

1. Record Nr.	UNINA9910163892103321
Autore	Glossinger J. B.
Titolo	The sacred six : the simple, step-by-step process for focusing your attention and recovering your dreams // JB Glossinger
Pubbl/distr/stampa	Carlsbad, California : , : Hay House, Inc., , 2016 ©2016
ISBN	1-4019-4802-2
Descrizione fisica	1 online resource (122 pages)
Classificazione	SEL000000SEL027000
Disciplina	158.1
Soggetti	Self-actualization (Psychology) Success Positive psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Sommario/riassunto	"Ever wished you could break free of the rat race and pursue what really matters to you? JB Glossinger did just that, exchanging the golden handcuffs of corporate success for a three-hour workday and the freedom to golf, write, spend time with family, and guide others toward realizing their dreams. Now in <i>The Sacred Six: A Simple, Step-by-Step Process for Focusing Your Attention and Recovering Your Dreams</i> , JB offers readers the same simple but powerful tools he used to transform his own life. Grounded in years of coaching groups and individuals, the Sacred Six process leads readers through identifying their mission, values, and goals, then designing an action plan with daily tasks to move them steadily toward their cherished dreams. Practical exercises organized around core Sacred Six principles like focus, clarity, consistency, and prioritization provide support for developing "keystone" positive habits, eliminating blocks to success, and making life-changing decisions from the perspective of the Observer--the true self--rather than the ego. Not just another self-help program, "The Sacred Six process is about more than getting things done," JB emphasizes. "It's about your life story--your journey and your purpose." He calls it sacred because it's a path to full expression of

one's values. He identifies six as the "magic number" for managing projects, daily tasks, and one's time. An insightful and entertaining raconteur, JB weaves his personal tale of trials and triumph into his time-tested steps for creating a joyful and fulfilling life. Readers will find the same kind of upbeat, useful advice that draws 15,000 listeners in more than 100 countries to JB's daily 15-minute MorningCoach.com podcast, rated among the top 20 podcasts in the world"--

2. Record Nr.	UNISALENTO991000799659707536
Autore	Marcuse, Herbert
Titolo	L'uomo a una dimensione : l'ideologia della società industriale avanzata / Herbert Marcuse ; traduzione di Luciano Gallino e Tilde Giani Gallino
Pubbl/distr/stampa	Torino : Einaudi, 1967
Titolo uniforme	One dimensional man 17302
Descrizione fisica	266 p. ; 18 cm
Collana	Nuovo politecnico ; 11
Altri autori (Persone)	Giani Gallino, Tilde Gallino, Luciano <1927-2015>
Disciplina	306.0904
Soggetti	Società - Europa
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia