

Daydreams At Work Wake Up Your Creative Powers

Learn how to wake up in your dreams for creative insights and beautiful spiritual adventures The Art of Lucid Dreaming is a quick and easy guide to help you get lucid fast. Dr. Clare Johnson, world-leading expert on lucid dreaming, shares her best practical tips and a unique Lucidity Quiz that identifies your personal sleeper-dreamer type so you can fast-track to the techniques that work best for you. When you are lucid in a dream, you can choose to ask your unconscious mind for guidance, perform healing magic, seek creative solutions to problems, and explore the dream realm more profoundly than ever before. With over sixty practices and fifteen tailor-made lucidity programs to get you started, this hands-on guide helps you set up your own custom program for achieving lucidity as quickly as possible. Focusing on how to get lucid, stay lucid, and guide your dreams, this book shows how to transform your nightly slumber into an exciting spiritual adventure that fills your life with meaning.

For people who struggle with difficult emotions like anxiety, guilt, anger, loneliness, sadness, or low self-esteem, mindfulness practices can be enhanced by adding a simple yet powerful ingredient: self-compassion. Without it, we all too often respond to emotional suffering with self-criticism, shame, or defensiveness - tough-to-break habits that only make suffering worse. This wise, eloquent, and practical book illuminates the nature of self-compassion and offers easy-to-follow, scientifically grounded steps for incorporating it into daily life.

Becoming happier is easier than you think. With this practical, hands-on guide to all things joyful, you can bliss out in no time. You'll learn how to: Lighten up—once and for all Work shorter and play longer Practice pleasing yourself first Attract more fun-friendly people Go from dull routine to dynamic lifestyle Master the pleasure principle Find meaning moment by moment Forgive, forget, and follow your bliss Reinvent your happy selves, one day at a time This book is all you need to be all you can be, happily!—starting now.

Hardly a neglected artist, Buster Keaton attracts biographers and film scholars capable of incisive comment on his work. He continues to draw the serious attention of both popular writers and scholars because as a comic genius and major comedy filmmaker during the silent age he rivals Charlie Chaplin. Yet writers have focused on the full-length films from 1923 to 1928, when Keaton joined MGM, lost his creative freedom, and began a glide toward oblivion that lasted until his rediscovery in the late 1950s. Filling a major gap in the critical canon, Gabriella Oldham's study of Keaton's nineteen silent short films shot between 1920 and 1923 chronicles the rapid growth in the filmmaker's understanding of what makes both comedy and film successful.

Keaton developed his major themes in these nineteen short films: his persona "Buster" vs. Rival, Nature, Machine, Self, and Fate; his resilient pursuit of love and the efforts he makes to overcome any curves thrown by Fate; and his trademark "stone face" blocking any display of the passionate emotion he feels about everything he does. These short films clearly indicate Keaton's love of the camera and his concern for composition, symmetry, and images that delight the eye and startle the mind. Oldham reconstructs each of these rarely seen films in such a way as to enable the reader to "watch" Keaton's performance, devoting a separate chapter to each. She analyzes each film's strengths, weaknesses, and prevalent themes and threads. She also enables readers to plumb the depths of what seems to be surface comedy through philosophical, biographical, historical, and critical commentary, thus linking the shorts together into a cohesive study of Buster Keaton's growth through his three-year independent venture as a filmmaker. Beyond the laughter and beyond the great stone face, Oldham presents a treasure of cinema comedy and a unique philosophy of life as captured by the mature eye of a great filmmaker.

Some people say that creativity is about thinking outside the box, while others believe it is about being creative inside the box; but what if there is no box? More than 82 per cent of companies believe creativity directly impacts results, yet few of us understand how it comes about or how to put it into practice. If we could identify and remove the 'box' around our thinking, we could unlock unlimited streams of creativity for professional and business success. The Creative Thinking Handbook offers an integrated system of personalised insights, along with clear, practical tools and strategies - including the tried-and-trusted Solution Finder model. This book enables you to develop your creative problem-solving skills to make better decisions with an individualized step-by-step strategy. Based on long-term research and testing of the creative thinking process, The Creative Thinking Handbook helps you generate more ideas and find brilliant solutions for any professional challenge.

