

The Power Of A Positive Team Proven Principles And Practices That Make Great Teams Great

Green Peas is our name and pranking's our game! A symphony of alarm clocks at assembly? Yep, that was us. A stampede of fluffy guinea pigs? It's next on our agenda. But for me, Cookie and Zeke, it's about more than just fun. We're determined to make a difference. And when the adults won't listen, us kids will find a way to be heard – as long as we can stay out of detention! No activist is too small, no prank too big... and things are about to get personal.

- These purse-sized gift editions offer gentle words of wisdom and encouragement. - Easy to-do suggestions offer practical ways to be a positive influence. - This portable gift edition is from the popular Honey, They Shrunk My Hormones. - This purse-sized book offers a quick look at midlife issues aimed at the woman approaching, or in the midst of, this often misunderstood and confusing season.

The Power of a Positive NoHow to Say No and Still Get to YesBantam

Attitude affects every facet of our lives—from the way we handle stress to how we communicate at work. The way we view difficulties and setbacks can make the difference between success and failure. Roger Fritz has devoted his career to helping people overcome obstacles and achieve their goals by changing their outlook on life. In *The Power of a Positive Attitude*, he shows readers how to develop a deeper understanding of the effects of their attitude and how it influences not only their performance but the results others achieve. Now, readers can learn to succeed in business by:

- assessing their attitude toward themselves and their co-workers
- overcoming negative attitudes
- learning the dos and don'ts in dealing with their bosses
- becoming better listeners
- overcoming resistance to change in the workplace
- rejecting suggestions without causing resentment
- giving and responding to criticism from team members
- disagreeing with employees and colleagues without being disagreeable
- conquering burnout and stress.

Life-affirming and authoritative, this is an invaluable book that will empower anyone to face life and work with joy and confidence.

The co-author of the best-selling *Getting to Yes* explains how to use the word "No" effectively and in a positive way to defend one's personal interests in personal and professional situations while preserving one's relationships with others, introducing a series of essential life skills designed to help readers assert themselves without destructive repercussions. Reprint. 40,000 first printing.

Translated into 15 languages with more than 7 million copies sold, *The Power of Positive Thinking* is unparalleled in its extraordinary capacity for restoring the faltering faith of millions. This book will show you how you can deal more effectively with tough situations and difficult people, and dramatically improve your performance and confidence. You will learn:

- How to eliminate that most devastating handicap—self doubt
- How to free yourself from worry, stress and resentment
- How to climb above problems to visualize solutions and then attain them

With inspiring examples and anecdotes, the book successfully delivers stimulating ideas and practical techniques to adopt optimism and live a victorious life. *The Power of Positive Thinking* is a phenomenal bestseller that has inspired millions of people across the world.

Outlines a problem solving approach that replaces traditional ideas of power and authority with a method that allows individuals to discover answers for themselves.

Positive energy creates positive outcomes. But how do you get the good vibes going? It all comes down to understanding and embracing the innate and energetic power of your soul. With the guidance of Tanaaz Chubb, creator of ForeverConscious.com, you will begin a journey that

will give rise to an understanding of your soul's energy and its connection to the Universal energy all around us. You will free yourself from negativity, fears, and the parts of your life that are no longer serving you. You will tune into the powerful vibrations that allow you to live your life to the fullest potential. Tanaaz shares the secrets to awakening positivity through introspective and inspiring meditations, writing prompts, and exercises including: *Ten-Minute Soul Connection Meditation *Switching a Negative Thought for a Positive One *Identifying Your Self-Limiting Beliefs *A Positive Energy Cleanse *Releasing the Past It's time to tune into the positive vibrations that exist within you, and around you. You can rise above negative influences, reclaim your power, and manifest a life that is easy, joyous, and inspired!

Learn the power of your words and how to use them positively; learn how prayers, encouragement, attitude and example can change your family forever.

