Free ebook Hitting the sweet spot how consumer insights can inspire better (2023)

Sweet Spots Finding the Sweet Spot Raising Happiness The Sweet Spot The Sweet Spot The Sweet Spot Sweet Spot Sweet Spot The Sweet Spot Find Your Sweet Spot The Sweet Spot Sweet Spot (Sweet Enough to Eat Book 6) Mapping Chengde The Suitcase Entrepreneur Discover Your Sweet Spot Cure for the Common Life Negotiating the Sweet Spot Sweet Spot The Sweet Spot in Time Finding the Sweet Spot Sweet Spot Sweet Spot ROAR Sweet Spot Your Creative Work Space The Sweet Spot The Sweet Spot On the Sweet Spot Living in the Sweet Spot The Accidental Creative Sweet Spot: How to Find Your Private Practice Groove with Principles from ACT All Things Paper Finding Your God Given Sweet Spot Discovering Your Sweet Spot Hitting the Sweet Spot The Sweet Spot Formulation Simplified Sweet Spot The Sweet Spot Learning to Live in Your Sweet Spot
Sweet Spots 2021-12-30

sweet spots thinks transversally across language and body and between text and tissue this assemblage of essays collectively proposes that words that is language that lands as written text are more than human material and these materials composed of forces and flows and tendencies are capable of generating text flesh that grows into a thinking in the making the practice of acupuncture and its relational thinking often makes its presence felt to twirl the text tissue of the bodying essays ficto critical thinking is threaded throughout to activate concepts from process philosophy and use the work of other thinkers william james felix guattari and gilles deleuze baruch spinoza and virginia woolf to name a few to forge imaginative connections entangled in the text tissue are an assortment of entities such as bickering body parts quivering jellyfish heart pacemaker cells a narwhal tooth taoist parables always with ubiquitous stretchy connective tissue from gooey interstitial fluid to thick planes of fascia ever present to ensure that the essaying bodies become what alfred north whitehead calls the one which includes the many includes the one the essaying bodies orient towards the sweetest sweet spot which is found not in the center but slightly askew felt in the reverbing more than that carries their potential crucially this produces a shift in perspective away from self enclosed bodies and experts toward a care for the connective tissue of relation

Finding the Sweet Spot 2008

now what am i going to do is a question many people ask and leave unanswered at critical potential turning points in their careers perhaps you re a new graduate but instead of lining up for a boring entry level job at a big corporation you wish you could start your own sustainable and responsible business or maybe you ve been stuck in a job you hate for a few years but you still dream of doing the thing you love and that you re actually good at or maybe you re a boomer and you re ready for a second career a personal venture that will represent a total change from what you ve spent most of your work life doing whatever your situation this is the book to help you get started finding the sweet spot explains how sustainable responsible and joyful natural enterprises differ from most jobs and it provides the framework for building your own natural enterprise you ll learn how to find partners who will help make your venture successful how to do world class market research how to innovate how to build resilience into your enterprise and how to avoid the land mines that sink so many small businesses most importantly you ll learn how to find the sweet spot where your gifts your passions and your purpose intersect and make no mistake our world needs your talent the current economic system and the educational system that feeds into it have let us down and are destroying our planet we need a blossoming of natural enterprises connected collaborating and supporting ventures to form a dynamic new natural economy is such a thing possible inventor entrepreneur and humanist buckminster fuller said you never change things by fighting the existing reality to change something build a new model that makes the existing model obsolete finding the sweet spot presents a new model use it to find the work you were meant to do thereby helping to create the world we re meant to live and make a living in
Raising Happiness 2011-03-01

what do we wish most for our children next to being healthy we want them to be happy of course fortunately a wide array of scientific studies show that happiness is a learned behavior a muscle we can help our children build and maintain drawing on what psychology sociology and neuroscience have proven about confidence gratefulness and optimism and using her own chaotic and often hilarious real world adventures as a mom to demonstrate do’s and don’ts in action christine carter phd executive director of uc berkeley’s greater good science center boils the process down to 10 simple happiness inducing steps with great wit wisdom and compassion carter covers the day to day pressure points of parenting how best to discipline get kids to school and activities on time and get dinner on the table as well as the more elusive issues of helping children build healthy friendships and develop emotional intelligence in these 10 key steps she helps you interact confidently and consistently with your kids to foster the skills habits and mindsets that will set the stage for positive emotions now and into their adolescence and beyond inside you will discover the best way avoid raising a brat changing bad habits into good ones tips on how to change your kids attitude into gratitude the trap of trying to be perfect and how to stay clear of its pitfalls the right way to praise kids and why too much of the wrong kind can be just as bad as not enough the spirit of kindness how to raise kind compassionate and loving children strategies for inspiring kids to do boring but necessary tasks and become more self motivated in the process complete with a series of try this tips secrets and strategies raising happiness is a one of a kind resource that will help you instill joy in your kids and in the process become more joyful yourself

The Sweet Spot 2017-06-06

learn how to achieve more by doing less live in that zone you’ve glimpsed but can’t seem to hold on to the sweet spot where you have the greatest strength but also the greatest ease not long ago christine carter a happiness expert at uc berkeley’s greater good science center and a speaker writer and mother found herself exasperated by the busyness of modern life too many conflicting obligations and not enough time energy or patience to get everything done she tried all the standard techniques prioritizing multitasking delegating even napping but none really worked determined to create a less stressful life for herself without giving up her hard won career success or happiness at home she road tested every research based tactic that promised to bring more ease into her life drawing on her vast knowledge of the latest research related to happiness productivity and elite performance she followed every strategy that promised to give her more energy or that could make her more efficient creative or intelligent her trials and errors are our reward in the sweet spot carter shares the combination of practices that transformed her life from overwhelmed and exhausting to joyful relaxed and productive from instituting daily micro habits that save time to bigger picture shifts that convert stress into productive and creative energy the sweet spot shows us how to say no strategically and when to say yes with abandon make decisions about routine things once to free our minds to focus on higher priorities stop multitasking and gain efficiency take recess in sync with the brain’s need for rest use technology in ways that bolster instead of sap energy increase your ratio of positive to negative emotions complete with practical easiest thing tips for instant relief as well as
stories from carter’s own experience of putting the sweet spot into action. This timely and inspiring book will inoculate you against the overwhelm letting you in on the possibilities for joy and freedom that come when you stop trying to do everything right and start doing the right things. One of greater good’s favorite books of the year for fans of a certain kind of self-improvement book like The Happiness Project or 168 Hours, you have more time than you think or Getting Things Done that offers up strategies for making certain areas of life work better without requiring that you embrace a new belief system. KJ Dell’Antonia from the New York Times Motherlode blog, a breath of fresh air based on personal experiments with living life in what she calls the pressure cooker. Dr. Carter offers advice in easily digestible nuggets working mother carter gives actionable ways to balance your life, your health, and your career. This book is packed with smart advice and hard earned wisdom. INC learn more about escaping the busyness trap and uncovering a happier, less stressed you. Shape a highly readable, diligently researched advice book that offers concrete tips on how to get off the treadmill of busyness. Greater Good is chock full of concrete tips on how to sharpen your focus, improve your efficiency, and use technology to your advantage. The Week illuminates the simple and sustainable path toward a precious and happy balance. Deepak Chopra

The Sweet Spot 2016-06-29

Are you maximizing your full leadership potential and effortlessly leveraging the talents of others? Do you experience living your life with maximum ease, power, and joy? For many, the answer is no. Yet, what if it were possible what if you could identify and tap into the aspects of yourself and others that provide a doorway into unprecedented results and fulfillment? The sweet spot is a deep dive into the 7 fundamental talents that make up our greatest contributions: the best of who we are and what we have to offer. Used widely by leaders in the business community to recognize their own and others’ most authentic talents, this book covers the key contributions and challenges of each of the 7 talents. It also provides effective ways to grow and develop those talents with practical tips for leveraging your own and others’ most natural gifts to be more productive, successful, and free in many ways. This subject is not a new one. A person’s talents are based on existing archetype categories that have been written and spoken about for centuries. Unlike books on traditional archetypes, personality types, or career assessments, this book provides a modern update focused on leveraging your natural talents in leadership and life. The 7 talents are:

- Artisan
- Creativity
- Priest
- Vision
- Sage
- Communication
- Warrior
- Efficiency
- Server
- Love
- Scholar
- Knowledge
- King
- Power

By reading the sweet spot book, you’ll learn how to discover and access more of your greatest capacity as a leader. Leverage your own and others’ talents with less effort, motivate those around you for increased engagement, increase your experience of personal fulfillment, and professional success. If you want less stress, better results, and more connection if you want to grow your experience of living with a greater sense of purpose and power, the sweet spot book is an essential read.

