become. Organizational psychologist Adam Grant is an expert on opening other people's minds--and our own. As Wharton's top-rated professor and the bestselling author of *Originals* and *Give and Take*, he makes it one of his guiding principles to argue like he's right but listen like he's wrong. With bold ideas and rigorous evidence, he investigates how we can embrace the joy of being wrong, bring nuance to charged conversations, and build schools, workplaces, and communities of lifelong learners. You'll learn how an international debate champion wins

arguments, a Black musician persuades white supremacists to abandon hate, a vaccine whisperer convinces concerned parents to immunize their children, and Adam has coaxed Yankees fans to root for the Red Sox. Think Again reveals that we don't have to believe everything we think or internalize everything we feel. It's an invitation to let go of views that are no longer serving us well and prize mental flexibility over foolish consistency. If knowledge is power, knowing what we don't know is wisdom. *Mind Change Handbook: The Companion Guide to Mind Change: Changing the World One Mind At A Time* Flatiron Books

O cale ușoară și eficientă de a-ți forma obiceiuri bune și a scăpa de cele proaste Schimbări mici, rezultate remarcabile „O carte extrem de practică și utilă. James

Clear extrage informațiile fundamentale despre formarea obiceiurilor, astfel ca tu să poți realiza mai mult concentrându-te pe mai puține lucruri." – Mark Manson, autorul bestsellerului *Arta subtilă a nepăsării* „James Clear a petrecut ani de zile perfecționând arta și studiind știința obiceiurilor. Această carte antrenantă și practică este ghidul de care ai nevoie ca să scapi de deprinderile proaste și să-ți formezi unele bune." – Adam Grant, autorul bestsellerurilor *Originalii* și *Option B*. Inspirându-se din cele mai noi descoperiri din biologie, psihologie și neuroștiințe, James Clear a conceput un ghid ușor de asimilat, cu ajutorul căruia obiceiurile bune devin inevitabile, iar cele rele, imposibile. Învață: * să-ți construiești un sistem pentru a deveni cu 1% mai bun în fiecare zi; * să renunți

la obiceiurile rele și să le păstrezi pe cele bune; * să eviți greșelile comise în general de cei care încearcă să-și schimbe obiceiurile; * să depășești lipsa de motivație și de voință; * să-ți dezvolti o identitate mai puternică și să crezi în tine însuți; * să-ți faci timp pentru noile obiceiuri (chiar și când viața o ia razna); * să-ți concepi un mediu care să favorizeze succesul; * să faci schimbări mici, ușoare, care oferă rezultate mari; * să-ți revii atunci când te abați de la drum; * și, cel mai important, cum să aplici aceste idei în viața reală... .. și multe altele Indiferent dacă e vorba de o echipă care încearcă să câștige un campionat, o organizație care speră să

redefinească o industrie sau pur și simplu un om care vrea să se lase de fumat, să slăbească, să reducă stresul ori să realizeze orice alt obiectiv, Atomic Habits este soluția. „Nu mă consider un expert și nu dețin toate răspunsurile, dar sunt fericit să împărtășesc ceea ce am învățat până acum.” – James Clear „O carte deosebită, care îți va schimba felul în care îți organizezi ziua și îți trăiești viața.” – Ryan Holiday, autorul bestsellerurilor The Obstacle is the Way și Ego is the Enemy „În Atomic Habits, Clear îți va arăta cum să depășești lipsa de motivație, cum să schimbi mediul înconjurător ca să încurajezi succesul și cum să-ți faci timp pentru obiceiuri noi și mai bune.” – Glamour.com