This second edition updates a course which has proven to be a perfect fit for classes the world over. The Teacher's Resource Book contains the content for Combos 1A and 1B in one volume. All unit numbers and page references correspond to the Combos. It contains extra photocopiable grammar and communication activities and full pages of teaching tips and ideas specially written by methodology expert, Mario Rinvoluceri. A Combo Testmaker Audio CD/CD-ROM which allows teachers to create and edit their own tests is also available separately, as is Classware for the full edition which integrates the Student's Book, class audio and video.

This is an inspirational story based on real-life events that leads to a discovery of Bill's own humanity. After a tragic event, Bill is guided through his past to reveal four pillars of spirituality. The discovery reveals a path of life filled with opportunities. The struggle for bigger dreams in life competes with a darkness of complacency. The four pillars form one final lesson as darkness sets in again, revealing the foundation of life. Upon reflection of his journey, the path revealed God's guiding hand. Intertwined with a miracle or two along the way, the disciplines became the foundation for his future success.

What is good luck and how can you attract it into your life? Bestselling author Richard Webster demystifies this age-old concept and shares 365 easy ideas anyone can use to increase their good fortune in every area of life. From acting on your hunches to using lucky charms, from carrying a badger's tooth to random acts of kindness, the techniques presented in this entertaining and informative book are sure to tip the odds in your favor. With tried-and-true advice, unexpected tips, and everything you need to know about lucky days, numbers, months, and more, this easy-to-use guide is brimming with wise counsel for increasing your good luck.

? In 2013, the Nobel Prize for Literature was for the first time awarded to a short story writer, and to a Canadian, Alice Munro. The award focused international attention on a genre that had long been thriving in Canada, particularly since the 1960s. This book traces the development and highlights of the English-language Canadian short story from the late 19th century up to the present. The history as well as the theoretical approaches to the genre are covered, with in-depth examination of exemplary stories by prominent

writers such as Margaret Atwood and Alice Munro.

A crack real estate reporter covers every aspect of buying a first home during economic tough times and shows why--and how--achieving this part of the American Dream is both smart and doable.

Each day we deal with the challenges of ordinary life: a series of mundane experiences that could be summarized by the title of this book, *Work, Sex, Money*. We all hope that these aspects of our life will be a source of fulfillment and pleasure, and they often are. Yet they are also always sources of problems for which we seek practical advice and solutions. The best prescription, according to Chögyam Trungpa, is a dose of reality and also a dose of respect for ourselves and our world. His profound teachings on work, sex, and money celebrate the sacredness of life and our ability to cope with its twists and turns with dignity, humor, and even joy. He begins by breaking down the barrier between the spiritual and the mundane, showing that work, sex, and money are just as much a part of our spiritual life as they are a part of our everyday existence. He then discusses these subjects in relation to ego and self-image, karma, mindfulness, and meditation. "Work" includes general principles of mindfulness and awareness in how we conduct everyday life as well as discussion of ethics in business and the workplace. "Sex" is about relationships and communication as a whole. "Money" looks at how we view the economics of livelihood and money as "green energy" that affects our lives. The result is an inclusive vision of life, one that encompasses the biggest issues and the smallest details of every day. There are, in fact, few definitive answers in these pages. There is, however, authentic wisdom providing us with tools we need to work with the toughest stuff in our lives. How much better does your day go when you jump out of bed fully motivated? The key to success is taking action - even if you don't feel like it. *Magic Motivation* is jam-packed with ideas on how to get going. Learning how to change your state from un-motivated to motivated, empowers your life in many ways. The book is set out in a practical way - dip into the chapters that you need most. For a quick reminder, re-read the key ideas at the end of each chapter. Follow the easy exercises and practices - success will follow. Action is change. Change is success. Get going with *Magic Motivation*.

This title is a pragmatic and straight-talking guide to making decisions and solving problems creatively. If you've always thought creativity was all fluff and no substance, this book will make you think again.

