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# The Heart Of Change

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## **The Heart of Change**

### **Real-Life Stories of How People Change Their Organizations**

*Harvard Business Press*

Moving beyond the process of change Why is change so hard? Because in order to make any transformation successful, you must change more than just the structure and operations of an organization—you need to change people's behavior. And that is never easy. The Heart of Change is your guide to helping people think and feel differently in order to meet your shared goals. According to bestselling author and renowned leadership expert John Kotter and coauthor Dan Cohen, this focus on connecting with

people's emotions is what will spark the behavior change and actions that lead to success. Now freshly designed, The Heart of Change is the engaging and essential complement to Kotter's worldwide bestseller Leading Change. Building off of Kotter's revolutionary eight-step process, this book vividly illustrates how large-scale change can work. With real-life stories of people in organizations, the authors show how teams and individuals get motivated and activated to overcome obstacles to change—and produce spectacular results. Kotter and Cohen argue that change initiatives often fail because leaders rely too exclusively on data and analysis to get

buy-in from their teams instead of creatively showing or doing something that appeals to their emotions and inspires them to spring into action. They call this the see-feel-change dynamic, and it is crucial for the success of any true organizational transformation. Refreshingly clear and eminently practical, *The Heart of Change* is required reading for anyone facing the challenges inherent in leading change.

### **The Heart of Change Field Guide**

#### **Tools And Tactics for Leading Change in Your Organization**

*Harvard Business Press*

In 1996, John P. Kotter's *Leading Change* became a runaway best seller,

outlining an eight-step program for organizational change that was embraced by executives around the world. Then, Kotter and co-author Dan Cohen's *The Heart of Change* introduced the revolutionary "see-feel-change" approach, which helped executives understand the crucial role of emotion in successful change efforts. Now, *The Heart of Change Field Guide* provides leaders and managers tools, frameworks, and advice for bringing these breakthrough change methods to life within their own organizations. Written by Dan Cohen and with a foreword by John P. Kotter, the guide provides a practical framework for implementing each step in the change

process, as well as a new three-phase approach to execution: creating a climate for change, engaging and enabling the whole organization, and implementing and sustaining change. Hands-on

diagnostics—including a crucial "change readiness module"—reveal the dynamics that will help or hinder success at each phase of the change process. Both flexible and scaleable, the frameworks presented in this guide can be tailored for any size or type of change initiative. Filled with practical tools, checklists, and expert commentary, this must-have guide translates the most powerful approaches available for creating successful change into

concrete, actionable steps for you and your organization. Dan Cohen is the co-author, with John P. Kotter, of *The Heart of Change*, and a principal with Deloitte Consulting, LLC.

## **Change of Heart**

### **A Novel** *Simon and Schuster*

The acclaimed #1 New York Times bestselling author presents a spellbinding tale of a mother's tragic loss and one man's last chance at gaining salvation. Can we save ourselves, or do we rely on others to do it? Is what we believe always the truth? One moment June Nealon was happily looking forward to years full of laughter and adventure with her family, and the next, she was



staring into a future that was as empty as her heart. Now her life is a waiting game. Waiting for time to heal her wounds, waiting for justice. In short, waiting for a miracle to happen. For Shay Bourne, life holds no more surprises. The world has given him nothing, and he has nothing to offer the world. In a heartbeat, though, something happens that changes everything for him. Now, he has one last chance for salvation, and it lies with June's eleven-year-old daughter, Claire. But between Shay and Claire stretches an ocean of bitter regrets, past crimes, and the rage of a mother who has lost her child. Would you give up your vengeance against someone you

hate if it meant saving someone you love? Would you want your dreams to come true if it meant granting your enemy's dying wish? Once again, Jodi Picoult mesmerizes and enthralls readers with this story of redemption, justice, and love.

### **Leading Change**

*Harvard Business Press*

Offers advice on how to lead an organization into change, including establishing a sense of urgency, developing a vision and strategy, and generating short-term wins.

