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Owning it: Your Bullsh*t-

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From the Number One

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It: Your Bullsh*t Free Guide

To Living With Anxiety,

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comes *The Confidence Kit*, a refreshing take on something that's common to us all - fear. When journalist and author Caroline Foran published *Owning It*, her bullsh*t-free account of living with anxiety, it became a phenomenal Number One bestseller.

The Confidence Kit: Your Bullsh*t-Free Guide to Owning ...

But after reading this Bullsh*t free guide you'll get a thorough understanding of the Butterfly and its idiosyncracies. And you will be equipped with lots of information, guidance and practical tips to trade the

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Butterfly with confidence.
Very concise, well written
and the author will also
reply to your questions!

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The Confidence Kit: Your Bullsh*t-Free Guide to Owning ...

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Owning it: Your Bullsh*t-Free Guide to Living with Anxiety (Book by Caroline Foran) 'Offers a frank and funny approach to the ins and outs of anxiety - what it is, why it happens, and how to manage it. I love Caroline Foran's message of self-acceptance and leaning into mental illness rather than trying to outrun it. Highly recommended!'

Owning it: Your Bullsh*t-Free Guide to Living with Anxiety ...

Download Owning it: Your Bullsh*t-Free Guide to Living with Anxiety - Caroline Foran ebook. THE NUMBER ONE BESTSELLER - For

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readers of You Are a Badass ... A bullsh*t free perspective and a no-frills account of anxiety from the front line. Through the filtered lens of social media, it may seem like life's a peach, but for lots of people - journalist and author Caroline Foran included - anxiety is always bubbling beneath the surface.

Owning it: Your Bullsh*t-Free Guide to Living with Anxiety ...

The Confidence Kit: Your Bullsh*t-Free Guide to Owning Your Fear Caroline Foran. 4.6 out of 5 stars 25. Kindle Edition. £3.99.

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What I Know for Sure Oprah
Winfrey. 4.7 out of 5 stars
2,015. Kindle Edition.
£7.99.

Owning it: Your Bullsh*t- Free Guide to Living with Anxiety ...

With honesty, humour and a
bullsh*t free perspective,
Owning It is a no-frills
account of anxiety from the
front line. Through the
filtered lens of Instagram,
it may seem like life's a
peach, but in reality,
journalist Caroline Foran
has been living with
crippling anxiety since her
early 20s.

Owning it: Your Bullsh*t-

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Free Guide to Living with Anxiety ...

What's on TV tonight including Freeview, Sky and Virgin Media. Search the UK TV Listings Guide by time or by TV channel and find your favourite shows.

TV Guide - UK TV Listings

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This guide is for current and prospective landlords. It explains the responsibilities, legal requirements and best practice for letting a

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How to let - GOV.UK

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FREE Guide on How & Where to

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Shop for Owning it: Your Bullsh*t-Free Guide to Living with Anxiety from WHSmith. Thousands of products are available to collect from store or if your order's over £20 we'll deliver for free.

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A bullsh*t free perspective

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and a no-frills account of anxiety from the front line. For those facing the same struggle, Caroline explores exactly what anxiety is, its triggers and the various treatments - from CBT, acu...

Owning it: Your Bullsh*t- Free Guide to Living with

...

The government has produced the following guides for tenants, landlords, leaseholders, home buyers and sellers. How to rent - a guide for current and prospective tenants

Housing 'how to' guides - GOV.UK

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VI - - where the employee hasn't provided the Lohnsteuerkarte to the employer or doesn't have it at all Even if a person was treated as single and is in fact married, this can be corrected through a tax return.

Your Bullsh*t-Free Guide to Taxes in Germany

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With honesty, humour and a bullsh*t free perspective, Owing It is a no-frills account of anxiety from the front line. Through the filtered lens of social media, it may seem like

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life's a peach, but for lots of people - journalist and author Caroline Foran included - anxiety is always bubbling beneath the surface. Here, she chronicles her experiences. From being unable to cope with the thought of venturing outside, to walking away from her fast-paced job, to the different, and sometimes controversial, treatments available - from Cognitive Behavioural Therapy to acupuncture to medication - Caroline shows us how she eventually found a way of owning her anxiety so that it doesn't own her. With extensive research and help from the experts,

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Owning It is written with honesty and a bullsh*t-free perspective; consider it your ultimate, practical guide that aims to get you feeling good again.

