

# Read Online Locavores Handbook The Busy Persons Guide To Eating Local On A Budget Pdf For Free

**The Busy Person's Guide to Preserving Food** Dec 12 2021 Easy step-by-step instructions for freezing, drying, and canning.

*The Busy Person's Guide to Permanent Weight Loss* Aug 20 2022 The Busy Person's Guide to Permanent Weight Loss reveals a weight-loss plan busy people can successfully use in the real world. Busy people see to everything and everyone-except themselves. The result is unexpected weight gain. But few people have the time to lose weight. This revolutionary approach to weight loss embraces the hectic lifestyle and provides realistic strategies for staying on target, including: a program that is easily tailored to fit individual dieting needs helpful dining options for eating out healthy, flavorful, and FAST menu ideas for eating in, and time saving strategies to maximize results. No two people lose weight the same way, and busy people need a plan designed for their schedule. Dr. Jampolis has developed variations of the plan that will work with every lifestyle and every schedule. You can even create your own plan by applying her seven principles into a plan that suits your lifestyle.

**Mindfulness for Busy People** Oct 30 2020 Be calm, be present, be mindful. Mindfulness for Busy People 2/e will show you how to apply the transformative power of mindfulness to your busy life, helping you to de-stress, find your own unique space of calm, and ready yourself for whatever challenges you face. Helping you to cultivate and practice mindfulness straight away, you'll discover: · A no-nonsense, light-hearted, and clear introduction to mindfulness and its benefits · Unique and clever 'I-haven't-got-time-for-this' exercises that you can do anywhere, anytime · A fulfilling way to feel less stressed with immediate effect · A new found confidence, resilience and a greater sense of optimism · Improved focus, energy, efficiency and creativity Feel calm, confident and in control – whatever you're doing, wherever you are. Endorsements MFBP 2e · "Mindfulness has probably become more popular in concept than in practice these days. So many of us could benefit from training our attention and our self-compassion, if we could just find practical ways to integrate mindfulness into our daily lives and busy schedules. These authors provide the practical tools that you need to actually put mindfulness into practice, and to benefit from transforming your mind, without having to pack up to live in the mountains. This book is fun, usable, and helpful." Dennis Tirch, author of The Compassionate Mind Guide to Overcoming Anxiety · "Mindfulness can be elusive... The "I'm too busy" thoughts show up and get in the way. The trick is to bring brief respites of mindfulness into a multitude of simple tasks we do each day. In this second edition of their wonderful book the authors have added, updated and upgraded ideas for bringing the power of mindfulness into our busy worlds. Get it and reap the benefits of simple mindfulness." Kevin Polk, Ph.D., Psychologist and ProSocial Matrix Trainer · "The great thing is, we can all be a lot more mindful, even if we're way too busy to meditate. This little gem of a book gives you a wealth of simple strategies to easily bring mindfulness into everyday life - thereby making it a lot more satisfying and lot less stressful." Russ Harris, author of The Happiness Trap · "One go-to question in mindfulness is: What did you notice? Going through this wonderful book, I noticed how simple and concrete it made the practice of mindfulness. I noticed thoughts about wishing I had come across this book when I first encountered mindfulness some 18 years ago. Then, I noticed warm feelings toward the compassionate humanity of Mike Sinclair, Josie Seydel and Emily Shaw that shines through each page. The next thing I noticed was loving how this new edition delves on self-compassion and offers more on how mindfulness can help us identify, choose and embody our deepest life values. Finally, I noticed the judgment that this book isn't just for busy people, but for anyone interested in living more effectively and learning how to befriend the whole of their experience." Benjamin Schoendorff, co-author of The Science of Compassion and The Essential Guide to the ACT Matrix. · "Fun, engaging and practical - this book is elegantly written by experts to help you learn the skills of mindfulness - and to apply them to this busy, stressful, modern world we live in." Dr Joe Oliver, Director of Contextual Consulting and co-author of ACTivate Your Life. · "Accessible, actionable, insightful and user-friendly. This book will help even the busiest of people find more contentment, joy, calm and connection especially on the busiest of days." Aisling Leonard-Curtin, Chartered Psychologist, Co-director ACT Now Purposeful Living & author of The Power of Small · "A lot of people would like to learn to live more mindfully, but feel they simply don't have the time. The second edition of Mindfulness for Busy People shows us how to bring the benefits of mindfulness into the busiest of lives." Russell Kolts, Ph.D. Professor of Psychology, Eastern Washington University, and co-author of Living with an Open Heart: How to Cultivate Compassion in Everyday Life · "Having read this new edition, I doubt I will ever again notice my mind telling me "I'd better watch the time" without recalling the "watch your watch" meditation - just one of a plethora of mini life practice suggestions in this accessible self-helper that contribute to busting through the self-inflicted aspect of the trance of 'too busy'ness." Marin Wilks, Chartered Psychologist, Mindfulness Teacher & Peer-Reviewed ACT Trainer · "Read, practice and feel the rewards - this accessible book has the power to change your life." Dr Mary Welford, author of Compassionate Mind Approach to Building Self-Confidence and Compassion Focused Therapy for Dummies · "This book is an incredibly practical guide to reducing stress and boosting your effectiveness through mindfulness." Dr Rob Yeung, chartered psychologist and author of Confidence 2.0: The New Science of Self-Confidence.

**The Overworked Person's Guide to Better Nutrition** Jul 07 2021 The Overworked Person's Guide to Better Nutrition offers bite-sized tips for busy people who want to make time for good nutrition, but feel trapped by their hectic schedules. Responding to the number-one obstacle she hears from clients who have trouble staying healthy — "I don't have time!" —dietitian, Certified Diabetes Educator, and healthy lifestyle coach, Jill Weisenberger built this busy-person's guide to nutrition and health to show that everyone feels busy, but healthy habits can fit into any schedule. To keep things quick and accessible, the book is built around 50 fun and informative tips, covering everything from resistant starches to the glycemic index. Designed to be picked up and read from anywhere in the book, every page is packed with interesting tips that will improve nutrition and relieve stress and guilt. Whether you want to lose those extra pounds, tell stress to "take a hike," or simply feel refreshed every day, this book, filled with weight loss strategies and tips for a healthier day (and night), can help anyone, on any schedule, eat and feel better.

*The Busy Person's Guide to Balance and Boundaries* Oct 22 2022 Have you become so busy that you feel light-years away from the essence of your own true self and from what really matters? If so, The Busy Person's Guide to Balance and Boundaries was written for you. The first in a series of three, The Busy Person's Guide to Inner Healing and The Busy Person's Guide to Joy and Fulfillment will follow. But getting our feet back under us is where we must begin. This book leads the way by providing a clear, efficient, and effective pathway for establishing boundaries and recovering physical, emotional, and spiritual energy. At the same time, its workbook format guides us easily through a process of improving and deepening relationships, with ourselves, others, and a Higher Consciousness with which we yearn to connect. Based on years of working with individuals, couples, and groups, and expertise in the areas of spirituality, psychology, and recovery principles, the wisdom imparted simply and honestly throughout these pages is nothing short of profound. Betty Hill Crowson has given us a roadmap to recover our true selves at our own pace, empowering us to make the giant leap from human "doing" to a happier, and infinitely more content, human being.

