

Lifestyle Meets Fitness Home Facebook

Get expert advice on marketing, selling online, accounting, and more—all tailored to the current economic climate—in this new, updated edition of the go-to resource for hopeful entrepreneurs. America's #1 small business expert is back with a brand-new, updated, and expanded edition of her essential handbook, *Become Your Own Boss in 12 Months*. Using her years of entrepreneurial experience, Melinda Emerson guides you through the process of opening your own business with step-by-step instructions for leading effectively, developing a winning marketing plan, setting a budget, and maintaining your business once it's up and running. She also offers new strategies for social media techniques, customer engagement, selling online, and more. This new edition of *Become Your Own Boss in 12 Months* can help you build your business and invest your time (and money) where you need it most in order to succeed in today's market. With Emerson's expert business advice, you can finally follow your dreams and be on your way to becoming your own boss!

Food is mijn passie, na een reeks kookboeken is dat vast geen verrassing. Maar voor een écht gezond en gelukkig leven zijn meer factoren belangrijk. In *RENS - Mijn lifestyle guide*, neem ik je mee in mijn bewuste, positieve levensstijl. Hoe ziet mijn ochtend er uit? Hoe vaak sport ik? Hoe deel ik mijn keuken in? Hoe relax ik na een drukke dag? Hoe verzorg ik mijn huid? Hoe maak ik zo bewust mogelijk mijn keuzes? In dit boek vertel ik je er alles over. Naast voeding zijn ook positief denken en ontspanning key factoren in een gebalanceerde levensstijl. Net als voldoende beweging, een fijne woonomgeving en aandacht voor de planeet. *RENS - Mijn lifestyle guide* is hiervoor een inspiratiegids. Om in één ruk uit te lezen, om open te slaan bij het onderwerp dat je bezighoudt óf om door te bladeren op zoek naar tips, DIY's en inspiratie. Uiteraard vind je in dit boek veel Powerfood, maar ik deel ook recepten voor de lekkerste oliën, body scrub, deodorant én zelfs home made wasmiddel en vaatwastabletten. Ik hoop dat dit boek je helpt om balans te vinden, en motiveert om goed voor jezelf en je omgeving te zorgen. 'Het is zo ontroerend om te lezen hoe Rens onze jeugd, het opgroeien in Fryslân en het vinden van haar ware aard omschrijft. Ze inspireert mij altijd met haar positieve kijk op het leven. Voor iedereen die op zoek is naar balans, is dit een "must read".' Doutzen Kroes 'Rens is al jaren een inspiratiebron voor mij op het gebied van voeding, maar ook als mens. Met dit boek inspireert ze me opnieuw, om nog meer van mezelf en van de wereld om me heen te houden.' Anke de Jong, hoofdredacteur van Glamour 'Rens is erin geslaagd om in een verzadigde markt van "gezonde kook- en lifestyleboeken" een eigenheid te vinden die een brede doelgroep aanspreekt. Dat komt uiteraard door haar recepten, maar vooral door haar levenshouding: optimistisch, positief en inspirerend.' Humberto Tan Rens Kroes is pionier van de food & lifestyle-influencers en een van de eerste foodbloggers en -vloggers die zich focust op Powerfood: onbewerkte producten met hoge voedingswaarden. Ze onderscheidt zich door haar eerlijke, transparante en positieve mindset. Rens inspireert en bereikt dagelijks meer dan 450.000 mensen, die zij een kijkje geeft in haar Powerfood Lifestyle. In de afgelopen vijf jaar heeft Rens een groot platform opgebouwd en deelt zij haar tips & tricks via persoonlijke blogs, video's en haar vier bestsellerkookboeken. In 2014 debuteerde zij met Powerfood, dat een jaar lang onafgebroken in De Bestseller60 stond, nummer-1-positie behaalde en ruim 1,5 jaar in de Top 10 Eten & Drinken stond. Haar tweede boek Powerfood - Van Friesland naar New York kwam onmiddellijk binnen op nummer 1 in de Bestseller60. On the go en Powerfood: The Party Edition werden opnieuw enthousiast ontvangen, zowel door de lezers als door de media. Gezonde voeding, ontspanning en beweging staan centraal in haar levenswijze en hierop focust zij zich in haar nieuwste boek: *RENS - Mijn lifestyle guide*.

