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# 30 Days Of Focus The Step By Step Guide To Supercharge Your Productivity And Crush Your Goals In The Next 30 Days

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30 Days to Understanding the Bible Study Guide

A Journey to Finding Your True Self

The Moonshot Effect

30 Days - Change Your Habits, Change Your Life

The Kindness Challenge

Why Hospitals Fail

How to Lead in Data Science

30 Days to Victory Through Forgiveness

A Casebook Of Brief Intermittent Psychotherapy Throughout The Life Cycle

Focused Psychotherapy

Change Your Life in 30 Days

Unlock the Scriptures in 15 Minutes a Day

You Have 30 Days Starting Now

Between Theory and Practice

The 500 Words You Need to Know to Transform Your Vocabulary and Your Life

from Australia's bestselling anxiety expert

A Couple of Simple Steps Every Day to Create the Life You Want

The Total-Recall Program

How a Simple Program of Acknowledgment Can Build Trust and Loyalty at Work

SHSAT Math in 30 Days

30 Days to Better Critical Thinking

Thirty Days to Improve Any Relationship

Have an Out-of-Body Experience in 30 Days

A Life Changing Encounter

A Guide for Improving Every Aspect of Your Life, Revised and Expanded

Canyon Ranch 30 Days to a Better Brain

SEC Docket

30 Days of Focus

Start Each Day by Writing Down Three Things You are Thankful Do it Daily and Make it a Habit to Focus on the Blessings You Have Been Given! Grab a Copy for a Friend

and Share the Journey.

Reduce Your Risk of Eye Disease in 30 Days: Macular Degeneration, Retinitis Pigmentosa, and Diabetic Retinopathy Rehabilitation

30 Days of Glory

How to Write a Book in 30 Days

30 Days to Better Thinking and Better Living Through Critical Thinking

30 days to lose weight, kick cravings & feel great: Get in touch with your primal instincts, detox your body, and cleanse yourself ... for the busiest person in the world: YOU!

An Integrative Methodology Using ACT, DBT, and CBT

Your 30-day Journey to Being a World-class Mother

The Most Effective SHSAT Math Crash Course

Disrupting Business as Usual

60 Habit-Forming Programs to Live an Infinitely Better Life

*30 Days Of Focus  
The Step By Step  
Guide To  
Supercharge Your  
Productivity And  
Crush Your Goals  
In The Next 30  
Days*

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**VANG IBARRA**

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30 Days to Understanding  
the Bible Study Guide  
Covenant Books, Inc.

What's the best way to transform teams, elevate leaders and catapult careers? Launch a Moonshot — a game-

changing project that disrupts business as usual. Drawing on the seminal 1961 Moonshot story of President Kennedy as well as real-life stories from the authors' work, *The Moonshot Effect* steps you through the elements of a successful moonshot, from assembling a high performance team, selling your vision and executing the plan. *The Moonshot Effect* is a must-read for leaders and includes 24 critical practices that are not only essential to leading and managing a

successful moonshot, but can benefit executives and entrepreneurs on a daily basis. With Lisa and Kate as your guides, you'll be ready to launch your own moonshot. Kate Purmal and Lisa Goldman were members of extraordinary moonshot teams early in their careers and have since inspired, led or guided countless moonshot projects. Today, they speak and write about the power of moonshots and challenge CEOs, leaders and their teams to launch projects that will

transform their businesses and careers. [\*A Journey to Finding Your True Self\*](#) FT Press  
The host of titular podcast offers over sixty ideas to boost creativity, achieve fitness goals, increase productivity, improve relationships and more. Change isn't always easy, but you can do it! Packed with powerful ideas for improving your life in all areas, including fitness, food, mindfulness, relationships, networking and more, this book shows how to create lasting habits by first

succeeding at a thirty-day challenge. Author Rosanna Casper shares dozens of practical tips, helpful resources and her own secret tricks that will keep you motivated and committed through day thirty and beyond. If you're ready to make some positive changes in your life, just pick a challenge and get started:  
Walk 10,000 steps thirty days without (added)  
sugar Cook one new recipe per day  
Get better sleep  
Get rid of clutter  
Take a photo every day  
Spend thirty minutes