**100 Ways to Happiness** Aug 08 2021 'I'm too busy to be happy . . .' Do you ever think like this? Many of us do these days, says psychologist and happiness expert Dr Timothy Sharp. In our quest for better jobs, bigger houses, more exotic holidays and higher-performing children, we have become too busy to factor in the one component that will make all of the above worthwhile: happiness. The good news is that achieving happiness is not a herculean task. It doesn't require expensive therapy or years of self-examination. Often it is about fine-tuning our thoughts and putting in place some simple daily practices. Dr Sharp draws on the latest research into the science of happiness and presents it here in 100 bite-sized chunks of inspiration and instruction. Read it from cover to cover, or dip in and out for a regular dose of happiness training. Learn how to increase your happiness levels by: improving your physical healthcounting your blessingsnurturing positive relationships becoming a giverbetter managing your time.Accessible, informative and funny, 100 Ways to Happiness encourages us to regard happiness as something that is achievable, manageable and hugely enhancing to the lives we live now.

**The Busy Person's Guide to Meal Planning** Jun 25 2020 The Busy Person's Guide to Meal Planning" is the ultimate resource for anyone who wants to eat healthy but struggles with finding the time to plan and prepare meals. In this practical and comprehensive guidebook, readers will find quick, healthy, and easy recipes that fit into busy lives. The book starts with an introduction to the benefits of meal planning and the basics of how to get started. It then offers tips and tricks for creating efficient meal plans, grocery shopping on a budget, and preparing meals in advance. The recipes are organized by meal type, including breakfast, lunch, dinner, and snacks. Each recipe is designed to be easy to follow, with clear instructions and ingredient lists that are readily available at most grocery stores. The meals are also customizable, with options for vegetarians, gluten-free diets, and more. From delicious and nutritious breakfast smoothies to flavorful and satisfying dinners, "The Busy Person's Guide to Meal Planning" has something for everyone. With this book, readers will learn how to take control of their diet and make healthy eating a priority, even when life gets busy. The Busy Person's Guide to Meal Planning" also includes advice on how to customize your meal plan to meet your dietary needs and preferences, as well as tips for staying motivated and sticking to your plan. Whether you're a novice in the kitchen or a seasoned pro, "The Busy Person's Guide to Meal Planning" is the ultimate resource for anyone looking to make healthy eating a priority in their busy lives.

Busy Person's Guide to Creating a Catholic Home Nov 11 2021

*The Busy Person's Guide To Great Presenting* May 17 2022 In this book you will find a clear, simple, and reliable structure which will ensure you can engage your audience, build rapport and get your message heard and acted on. Lee Warren reveals the tricks and tools of professional performers so you too can become a confident, assured presenter.

Living Lightly Jun 18 2022 The busy person's guide to mindful consumption How do you reduce your impact when you don't want to compromise your lifestyle? How do you live lighter when you're juggling the motherlode of life? How can you become more mindful of how and what you're consuming? In a previous career, Nicola Turner's job was to convince us to buy more - and now she uses this insight to help us consume less. With her unique ability to keep it real, Nicola shares how her family now lives with less stuff, less waste and less impact. It's made life simpler, saved heaps of time and money and created a healthier, happier family. Filled with do-able ideas and practical hacks, Living Lightly is for everyday people who want to simplify their life and reduce their impact but feel they're just too damn busy. It's all about making simple changes that work for you - and not letting perfect get in the way of good.

**Perfect Health for Busy People** May 25 2020 Perfect Health for Busy People is exactly what it sounds like: an easy-to-use guide for living a healthy, balanced life the Ayurveda way, no matter how hectic your schedule. As someone who balanced a full-time career with the demands of being a single mother for more than a decade, believe me: I understand busy! But I think you'll find that following a few basic Ayurvedic recommendations actually helps you to feel better physically, think clearer, and enjoy more energy and emotional balance throughout the day. My goal in writing this book was to take the ancient wisdom of Ayurveda and distill it into bite-sized bits of information you can use to improve your life right now-starting with this introduction. We'll begin with an overview of Ayurveda and its basic principles. Then we'll move into an understanding of the doshas-the elemental energies that govern the functioning of your body, mind, and emotions, according to Ayurveda. This is your Ayurvedic journey, and you can use this book however you like. To start cooking healthy, balancing meals tonight, flip to the recipes in Appendix I. To discover your Ayurvedic constitution right now and get some basic recommendations, go to What's My Dosha? later in this introduction and take the quiz. While Perfect Health for Busy People is geared toward beginners, I believe it offers something for those familiar with Ayurveda as well. In addition to covering Ayurvedic basics, we'll explore how this ancient practice can be used for modern health issues caused by genetically modified foods (GMOs) and pesticides. We will also discover why other health issues caused by parasites, viruses, and bad bacteria are more prevalent today and thus affecting our health now more than they were a few decades ago. Ayurveda has helped me, my family, and my many wellness clients live healthier, happier, longer, and more balanced lives. The door is open. Let's enter this world of health and wholeness together.