Interested in building a lifetime of residual income? Deborah shares her secrets on how she went from a broke job hopper to a thriving network marketer and top producer. She teaches a simple step-by-step system from start to finish on what it takes to grow a passive income empire. This book is for anyone who's tired of the rat race and is looking for a way to create financial freedom.

Childhood obesity and diabetes are on the rise. Many kids would rather play video games than run around a playground or in their backyard. Yet they can't engage fully in life when their physical well-being is less than what God intended. Using principles and practices they've used successfully in their own family, Phil and Amy Parham equip parents with the tools they need to help their children become healthier and happier. This book is an inspirational and easy-to-follow guide that teaches parents basic principles to raise fit kids the importance of setting a good example simple ways to prepare nutritious meals and snacks creative ways to be physically active as a family how to make a healthy lifestyle fun and rewarding *The Amazing Fitness Adventure for Your Kids* informs parents not only how to raise fit kids, but it also provides a roadmap to the rewards that come from sharing a healthy lifestyle together—stronger and healthier kids and more closely knit families.

This book explores the benefits of digital patient engagement, from the perspectives of physicians, providers, and others in the healthcare system, and discusses what is working well in this new, digitally-empowered collaborative environment. Chapters present the changing landscape of patient engagement, starting with the impact of new payment models and Meaningful Use requirements, and the effects of patient engagement on patient safety, quality and outcomes, effective communications, and self-service transactions. The book explores social media and mobile as tools, presents guidance on privacy and security challenges, and provides helpful advice on how providers can get started. Vignettes and 23 case studies showcase the impact of patient engagement from a wide variety of settings, from large providers to small practices, and traditional medical clinics to eTherapy practices.

Schets van de penitentiare inrichting in Den Helder waar jongeren tussen 12 en 18 verblijven; met portretten van enige jongeren die daar verblijven.

The following book brings together international digitalization trends in different branches. Each chapter describes at first the trend in general, followed by cases from pioneering companies in the respective field. Selected relevant graphics illustrate the respective topic. In the interests of transparency, the summaries of the individual chapters precede this part of the book. The book with the selected industries, company examples and representations shows an excerpt from the development that industries are making in the area of digitization. Mit Beiträgen von: Vikas Chikmagalur Maheshwarappa, Szu-Han Chen, Skolastika Grazia Esmeralda Tjahyadi, Ali Hijazi, Min Chin Lee, Roza Hakobyan, Sebastian Kallies, Duygu Caliskan

This book examines how different stages of adult life affect participation in lifestyle sports and in the construction of identity. Drawing on multi-disciplinary perspectives, it explores how gender, sexuality, ethnicity, and location, in conjunction with age and stage in career, affect lifestyle sport practices and meanings. Tracing engagement with lifestyle sport across the lifecourse, from young adult to older age, the book examines the concepts of authenticity and identity in subcultural and alternative sports, exploring how individuals develop lifestyle sport identities, maintain authentic identities, and how they manage those identities as older adults. It presents a range of fascinating, cutting-edge case studies from around the world, covering sports as diverse as climbing, surfing, mountain biking, skateboarding and roller derby, and considers key contemporary issues such as professionalisation, sports labor, and digital technology. It also highlights political tensions and shifts that shape the identities of lifestyle sport communities. This is essential reading for anybody with a serious interest in alternative or lifestyle sports, the relationships between sport and wider society, or the development of subcultures and cultural identity.

Producing and Distributing Special Interest Videos is a step-by-step, do-it-yourself guide for successfully producing, selling and marketing videos without a huge financial investment for anyone who has an idea or expertise that they want to showcase in video. Learn how to successfully create and market videos for carefully researched niche markets, for long-term residual income.

Based on true events, Bringing Them Home follows the lives of several young service members: fierce and feminine O'Neil, the narrator, who surprises everyone by enlisting; Jake, straightforward and handsome, a friend who turns into so much more; Ace, O'Neil's on-base bestie who becomes more like a sister; and Jonas, Jake's closest friend and teammate. Offering an inside look at war, this book allows the reader to see inside the relationships, friendships, hardships, and challenges experienced by the everyday individuals who defend our nation. "I already know someone saw this title and said, 'Great, another book on PTSD.' Wrong. That's not the perspective I'm coming at you from. There are so many factors regarding these guys, deployments, and PTSD that isn't able to be summed up in some dictionary as a psycho-analyzed term. What constitutes as normal, I believe, is the real question. If someone sees something incredibly traumatic, life-changing, or gut-wrenching, it's impossible not to change in some way. Unless you're stagnant in your personal growth as an individual, we are all changing all the time, typically for the better. We are always learning, evolving, and growing. No one ever really stays the same. I know that the circumstances with Jake and I were very different than most. The fact of the matter is, war and military love is anything but romantic. You see the constant romanticization of it in movies, but no one sees what really happens to the men and women who come home."