The Sweet Spot 2021-11-02

This book will challenge you to rethink your vision of a good life with sharp insights and lucid prose. Paul Bloom makes a captivating case that pain and suffering are essential to happiness. It’s an exhilarating
antidote to toxic positivity adam grant 1 new york times bestselling author of think again and host of the
ted podcast worklife one of behavioral scientist s notable books of 2021 from the author of against empathy
a different kind of happiness book one that shows us how suffering is an essential source of both pleasure
and meaning in our lives why do we so often seek out physical pain and emotional turmoil we go to movies
that make us cry or scream or gag we poke at sores eat spicy foods immerse ourselves in hot baths run
marathons some of us even seek out pain and humiliation in sexual role play where do these seemingly
perverse appetites come from drawing on groundbreaking findings from psychology and brain science the sweet
spot shows how the right kind of suffering sets the stage for enhanced pleasure pain can distract us from
our anxieties and help us transcend the self choosing to suffer can serve social goals it can display how
tough we are or conversely can function as a cry for help feelings of fear and sadness are part of the
pleasure of immersing ourselves in play and fantasy and can provide certain moral satisfactions and effort
struggle and difficulty can in the right contexts lead to the joys of mastery and flow but suffering plays
a deeper role as well we are not natural hedonists a good life involves more than pleasure people seek
lives of meaning and significance we aspire to rich relationships and satisfying pursuits and this requires
some amount of struggle anxiety and loss brilliantly argued witty and humane paul bloom shows how a life
without chosen suffering would be empty and worse than that boring

**Sweet Spot 2007–03–15**

what if your business could make growth and innovation look easy what if you could beat the competition day
in and day out you can sweet spot shows you how to align all the vital parts of your business to create a
competitive advantage and long lasting success you ll learn how to bring smart marketing together with good
leadership to find your business s sweet spot

**Sweet Spot 2017–06–27**

a journalist channels her ice cream obsession scouring the united states for the best artisanal brands and
delving into the surprising history of ice cream and frozen treats in america for amy ettinger ice cream is
not just a delicious snack but a circumstance and a time of year frozen forever in memory as the youngest
child and only girl ice cream embodied unstructured summers freedom from the tyranny of her classmates and
a comforting escape from her chaotic demanding family now as an adult and journalist her love of ice cream
has led to a fascinating journey to understand ice cream s evolution and enduring power complete with
insight into the surprising history behind america s early obsession with ice cream and her experience in
an immersive ice cream boot camp to learn from the masters from a visit to the one place in the united
states that makes real frozen custard in a mammoth machine known as the iron lung to the vicious
competition among small ice cream makers and the turf wars among ice cream trucks to extreme flavors like
foie gras and oyster ettinger encounters larger than life characters and uncovers what s really behind
america s favorite frozen treats sweet spot is a fun and spirited exploration of a treat americans can t
get enough of one that transports us back to our childhoods and will have you walking to the nearest shop
for a cone
The Sweet Spot 2017-10-24

the former white house pastry chef for presidents george w bush and barack obama presents a healthy delicious collection of dessert recipes treat sugar like salt this is the mantra of bill yosses a former white house pastry chef and his secret to baking indulgent yet wholesome desserts that truly satisfy after being tasked by first lady michelle obama to create healthier treats for her family he discovered that when he dialed back the sugar in his recipes his desserts were not only healthier on paper but they actually tasted better too in the sweet spot bill upends the notion of healthy desserts and shares an inspiring collection of delectable sweets that reveal the magic that happens when you bake with less sugar by using it as a flavor enhancer you can showcase the natural sweetness and unique flavors of your other ingredients and when you incorporate better more flavorful add ins like nut flours essential oils herbs and spices you ll be satisfied even if there s a smaller portion on your plate from kabocha persimmon pie and matcha green tea roll with blackberry pastry cream to lemon kaffir semifreddo and popped quinoa chocolate cookies bill s treats show us that desserts don t have to be a source of penance to be exquisite and indulgent complete with a professional baker s tricks of the trade to ensure your confections are as gorgeous as they are delicious the sweet spot is a must have for anyone looking to up their dessert game once you start baking bill s way you ll be able to have your cake and eat it too