A book about teams to help teams become more positive, united and connected. Worldwide bestseller — the author of *The Energy Bus* and *The Power of Positive Leadership* shares the proven principles and practices that build great teams - and provides practical tools to help teams overcome negativity and enhance their culture, communication, connection, commitment and performance. Jon Gordon doesn't just research the keys to great teams, he has personally worked with some of the most successful teams on the planet and has a keen understanding of how and why they became great. In *The Power of a Positive Team*, Jon draws upon his unique team building experience as well as conversations with some of the greatest teams in history in order to provide an essential framework, filled with proven practices, to empower teams to work together more effectively and achieve superior results. Utilizing examples from the writing team who created the hit show *Billions*, the National Champion Clemson Football team, the World Series contending Los Angeles Dodgers, The Miami Heat and the greatest beach volleyball team of all time to Navy SEAL's, Marching bands, Southwest Airlines, USC and UVA Tennis, Twitter, Apple and Ford, Jon shares innovative strategies to transform a group of individuals into a united, positive and powerful team. Jon not only infuses this book with the latest research, compelling stories, and strategies to maintain optimism through adversity... he also shares his best practices to transform negativity, build trust (through his favorite team building exercises) and practical ways to have difficult conversations—all designed to make a team more positive, cohesive, stronger and better. *The Power of a Positive Team* also provides a blueprint for addressing common pitfalls that cause teams to fail—including complaining, selfishness, inconsistency, complacency, unaccountability—while offering solutions to enhance a team's creativity, grit, innovation and growth. This book is meant for teams to read together. It's written in such a way that if you and your team read it together, you will understand the obstacles you will face and what you must do to become a great team. If you read it together, stay positive together, and take action together you will accomplish amazing things TOGETHER.

Resourceful and powerful, this radically different motivation guide fulfills a niche that has been absent from the genre of self-help books for years -- it actually provides readers with the tools to become more fulfilled, not just empty advice. Unlike other self-help books, this potent guide actually helps individuals to focus on obtaining the skills needed to accomplish a goal and become more fulfilled. Focusing on 12 strategies for taking control of life, Ivan Burnell stresses the importance of empowerment and personal

responsibility. The tools and techniques of these strategies operate in the 8 areas of life that Ivan fully describes in detail. Since the process is easily understandable -- built upon the basic fundamentals of self-worth and happiness -- decisions can be formed with less effort and a higher degree of success. This revised edition focuses more on the individual than the process, emphasizing the importance of such things as self-esteem and integrity. This book contains a number of practical, useful additions, including a chapter that contains a daily schedule, an additional reading list, a want list form and a "Loving Yourself Daily" instruction sheet. Those who have been helped by Ivan realise the power of positive, lasting changes that have occurred in their daily lives as a result of following this emphatic guide.

Best-selling classics by Norman Vincent Peale *The Power of Positive Thinking* (special 35th anniversary edition). The greatest inspirational best seller of the century offers confidence without fear and a life of enrichment and luminous vitality. *Inspiring Messages for Daily Living*. Realistic, practical answers to the hundreds of problems we face from day to day -- ordinary problems encountered in personal difficulties, in family relationships, on the job, and in dealing with those around us. *You Can if You Think You Can*. Dramatic, heartwarming stories of how men and women -- of all ages and in all walks of life -- transformed their lives and careers by following Dr. Peale's philosophy of positive thinking. Learn to develop the vital knowledge of inner power to carry you over every obstacle. *The Art of Real Happiness* (written with Smiley Blanton, M.D.). An unusual blend of age-old truths and modern psychiatric techniques. Peale and Blanton identify -- and show how to overcome -- essential problems and conflicts that so often plague us and frustrate our chances for happiness.

When slighted, misunderstood, cut in front of, annoyed, taken advantage of, or treated rudely, most people avoid their bosses, ignore coworkers, change hairdressers, complain to friends, pound their fists, or rant on social media. They often miss the most positive, effective alternative of all: confronting positively. Now, for everyone who was never taught or never realized that between "bully" and "wimp" is a range of behavior that is positive, dignified, and effective for dealing with life's bothersome situations, there is *The Power of Positive Confrontation*. This book teaches you the vital skills you need to confront others, communicate effectively, and live a more conflict-free life. In this updated edition, communications expert Barbara Pachter shares a practical, step-by-step guide to tackling conflicts in any situation, including a new section on navigating sticky situations online. *The Power of Positive Confrontation* reveals: The consequences of not confronting or of confronting negatively How to accurately assess what is bothering you and why Three essential steps of polite and powerful confrontation Vital verbal and nonverbal skills that make or break communication, including common language pitfalls Strategies for assertive communication, whether face to face, in writing, by phone, or online

Jesus was our model and teacher in prayer. By His life and His lips our Lord's constant fellowship with the Father pointed to the necessity of ours. But Jesus didn't pray merely as an example to us. For thirty-three years, He lived as a man, tempted in all points like as are we. He prayed because He had to pray. He prayed because He must. In this 50th anniversary edition of *The Power of Positive Praying*, Dr. Bisagno expands this classic work with eight new chapters on prayer. If the Son of God prioritized

prayer, how more must we? And His prayers were answered as will be ours, if like Him we pray in His Will, in His Word and in Faith. For that's the power of positive praying.

No is perhaps the most important and certainly the most powerful word in the language. Every day we find ourselves in situations where we need to say No—to people at work, at home, and in our communities—because No is the word we must use to protect ourselves and to stand up for everything and everyone that matters to us. But as we all know, the wrong No can also destroy what we most value by alienating and angering people. That's why saying No the right way is crucial. The secret to saying No without destroying relationships lies in the art of the Positive No, a proven technique that anyone can learn. This indispensable book gives you a simple three-step method for saying a Positive No. It will show you how to assert and defend your key interests; how to make your No firm and strong; how to resist the other side's aggression and manipulation; and how to do all this while still getting to Yes. In the end, the Positive No will help you get not just to any Yes but to the right Yes, the one that truly serves your interests. Based on William Ury's celebrated Harvard University course for managers and professionals, *The Power of a Positive No* offers concrete advice and practical examples for saying No in virtually any situation. Whether you need to say No to your customer or your coworker, your employee or your CEO, your child or your spouse, you will find in this book the secret to saying No clearly, respectfully, and effectively. In today's world of high stress and limitless choices, the pressure to give in and say Yes grows greater every day, producing overload and overwork, expanding e-mail and eroding ethics. Never has No been more needed. A Positive No has the power to profoundly transform our lives by enabling us to say Yes to what counts—our own needs, values, and priorities. Understood this way, No is the new Yes. And the Positive No may be the most valuable life skill you'll ever learn!

The Power of Positive Drinking Coloring Book from Galison is an irreverently upbeat collection of illustrations with a twist. Inside you will find coloring pages that serve up imagination and spirit with inspired illustrated libations, cocktail recipes, and hilarious quotations from the world's greatest drinkers. * 8.5 x 10" Paperback * 80 pages * Over 35 illustrations to color * Includes dozens of recipes for classic and not so classic cocktails * Over 25 amusing quotes * Designed and Printed in the USA

The Power of Positive Drinking isn't a guide on how to get drunk. It is a guide to how to drink well. Drinking has a bad reputation in some quarters. But that's largely because we don't drink properly, as we have not yet been initiated in the art of drinking well. Most of us know plenty about healthy eating, but next to nothing about healthy drinking. This is Cleo Rocos' master class on how to imbibe successfully, on how to reach that delicious level of intoxication where you and your fellow drinkers blossom into the favourite version of yourselves and stay there. From Rocos we learn how to ensure that every drinking occasion snowballs into a glorious and triumphant event. Inside these pages lie the secrets of alcohol. The finest hints and tips on stylish drinking gleaned from seasoned and successful drinkers around the globe; failsafe recipes for some of the world's greatest snifters - martini recipes, margarita recipes, mojitos and cosmopolitans - along with a few of Cleo's own specialities, guaranteed to avoid that awful hangover. Enjoy this book responsibly.

Amplify Your Word Power Think about the thousands of words you use every day—words you speak to others and words you think to yourself. They add up so quickly it's easy to forget the power they hold. Bestselling author Stan Toler explores the power of words as a tool to create, to make a difference, and to do good. Learning to respect the incredible effect of our words, gives us insight into how they influence the

people around us long after they are spoken. Words are one of the most powerful forces for change in our lives. Learn how you can harness your words and reshape your world!

This life-changing book explores seven principles that can help you become a powerful force in your family, your church, your community, and your world. Through biblical teaching, inspirational quotes, and true stories of women just like you, you will learn to incorporate your life as you have a powerful impact on those around you. Do you want to be a positive woman of powerful influence? Do you want to make a lasting impression on the lives of the people around you? You can become a positive woman—no matter where you find yourself right now—simply by choosing to allow God's power and strength to pour through you. This life-changing book explores seven principles that can help you become a powerful force in your family, your church, your community, and your world. Through biblical teaching, inspirational quotes, and true stories of women just like you, you will learn to incorporate your life as you have a powerful impact on those around you. Every woman—including you—has the potential to become a positive, powerful influence in her world. Never underestimate the power of a positive woman. That woman can be you!

"Updated for today's tech-savvy mom"--Cover.