Holistic Life, Badass Style Take Risks and Find Success: Are you willing to take risks and support yourself and your family like never before? If so, then Get It Done by renowned speaker, life coach, and author Hayley Hobson is the last self-guide book you'll ever need. Moving away from mainstream mediocrity to live an exciting and fulfilling life sounds like an amazing promise—and this book will help motivate you to make it come true. Comfort in the midst of chaos: In Get It Done, Hayley Hobson teaches you the secret that lies between a holistic heart and passion with an attitude. Each chapter points out areas of life that can be chaotic, and then gives you the secret to overcoming the noise. Hobson shares personal fixes you can apply immediately as you go from madness to mindfulness. Restore balance in your life: From time management and organization to prioritizing and task management, Get It Done illustrates specific scenarios and personal life stories that detail what things look like when they are out of balance. Emphasizing your need to take action, Hayley follows up with plans ready for you to implement. No more excuses: It's Time to Get It Done! Hayley Hobson uses her life coaching expertise to provide supportive and credible help that sticks and transforms. Hobson knows that by changing our thoughts, we can shift our perception and our feelings. Once our feelings change, our experience changes. Take action now for a better future. Get It Done coaches readers in ways to apply the philosophies that have helped Hayley Hobson to live a holistically grounded life—in a badass way. In this book, readers will find:

- Step-by-step guides to foster balance in the mental, physical, emotional, and spiritual quadrants
- Insight on overcoming adversity, from health issues to financial failures
- Prescriptive tips on how to move away from the chaos of everyday life and restore balance

Now more than ever, American dads act as hands-on caregivers who are devoted to keeping themselves and their families healthy. Yet, men are also disproportionately likely to neglect their own health care, diets, and exercise routines—bad habits that they risk passing on to their children. In Dads, Kids, and Fitness, William Marsiglio challenges dads to become more health-conscious in how they live and raise their children. His conclusions are drawn not only from his revealing interviews with a diverse sample of dads and pediatric healthcare professionals, but also from his own unique personal experiences—as a teenage father who, thirty-one years later, became a later-life dad to a second son. Marsiglio's research highlights the value of treating dads as central players in what he calls the social health matrix, which can serve both healthy children and those with special needs. He also outlines how schools, healthcare facilities, religious groups, and other organizations can help dads make a positive imprint on their families' health, fitness, and well-being. Anchored in compelling life stories of joy, tragedy, and resilience, Dads, Kids, and Fitness extends and deepens public conversation about health at a pivotal historical moment. Its progressive message breathes new life into discussions about fathering, manhood, and health.

Based on extensive customer feedback, DISCOVERING COMPUTERS ©2014 has been completely reexamined and revised to reflect the evolving needs of the concepts portion of the

Introductory Computing course. This exciting new edition maintains many longstanding hallmarks, but is now highly focused on relevancy to provide students only with what they really need to know to be successful digital citizens in college and beyond. To better reflect the importance of certain topics in today's digital world, coverage of enterprise computing, ethics, Internet research skills, mobile computing, operating systems (other than Windows), browsers, security, and Web 2.0 has been expanded and integrated. New critical thinking and problem solving exercises are included in every feature throughout the text, engaging students in regular practice of higher-order thinking skills. In addition, students have more opportunity for hands-on practice with the completely revised end-of-chapter activities. With these enhancements and more, the new DISCOVERING COMPUTERS is an even more engaging teaching and learning tool for your classroom. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

THE NEW YORK TIMES BESTSELLER In addition to natural wear and tear that our bodies experience, environmental toxins accumulate in our cells, accelerating the signs of aging. Autophagy is the cellular process that removes these toxins and repairs the damage left behind. On GLOW15, you start each day with an autophagy-activating ketogenic tea and a light, full-fat breakfast, followed by intermittent fasting and protein cycling. You eat foods that activate autophagy - like dairy, red wine, grains and a blueberry smoothie. It can be that simple to see dramatic results in just 15 days - fast weight loss and glowing, radiant skin. You don't count calories. You don't give up entire food groups. And you don't obsess about the gym. You do, however, get Naomi Whittel's advice for sleep, travel, stress reduction and productivity, as well as delicious and nutritious recipes for eating the GLOW15 way - everything that this 42-year-old CEO and mother of four young children does to look and feel amazing.