Consider this your ultimate guide to confidence. From the Number One bestselling author of Owning It: Your Bullsh*t Free Guide To Living With Anxiety, comes The Confidence Kit, a refreshing take on something that's common to us all - fear. When journalist and author Caroline Foran published Owning It, her bullsh*t-free account of living with anxiety, it became a phenomenal Number

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One bestseller. Here, in *The Confidence Kit*, she returns with her unique, down-to-earth style, sharing her essential toolkit for improved self-confidence. Her goal? To take our inner fears and anxieties and turn them into the building blocks of confidence. From understanding the fear of failure and knowing when and how to step outside your comfort zone to tools such as 'fear hacking' and the art of decision-making, *The Confidence Kit* is jam-packed with practical advice, expert input, along with the author's signature sense of humour. Consider it your ultimate guide to

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confidence. 'The goal of this book isn't to teach you how to become completely fearless. It's about how you can employ techniques to build your confidence, to own your fears and anxieties -- to bring you one step closer to achieving what you want in life' Caroline Foran

Build your confidence, increase your value, and make a lasting impact—a brand authenticity expert shares her most powerful secrets. Everyone in marketing is talking “authenticity.” Which means making a personal or professional brand should be simpler than ever, right?

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What could be easier than “being yourself?” Simple? Sure. But easy? Not so much. Why? Because authenticity is unfiltered, unapologetic, and honest. Authenticity owns its imperfections and takes responsibility for mistakes. It shows up on the good and bad days. In short, authenticity feels scary. No wonder we try to brand ourselves as someone else we think will be more appealing than our real selves.

Jessica Zweig founded the SimplyBe. agency to revolutionize an authenticity-first approach to branding. With *Be: A No-Bullsh*t Guide to Increasing Your Self Worth and Net*

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Worth by Simply Being Yourself, she shares her most powerful secrets for building authenticity, service, and real connection into your winning brand. “I’m opening up the freakin’ vault to SimplyBe.’s best-in-class, trademarked methodologies, tools, and frameworks for clearing away everything that’s keeping the real you from shining through,” she says, including: Branding Reinvented—Forget the hacks and tricks, it’s time to learn what personal branding is really about. Embracing Your Sh*t—All that stuff you think you need to hide? That’s actually your most

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important resource! Your Vibe Attracts Your Tribe—Learn to magnetize the people who most want to support you (and they're out there). Your Personal Brand Hologram®—SimplyBe.'s universal framework can crystallize your utterly unique brand platform. The Supernova™—Create winning content with the secret sauce of consistency and clarity. The Pinnacle Content Framework™—Take the stress out of strategy and find the most direct, effective path toward your goals. Getting Social Media Right—Stop chasing trends and learn the 10 sustainable, evergreen

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principles for online connection. Living Your Brand—Take your authentic personal brand where it matters most: offline and into your relationships, your workplace, and the way you show up in the world.

“We are living at an inflection point,” says Jessica Zweig. “For any brand—business or personal—the game is no longer about eyeballs, but engagement. No longer about impressions, but impact. Content is no longer king, clarity is. Your best strategy? Service and generosity. Your best solution? Authenticity.”

Here is a powerful guide for

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connecting with others,
changing lives, and moving
the world forward as only
you can.

Less than a year ago, Oobah
Butler was living in a
garden shed in London,
struggling to pay rent and
living on a diet of boiled
eggs. Its safe to say that
he hadn't achieved much with
his life. Yet just a year
on, on the back of three
documentaries that have been
viewed over 150m times, hes
won awards, been featured on
TV all over the world and
has been lauded by critics,
commentators and serial
achievers across the globe.
How did everything turn for

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him? With an idea.

In a straightforward approach, Hanania Benklifa provides readers the practical knowledge needed to trade options conservatively in Profiting with Iron Condor Options: Strategies from the Frontline for Trading in Up or Down Markets. The objectives are simple: make 2%-4% a month staying in the market as little as possible. Market experts use option condors to consistently earn monthly returns while trading conservatively and staying in the market as little as possible. Benklifa--who

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manages \$10+ million in condor trades each month--shows you exactly how to run these trades and earn these returns, delivering all the details you need to master every nuance of this remarkable strategy.

Benklifa shares option condors examples using market realities, not oversimplified abstractions. You'll learn how to handle real-life market dynamics that can dramatically impact results, including rising and falling volatility, changing bid-ask spreads, and distorted call parity. You'll learn how to profit in the sideways markets where condor options are

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most widely used--and also in extreme-trending markets that offer their own surprising opportunities. Traders who focus on a specific type of trade have a history of outperforming stock pickers and directional investors. This book will give you that deep and usable level of knowledge about one of today's most well-proven strategies: option condors.