Whether you're happy in your marriage or struggling to survive, this book is all about how you can become a positive influence in your marriage. And believe it or not, being a positive wife has nothing to do with your husband -- it has to do with you and who you are in God. Through seven biblical principles, Karol Ladd shares how any woman can be a positive (not perfect) wife as she builds a deeper, more meaningful relationship with her husband. In its pages you will find: helpful hints on the art of arguing how to practice the gift of forgiving practical suggestions on how to respect your husband great date ideas advice on handling financial responsibly This creative book is a "vitamin boost" that will nourish your spiritual, physical, mental, and emotional growth. Now you can become the positive wife you've always wanted to be!

NO.1 BESTSELLER ANT MIDDLETON SHARES HIS SECRETS ABOUT HIS POSITIVE MINDSET AND TEACHES YOU TO LIVE A LIFE WITH ZERO NEGATIVITY

Unleash your can-do attitude and find power in your mindset with renowned Bible teacher and #1 New York Times bestselling author Joyce Meyer. Joyce Meyer has a knack for coining phrases (Joyce-isms) and one of her best loved is "Where the mind goes, the man follows." Meyer provides keys for "powerful thinking," giving the reader an ability to use the mind as a tool to achievement. In *Powerful Thinking*, a book small and portable enough to fit in a purse, suitcase, backpack, briefcase, or even a pocket, she outlines a flexible program to turn thoughts into habits, and habits into success. Sections include: The Power of a Positive You Keeping Your Attitude at the Right Altitude The Power of Perspective More Power To You Nobody has more of a "can-do" attitude than Joyce Meyer. Now you can, too! The #1 New York Times—bestselling author of *The Power of Positive Thinking* shows readers how to put his philosophy of optimism into action. Millions of people around the world have changed their lives for the better, thanks to Norman Vincent Peale and his Positive Thinking philosophy. Dr. Peale's groundbreaking program of affirmation and positive visualization is an amazingly effective way to overcome any obstacles that may stand between you and success, happiness, and your mental, emotional, physical, and spiritual health and well-being. Positive Thinking works—and in *The Power of Positive Living*, Dr. Peale demonstrates how to use these techniques to conquer the fears and crippling adversity that may be holding you back from realizing your true potential in life. Self-confidence is the key and this book shows us how we can do it! With the "get-it-done twins," patience and perseverance, any believer can be an achiever! Dr. Peale provides inspiring

success stories from his own extensive experience as a counselor—such as a department store executive who turned his store into one of the chain's most profitable by focusing on his past successes rather than his failures, and a woman who recovered her self-confidence and joy and purpose in living when she started volunteering with cancer survivors after her own breast cancer diagnosis cut short her modeling career. The wisdom, guidance, and practical advice provided in *The Power of Positive Living* will give you faith in yourself and in your power to achieve absolutely anything!

THIS BOOK IS WRITTEN to suggest techniques and to give examples which demonstrate that you do not need to be defeated by anything, that you can have peace of mind, improved health, and a never ceasing flow of energy. In short, that your life can be full of joy and satisfaction. Of this I have no doubt at all for I have watched countless persons learn and apply a system of simple procedures that has brought about the foregoing benefits in their lives. These assertions, which may appear extravagant, are based on bona fide demonstrations in actual human experience.

We are not positive because life is easy. We are positive because life can be hard. As a leader, you will face numerous obstacles, negativity, and tests. There will be times when it seems as if everything in the world is conspiring against you and your vision seems more like a fantasy than a reality. That's why positive leadership is essential! Positive leadership is not about fake positivity. It is the real stuff that makes great leaders great. The research is clear. Being a positive leader is not just a nice way to lead. It's the way to lead if you want to build a great culture, unite your organization in the face of adversity, develop a connected and committed team and achieve excellence and superior results. Since writing the mega best seller *The Energy Bus*, Jon Gordon has worked and consulted with leaders who have transformed their companies, organizations and schools, won national championships and are currently changing the world. He has also interviewed some of the greatest leaders of our time and researched many positive leaders throughout history and discovered their paths to success. In this pioneering book Jon Gordon shares what he has learned and provides a comprehensive framework on positive leadership filled with proven principles, compelling stories, practical ideas and practices that will help anyone become a positive leader. There is a power associated with positive leadership and you can start benefiting yourself and your team with it today.

Those who enjoy the power of positive action accomplish more, have less stress, live with fewer regrets, become more self-disciplined, and demonstrate personal persistence. These qualities contribute to making our unique world a better place to live. We improve the world by simply taking positive action. If you decide to take positive action, you will begin to reap the benefits immediately. You will begin to decree to your subconscious mind that you are an action-oriented person who accepts no excuses. Napoleon Hill's *Power of Positive Action* will provide you with tools to help you: Adopt a positive attitude Achieve better physical health Find harmony in relationships Gain freedom from fear See hope for the future Acquire the capacity for faith Grow a desire to share Keep an open mind Achieve self-discipline By following the steps outlined in this book, you become the scriptwriter for your life's story and the creator of your own advancement and success. Read this book and take positive action today!