### **Change of Heart**

**What Psychology Can Teach Us About Spreading Social Change** *Lantern Books*

An easy-to-use psychology primer for

anyone wanting to spread progressive social change. Developed so that non-profits, community organizers and others can make science-driven decisions in their advocacy work.

**Enlightened Leadership** *Simon and Schuster*

Two business experts explain their Key to Renewal program and recommend that businesses striving for a "change-friendly" environment should identify current successes and pinpoint their causes

**Change**

**How Organizations Achieve Hard-to-Imagine Results in Uncertain and Volatile Times** *John Wiley & Sons*

Transform your organization with speed and efficiency using this insightful new resource  
Incremental improvement is no longer sufficient in helping organizations navigate the complexity, uncertainty and volatility of today's world. In *Change: How Organizations Achieve Hard-to-Imagine Results in Uncertain and Volatile Times*, authors John P. Kotter, Vanessa Akhtar, and Gaurav Gupta explore how to create non-linear, dramatic change in your organization. You'll discover the emerging science of change that teaches us about how to build organizations - from businesses to governments - that change and adapt

rapidly. In *Change* you'll discover: Why the ability of organizations to deal with threats and take advantage of opportunities in the face of ever greater complexity and uncertainty is being severely challenged. In-depth, evidence-based, actionable solutions for dealing with institutional resistance to change. Case studies and success stories that describe organizations who have successfully built the ability to change quickly into their DNA. A universal approach for how to dramatically improve outcomes from various change efforts, including: strategy execution, digital transformation, restructuring, and more. Perfect for managers, executives,

and leaders at companies of all types and sizes, *Change* will also prove to be a valuable asset to other professionals who serve these organizations. This book is for anyone seeking a proven approach for delivering fast, sustainable and comprehensive results.

### **Change Your Heart, Change Your Life**

**How Changing What  
You Believe Will  
Give You the Great  
Life You've Always  
Wanted** *Thomas  
Nelson*

Out of your heart flow your words and actions. Change your heart, and you'll change your life. According to best-selling author Dr. Gary Smalley, nobody has to live by the destructive

subtle lies or believe the distortions of truth this world holds out to us. There are steps, strategies, and beliefs people can bring to their lives to either totally transform them or quietly improve them-and it all starts with hiding God's Word in their hearts. Hiding God's Word in his heart radically changed the life of Smalley himself, and he is seeing it revolutionize the lives of people around him as well-from lust, materialism, selfishness, anger, stress, overeating, anxiety, and guilt, just to name a few. No matter a person's age, experiences, or previous patterns, this book will guide readers to the whys and hows of orchestrating their beliefs to forever change their lives and

relationships.

### **A Sense of Urgency**

*Harvard Business Press*

In his international bestseller "Leading Change," Kotter provided an action plan for implementing successful transformations. Now, he shines the spotlight on the crucial first step in his framework: creating a sense of urgency by getting people to actually see and feel the need for change.

### **Change Leadership: The Kotter Collection (5 Books)**

*Harvard Business Review Press*

This impressive collection features the best works by John P. Kotter, known worldwide as the authority on leadership and change. Curated

by Harvard Business Review, the longtime publisher of some of Kotter's most important ideas, the Change Leadership set features full digital editions of the author's classic books, including bestsellers *Leading Change*, *The Heart of Change*, and *A Sense of Urgency*, as well as "What Leaders Really Do" and his newly published book *Accelerate*, which is based on the award-winning article of the same name that appeared in Harvard Business Review in late 2013. Kotter's books and ideas have guided and inspired leaders at all levels. He is the Konosuke Matsushita Professor of Leadership, Emeritus at Harvard Business School, an award-winning business and

management thought leader, a successful entrepreneur, and an inspirational speaker. His ideas have helped to mobilize people around the world to better lead organizations, and their own lives, in an era of increasingly rapid change. This specially priced collection offers Kotter's best practical advice, management insights, and useful tools to help you successfully lead and implement change in your organization—and master the art of change leadership.