Cut the Bullsh*t version: the same content, just in black & white."This marketing approach helped take NXP from a top 20 player in the semiconductor industry to become one of

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the top 5" ~ Rick Clemmer,
President & CEO, NXP Read
this book on marketing for
impact endorsed by KKR (a
private equity firm managing
close to \$130 Billion in
assets), Stanford
University, Royal Philips,
and NXP. See what
influential CEOs say about
the model on how to make
money with marketing. What
if you only have limited
marketing dollars to invest?
What if you have a CEO and
CFO that chase you and ask
for increased revenue from
marketing? What if you are
sick and tired of being a
cost center and you want to
be a profit center?It is
time to cut the bullshit in

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your marketing and focus on the two things that really matter; your customers AND running marketing programs that generate revenue for the company. By applying Cut the Bullshit marketing principles you will be able to make real impact for your company and, by doing so, impress your investors, CEO, CFO, and - most importantly - your customers! Cut the Bullsh*t Marketing is a hands-on book about people-to-people marketing in business settings. The book shows you how to design and run effective marketing, without resorting to bullshit. In this book, the authors share methods,

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insights and a wide range of real examples from their broad experience in the high-tech industry to illustrate what worked (and what not!) and what they learned along the way. The book helps you gain deep understanding of your customers, engage with your target audience in a personal way, rethink your marketing organization, and create the outlines of a Cut the Bullshit marketing plan. Join the Cut the Bullshit marketing community now!

WINNER OF BUSINESS BOOK OF
THE YEAR AWARD 2020:
LEADERSHIP FOR THE FUTURE A
Financial Times Business
Book of the Month 'A

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brilliant set of leadership tools that will help you succeed whatever your goal' - Sir Clive Woodward 'A punchy, plainly written guide, offering a readable and enlightened view of what leaders do and how they should do it' - Financial Times 'A new rubric on leadership' - Evening Standard Leadership is not some special club, open only to elites. It's not a gold star given only to those with expensive degrees. Leadership is for everyone. Based on the author's hard-won experience as a Global CEO, this smart, fun book delivers a step-by-step working manual on how to

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lead - for anyone. Full of simple and direct approaches, it demystifies an over-analysed subject to get to the heart of modern leadership: the life-changing, career-transforming power to get stuff done. These principles and actionable steps apply to every field, from small businesses to community initiatives, from schools to sports teams to global enterprises. No matter your goal, this book will show you how to: - make effective decisions - build a world-class team - take care of yourself and others - achieve results

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"But I can't . . ." "There's no way . . ." "It's impossible . . ." Enough. Get off your ass and make your "someday" goals a priority—today. After years of coaching and consulting hundreds of startup rookies as well as seasoned entrepreneurs, executives, and CEOs, Bedros Keuilian realized that most people who want to start a business, grow an existing business, author a book, make more money, or make a bigger impact usually take the long, slow, painful way to get there . . . and more than 80 percent of entrepreneurs never get to their desired destination or

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achieve their full potential in business. They treat their dream as if it were merely a hobby and dip their toes in the water, but they never commit to diving in—you get the idea. It's time to cut the bullshit excuses. Everyone has a gift, a purpose. It's your duty to figure out what your gift is and how you're going to share it with the world.

Man Up: How to Cut the Bullshit and Kick Ass in Business (and in Life) is your guide to doing exactly that. Keuilian, founder and CEO of Fit Body Boot Camp and known as the "hidden genius" behind many of the most successful brands and

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businesses throughout multiple industries, will show you how to break out of the sea of mediocrity, get singularly focused on your purpose, and do what it takes—not only to achieve but dominate your goals.

With Keuilian's no-nonsense approach in both business and personal spheres, you'll be able to define your purpose and have clarity of vision—and a plan—to make the quantum leap. Whether it's creating and growing a company, leaving a legacy, making a difference, or launching a new brand, you will discover how to use your passion, purpose, and sheer grit to overcome any

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adversity that attempts to derail your progress. If there's an area of your life in which you need to man up, this book will get you there.

Originally published in Great Britain in 2017 by Oneworld Publications as *The angry chef*.

Contrary to popular belief, the business world is not that complicated. While every industry and every profession requires specific expertise, the truth is that the "business of business" is relatively simple. For the past seven years, Geoffrey James has written a

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daily blog that's become one of the most popular business-focused destinations on the web. In BUSINESS WITHOUT THE BULLSH*T, readers will learn surprising but tried-and-true secrets about being an extraordinary boss, about coping with annoying coworkers, and navigating the thorny problems that recur in every workplace. TIPS FROM BUSINESS WITHOUT THE BULLSH*T: Long work hours mean less work gets done. Multiple studies reveal that working 60 rather than 40 hours a week makes you slightly more productive but only for a little while. After about three weeks, people get

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burned out, get sick and go absent, and start making avoidable errors. What every boss wants from you. From your boss's perspective your real job is to make the boss successful. There are no exceptions to this rule. Why your resume is your enemy. Only write a resume after you're talking to people inside the hiring firm. Then, customize it to match what you've discovered that they really want.

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