outdoors Read twenty pages a day  
**The Moonshot Effect**  
Simon and Schuster  
From Australia's bestselling anxiety expert, Bev Aisbett, comes a proven and practical workbook to help people manage their anxiety, with simple daily strategies for work and for home. A clear, practical day-by-day workbook, written by experienced counsellor and bestselling author of the classic national bestseller about anxiety, *Living with IT*, Bev Aisbett, to help

people control their anxiety. Based on many of the exercises Bev has been teaching and writing about for the past twenty years, the book provides clear, simple daily building blocks to help people manage their anxiety and assist in recovery. Designed to be carried in handbags or backpacks as a daily companion, this is a highly approachable, concise, practical, simple and above all proven method of overcoming anxiety. Bev Aisbett is Australia's leading author

in books around managing anxiety. In 1993, after recovering from severe anxiety and depression herself, Bev turned to her artistic talents to create the first of her ground-breaking illustrated self-help books Living with IT- A Survivor's Guide to Panic Attacks, which rapidly became a national bestseller, with over 200,000 copies sold. In 2013, HarperCollins published the fully revised and updated 20th anniversary edition of this classic book. 30 Days - Change Your

Habits, Change Your Life  
Thomas Nelson Incorporated  
This book covers water fasting from a to z. I've thrown the kitchen's sink to make sure that you have all of the information, tips, tricks and procedures needed to go all the way and achieve your goals. I have left no rock unturned; this book can transform your life beyond what you can imagine. I myself was obese, sick, depressed and suicidal for many years. Water fasting was one of the most important

elements of my recovery. It isn't easy; in fact, fasting can be tough. But, with some practice, the discomfort does wane and you'll find yourself feeling better, sharper, younger and leaner than ever before. If you're looking for an all-inclusive plan to lose weight, detoxify and reclaim your health, this book will help you in tremendous ways. AuthorHouse  
Clinicians know that mental health disorders in adolescents may manifest externally as aggressiveness,

opposition, or isolation from others. What's less clear is just how to move beyond these conduct and defiance issues to help teenage clients cooperate with treatment so they can build healthy social skills and values. Mode Deactivation Therapy for Treating Aggression and Oppositional Behavior in Adolescents combines the most effective aspects of cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), and functional

analytic psychotherapy (FAP) to meet the specific challenges of therapists working with angry, distrustful, or hostile adolescents. This evidence-based treatment program is effective with the most difficult-to-treat adolescents, especially those who struggle with anxiety, post-traumatic stress disorder, and depression. Complete with assessments and client worksheets, this approach encourages young clients to see alternatives to their antisocial core beliefs and

equips them with skills for gaining control of their emotions and oppositional behavior. The skills these clients learn will be useful long after adolescence, and can redirect their lives dramatically. The Kindness Challenge Grand Central Publishing A field guide for the unique challenges of data science leadership, filled with transformative insights, personal experiences, and industry examples. In How To Lead in Data Science you will learn: Best practices for leading projects while

balancing complex trade-offs Specifying, prioritizing, and planning projects from vague requirements Navigating structural challenges in your organization Working through project failures with positivity and tenacity Growing your team with coaching, mentoring, and advising Crafting technology roadmaps and championing successful projects Driving diversity, inclusion, and belonging within teams Architecting a long-term business strategy and data

roadmap as an executive Delivering a data-driven culture and structuring productive data science organizations How to Lead in Data Science is full of techniques for leading data science at every seniority level—from heading up a single project to overseeing a whole company's data strategy. Authors Jike Chong and Yue Cathy Chang share hard-won advice that they've developed building data teams for LinkedIn, Acorns, Yiren Digital, large asset-management firms,

