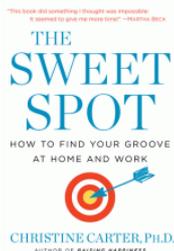


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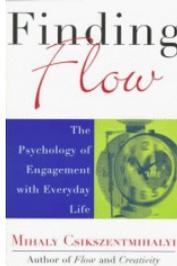


The sweet spot

Christine Carter, Ph.D.

In The Sweet Spot, Carter shares what she calls "the sweet spot equation," a combination of strategies and practices for attaining happiness without giving up success, and for achieving success without compromising happiness. Using a simple formula, The Sweet Spot shows us

how to take a brief recess...

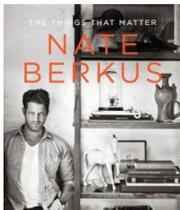


Finding flow

Mihaly Csikszentmihalyi.

Part psychological study, part self-help book, Finding Flow is a prescriptive guide that helps us reclaim ownership of our lives. Based on a far-reaching study of thousands of individuals, Finding Flow contends that we often walk through our days unaware and out of touch with our

emotional lives. Our...

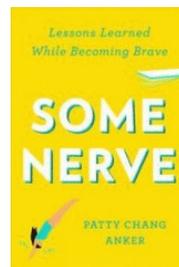


The things that matter

Nate Berkus.

Does your home tell the story of who you are? In The Things That Matter, Nate Berkus shares intimate stories from his life, introduces us to people who influenced him and helped him forge his

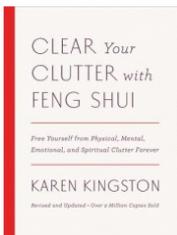
sense of style, and opens up about the remarkable experiences that have left him forever changed. All of whi...



Some nerve

Patty Chang Anker.

Through her own journey and the stories of dozens of others who have triumphed over common fears, Anker conveys with humor and infectious exhilaration the most vital lesson of all: Fear isn't an end point, but the point of entry to a life of incomparable joy.



Clear your clutter with feng shui

Karen Kingston.

In this revised and updated edition of her classic, bestselling book, Karen Kingston draws on her wealth of experience as a clutter clearing, space-clearing, and feng

shui practitioner to show you how to transform your life by letting go of clutter. Her unique approach lies in understanding that clu...



Clearing clutter

Alexandra Chauran.

Describes how to clear physical, mental, and spiritual clutter using such methods as feng shui interior decorating, meditation exercises, and professional psychic guidance.

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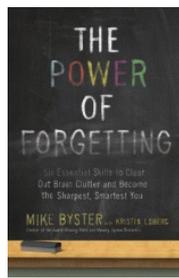
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Get things done

Robert Kelsey.

Get Things Done is emotional ergonomics for the organisationally-challenged individual – at home, at work, with themselves, and with others.



The power of forgetting

Mike Byster with Kristin Loberg.

Mike Byster has helped thousands of people achieve a better, faster, sharper mind through this award-winning Brainetics program and now, in his highly anticipated first book, he reveals all-- proving that everyone has the capacity for genius and explaining in practical detail

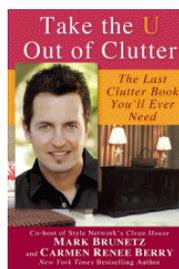
how you can develop a mi...



Mess

Barry Yourgrau.

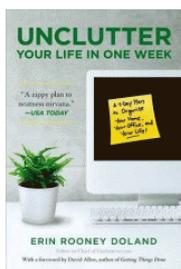
The author draws on his experiences as both a hoarder and an investigator to profile subjects ranging from professional decluttering services and anti-hoarding therapy to the brain science behind hoarding and the way clutter affects relationships.



Take the U out of clutter

Mark Brunetz and Carmen Renee Berry.

Explains where clutter comes from and how to conquer it, with step-by-step instructions, success stories to inspire, and exercises.



Unclutter your life in one week

Erin Rooney Doland.

An organizational expert and the creator of Unclutterer.com offers a practical guide for getting and staying organized in all aspects of life, including tips on creating a flawless filing system and eliminating meal-time stress.