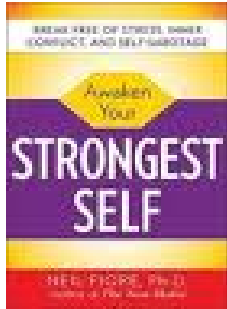


January 2013



Awaken Your Strongest Self by Neil Fiore

A groundbreaking four-step program for breaking self-destructive habits, increasing productivity and creativity, and performing at your personal best.

We often make our worst decisions when we act from a weak sense of self, and our best decision when we are confident and self-assured. Using the latest research findings in Cognitive Behavioral Therapy, and Peak Performance strategies, *Awaken Your Strongest Self* shows you how to live with greater joy, ease, and effectiveness.

Author Neil Fiore, Ph.D., provides a four-step program that involves (1)stepping back from old, ineffective patterns, (2)waking up your "new brain"--what neuroscientists call the "Executive Organizing Function" (3)awakening the five qualities of your strongest self, and (4)putting everything together to achieve your goals.

Through innovative examples, case studies, and exercises, you will learn how to cope with stress, recognize early signs of inner conflict, perform at their personal best on everyday work projects, minimize feelings of being overwhelmed; and ultimately, choose healthy alternatives to replace former bad habits.

Topics include:

The Sleeper Must Awaken; Five Signs That You Are Not Your Strongest Self ... Yet;

Expand Your Identity Beyond Your Ego; Step Up to Your Strongest Self's Point of View;

Speak Up in the Voice of Your Strongest Self; Safety Replaces Stress;

Choice Replaces Inner Conflict; Presence Replaces Feeling Overwhelmed;

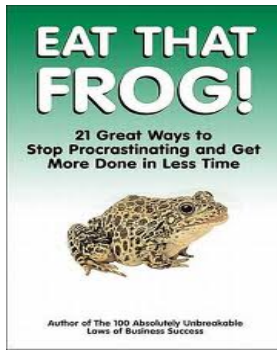
Focus Replaces Self-Criticism; Connection Replaces Struggle;

Self Efficacy and the Stages of Change: The Key to Realizing Your Dreams;

Making up Your Mind; Committing to Change; Taking Action;

Maintaining Long-Term Success; You Are Your Strongest Self

Want to know more about "*Awaken Your Strongest Self (BF698.35.N44F56 2007)*?" Stop by the Mobile District Technical Library, Room 1013.



Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time, by Brian Tracy

From the Cover:

There just isn't enough time for everything on our "To Do" list—and there never will be. Successful people don't try to do everything. They learn to focus on the most important tasks and make sure they get done.

There's an old saying that if the first thing you do each morning is to eat a live frog, you'll have the satisfaction of knowing that it's probably the worst thing you'll do all day. Using "eat that frog" as a metaphor for tackling the most challenging task of your day—the one you are most likely to procrastinate on, but also probably the one that can have the greatest positive impact on your life—*Eat That Frog!* shows you how to zero in on these critical tasks and organize your day. You'll not only get more done faster, but get the *right* things done.

Bestselling author Brian Tracy cuts to the core of what is vital to effective personal time management: decision, discipline, and determination. He details 21 practical and doable steps that will help you stop procrastinating and get more of the important tasks done—today!

Want to know more about "*Eat That Frog!* (BF637 .P76T73 2001)?" Stop by the Mobile District Technical Library, Room 1013.