We are all beings of love and light, born into a divine partnership with our soul. *Freedom of the Soul* is a gift from Spirit that offers clear wisdom on how to reconnect with yourself and nurture that precious partnership so you can live a more inspired and purposeful life. A powerful guide of discovery into this relationship with your soul, *Freedom of the Soul* uses metaphors, simple and heartfelt exercises, and meditations to introduce refreshing and mind-opening insights and truths. As it gently guides you along the path to opening the doors to your soul, you can discover more about yourself, walk as partners with your soul, and become conscious of your light. Reconnecting with your true self is the way to a happier life, healing, creativity, and the transformation of your world. Within, you'll master the tools needed to

- change the way you experience life;
- discover your inner powers;
- raise your vibrations to the frequencies of happiness, love, abundance, and freedom;
- understand how the issues of the outer world are actually inner challenges for growth;
- develop a deeper relationship with yourself;
- emerge more empowered and connected;
- thrive in harmony with the whole;
- become awakened to the energy of the universe;
- participate in the evolution of consciousness; and
- start living as a soul enjoying a human existence.

How would your life change if you could learn the steps to transforming your life from just an ordinary ride to a truly extraordinary adventure?

True, synthetic materials and laboratory-created products and medicines etc., have a significant role to play in the modern life. But at the same time, we cannot underestimate the role of natural products and remedies. With this clear objective, this book incorporates research findings on health, psychology, body-care and spirituality with emphasis on the benefits of natural living. The authors hope the reader will be able to regain natural joy by experimenting with some of the advice from experts presented here. The book includes: Coping with stress through relaxation techniques and pleasant and positive thoughts. Role of diet in achieving mental & physical well-being. Safe and successful physical activity programme. Natural grooming and herbal preparation to attain increased self-confidence.

This book, based on the author's ethnographic fieldwork in the Palestinian West Bank from 1995 to 1996, aims to provide an honest, authentic, and accurate accounting of the nitty-gritty, day-to-day challenges, rewards, failures, and successes of doing fieldwork in a conservative village setting. By focussing on the intimate, typically obscured aspects of the fieldwork experience this memoir is intended for students planning to do fieldwork in any locale.

Learn to see yourself and the world around you in a different way with *Wake Up and Dream*. Combining the ancient discipline of spiritual direction with contemporary management coaching, it will give you confidence to explore new possibilities and be excited about the difference you could make - and help turn dreams into exciting new realities.

Neuropsychology offers us new possibilities of exploring the nature of the self, the mind, and the meaning of reality. In conjunction with sociology and psychology, it gives us a basis for directing human behavior toward the greater good. Richard Soutar, Ph.D., BCN, has employed the field's findings with extraordinary results, witnessing outcomes that border on the miraculous. He's helped people who have been given up for lost by other specialists to overcome mental illness and everyday struggles. If you're seeking to strike out on your own to see what you can do for yourself, looking for profound experiences that hold deeper meaning, experience something more satisfying—perhaps eternal—then you'll be delighted with the insights in this book. Get answers to questions such as: Why do people behave as they do on a daily basis? How can we overcome the automatic mechanisms of the brain? What latest neurotechnologies can help us transform ourselves? Many try to achieve self-transcendence by embracing their life as it is or turning their back on the world, but there's a better option: seeking a middle way. Find the means to change your suffering into a daily experience of profound insights with *The Automatic Self*. The author uses her 30 years of experience as a gestalt therapist to teach readers how to turn life's problems into life's successes.

This multi-level English course is for teenagers. English in Mind Combo 1A offers the first eight units of the Level 1 Student's Book and Workbook. It includes corresponding material from the Level 1 Audio CD / CD-ROM.