### **Change of Heart** *Advantage Media Group*

Change of Heart is the true story of one couple's decision to end the cycles of emotional pain in their

troubled marriage and create the relationship of their hearts desire. As you take the journey through their intervention you will absorb the insights that break the negative patterns that couples mutually reinforce leading to estrangement. This real life example of what is truly possible when you are committed to living a more fulfilling life will inspire you to create lasting change in your own relationship and suggest tips to navigate the inevitable conflicts that arise with you partner.

### **Immunity to Change**

**How to Overcome It and Unlock the Potential in Yourself and Your Organization** *Harvard*

### *Business Press*

Unlock your potential and finally move forward. A recent study showed that when doctors tell heart patients they will die if they don't change their habits, only one in seven will be able to follow through successfully. Desire and motivation aren't enough: even when it's literally a matter of life or death, the ability to change remains maddeningly elusive. Given that the status quo is so potent, how can we change ourselves and our organizations? In *Immunity to Change*, authors Robert Kegan and Lisa Lahey show how our individual beliefs--along with the collective mind-sets in our organizations--combine to create a natural but powerful

immunity to change. By revealing how this mechanism holds us back, Kegan and Lahey give us the keys to unlock our potential and finally move forward. And by pinpointing and uprooting our own immunities to change, we can bring our organizations forward with us. This persuasive and practical book, filled with hands-on diagnostics and compelling case studies, delivers the tools you need to overcome the forces of inertia and transform your life and your work.

**Leading Change,  
With a New Preface  
by the Author**

*Harvard Business Press*  
The international  
bestseller—now with a

new preface by author John Kotter. Millions worldwide have read and embraced John Kotter's ideas on change management and leadership. From the ill-fated dot-com bubble to unprecedented M&A activity to scandal, greed, and ultimately, recession—we've learned that widespread and difficult change is no longer the exception. It's the rule. Now with a new preface, this refreshed edition of the global bestseller *Leading Change* is more relevant than ever. John Kotter's now-legendary eight-step process for managing change with positive results has become the foundation for leaders and organizations across the globe. By outlining

the process every organization must go through to achieve its goals, and by identifying where and how even top performers derail during the change process, Kotter provides a practical resource for leaders and managers charged with making change initiatives work. *Leading Change* is widely recognized as his seminal work and is an important precursor to his newer ideas on acceleration published in *Harvard Business Review*. Needed more today than at any time in the past, this bestselling business book serves as both visionary guide and practical toolkit on how to approach the difficult yet crucial work of leading change in any type of

organization. Reading this highly personal book is like spending a day with the world's foremost expert on business leadership. You're sure to walk away inspired—and armed with the tools you need to inspire others. Published by Harvard Business Review Press.

### **How People Change**

*New Growth Press*

What does it take for lasting change to take root in your life? If you've ever tried, failed, and wondered what you could do differently, you need to read *How People Change*. In the book, biblical counseling experts Timothy S. Lane and Paul David Tripp explain the biblical pattern for change in a clear, practical way you can



apply to the challenges of daily life. But change involves much more than just a biblical formula: you will see how God is at work to make you the person you were created to be. That powerful, loving, redemptive relationship is at the heart of all positive change you experience. A changed heart is the bright promise of the gospel, but many of us wonder if we'll ever see lasting change take root in our lives. When the Bible talks about the gift of a new heart, it doesn't mean a heart that is immediately perfected, but a heart that is capable of being changed. Jesus's work on the cross targets our hearts, our core desires and motivations, and when our hearts change, our

behavior changes. How People Change targets the root of a person: the heart. When our core desires and motivations change, only then will behavior follow. Using a biblical model of Heat, Thorns, Cross, and Fruit, Paul David Tripp and Timothy S. Lane reveal how lasting change is possible. You don't need to be stuck anymore. In Christ, you are a new creation. The old has gone and the new has come. Includes a foreword by David Powlison.

### **A Change of Heart**

**A Memoir** *Grand Central Publishing*

After a heart and lung transplant operation, dancer Claire Sylvia discovered that new organs were not the only thing she

inherited. Never having liked such foods as beer and chicken nuggets, she suddenly started craving them. After an extraordinary dream, she seeks out the family of her donor -- a teenaged boy who died in a motorcycle accident -- and learns that it is indeed possible for two souls to merge in one body. "This is a story that must be told and heard...a fascinating example of how cellular memory can outlive physical death". -- Deepak Chopra, M.D.

### **Change Intelligence**

**Use the Power of CQ to Lead Change That Sticks** *Greenleaf Book Group*

For leaders at all levels, a new system for building "change intelligence"— and for

creating results that matter at all levels of your organization

### **The Heart of Transformation**

**Build the Human Capabilities That Change Organizations for Good** *Kogan Page*

Leverage your biggest asset and develop the six human capabilities that are the true drivers of change to achieve lasting transformation in a landscape of increasingly complex technological change.

### **Power and Influence**

*Simon and Schuster*

Examines the power relationships within an organization and offers guidance on developing leadership skills, influencing others, and making use

of power

## Switch

### **How to Change Things When Change Is Hard** *Currency*

Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives? The primary obstacle is a conflict that's built into our brains, say Chip and Dan Heath, authors of the critically acclaimed bestseller *Made to Stick*. Psychologists have discovered that our minds are ruled by two different systems - the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational

mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort - but if it is overcome, change can come quickly. In *Switch*, the Heaths show how everyday people - employees and managers, parents and nurses - have united both minds and, as a result, achieved dramatic results: • The lowly medical interns who managed to defeat an entrenched, decades-old medical practice that was endangering patients • The home-organizing guru who developed a simple technique for overcoming the dread of housekeeping • The manager who transformed a lackadaisical customer-support team into

service zealots by removing a standard tool of customer service. In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change. *Switch* shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.

## **Accelerate**

**Building Strategic Agility for a Faster-Moving World**  
*Harvard Business Review Press*

Describes how organizations can learn to move swiftly to accommodate change while still providing the necessary structures that nurture employees and long-term success.

**Weight Gain = Weak Heart Change** *Author House*

My book is about weight loss. Basically, stress, environment, food affects the body and you gain weight. Stress is demanding on the heart. Therefore, your heart should be the primary goal in training. As well as eating the appropriate foods needs to be the focus to lose weight.

## **You Can Change**

**God's Transforming Power for Our Sinful Behavior and Negative Emotions**

*Crossway*

It's about heart change, not behavior change. That's the conviction of Tim Chester as he seeks to help everyday Christians "connect the truth about God with our Monday-morning struggles." This interactive book, laid out in workbook fashion, is for newer Christians struggling with sin and for more mature Christians who have plateaued in their faith as they seek to find victory over sin in their lives. With a conviction that sanctification is God's work and the journey to holiness is joyful, Chester guides readers through a "change project"-beginning with the selection of one area of life they would like to modify. Each chapter includes a

question (e.g., Why would you like to change? What truths do you need to turn to?) to guide readers as they deal with a specific sin or struggle, truths from God's word, and a reflection guide to help readers through their change project.

## **The Heart & Soul of Change**

### **What Works in Therapy** *Amer Psychological Assn*

"At the root of many controversies surrounding therapy is one key question: What works? Is efficacy based on the singular curative powers of specialized techniques, or do other variables account for patient change? This book proposes the answer, which is not to be

found in the languages, theories, or procedural differences of the field's warring camps. Instead, the answer lies in pantheoretical, or common factors--the ingredients of effective therapy shared by all orientations. /// More than 40 yrs of outcome research is pointing the way to what really matters in the therapist's day-to-day work. The editors have assembled researchers and practitioners in the field to analyze the extensive literature on common factors and to offer their own evaluations of what those data mean for therapy, therapists, and consumers. Consistent patterns are revealed in findings from multiple perspectives--clinical, research, quantitative and qualitative,

individual and family, and medical and school. The result is a book that interprets the empirical foundation of how people change. Clinicians will especially appreciate the wealth of practical suggestions for using the common factors to improve their daily practice"--Jacket. (PsycINFO Database Record (c) 2006 APA, all rights reserved).