Fortune 50 companies, and more. You'll find advice on plotting your long-term career advancement, as well as quick wins you can put into practice right away. Carefully crafted assessments and interview scenarios encourage introspection, reveal personal blind spots, and highlight development areas. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the technology Lead your

data science teams and projects to success! To make a consistent, meaningful impact as a data science leader, you must articulate technology roadmaps, plan effective project strategies, support diversity, and create a positive environment for professional growth. This book delivers the wisdom and practical skills you need to thrive as a data science leader at all levels, from team member to the C-suite. About the book How to Lead in Data Science shares unique

leadership techniques from high-performance data teams. It's filled with best practices for balancing project trade-offs and producing exceptional results, even when beginning with vague requirements or unclear expectations. You'll find a clearly presented modern leadership framework based on current case studies, with insights reaching all the way to Aristotle and Confucius. As you read, you'll build practical skills to grow and improve your team,

your company's data culture, and yourself. What's inside How to coach and mentor team members Navigate an organization's structural challenges Secure commitments from other teams and partners Stay current with the technology landscape Advance your career About the reader For data science practitioners at all levels. About the author Dr. Jike Chong and Yue Cathy Chang build, lead, and grow high-performing data teams across industries in public and

private companies, such as Acorns, LinkedIn, large asset-management firms, and Fortune 500 companies. Table of Contents 1 What makes a successful data scientist? PART 1 THE TECH LEAD: CULTIVATING LEADERSHIP 2 Capabilities for leading projects 3 Virtues for leading projects PART 2 THE MANAGER: NURTURING A TEAM 4 Capabilities for leading people 5 Virtues for leading people PART 3 THE DIRECTOR: GOVERNING A FUNCTION 6 Capabilities for leading

a function 7 Virtues for leading a function PART 4 THE EXECUTIVE: INSPIRING AN INDUSTRY 8 Capabilities for leading a company 9 Virtues for leading a company PART 5 THE LOOP AND THE FUTURE 10 Landscape, organization, opportunity, and practice 11 Leading in data science and a future outlook *Why Hospitals Fail* John Wiley & Sons Start Your 30-Day Journey to Master the Bible. For many people—regardless of their level of experience—the Bible can

seem intimidating. Maybe you've tried to read or learn about the Bible in the past and found it hard to understand. Maybe you've been reading it for years, but you still lack confidence when it comes to expressing what it says. Throughout the videos (DVD/video steaming sold separately) that accompany each of these six sessions—along with the interactions and exercises in this study guide—you will build a solid foundation of knowledge for understanding the most

important book ever written. With author and pastor Max Anders, you'll have a complete understanding of the story of the Bible and its core teachings or doctrines in 30 days. Sessions include: An Overview of the Bible: Its Structure, its History, and its Promise The Early History of Israel: Patriarch-Kingdom Eras The Later History of Israel: Exile-Silence Eras The History of the Church: Gospel-Missions Eras The Great Doctrines: The Bible, God, Christ, the Holy Spirit, and Angels

The Great Doctrines: Man, Sin, Salvation, the Church, and Future Things Anders' simple-to-use, straightforward guide has been recommended by Bible teachers and pastors for over thirty years, and now he can join your Bible study and launch you on a journey of mastering the Bible so well that the Bible masters you. Designed for use with 30 Days to Understanding the Bible Video Study available on DVD or streaming video, sold separately. How to Lead in Data

Science Effortless Math A simple day-by-day program with practical guidance and insight to becoming an even better mother. Women learn healthy ways of living, how to nurture each child, establish a support network, and identify mentors and role models who can help them become the mothers they aspire to be. 30 Days to Victory Through Forgiveness Guardian Books Gratitude make everything grow is a 30days guide to cultivate

an attitude of gratitude! Start each day by writing down three things you are thankful Do it daily and make it a habit to focus on the blessings you have been given! Grab a copy for a friend and share the journey together This book is a self exploration journal designed to focus on being thankful for what we have, the good things in life, as well as the simple joys.

*A Casebook Of Brief Intermittent*

*Psychotherapy*

*Throughout The Life Cycle*

30 Days of FocusThe

Step-By-Step Guide to Supercharge Your Productivity and Crush Your Goals in the Next 30 DaysAre you sick and tired of where you are in life? Do you feel that life is passing you by? Or that you're wasting your potential? Or maybe that you're "stuck", desperately trying to do more, be more, and have more?Do you wish you made more money? Were in a better relationship? Had better health?Well what if I told you that you could have all of that by simply learning one little

skill? A skill that you can learn in just minutes a day, allowing you to unleash all of your hidden talents, potential, and skills/genius?Interested? Well keep reading...The simple skill that I'm talking about is focus.Learning how to focus is one of the most powerful, life-changing, potent skills you can ever have.Focus allows you to hone all of your talents, abilities, and opportunities to a finely sharpened point, allowing you to cut through any obstacle, achieve any

goal, and destroy any doubt that stands between you and the life of your dreams. It's no exaggeration to say that spending a few minutes a day learning how to focus will reap benefits for decades to come. In this short book, you will discover how to ruthlessly pursue your goals by forging an unbreakable sense of focus and concentration. You may have heard the saying "Where focus goes, energy flows. Where energy flows, something grows" Well, focus is your

ability to zero in on a particular thing so that your energy goes towards achieving that goal. You'll do whatever it takes, for however long it takes, until you achieve that goal. You will not stop until you turn that idea into a reality that you can see, hear, touch, smell and taste. In this book, you'll discover simple, actionable, quick steps you can take to maximize your focus. In fact, we've created a 30-day plan for our focus-boosting system. This framework proceeds in a logical way:

To maintain a high level of focus, you must first learn to build it up, and learn to set the right goals to unleash your focus' full potential. You just have to take these sequential steps on a day to day basis. You start off with one focusing skill, and then you end the 30-day process with many more skills. Here's what you'll learn: -Why You Need to Think BIG-How to Figure Out EXACTLY What You Want-Why You Need To Be Ruthless With Your To-Do List-The Best Way to Visualize What You Want-

The "Rip Your Goals" Ritual-How to Get Comfortable Being Uncomfortable>Create "Layers" to Maintain Focus-Why You Need to Sleep More and Eat Less to Stay Focused-Why to Say "F#\*k You" to Facebook-The Power of Gratitude-"Zen" Your Workspace-The "Pencil Trick" to Increase Focus-The "Reward" Mechanism-How to INSTANTLY Get Others to Help You -How to Use Sex to Your AdvantageThis is a proven, 30 day system, that shows you to

develop, harness, and unleash your power of focus.The Kindness ChallengeThirty Days to Improve Any Relationship 30 Days of FocusThe Step-By-Step Guide to Supercharge Your Productivity and Crush Your Goals in the Next 30 Days  
**Focused Psychotherapy**  
 NaturallyHealthyPublicatio ns  
 30 Days of Glory will lead you to a daily transformational encounter with the reality of God's presence few

have ever experienced. Moses, Peter, and Paul all had glory encounters that changed their lives forever. God's destiny for you is to reveal His glory. This book is not a dry scholarly theoreticalstudy, but an opportunity to experience His manifested glory for yourself. Follow the Spirit of God on this 30 day encounter with His glory and you will never be the same again. Transformation for you begins now.  
**Change Your Life in 30 Days** Simon and Schuster

Focused Psychotherapy Offers practitioners an approach to psychotherapeutic treatment that is both financially viable and has sufficient clinical depth to assure genuine psychological growth. Providing a strikingly clear description of this approach, this volume enables psychotherapists to quickly hone in on the client's true agenda, therefore avoiding unnecessarily long and drawn out therapeutic work.  
*Unlock the Scriptures in*

*15 Minutes a Day* Revell Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of Give and Take). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at

what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In *Deep Work*, author and professor Cal Newport flips the narrative on impact in a connected

age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural

criticism and actionable advice, *Deep Work* takes the reader on a journey through memorable stories-from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air-and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. *Deep Work* is an indispensable guide to

anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ *You Have 30 Days Starting Now* Roland Denzel Rhonda Britten, Life Coach on NBC's hit show *Starting Over*, guides readers on a 30-day step-by-step journey to help define goals and make extraordinary life changes in their lives, using

practical insights, exercises, and inspiring wisdom. For those who want to make a major life change but have been too locked in fear to start, the answers lie within this book.

Between Theory and Practice St. Martin's Griffin  
Key Features --  
*The 500 Words You Need to Know to Transform Your Vocabulary and Your Life* Greenleaf Book Group  
A Bigger Vocabulary = A Brighter Future Words. They're the foundation of nearly everything of value in our world. They have

the power to create and the power to destroy. The power to inspire and to terrify. The power to enlighten and also to obscure. And, more specifically for you, they have the power to attract wealth and success and guarantee your brighter future. This is not hyperbole - it is based on rock-solid research. Studies show that those people with large vocabularies are smarter, wealthier, and happier than the average person - and substantially so. And here's the best news of

all: a large vocabulary is not tied to your social status, your genes, or even your education level. It is a skill that can be learned - and it takes only 30 days. In this cutting-edge program, 30 Days to a More Powerful Vocabulary, personal development expert and English enthusiast Dan Strutzel will instruct, enlighten, and inspire you with a concentrated 30-day program that will teach you over 500 words. But, more than teaching you these words, the uniquely designed

program will ensure that these words become a habit-knit part of your life - and with minimal effort on your part. Best of all, research shows that learning new words has an exponential effect on the size of your vocabulary - since learning one word naturally produces an association between two to three more words. In short, after reading and applying the system in this 30-day program, you will not only have a bigger vocabulary - you will have a brighter future! Here's

just a sampling of what you'll learn: The 10 myths about building a dynamic vocabulary The secret behind the exponential effect of vocabulary building A 30-day program designed to maximize learning and comprehension of over 500 words The words you need to know about money and financial issues The words you need to know about persuading others The words you need to know about marriage, parenting, and other relationships The words

you need to know about science The words you need to know to be a great conversationalist Why building a large, dynamic vocabulary is even more valuable in the digital age And much more!

**from Australia's bestselling anxiety expert** Innovation

Playhouse LLC

Bring calm to the chaos in your life. Whether you find yourself checked out, burnt out, or just plain freaked out; you deserve better. Psychologist Alison Hill takes you deep into

the key pillars for our happiness, health and sanity to help you live a life filled with purpose and progress. Productivity training or the latest organisational system will only take you so far. To make lasting change you need the right tools, mindset and skills. Boss of Busy helps you find the courage and optimism to live the life you crave, let go of what is holding you back and learn how to prioritise what really matters. Originally published in 2016 as Stand Out, this book has

been reviewed and redesigned to become part of the Wiley Be Your Best series - aimed at helping readers achieve professional and personal success.

**A Couple of Simple Steps Every Day to Create the Life You Want** Lulu.com

Rebecca Hagelin lays out 30 simple and concrete actions that parents can implement-one day at a time-to reconnect with their children and restore peace in their home. As a mother of three, a syndicated columnist, and

specialist on family, culture, and media issues, Rebecca understands the frustration parents feel. She designed this book with working parents and busy families in mind. Moms and dads can read a chapter at soccer practice or while waiting in carpool and come away with practical solutions to common parenting problems that can easily be put to use. Featuring a foreword by Sean Hannity, personal stories from Rebecca, as well as anecdotes from other parents, 30 Ways in 30

Days to Save Your Family offers common sense advice to help parents tackle everyday dilemmas.

The Total-Recall Program  
Springer

With phones ringing off the hook, constantly changing to-do lists, and increasingly complicated schedules, having a good memory has become more important than ever. Drawing on the latest research from cognitive experts and psychologists, *30 Days to a More Powerful Memory* provides hands-on,

practical strategies and exercises that anyone, young or old, can use to sharpen their memory -- fast! The book introduces readers to memory-boosting techniques such as mnemonic devices, visualization, chunking and clustering, and mental triggers, and also shows how to: \* effectively decrease anxiety levels and combat the negative emotions that can affect recall \* create powerful backup systems to help trigger associations \* exercise both body and mind, and

improve overall health to improve memory \* get the kind of restful sleep that will increase one's ability to retain information. The book discusses common myths about memory, clarifying what's true and what isn't. Packed with tips and memory-boosting activities, this guide provides readers with the simple but powerful methods they need to increase their mental agility.

*How a Simple Program of Acknowledgment Can Build Trust and Loyalty at Work* HarperChristian

Resources

A guide to staying sharp while aging outlines healthy lifestyle tips,

exercises, recipes, and a thirty-day program for maximizing brain function

that builds on cognitive science about memory, sleep, stress, and addiction.