If I was told I have a day to live, I wouldn't go to rest. I will type faster! Most literary books are sorted out by genre: either all poems, short stories, novellas, drama, or novels...etc. This book breaks this rule: it cooks novellas, with short stories, adds some spices of free writing, simmers them all with a pinch of theatrical effect to serve a hearty meal. No dessert is offered because it is a given after finishing this book. I've got Peter Gabriel's "I Don't Remember" going thru my head this morning . . . and most of yesterday, and the day before. It seems important to some part of my soul which sits with signs and applause everytime it goes thru my head. They like the drive of the artist's expression of frustration and anxiety which comes thru in a manic crazyness. The song is an example of something that flashes us spiritually . . . maybe unlike a man in a trenchcoat . . . wearing shorts with a tee-shirt . . . flashing us briefly (ow!) as we walk by. The words "believe in god" embelished on his shirt echo on the canvas of the imagination. It doesn't matter if we turn around, run after him and chide him in his actions. It doesn't matter if by doing this it puts him in the same alagory as a pervert . . . and by action, god as well. Ultimately tho, the tired, worn out god, quietly sitting in a corner, desperatly trying to believe in himself . . . probably wondering how valid this whole soap opera is, and whether or not spiritual flashers help or hurt his cause. Now I got one of the songs from "the last temptation of christ" going thru my head . . . soundtrack ala Peter Gabriel as well. Another spiritual flasher . . . who, Jesus or Peter Gabriel? Both an arrow pointing at a path to be walked . . . or a voice to listen to . . . or a feeling to behold. The hardest part is opening your heart up to the option. The option to be open. (. . . maybe it's god that's trying to get into a working relationship with us and it's us that flinch and put it back up on a pedistal.) . . . why pursue it then? The path. You might accidently get superpowers or something . . . start levitating, healing the sick, curing the blind. become an issue . . . to be delt with by turkeys that can't fly. walk around, wonder when thanksgiving is. wonder if you look like a turkey. if you are a turkey walking around with turkeys talking turkey talk about how great it is to be a turkey . . . waiting for other turkeys to come over and watch turkey friends on turkey tv. and each turkey has the same turkey right to talk turkey to any turkey it wants in a frantic pace with a frantic face . . . then it's a good turkey day to be a turkey. gobble it up the daily rut. question your life avoid the knife. be not a turkey entwined behind the line of commonality to turkey HQ. after awhile, you fall into the style. you are accepted, people talk to you. and you find flaws in the turkey tune.

Harness the transformative power of night dreams, half-awake dreams, and daydreams for healing, manifestation, and insight • Examines the types of dreams we have and how to remember and interpret them • Offers techniques for using night dreams and liminal dreams to improve our health and well-being and for manifesting our dreams in reality • Provides techniques for using daydreams for healing, insight, and creativity • Explains how dream techniques can be used to influence the behavior of people, things, and nature in the waking world Dreams can change our lives in profound and tangible ways. In this guide to mastering the art of dreaming, Serge Kahili King, Ph.D., explores techniques to harness the power of dreams for healing, transformation, and changing your experience of reality. Drawing on his analysis of more than 5,000 of his own dreams as well as those of students and clients from his almost 50 years of clinical work, King examines the types of night dreams we have, how to remember them better, how to make use of them to improve our health and well-being, and how to interpret them. He explores how dreams are understood in neuroscience and psychology, in Native American and Aboriginal cultures, in indigenous Senoi dream theory, and in India, Tibet, Hawaii, and Africa as well as ancient Egypt, Greece, and China. He examines the power of liminal dreams--those experienced in the half-awake state before or after sleep--for manifestation and self-understanding. He offers techniques for enhancing the dream experience for both night dreams and liminal dreams, along with practical methods to induce lucid (conscious) dreaming and to create healing thoughtforms. King then explores daydreams in depth, including fantasy, guided imagery, meditation, visions, and remote viewing and provides techniques for using daydreams for healing, insight, and creativity. He divides daydreaming into two categories, defining "active daydreaming" as the scripted dream in which you envision a goal happening and "passive daydreaming" as allowing ideas and memories to arise spontaneously from the depths of the mind. Reflecting on how dreamlike our daily experience is, King shows that each of us can use dreams as tools for seeing the world differently and influencing the behavior of people, things, and nature.

A study of daylight reveries and internal monologues explains their psychological purpose and what they reveal about ourselves and our needs, desires, and potentials, and shows readers how to put them to use.

