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# American Headway 5

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*American  
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**ESTRELLA WHITAKER**

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*American Headway, Level 5B OXFORD*

Jay Shetty, social media superstar and host of the #1 podcast *On Purpose*, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: - How to overcome negativity -How to stop

overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet - Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation

ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the

world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals

over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to

overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

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American Headway 2. Students Book + Oxford

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lessons that really work in class. Constant updates mean the material is always current, and with a huge range of components available - including new digital resources for interactive whiteboards - you've always got support where you need it.  
American Headway, Second Edition Level 5: Teacher's Book  
 Still the world's most trusted adult English course - American Headway Third edition combines a perfectly-balanced syllabus with

more conversation, assessment and digital teaching and learning resources than ever before. American Headway is the course you can always trust. Its proven methodology - focus on grammar, clear vocabulary syllabus, integrated skills work - was developed by award-winning authors John and Liz Soars to give you lessons that really work in class. The third edition supports students to succeed beyond the classroom more than ever before with:

- \* More

conversation to help students accelerate their progress in speaking\* 100% new downloadable assessment to prepare students for success in high-stake tests\* A new digital teaching and learning package to engage students in and beyond the classroom

*American Headway 1. Students Book + Oxford Online Skills Program Pack*

“One of my favorite books of the year. It completely reshaped how I think about information and how and why I take notes.” —Daniel Pink,

bestselling author of *Drive*. A revolutionary approach to enhancing productivity, creating flow, and vastly increasing your ability to capture, remember, and benefit from the unprecedented amount of information all around us. For the first time in history, we have instantaneous access to the world’s knowledge. There has never been a better time to learn, to contribute, and to improve ourselves. Yet, rather than feeling empowered, we are often left feeling overwhelmed

by this constant influx of information. The very knowledge that was supposed to set us free has instead led to the paralyzing stress of believing we'll never know or remember enough. Now, this eye-opening and accessible guide shows how you can easily

create your own personal system for knowledge management, otherwise known as a Second Brain. As a trusted and organized digital repository of your most valued ideas, notes, and creative work synced across all your devices and platforms, a Second

Brain gives you the confidence to tackle your most important projects and ambitious goals. Discover the full potential of your ideas and translate what you know into more powerful, more meaningful improvements in your work and life by Building a Second Brain.