## **A Change of Heart**

**How the Framingham Heart Study Helped Unravel the Mysteries of Cardiovascular Disease** *Alfred a Knopf Incorporated*

Takes a close-up look at the Framingham Heart Study, which began in 1948, and the

revolutionary information it has provided about cardiovascular disease and its lifestyle component, and explains how by limiting risk factors--fat and alcohol intake, smoking, excess weight, physical inactivity, and stress--and monitoring blood pressure and cholesterol can reduce the ailment. 25,000 first printing.

southeastern coast of Newfoundland, and Lanier is the lone black survivor of the terrible shipwreck. When he arrives onshore, the community's kindness and humanity bring him back to health and change his outlook on life. He went on to march for black rights with Martin Luther King and remained forever grateful to the small town of St. Lawrence, Newfoundland.

### **A Change of Heart**

*Nimbus Publishing (CN)*

A young African American and the son of sharecroppers, Lanier Phillips escapes the violence, racism and segregation of his Georgia home by joining the navy during the Second World War. But tragedy strikes the USS Truxtun one February night off the

### **Change of Heart**

*Change of Heart*

Will time allow werepanther Jin to trust and discover the joy in belonging to were-tribe leader Logan as his mate?

### **Change of Heart**

CHANGE OF HEART is a book about God's prophetic time clock, which is bringing us

closer and closer to the Lord's return. As believers in Christ, we have to be on guard against false teachers and false teachings. Although billions of people quote, read, and study the Bible, most of the world still remains ignorant of God's Word. Just one example of this is the unknown witchcraft that is commonly practiced in the church in the Christian world by laymen and leaders. Better known as Charismatic witchcraft, it is often used to control the mind, to form soul ties, and to idolize leadership. Queen Jezebel was a prime example of controlling others. According to the Bible, several events will signal the end times or the last days, just as the Pastor in this book,

Kenny Simmons, along with several others, experience. From the drastic changes that have taken place, he went from a heart of love to an attitude of idolatry. After being led astray and drafted by rebellion, he began to place himself above all others, proclaiming himself to be God. Using wicked deception to fool those around him, he was then introduced to witchcraft. Consumed with satanic power, he was on an assignment to destroy God's people. After selling his soul to the devil, he became the personification of all evil. He went from a man after God's own heart to a wolf in sheep's clothing. This type of demonic behavior also identifies the spirit of the



Antichrist and exposes false doctrine. Any religious organization that follows Jesus Christ but denies or distorts essential Christian doctrines such as the Trinity, the Resurrection, or Salvation by Grace alone, is considered to be Occult. The Word of God tells us to avoid divinations to protect us from the father of all lies. Voodoo believers invoke spells to pacify angry spirits, and man's sinful nature eventually leads to spiritual death. As in the book of Revelation, God sent His two witnesses to Jubilee Worship Center. This He did to send judgment and perform miracles, just like He used Moses in the book of Exodus. Revelation means unveiling or disclosure, and there

are prophetic events that take place. In this book is unveiled the character of God that allows His program of redemption to be brought to fruition. Pastor Simmons was swindled by choice, which caused him to compromise his relationship with God. For what does it profit a man to gain the world and lose his soul? Or what would a man give in exchange for his soul is the question. Will Pastor Simmons have a change of heart, or give up everything for the lust of the world? Read CHANGE OF HEART and learn the answer!

### **The Process of Biblical Change**

The little booklet that began it all! This handy booklet explains the

process of heart change in the life of a person who desires to change their life. Based on Ephesians 4:22-24 and Romans 12:1-2, this material explains why behavior changes will not bring about true and lasting change in a person's life. This booklet is perfect for an initial homework assignment for someone in discipleship/counseling and is a staple at RGCC. It has been used all over the US and in Europe for the purpose of teaching the process of biblical change!