Less Doing, More Living Nov 30 2020 Exploring the fundamental principles of his "Less Doing" philosophy, a TEDx speaker, efficiency consultant and achievement architect gives readers the essential tools and techniques for streamlining their workload, being more efficient in their

day-to-day activities and making everything in life easier. Original.

**Resetting Our Future: Zero Waste Living, The 80/20 Way** Feb 14 2022 Many of us feel powerless to solve the looming climate and waste crises. We have too much on our plates, and may think these problems are better solved by governments and businesses. This book unlocks the potential in each "too busy" individual to be a crucial part of the solution. Stephanie Miller combines her career focused on climate change with her own research and personal experience to show how a few, relatively easy lifestyle changes can create significant positive impact. Using the simplicity of the 80/20 rule, she shows us those things (the 20%) that we can do to make the biggest (80%) difference in reversing the climate and waste crises.

**Crazy Busy** Dec 20 2019 Winner of the 2014 Christian Book of the Year Award "I'M TOO BUSY!" We've all heard it. We've all said it. All too often, busyness gets the best of us. Just one look at our jam-packed schedules tells us how hard it can be to strike a well-reasoned balance between doing nothing and doing it all. That's why award-winning author and pastor Kevin DeYoung addresses the busyness problem head on in his newest book, Crazy Busy — and not with the typical arsenal of time management tips, but rather with the biblical tools we need to get to the source of the issue and pull the problem out by the roots. Highly practical and super short, Crazy Busy will help you put an end to "busyness as usual."

**The Busy Person's Guide to Prayer** Feb 26 2023 Beloved author Deacon Greg Kandra knows all too well what it is to be busy. Drawing from his own experience and those of fellow Catholics and the saints' lives, Deacon Kandra helps us realize the importance of prayer and offers practical tips for making it a part of each day. Prayer includes regular participation in the sacraments (Mass, Confession) but is also about a constant communication with God and a way to plan our day each morning and evaluate our progress each evening. How is God showing us to spend our time? What can we do to be less busy and make room for God? This book answers these questions.

**The Busy Person's Guide to Ezekiel** Mar 23 2020 This is a study guide, ideally designed for Bible Study groups, with a view to helping readers understand and apply this most peculiar book!

**The Busy Person's Guide: The Complete Series** Jul 19 2022

**The Busy Person's Guide** Apr 23 2020

**Drive Thru Theology** May 05 2021 People have lots of questions about what the Bible teaches, but little time. Drive Thru Theology is a quick reference guide for those on the go.

**Gaia Busy Person's Guide to Chakras** Mar 03 2021 Chakras are the seven energy centres of the body that link your body's energy to the main aspects of your life. "Busy Person's Guide: Chakras" offers a wide variety of methods for accessing and regulating your body's energy throughout your busy day: as part of your morning routine, at work, while you are relaxing at home and as you prepare for sleep. You'll also learn about the special qualities of each chakra and how to use its energy to enhance your life now.

**Remote Controlled Real Estate Riches** Feb 20 2020

**Breathe, Repeat** Jan 01 2021 Feeling stuck? Anxious? Stressed out? You're not alone. In today's fast-paced world, we've gotten used to feeling tense and overwhelmed. We want to enjoy our lives more, but many of us unconsciously embrace unresolved mental blocks that lead to burn-out and frustration. Here's the good news: the science-backed and practical tools you'll find in Breathe, Repeat will help you build mental resilience, get unblocked, and increase vitality. In his book, Vincent has collected over 20 years of the best and most effective breathwork, relaxation and stress management techniques. These methods will allow you to achieve deep relaxation in as little as 1 minute--you'll learn to quiet your inner "monkey mind" without meditating. With the help of Vincent's 21-day program, you can create long lasting habits that lead to a more centered, purposeful and meaningful life. The first step is easy: just breathe. And then repeat.

**The Busy Person's Guide to Easier Movement** Mar 27 2023 This very timely and indispensable book provides common sense lessons to connect the mind and body through movement. Whether you're an athlete, performing artist, professional or health care worker, The Busy Person's Guide to Easier Movement from Frank Wildman Ph.D. will help you work and live with greater ease. Originally published in Germany, this title is the first Feldenkrais Method book to become a national bestseller. Now in English, it's finally available to many more readers worldwide. Feel better. Work more efficiently. Lower your stress. 50 easy lessons to more comfortable movement. Practical and common sense applications. Quick exercises with immediate results. Feldenkrais Method learning. Take it anywhere! Quickly learn how to obtain greater freedom in your middle back, shoulders, hips, knees, and jaw. Bend easier, reach with ease, improve your balance, and even find your optimal driving position. 188 pages, Intelligent Body Press, Berkeley"

**Keeping Busy** Jan 13 2022 The description of each activity includes step-by-step instructions, as well as tips on how to adapt it for small or large groups, for individuals at home or in an organization, or people who are bedridden.

**The Busy Person's Meal Planner** Nov 23 2022 Healthy meal planning is made easy in this beginner-friendly guide that teaches you how to shop smartly and plan your weekly meals with confidence—all while enjoying food you actually want to eat. If you constantly ask yourself "what the heck's for dinner?", then The Busy Person's Meal Planner will finally teach you how to meal plan and meal prep no matter how hectic your week might be. With 50+ recipes that can be modified for all diets, the breakfast, lunch, dinner, and snack options in this book feature easy-to-find ingredients and most can be made in 30 minutes. And to make the process even easier, the book provides you with easy-to-reference cheat sheets and a 52-week meal planner and grocery list notepad that you can take with you to the supermarket. Written by licensed dietitian Laura Ligos, The Busy Person's Meal Planner is a guide to weekly meal planning for working professionals and families who don't have a lot of free time and need help learning how to get healthy and delicious meals on the table each week. Realistic rather than idealistic, Ligos gives you expert advice on shopping the sales, stocking your pantry, and planning meals that are nutritious, filling, and easy to make. The Busy Person's Meal Planner features: • Meal Planning 101: 5-step guide to planning your weekly meals • 50+ Breakfast, Lunch, Dinner, and Snack Recipes: including modifications for gluten-free, dairy-free, and vegan • Advice for Stocking Your Kitchen: Recommended tools and pantry staples • 52-Week Meal Planner and Grocery List Notepad: Perforated, removable notepad so you can write out your meals and take your shopping list to the store

**The Busy Leader's Handbook** Aug 28 2020 A comprehensive book of "need-to-know" insights for busy leaders Being a great leader means getting the fundamentals right. It also means consistently doing the "little things" that make a positive difference in the lives of employees, customers, and other stakeholders. The Busy Leader's Handbook: How to Lead People and Places That Thrive is a practical, easy-to-use book filled with gentle reminders of what we should be doing every day—especially when work is at its most intense. The Handbook is packed with proven best practices, tools, tips, and tactics for engaging employees, revitalizing cultures, delighting customers, and building high-performance companies. Short, succinct, and accessible, each chapter is "stand-alone," offering helpful advice for meeting common business challenges. Plus, the strategies, approaches, and tactics are designed to be put into action immediately. Best-selling author, businessman, visionary, and entrepreneur Quint Studer draws on his 30-plus years of experience in helping organizations of all sizes and leaders at every level reach peak performance. Comprehensive in scope, his book overflows with insights and practical advice to help you make smart leadership decisions. For example: Why putting the right foundational structures in place early on creates clarity and heads off problems that cause businesses to struggle and fail The importance of followership: why being a good leader requires that you first be a good follower Why we tend to run from self-disruption and a sense of being unsettled (and how to learn to embrace them instead) Why leaders should seek consent, not consensus How to engage employees and create a positive workplace culture How to help employees find meaning and purpose in their work How to conduct difficult conversations and resolve conflicts—and why having these skills (or not) can make or break you as a leader Advice for attracting and hiring the best talent, retaining them over time, and dealing with the low performers who drive them away Why mentoring is so powerful and how to encourage it inside your company Tips and tactics for seeing the world through your customer's eyes How to reduce customer anxiety (and encourage them to buy) with the right words at the right times for the right reasons The Busy Leader's Handbook functions as a desk reference and pocket guide for anyone in a leadership position. It's also a great training tool for onboarding new leaders. Whether you work for a start-up, a small or mid-size business, or a large corporation, this book will change how you think, inspire you to do your job better—and help your organization thrive.

**The Busy Person's Guide to Reflexology** Jan 21 2020 Provides instructions for self-help hand treatments to bring immediate relief for ailments including headaches, motion sickness, panic attacks, back pain, and low energy levels.

**High Energy Habits** Jul 27 2020 Are you fed up with feeling drained and overwhelmed by all the desires and demands of a busy life? Would you like to find a way to dramatically increase energy, a way that does not involve diets or exercise? It's easier than you think and it works. This book shows you how -- in small, practical, no-nonsense steps that make a huge difference in busy lives. Start by doing less of what drains your energy and more of what boosts your energy: Fix those little things you've been ignoring, Use your strengths more often, Create thinking time each week, Turn up for commitments slightly early, Clear the clutter -- it matters more than it seems to, Spend more time with people who lift you, Make self-care a priority. Bill Ford, an Executive Coach who has been featured in The Times, teaches you how to boost, harness and exploit positive energy and how to offload all your negative energy. High Energy Habits is a wonderfully practical and accessible book designed to rid you of stress and despondency and is the key to shifting your life up a gear to total fulfilment. Book jacket.

**High Energy Habits** Jan 25 2023 A book for busy people, offering a practical way to satisfaction and happiness. It does not feature diet, chakras, power naps or feng shui. Instead, it's about monitoring your response to little things and doing something about them - taking small, achievable steps that make a huge difference.

**Business Reports for Busy People** Apr 04 2021 Business Reports for Busy People is a comprehensive guide filled with a wide range of samples and templates that can be customized to produce professional-looking, clear, and concise reports for virtually any need, including easily customizable templates and boilerplate text. Business Reports for Busy People features the most commonly used business reports, including: Policies and Procedures, HR Assessments, Disciplinary Reports, Progress Reports, Situation Summaries, Time Accounting Reports, Meeting Minutes, Business Plans, Annual Reports, Feasibility Studies, Expense Reports, White Papers, Statistical Samplings, Abstract Summaries, and much, much more. For each kind of report, this helpful title includes typical contents; suggested formats; requirements, criteria or background information to include: necessary comparisons or options to discuss; how to frame your conclusions or recommendations; and a complete revision checklist. Make a smart business decision. Start with Business Reports for Busy People when you want to produce your next report faster, easier, and with total assurance.

**No! a Guide for Busy People** Feb 02 2021 This book is deeply personal to me. I want to help others trapped in the same cycle of doing at the expense of being. I know how lonely and soul-crushing it feels. But the good news is that it doesn't have to be that way! I want to help you figure out what matters most in your life, and challenge you to get busy (yes, busy) spending your limited, valuable time living life in harmony with your priorities. Believe me, I've heard plenty of horror stories and seen firsthand the carnage that workaholicism can bring to lonely families. I've listened to numerous heart-wrenching accounts of hurting marriages and wounded children. And I've talked with a lot of really good people whose souls have been left drained and whose inner-depth has been left dangerously shallow.

**Buddhism for Busy People** Sep 28 2020 In this simple and accessible but beautifully written book, David Michie opens the door to the core teachings of Tibetan Buddhism, and shows us how he himself first began incorporating Buddhist practices into his daily life. What does it take to be happy? We've all asked ourselves this question at some point, but few of us have found the path to lasting fulfillment. David Michie thought he had achieved his life's goals--the high-level job, the expensive city apartment, the luxury car, the great vacations--but a small voice was telling him he wasn't really happy. A chance remark from a naturopath sent him to his local Buddhist center. There he began the most important journey of his life. In Buddhism for Busy People Michie explains how he came to understand the difference between the temporary pleasures of ordinary life and the profound sense of well-being and heartfelt serenity that comes from connecting with our inner nature.

**Feldenkrais** Apr 28 2023 "Dr. Wildman is internationally renowned for his work integrating the psychology and the biology of motion. A former professional dancer and performing artist, he holds degrees in physical education, biology and psychology. His visionary style has changed the lives of thousands of people. His mastery of weaving the theoretical and practical has produced profound results by helping people to achieve more functional and fulfilling lives."--Amazon.com viewed December 31, 2020

**Smarts and Stamina** Jun 06 2021 Marie-Josée Shaar and Kathryn Britton demonstrate that health, happiness, and productivity are mutually reinforcing. Smarts and Stamina is a highly practical workbook that will help you leverage your strengths to have lasting impact on your quality of

life at work and play. The 50 sets of health-building activities are grounded on scientific research. By following the powerful, customizable step-by-step process, you can: - Feel in the prime of your life - Learn how to change and change how you learn - Choose good health habits, and make them stick Discover your own personal pathway to physical energy, mental focus, and emotional resilience. This book is not just an enjoyable process helping you become healthier; it is a true lifestyle game changer.

**The Busy Person's Guide to an Extraordinary Life** Sep 21 2022 What if you could live each day with joy and purpose? Join beloved author Deacon Greg Kandra as he uncovers the rich treasury of Scripture and Tradition to discover just how to live an extraordinary life starting today!

**The Busy Person's Guide to British History** Oct 10 2021 "The Busy Person's Guide to British History" is the perfect light history read. In less than 350 pages you are whisked from the distant stone age all the way up to 1945. It is serious but tinted with a sense of humour with each chapter opening with a great illustration. It also dwells on the eras that don't get a lot of love. Everyone knows who Henry VIII is but how much do you know about King Stephen? This is a chance to highlight the importance of Henry I or Henry III and point out the Vikings had a longer and greater impact on the country than the Restoration. This book fills in the gaps, enhancing your understanding rather than just going for the easy targets of the Romans, the Tudors and the Victorians.

*The Busy Person's Guide to an Extraordinary Life* Apr 16 2022 What if you could live each day with joy and purpose? Join beloved author Deacon Greg Kandra as he uncovers the rich treasury of Scripture and Tradition to discover just how to live an extraordinary life, starting today!

*The Busy Person's Guide to the Done List* Dec 24 2022 The Busy Person's Guide to the Done List is how making progress, even small wins, on meaningful work is the most powerful motivator.

**The Busy Person's Guide to Social Action** Mar 15 2022

**Feldenkrais** Sep 09 2021 Provides 50 common sense lessons to connect the mind and body through movement. whether you're an athlete, performing artist, professional or health care worker, this new illustrated guide from Frank Wildman, Ph. D. will help busy people work and live with greater ease.

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