Wie kun je nog vertrouwen als je jezelf niet vertrouwt. De 26-jarige Yu-Jin ontwaakt na een onrustige nacht en ontdekt dat zijn kleding onder het bloed zit. Onder aan de trap vindt hij vervolgens het levenloze lichaam van zijn moeder, haar hals blijkt doorgesneden. Yu-Jin heeft geen herinneringen aan de nacht, maar beseft dat al het bewijsmateriaal naar hem wijst. Hij besluit daarom het lichaam van zijn moeder te verstoppen en zelf de moordenaar op te sporen. Ondertussen moet hij zijn nieuwsgierige tante, zijn stiefbroer en de politie op een dwaalspoor zetten. Dan blijkt dezelfde nacht nóg een vrouw te zijn vermoord. Langzaam komen Yu-Jins herinneringen terug, en ontvouwt zich een drama dat verder gaat dan deze fatale nacht. 'Hoe doe je dat?!' is de vraag die Henry Schut vaak wordt gesteld sinds hij op de cover van Men's Health stond. Waar haalt hij de energie en tijd vandaan? Met een fulltime baan. Met een gezin met jonge kinderen en veel meer drukte. In Topfit geeft Henry uitgebreid antwoord op de vraag: hoe doe je dat? Hij vertelt hoe het hem is gelukt om na zijn veertigste de fitste piek in zijn leven te bereiken. En hoe jij – ook als je denkt geen tijd te hebben – je sportieve dromen kan verwezenlijken. Met complete trainingsschema's en alles wat je moet weten over voeding. Het resultaat is niet alleen een afgetraind lichaam, maar ook een fitte geest en méér tijd! Geen sprookjes, gewoon hoe het echt zit. En je komt er eindelijk achter wie er gelijk had in Frikandellengate: Maxim Hartman of Rafael van der Vaart? Inclusief fitnessschema's, maaltijden, tips en gesprekken met onder andere Eric Corton en Ronald Mulder. Henry Schut (1976) studeerde journalistiek in Zwolle en ging daarna aan de slag bij de NOS. Hij presenteert onder meer Studio Sport, Sportjournaal en het Radio 1-programma Langs de lijn. Henry woont samen met Merel en hun drie kinderen: Luuk (7), Stijn (5) en Anne (3).

Karena Dawn and Katrina Scott, the founders of the Tone It Up fitness and health brand, have taken the world by storm with their fun, energetic, girlfriend-to-girlfriend approach to getting fit. In their Tone It Up book, the girls' genuine, relatable philosophy is boiled down to a 28-day program that incorporates fitness routines, nutritional advice, and mental and spiritual practices to transform readers' bodies, attitudes, and lives. Dawn and Scott take a holistic approach to fitness, including the same principles in their book that make their brand so popular--a sense of community, empowerment, and lightheartedness in every healthy, feel-good technique they recommend. Dawn and Scott will help readers get:

- FIT. With daily fitness challenges, workout plans, healthy-eating tips, and delicious recipes, readers will be on their way to the strong, sexy body they're after.
- FIERCE. Dawn and Scott will empower readers to be their best self-motivators by aligning their minds and bodies with their intentions through visualization exercises, daily meditations, confidence-boosting tips, and dares to move outside their comfort zones.
- FABULOUS. This is the fun stuff: beauty, sparkle, friendship, inspiration, joy, and all the things that give readers that unmistakable glow so they radiate from the inside out!

Can you change the shape of your body? Yes, you can. Payal Gidwani Tiwari, Bollywood's most celebrated yoga expert, tells you how to go From XL to XS. With simple and easy to follow principles and exercise routines, learn how to lose (or gain) weight, stay fit, and transform your body structure. And that's not all! Learn how to look ten years younger and about other invisible factors like stress, sleep, etc. that affect the way you look. So now you don't need to envy your favourite stars. You can look like them. With photographs, celeb workouts, and useful tips by stars, From XL to XS is the best gift you can give yourself.

Nursing Diagnosis Handbook, 12th Edition Revised Reprint with 2021-2023 NANDA-I® Updates - E-Book

Asia's Top Inspirational Interiors & Stunning View. Eyes On Bangkok Design.