Exercises to help you silence your inner critic and think positively Decrease your stress, anxiety, and depression while also improving your motivation, health, and satisfaction with life through the power of positive thinking. This easy and accessible workbook provides the tools and exercises you need to build a strong, sustainable foundation for a more hopeful outlook on life. The *Positive Thinking Workbook* features: The perks of positive thinking--Discover what it means to engage in positive thinking, and explore how it can produce tangible changes to the quality of your life. Evidence-based guidance--From mindfulness and breathwork to meditation and journaling, find practical strategies and

exercises that help you improve your mindset. Thought-provoking prompts--Better understand yourself through questions that encourage you to examine the way you approach and react to life's challenges. Improve your outlook on life with this collection of positive thinking exercises. In this Christian book, *The Power of Positive Energy: Powerful Thinking, Powerful Life*, you will learn the strategies on how your mind can change into a positive-peaceful state. You will know the specific steps on how to make yourself happy, fulfilled, optimistic, calm, and peaceful every day.

Gives the following message: If you believe that the power of God within you is equal to any of life's difficulties, then a rewarding life will be yours.

You've heard of the Power of Positive Thinking. There's no doubt about it...the human mind is an amazingly powerful computer, capable of transforming our lives. But achieving what you want in life isn't accomplished by sitting in your comfy chair and visualizing all day long. Far too many people neglect to ACT on their own behalf in order to bring their dreams to life. As cosmetics company founder and CEO Estee Lauder put it so well, "I didn't get here by dreaming about it or thinking about it - I got here by doing it." In *The Power of Positive Doing*, BJ Gallagher has captured the "secret" no one is talking about - you can actually change your thoughts and attitudes by taking positive ACTION, no matter what you're thinking or feeling! She calls it the "The Power of Positive DOING" - the title of her latest book. B.J. is no stranger to Simple Truths' readers. The author of more than 20 books, including *Friends*, *Oil for Your Lamp*, and *The Best Way Out is Through*, her engaging stories and original poetry have put her on our best-seller list.

'Trust yourself. You cannot be successful or happy without confidence in your own powers and abilities. To succeed you need self-confidence . . . this book will help you to believe in yourself and release your inner powers.' Norman Vincent Peale in chapter 1. **BE WHO YOU WANT TO BE - AND GET THE LIFE YOU WANT TO LIVE** This book is a carefully adapted version of *The Power of Positive Thinking*, one of the most inspiring bestsellers of all time. It aims to help young people to use the power of positive thinking to build successful lives. Dr Peale gets right to the heart of the most common problems faced by teenagers, and offers a series of practical steps for solving them. He provides young people with the positive approach needed to achieve the major goals in life, showing them how to maximise their talent and energies, to give them confidence when they need it most.

One of the most powerful forces in business today is the positive psychology movement -- overcoming self-defeating attitudes and developing our talents and positive traits. Much of the new thinking, in fact, stems directly from the concepts in Norman Vincent Peale's great classic bestseller, *The Power of Positive Thinking*, which has been translated into forty-two languages and has sold over 22 million copies. Now, after years of extensive research and field testing, working in cooperation with the Peale Center and major corporations nationwide, Scott Ventrella has adapted those concepts into a systematic program for people in business to achieve greater levels of personal and professional performance. *The Power of Positive Thinking in Business* provides a practical way for each of us to develop and actually strengthen the ten traits of a positive thinker. Inevitably, our performance rises to new levels when we learn how to overcome negative attitudinal barriers such as fear, lack of self-confidence, and low self-esteem, and instead develop the traits that characterize a positive thinker: optimism, enthusiasm, belief, integrity, courage, confidence, determination, patience,

calmness, and focus. The Power of Positive Thinking in Business encourages us to concentrate on objective, rational thinking instead of self-limiting beliefs and negative self-talk. The result is an increased ability to deal effectively with tough situations and difficult people, in both business environments and personal lives. Together, rational thinking and the ten traits of a positive thinker can turn defeatist behavior into productive actions that will overcome the toughest of challenges with powerful, positive results. Best of all, these practical yet powerful concepts are applicable to businesspeople at all levels, disciplines, and functions within an organization, and have been adapted to appeal to people of all faiths.