**Change of Heart**  
*Createspace*  
*Independent Publishing*  
*Platform*

When you're 16 years old, it never occurs to you that you might die. Emmi Miller's got a fabulous life. She has

tons of friends, does great in school and is an all-star soccer player who played in Europe last summer. It even looks like Sam Hunter, a totally cute baseball player, might be interested in her. And then she gets a virus. No biggy, right? Until the virus goes to her heart and weakens it so much that, without a transplant, Emmi will die. Will Emmi get a heart in time? Is Sam too good to be true? What about her new friend Abe, who has also had a transplant and guides her through these scary times - is he just being supportive or is there more going on between them? And will Emmi realize it before it's too late?

**Change of Heart**  
*Hachette UK*

They've spent their lives pushing each other away, but what will happen when they need each other most? Anita Martin doesn't expect much from life. Growing up on the street, bouncing from one foster home to another, she learned to rely only on herself. Even after she finally found a loving family to take her in, she was still an outsider-something Abraham, one of the family's older sons, never let her forget. Abraham Evans doesn't know how Ani always manages to get under his skin, only that's she's been doing it since they were teens. She is-and always has been-undeniably gorgeous. But he's never met anyone as pissed off at the world as Ani. For fifteen

years, Ani and Bram have agreed on exactly one thing: they can't stand each other-until one night when their anger gives way to passion. Yet even as Ani and Bram begin to secretly seek comfort in one another's arms, they remain emotionally worlds apart. When Ani's life takes a dramatic turn and she realizes she needs more than Bram can give, their fragile, no-strings relationship unravels. One way or another, Ani is determined to survive. But when Bram finally admits his true feelings, he may discover Ani has moved on without him ...

**Takes More Than Heart**

**Changing the**

### **Journey's Challenges Into Opportunities**

In life, you will encounter many obstacles, if you have not already. How you deal with these challenges will define your character. All about a driven heart and pure grit, *Takes More Than Heart: Change the Journey's Challenges into Opportunities* is for anyone-from athletes to business people-who has suffered a life-changing event and desires to transform their challenges into opportunities. It instructs how to live your life fully while understanding that events may come at you, but you influence the outcomes through your reactions-as in "fall down seven times, get up eight." The key themes include: -

What's Important Next (W.I.N.). - The Navy SEAL acronym: D.W.I., as in Deal With It. - Take care of the next two hundred feet on the journey to reaching your goal. Part self-help book, part memoir, this book will touch anyone who has experienced a business setback, career/life-changing event, such as an athlete with a season-ending or career-ending injury, and inspire them to recover from their challenging event. This book will inspire readers to sustain their grit and persevere in order to make a difference and lead a purposeful life....

### **The Reborn**

The Reborn is my true story. It also could be your story; in regards to being reborn from

many aspects, challenges, situations, or maybe even an accident. We all have this big black cloud that is called, the reality; which always comes to us in different shapes and forms; to try to convince us that it is impossible to progress and change our current situation. The *Reborn* book is going to enlighten and encourage you to look at yourself and your life from a different perspective; as I believe that life, happiness and success are all about perspective in the first place. This book will walk you through my personal journey and inspire you to find your light behind the clouds.

### **Inside Change**

**Transforming Your Organization With Emotional Intelligence** 6  
*Seconds*

### **Heart & Habits**

**How We Change for Good** *Kress Christian Publications*

"In this distinctively Christian approach to habits, Greg Gifford makes the case from Scripture that both heart motivations and godly practice are critical for growth in Christ. He shows that progressive sanctification travels on a bidirectional highway between our hearts and our habits- we do what we love and we love as we do! Filled with concrete examples and exercises to address our hearts and habits in the various spheres

of life, Greg helps the reader put into practice the fear of the LORD (Psalm 111:10) in everyday life."-MICHAEL R. EMMETT, M.Div., M.D., Dean of Faculty and Counselor, Christian Counseling & Educational Foundation (CCEF), and author of *Saints, Sufferers, and Sinners: Loving Others As God Loves Us*

### **Stretch for Change**

#### **How to Improve Your Change Fitness and Thrive in Life** *Liberationist*

"A critical read for any leader to understand our changing times." — Charles Adler, founder, Kickstarter. Discover how to thrive in an unpredictable world. Turn adaptability into a competitive advantage. An approach to innovation

that challenges traditional change management theories with down-to-earth lessons, tips and actionable exercises.