Presenting current research in an innovative text-reader format, Aging: Concepts and Controversies, Ninth Edition encourages students to become involved and take an informed stand on the major aging issues we face as a society. Not simply a summary of research literature, this text focuses on controversies and questions, rather than on assimilating facts or arriving at a single "correct" view about aging and older people. Drawing on their extensive expertise, the authors first provide an overview of aging in three domains: aging over the life course, health care, and the socioeconomic aspects of aging. Each section is followed by a series of edited readings, offering different perspectives from experts and specialists on that subject.

Best Life magazine empowers men to continually improve their physical, emotional and financial well-being to better enjoy the most rewarding years of their life.

Q-Kurv is a digital-first multimedia magazine published by Journalism students at Queensland University of Technology in Brisbane, Australia.

Written by European professors and focusing on the specificities of European sport, *When Sport Meets Business* analyses the growing commercialisation of professional sport in recent years and explains how it has developed into a major global industry. Structured into four sections, the book covers the key issues in the Business of professional sport: The New Sport Environment – Analysing the consequences of increasing commercialisation by looking at the multi-billion dollar sports goods industry; the effects of globalisation and how commercial influences have made running one of Europe's most popular sports. Sport Marketing and Media – Investigating the role media and marketing has in commercialisation, with emphasis on the growth of sponsorship; media rights in European club football and the growing influence of social media in sport. Sport and Finance – Relating to the economics of European sport: there is an investigation into the financial policies employed by European Football clubs, specifically in regards to the Financial Fair Play regulations, and the topical issue of high level corruption. Sporting Events – Looking at additional factors that affect professional sport: highlighting the impact an Olympic Games can have on a host city and the longevity of an Olympic urban legacy. The authors have included insightful case studies from across the continent, including anti RB-Leipzig media campaigns in Germany, financial policies at England's Chelsea FC, French Tennis Federation corporate responsibility, Media rights in Spain's LaLiga, the sponsorship viability for Ukraine's Klitschko brothers and the case of Denmark's Viborg F.F. Suitable for undergraduate and postgraduate students in sport related courses, including sport management, sport economics, sport marketing and the sociology of sport.

From the author of #futureboard and creator of the popular blog Thoughts.Stories.Life., comes a book that proves that anyone can change their life, achieve success, and live their dream. As a single mom living on food stamps, Sarah completely changed her life of poverty to enable her to live her dream in just eighteen months. Sarah discovered the tools to change her life after her husband abandoned her and their three small children in 2008. Her story has impacted hundreds of thousands worldwide through her simple eight-step plan for achieving success known as the #HBRMethod. *Centrella* features fifty-one inspiring stories of people who believe in Sarah's message, each of whom she interviewed for this book. They include: NFL star running back Jonathan Stewart; NBA power forward Anthony Tolliver; Famed artist Victor Matthews; Bestselling author Laura Munson Middle weight world boxing champion Daniel Jacobs CEO Ryan Blair Morgan Stanley executive director Kimberley Hatchett Among many others. *Hustle Believe Receive* shows how these stories are connected, and how Sarah, a single mom from Oregon, manages to bring them all together in the most unlikely way. It offers true tales of how real people are living the impossible. This book answers the question of "How did they do that?" and, more importantly, how you can, too.

Miracle Morning6 gewoontes om je leven succesvoller te maken voor 08:00 uur Kosmos Uitgevers

Ditch the fad diets and step off the treadmill. There's another way to get results, and it's all about lifting weights. Laura Hoggins spent her early adult life a slave to the scales and a fad diet junkie. Fed up of feeling unhappy, exhausted and demotivated, something had to change. That's when she discovered lifting - the ultimate form of fitness that celebrated effort over results and empowerment over appearance. Packed full of practical tips and myth-busting advice, *Lift Yourself* is your go-to companion to strength training which will help you to: · turbo-charge your metabolism · improve your mental health · recharge your energy levels Now a qualified strength and conditioning coach, Laura's 10 Lifting Commandments will help you kick-start a happier, healthier life. So, get ready for lift-off and prepare to find out just how strong you are.