The author of the bestselling *An Enemy Called Average* shows readers who aren't satisfied with the status quo that believing in yourself is the first step to success.

Positive Coaching Mindset x Positive Coaching Habits = Winning Results and Relationships Most coaching books focus on skills and scripts. But without the right mindset, those skills and scripts will not yield the response and results you want from your team. When you have a positive mindset, you are able to see more opportunities for growth and improvement. Coaching is not just about investing in others—it's about investing in yourself. When you grow, you can better help others grow. The Power of Positive Coaching shows you how to elevate your coaching game and drive winning results and relationships. Acclaimed coaches Lee Colan, Ph.D. and Julie Davis-Colan reveal how to build a positive coaching mindset that you can use to apply the five positive coaching habits With this book as your guide, you'll learn how to:

- Develop a more positive mindset to leverage on the job and in your personal life
- Build proven, positive coaching habits by using simple tools and techniques
- Inspire better results and relationships on your team
- Explain the circle of consequences to gain alignment
- Ask purposeful questions to ignite engagement
- Involve your team to reduce the eight areas of waste to enlist ownership
- Measure performance with relevant scoreboards to enhance accountability
- Appreciate the people behind your employees to deepen commitment.

Apply The Power of Positive Coaching, and create a positive ripple effect throughout your team, your business, and your life.

The Lord Jesus said in 'Mark 9:23', "all things are possible to him who believes." After reading this book your words will change everything around you. Your words will change your family, your friends, your circumstances, your lifestyle, your productivity, your surroundings. Nothing you have ever done will more greatly impact your life, as your words will do, as a result of this book. Few people understand the power of words. David did when he said to Goliath, "This day the Lord will give you into my hands." Joshua did when he said, "Sun, stand still over Gibeon, and moon over the valley of Aijalon." JOSHUA 10:13 - So the sun stood still in the midst of heaven and did not hasten to go down for about a whole day. 14 And there has been no day like that, before it or after it, that the Lord heeded the voice of a man... Peter did when he said

to the lame man in Acts 3, "Stand up on thy feet and walk," and he leapt and walked and praised God. God's words are seeds, LUKE 8:11, 1 PETER 1:23, MARK 4:14 God's power is not divided up equally among all His words. No, each of God's words carry all of God's power. Every seed has within itself the power to produce its own harvest. Just like a mango tree with thousands of mangoes in one mango seed. Whether you speak positively or negatively, your words have power, they are seeds. You will have whatever you say, negative or positive (MARK 11:23, NUMBERS 14:28, PROVERBS 18:21). Learn to let your words work for you and not against you. Learn the power of positive words. This book will raise your faith to levels you never dreamed possible. A whole new world of possibilities will open up to you as a result of strong faith.

The most powerful word in the language is one that most people find difficult to say. Yet when we know how to use it correctly, it has the power to profoundly transform our lives. That word is 'No'. In *Getting to Yes*, William Ury helped millions of people across the world discover how to transform their working and personal relationships by saying Yes. In this wise and insightful 'prequel' to the international bestseller, Ury asserts that, although you may be able to say Yes, you cannot get to the right Yes until you know how to say No. Most of us are reluctant to say No when we fear the word could spoil relationships with bosses; lose the deal with clients or upset family members. This indispensable book will help readers know whether and how to say No and provides a simple, proven five-step solution and tried and tested techniques to tackle this everyday dilemma.

Many people are used to showing compassion to others. What many of us have trouble with is showing that same compassion to ourselves. Licensed marriage and family therapist Kim Fredrickson wants readers to stop beating themselves up. Grounding her advice in the Bible, she offers practical steps, specific exercises, and compassionate words to say in order to build a loving relationship with ourselves. Through inspiring stories of transformation, she helps us learn to show ourselves the kind of grace and understanding we offer to others--and to change our relationships, our outlook on life, and our view of ourselves in the process.

Some people just can't take criticism. And some people just can't give it-not in a positive, motivating, mutually beneficial manner, anyway. That's too bad, because criticism is essential to many aspects of business, such as performance appraisals, quality control, and team functioning, to name a few. This empowering book helps readers take the sting out of criticism-and transform it from a destructive, demoralizing disaster into an energizing, educating experience that builds relationships and increases individual and organizational success. Using real-life scenarios and the author's 21 tips to positive criticism, readers will learn to: Think of criticism as a positive thing Become strategic criticizers and develop their skill in using the power of positive criticism Stay cool, calm, and collected when giving or getting criticism Criticize their

boss--without getting fired, and more.

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