### **How to Change Yourself**

#### **How to Stop Procrastination and Become a Doer**

*You Are Not In Control*  
According to research, 99% of the thoughts, emotions and actions you had today are the same as the ones you had yesterday. We simply repeat things unconsciously. We think we're in control but we really are not. Our programming simply repeats things daily. You cannot fight this programming with willpower. You need to consciously reprogram it with new routines so that it works for you,

rather than against you, in achieving your goals. External Results Are An Illusion. Change Yourself And Your External Results Change The default thing we try to do if we're not getting the external results we seek is to reach out and try to change the results, often without changing ourselves. Striving to create an external result that is not in alignment with who you currently are internally is really a case of chasing shadows. The reality is that the external world you see is simply a reflection of your state of consciousness. The only way to change your external world is to change yourself internally. So for the external changes you want to see in your life you need to first detail

out the external goals, and then map them to internal changes you need to make in order to achieve them. With this shift in thinking, there is no need for you to get anxious about making external changes that are outside your control. You just need to focus on making the required internal changes as internal change is all within your control. Your External World Is Simply A Mirror Of You It can be difficult for you to really see yourself due to the multitude of smokescreens and the fact we humans are masters at self-deception. However an accurate way of seeing yourself is in your external circumstances. External reality acts as a mirror to enable us

see what's really going on inside. This is good news because when you become aware of this law you realise all the power to change your reality lies within you. The reflection never lies, just as you cannot stand in front of a physical mirror and see a different person in your reflection. The law of correspondence is as real as gravity. Growth Is All That Matters Growth is what matters in life, not the material things we acquire. Material things can disappear in a flash but growth remains forever. If you don't try new things and deal with whatever learning curve is required then you don't grow. In This Book You'll Learn: The difference between the ego and consciousness and the role of the ego

in shaping your life. How to use challenges in life as welcome tools to create a better version of yourself instead of seeing them as bad. How to use the Law of Correspondence which is always in operation in your life whether you're aware of it or not. How to transform yourself to the person who can automatically get the kind of results you want in life. How to use the power of delayed gratification to make your life easier. A step by step guide for how to create and instil positive habits and make them effortless within 30 days. How to increase your productive capacity so that you can get more done without necessarily working harder. How to use the power of giving to get



the things you want in life. What to know more? Want to know more? Order now and get started today!

### **Heart 2 Heart Daily Devotional**

#### **A 31 Day Transformation Journal** *Heart 2 Heart Services*

This unique journal is an intentional journey providing a divine path to HEART transformation! Dr. J. Le'Ray shares her testimony through introspective and authentic self-reflection probes that led to a divine internal SHIFT in her perspectives, leading to a myriad of external implications.

**Change of Heart** *Wild Quail Publishing*

### **How to Have Great Meetings**

#### **A Lean Coffee Book** *Createspace Independent Publishing Platform*

Meetings don't need to be terrible. They can be the best place for us to connect with the people we work with and do great things. This book presents the Lean Coffee method which has since its inception in 2009 spread across the globe to radically shift the way people meet with each other.

#### **The DUH! Book of Management and Supervision**

#### **Dispelling Common Leadership Myths : a Practical Guide for Leaders that Reminds Us of the Obvious**

"Managerial styles are influenced by habit, familiarity, and workplace culture. It's no wonder that well-intentioned professionals doing their best to be good organizational leaders often repeat unhelpful supervisory practices experienced in their early careers, even if they disliked them at the time. In the DUH! Book of Management and Supervision, the author disagrees with many accepted leadership principles (unabashedly referring to them as myths) and makes new and different approaches easier to imagine. Her challenging and controversial concepts illustrated with poignant stories suggest common-sense and immediately applicable alternatives more suitable in today's workplace"--Back cover.