In *Holistik Handboek* geven Karlijn Visser en Evelyn van Hasselt, hoofdredacteuren van het succesvolle platform Holistik, een realistische én praktische visie op het holisme. Het holisme is een levensovertuiging waarbij de essentie is dat alles onlosmakelijk met elkaar verbonden is. Maar hoe 'holistify' je je eigen leven en blijf je wel met beide benen op de grond staan? De rode draad is om eerst een opgeruimde binnenwereld te creëren, zodat je gaat leven vanuit je volle potentieel. Van daaruit voelt het een stuk natuurlijker om liefdevolle verbindingen met anderen en de planeet aan te gaan. Met de thema's: natuur, hooggevoeligheid, familie, schoonheid, food en de toekomst. Laat je inspireren door de persoonlijke ervaringen van Karlijn en Evelyn en de wijze lessen van de experts die zij om zich heen hebben verzameld. Daarmee heb je alle tools in handen om jouw holistische levenspad te kiezen. *Holistik Handboek* is een prachtig boek om cadeau te geven – ook aan jezelf. Evelyn van Hasselt (1977) is co-founder van Holistik. Haar dagelijkse missie is mensen handvatten aanreiken waarmee ze verantwoordelijkheid kunnen nemen voor hun eigen geluk en boven zichzelf uitstijgen. Karlijn Visser (1986) is co-founder van Holistik. Ze is dol op het schrijven van mooie artikelen, die mensen helpen bij het creëren van een vervullend leven. Duurzaam geluk en verbinding met jezelf (ook in moeilijke tijden) en de planeet spelen daarbij een belangrijke rol.

"TRB's Hazardous Materials Cooperative Research Program (HMCRP) Report 7: Role of Human Factors in Preventing Cargo Tank Truck Rollovers analyzes the causes of the major driver factors contributing to cargo tank truck rollovers and offers safety, management, and communication practices that can be used to help potentially minimize or eliminate driver errors in cargo tank truck operations. The report focuses on three areas of practice--rollover-specific driver training and safety programs, the use of behavior management techniques, and the use of fitness-for-duty management practices--that could have long-lasting benefits for motor carriers of all sizes across the tank truck industry."--publisher's description.

Vegan City Guides is an ongoing set of travel guides meant for the vegan business and leisure traveler. Each city's guide will make available not only the food choices available in each place but will also introduce the vegan to the varieties of sites, interests, and activities that appeal to those involved in a plant-based life. Each guidebook is designed to ask the question, what would a vegan like to do in this city? Besides finding the best places to eat.

The No.1 New York Times bestselling programme to fight diabetes, lose weight, and stay healthy. By 2025 there will be more than 4 million people in Britain with diabetes. Every

day, 400 new cases are diagnosed. In *The Blood Sugar Solution*, Dr Mark Hyman reveals that the secret solution to losing weight and preventing diabetes - as well as heart disease, stroke, dementia, and cancer - is balanced insulin levels. *The Blood Sugar Solution*, Dr. Hyman gives us the tools to achieve this with his revolutionary six-week healthy-living programme and the seven keys to achieving wellness - nutrition, hormones, inflammation, digestion, detoxification, energy metabolism, and a calm mind. With advice on diet, exercise, supplements and medication, and options to personalise the plan for optimal results, *The Blood Sugar Solution* teaches readers how to maintain lifelong health. Groundbreaking and timely, *The Blood Sugar Solution* is the fastest way to lose weight, prevent disease, and feel better than ever.

The second edition of *Opportunity-Centred Entrepreneurship* focuses on the practical elements of opportunity creation, recognition and exploitation. It aims not simply to analyse what constitutes entrepreneurship, but also to enable you to develop your own entrepreneurial skills. By taking a practical approach, this book connects the theory and practice of entrepreneurship in useful and insightful ways that can be applied in the real world. It focuses on learning for, rather than about enterprise. Key features:

- Unique focus on entrepreneurial opportunity creation and personal development
- Revised and restructured content, providing detailed and current case studies and examples
- Includes an introductory section on finance, with examples of cash flow, profit & loss, and balance sheets
- Can be used for self-study, group or class-based learning

Website van de Lean in-community Volg Lean in op Facebook Volg Lean in op Twitter

In *Denk als een monnik* zet Jay Shetty de abstracte en diepgaande lessen uit de hindoetraditie om in praktische adviezen die je kunt toepassen om stress te verminderen, je relaties te verbeteren en je verborgen krachten te identificeren. Dit boek bewijst dat iedereen kan – en móét – denken als een monnik. Het is bewezen dat je je geest kunt trainen, en van wie kun je dat beter leren dan van een echte expert: de monnik? Jay Shetty vertrok op zijn tweeëntwintigste naar India om daar drie jaar als monnik te leven. Sindsdien is hij op een missie om zijn spirituele inzichten op een toegankelijke manier te delen. Zijn video's zijn meer dan 5 miljard keer bekeken, en zijn podcast *On Purpose* is de meest beluisterde health-podcast ter wereld.