Optimize your talent by removing the obstacles in their path Capacity is a proven system for bringing the best out of your team-and yourself. Matt and Chris Johnson set the mark on how to succeed in the future with their energizing message, humorous stories and their generational differences. As the world speeds-up faster and faster, organizations and their people try to keep up. This pressure to do more with less has reached epidemic levels of concern and organizations are panicking on how to recruit, retain and attract the best talent for the future. Burnout, low engagement, and overwhelming stress are jeopardizing organizations' ability to scale and win. As outdated performance models of the past crumble under pressure, Matt and Chris show you how to build and protect your most valuable asset—YOUR PEOPLE. What if you could beat the clock and expand your capacity by 6 hours per week? Or 11? Think about the organizational impact if your workforce were given fresh capacity to perform, lead, and grow. This book offers a clear, workable solution for organizations functioning in the real world: by paring it down to three performance pillars they must have to succeed—focus, energy, and drive. Ever organization sets initiatives, but many remain unfinished because their capacity to do so fails before it starts. This framework is different: these changes bring the type of benefits that cause transformation. Giving your people what they need makes buy-in irrelevant, and allows them to perform at their highest potential. Not only can it work, but it is the only thing that will work over the long term. By making your organization a great place to work, you retain your best talent and attract more like it. With dedicated resources, focus, sustainable effort, and comprehensive strategy, your top performers will be equipped to drive your organization to the top. Among Capacity's Key Points: Learn what top performers need to produce their very best work Discover the biggest factor influencing your team's FOCUS, ENERGY and DRIVE Prevent burnout and stimulate innovation by allowing your people to have a bigger container Adopt a strategy of expanding capacity to exceed your high-performance goals Deeply personal, but organizational focused. Capacity is an engaging and even life changing book Capacity is the next big paradigm shift for the future of training and development—as we shift to the world of the knowledge worker, it is not information or talent that wins, it's is whoever has the largest capacity that will win. Capacity is your secret weapon to winning the performance war.

Rooted in the creative success of over 30 years of supermarket tabloid publishing, the Weekly World News has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site.

The first English translation of one of the most authoritative and significant studies in the field of modern Chinese literature.

Exercising your brain is just as important as working out. If you don't exercise your brain, it will atrophy, at least the part your not using. 'Use it or lose it' is as true of our mental faculties as it is

of our physical abilities. Fortunately, most of us do get plenty of stimulation in our daily lives, jobs, leisure activities and relationships. The problem is that our brain stimulation is often not very balanced, and that imbalance can affect your sense of well-being. This book provides exercises for all the major brain functions at several different levels. Inside you will be able to: test your brain fitness level, develop right brain association and creative ability, and improve your logic and numbers skills using left-brain workouts invented by scientists.

Daydreams at Work Wake Up Your Creative Powers Capital Books

Volume ten includes Chögyam Trungpa's three most recent books and many selected writings. The Collected Works of Chögyam Trungpa brings together in ten volumes the writings of one of the first and most influential and inspirational Tibetan teachers to present Buddhism in the West. Organized by theme, the collection includes full-length books as well as articles, seminar transcripts, poems, plays, and interviews, many of which have never before been available in book form. From memoirs of his escape from Chinese-occupied Tibet to insightful discussions of psychology, mind, and meditation; from original verse and calligraphy to the esoteric lore of tantric Buddhism—the impressive range of Trungpa's vision, talents, and teachings is showcased in this landmark series. Volume Ten begins with Chögyam Trungpa's three most recent books: *Work, Sex, Money, Mindfulness in Action*, and *Devotion and Crazy Wisdom*. The first two books in the volume emphasize the importance of meditation in action and bringing awareness, mindfulness, intentionality, and a sense of the sacred into everyday life. The third book explores devotion and discusses mutual commitment and surrendering between teacher and student. The selected writings in this volume range from older articles originally published in the *Vajradhatu Sun* to recently edited articles, including several that have not yet appeared in print. Overall, these articles show us how Trungpa Rinpoche worked deeply and directly with many interest groups and subsections of the community, and how he infused each situation with dharma, taking every opportunity to present essential teachings.

50 Ways to Manifest Good Luck and Positive Energy Finally become the lucky person you were meant to be with this powerful and practical book from bestselling author Richard Webster. *The Secret to Attracting Luck* shows you how to use skills and abilities you already possess—or can quickly develop—to bring more prosperity into your life. This straightforward guide provides step-by-step instructions for fifty quick and effective strategies, from having the right body language to taking calculated risks. Explore the power of visualization, affirmations, and serendipity.

Discover how to use charms, gemstones, tarot, and numerology to increase your luck. Learn the best ways to optimize your imagination, attitude, passion, generosity, and karma. With these proven methods, you'll achieve greater abundance, happiness, and success.

As featured in U.S. News & World Report -- "...a must read 'fave' for moms, linking them in to career savvy advice, imaginative options, and terrific tips."*

Written for people who have nothing better to do with their time, *I Am My Own Hobby* offers readers one example on how to turn their own thoughts to hobbies. Ken Willidau has taken his take on a host of interests, neuroses and time-wasters to organize his thoughts into becoming his own hobby. Ken Willidau's philosophy is that if you're going to be obsessed with anything you may as well be self-obsessed. It's too easy. Everything you need is within your reach if not your grasp. Your brain's your own scrapbook. Get off the glue. That's where the fun begins. Willidau explores his world using humour to think himself through all the times. Through 2,500 one-liners classified thoughts on Greed, Travel, Food, Neighbourliness, Sex, Socializing and half a chapter on Laziness are presented in word form. Interests are explored using wit, truisms, just plain wrongisms, ridicule, play-on-words and double-entendre humour. In fact, there are so many double-entendres in this book you should actually, by rights, be charged with stealing the book if you buy it. Do you even have the nerve? Come explore Ken Willidau's hobby. Ken Willidau's interests. It's a weird hobby but just be thankful after reading his thoughts that he has absolutely no interest in reading yours, at all. *I Am My Own Hobby* is a perfect read for those times you don't know what to do with yourself.

On a clear sunny day, I received a message from the Archangels. It came as a voice whispering, yet filled every fiber of my being with a knowing that daydreams are a doorway to a higher consciousness, a bridge between the physical and spiritual world. Everyone daydreams. With *Angels Whisper to Us* I have created a manual that teaches the reader how to access and understand the guidance, inspiration and acknowledgment that comes to us from Angels, spirit guides and loved ones who have passed on, via our daydreams. "Why wait for angels to visit you? Lace up your wings and meet them half way. Let Daria take you on a journey to that breathtaking space between Heaven and Earth where you'll find answers to questions about career, family, health and love. Daria has helped me achieve my life's purpose in the most remarkable ways and her greatest joy will come from doing the same for you in this spectacular book full of secrets you'll wish you'd learned years ago!" Laura Simpson, Executive Director Animal Rescue Chase

This book explores education for juvenile offenders in relation to Passages Academy, which is both similar to and representative of many school programs in juvenile correctional facilities. Examining the mission and population of this school contributes to an understanding of the ways in which the teachers think about and ultimately act with respect to their detained juveniles students, and particularly illustrates how the tension between punishment and rehabilitation is played out in school policies and design. By calling attention to the decisions that surround juvenile detention education, the extant research concentrates on three main areas: first, the social, political, and pedagogical forces that determine who enters the juvenile justice systems; second, how these court-involved youths are educated while they are in the system; and third, the practical problems and the social justice issues youths encountered when transitioning back to their community schools. "I Hope I Don't See You Tomorrow is both heartwarming and heartbreaking: its vast empathy for the students that L. A. Gabay teaches is edifying, while its unsparing examination of the forces that push youth into detention is soul shearing. Gabay is at once Tocqueville and Kozol: he brilliantly guides us through the educational territory that is foreign to most of us, even as he paints a searing portrait of teachers who shape lesson plans for students who must learn under impossible conditions. Gabay's haunting and eloquent missive from the front lines of pain and possibility couldn't be more timely as the nation's first black president seeks to lessen the stigma of nonviolent ex-offenders in our society. Gabay's book confronts the criminal justice system at its institutional roots: in the economic misery and racial strife of schooling that compounds the suffering of poor youth as they are contained by a state that often only pays attention to them when they are (in) trouble. Gabay opens eyes and vexes minds with this stirring and sober account of what it means to teach those whom society has deemed utterly expendable." – Michael Eric Dyson, author of *The Black Presidency: Barack Obama and the Politics of Race in America* As a beneficiary of Lee Gabay and his colleague's patience, discipline, and compassionate teaching at the school, this timely book beautifully decrypts the pedagogical framework within the juvenile justice system. As America comes to term

with its zeal for incarceration, policymakers, educators, government officials, parents and advocates should take advantage of this carefully written book and use it as reflection and pause as we prepare our young court-involved students towards adulthood.” – Jim St. Germain, Advisory counsel on President Obama’s Taskforce on Police & Community Relations and Mayor Bloomberg’s Close to Home initiative

*** Finalist in the National Indie Excellence Awards Self-Help Category for 2010! ***

First Place Grand Prize Winner for Non-Fiction books at the 2010 Next Generation Indie Book Awards!! Congratulations Mary!!

Find solutions, energy, motivation, and the next big idea all through the creative power of daydreaming your most VISIONARY state of mind. Daydreams at work reveals & - How daydreams help us juggle multiple goals, plan and envision future actions, g

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