Go inside the trend that spawned a multi-billion dollar industry for the top five percent *Sweat Equity* goes inside the multibillion dollar trend toward endurance sports and fitness to discover who's driving it, who's paying for it, and who's profiting. Bloomberg's Jason Kelly, author of *The New Tycoons*, profiles the participants, entrepreneurs, and investors at the center of this movement, exploring this phenomenon in which a surge of people—led by the most affluent—are becoming increasingly obsessed with looking and feeling better. Through in-depth looks inside companies and events from New York Road Runners to Tough Mudder and Ironman, Kelly profiles the companies and people aiming to meet the demands of these consumers, and the traits and strategies that made them so successful. In a modern world filled with anxiety, pressure, and competition, people are spending more time and money than ever before to soothe their minds and tone their bodies, sometimes pushing themselves to the most extreme limits. Even as obesity rates hit an all-time high, the most financially successful among us are collectively spending billions each year on apparel, gear, and entry fees. *Sweat Equity* charts the rise of the movement, through the eyes of competitors and the companies that serve them. Through conversations with businesspeople, many driven by their own fitness obsessions, and first-hand accounts of the sports themselves, Kelly delves into how the movement is taking shape. Understand the social science, physics, and economics of our desire to pursue activities like endurance sports and yoga Get to know the endurance business's target demographics Learn how distance running—once a fringe hobby—became a multibillion dollar enterprise fueled by private equity Understand how different generations pursue fitness and how fast-growing companies sell to them The opportunity to run, swim, and crawl in the mud is resonating with more and more of us, as sports once considered extreme become mainstream. As Baby Boomers seek to stay fit and Millennials search for meaning in a hyperconnected world, the demand for the race bib is outstripping supply, even as the cost to participate escalates. *Sweat Equity*, through the stories of men and women inside the most influential races and companies, goes to the heart of the movement where mind, body, and big money collide.

'Toms aanpak is zo simpel en nuchter dat het revolutionair is.' – John Heitinga Zet nu de stap naar de beste versie van jezelf! Vanuit een persoonlijke drijfveer bedacht Tom Barten op zijn zolderkamer *Personal Body Plan*. Een decennium later is dit plan uitgegroeid tot een fenomeen waarmee ruim 20.000 mensen aan de slag zijn gegaan. En nu is het de beurt aan jou. Met *Personal Body Plan – the fat burning guide* geeft Tom je de kennis en de handvatten om te ontdekken wat werkt voor jou. Vanuit de pijlers: gedrag, voeding, training en herstel. Geen wondermiddelen, want die bestaan niet. Wel inzichten waarmee jij de regie over je lichaam krijgt en waarmee je jouw persoonlijke doelen zeker kan behalen én behouden. Met meer dan 75.000 volgens op Facebook en ruim 80.000 op Instagram zijn er genoeg gelijkgestemden met wie jij tips, adviezen en recepten uit kunt wisselen. Welcome to the family! Tom Barten is de grondlegger van *Personal Body Plan*, het plan waarmee massa's mensen niet alleen gewicht verliezen, maar ook hun lichaam vormgeven, kennis opbouwen en zelfvertrouwen (terug)krijgen. 'Alleen Tom krijgt mij aan het sporten.' – Josh Veldhuizen 'Tom Barten is enorm inspirerend en motiverend. Zijn visie zorgt ervoor dat ik steeds naar de gym blijf gaan om te werken aan de beste versie van mezelf.' – Tim Douwsma 'Tom Barten heeft positieve energie en doorzettingsvermogen. Als topsporter waardeer ik dat enorm.' – Evgeniy Levchenko

De internationale bestseller *Miracle Morning* van Hal Elrod heeft al tienduizenden mensen geholpen grote veranderingen in hun leven door te voeren. Zijn *Miracle Morning Methode* leerde hen een succesvoller maar vooral een rijker en bevredigender leven te leiden. In deze praktische gids beschrijft Elrod hoe iedereen in 30 dagen aan de hand van zes nieuwe gewoontes kan werken aan meer focus en zelfbewustzijn. En dat allemaal voor acht uur 's ochtends!

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