Find Your Sweet Spot 2013-12-23

this smart stylish motivational guide helps readers discover their dreams and true potential via an action plan based on the coaching strategies of an executive coach finding one s sweet spot means digging deep for new levels of self understanding and re prioritizing one s life to align with one s inner excellence written to make readers feel they have access to their own personal coach the book leads them through a series of inspiring stories practical steps and sweet spot checks designed to spur personal and professional growth find your sweet spot consists of four parts the sweet spot strategy the sweet spot inside the sweet spot outside integrate your sweet spot and offers practical tips and exercises that explore everything from self love to the power of gratitude and a productive mindset find your sweet spot is geared for modern adults who find themselves yearning for more in their daily lives as a chic jet setting businesswoman with many high powered clients karen elizaga boasts a distinctly modern edge among self help authors

The Sweet Spot 2014-07-08

a sizzling story of everyone s favorite couple from amazing stephanie evanovich s new york times bestseller big girl panties hunky professional baseball player chase walker and his sassy wife amanda when pro baseball player chase walker first meets amanda at her restaurant it s love at first sight while amanda can t help noticing the superstar with the greek god build he doesn t have a chance of getting to first or any other base with her a successful entrepreneur who s built her business from scratch amanda doesn t need a prince charming to sweep her off her feet and a curvy girl who likes to cook and eat isn t interested in
being around the catty stick thin herd of females chasing chase and his teammates but chase isn t about to strike out a man who isn t interested in playing the field he s a monogamist who wants an independent woman like amanda his hopes rally when she discovers that squeaky clean chase has a few sexy and very secret pre-game rituals that turn the smart headstrong businesswoman on and into his number one fan then a tabloid discovers the truth and turns their spanking good fun into a late night punchline is amanda ready to let loose and swing for the fences or will the pressure of chase s stardom force them to call it quits

Sweet Spot (Sweet Enough to Eat Book 6) 2000-06-01

the moment candy walks into my chocolate shop i melt this down on her luck darling needs a job and i need to find this beauty s sweet spot when i do let s just say she s craving more but my life is complicated and if this innocent woman knew about my shady side hustle she just might walk out the door i can t let that happen this valentine s day is all about grand gestures and i ll do what it takes to be candy s man dear reader my insta love novellas are not like a box of chocolates you always know what you re gonna get committed heroes along with the women who love them plus filthy sweet scenes and true love that conquers all this valentine s day i give you charlie a burly bookie who owns a chocolate shop i promise his devotion to candy is worth more than a golden ticket xo frankie

Mapping Chengde 2017-09-05

the imperial residence of chengde was built by two powerful and ambitious manchu emperors between 1703 and 1780 in the mountains of jehol this volume the first scholarly publication in english on the manchu summer capital reveals how this unlikely architectural and landscape enterprise came to help forge a dynasty s multicultural identity and concretize its claims of political legitimacy using both visual and textual materials the author explores the hidden dimensions of landscape showing how geographical imagination shaped the aesthetics of qing court culture while proposing a new interpretation of the mental universe that conceived one of the world s most remarkable examples of imperial architecture

The Suitcase Entrepreneur 2013-10-01

now in its third edition the suitcase entrepreneur teaches readers how to package and sell their skills to earn enough money to be able to work and live anywhere build a profitable online business and live life on their own terms with new material pertinent to today s business world readers will receive the blueprint to create their ideal lifestyle and become their own digital nomad after eight years of working in the soul crushing bureaucracy of the corporate world natalie sisson quit her high paying job and moved to canada started a blog and cofounded a technology company in just eighteen months she learned how to build an online platform from scratch and then left to start her own business which involved visiting argentina to eat empanadas play ultimate frisbee and launch her first digital product after five years she now runs a six figure business from her laptop while living out of a suitcase and teaching entrepreneurs worldwide how to build a business and lifestyle they love in the suitcase entrepreneur you ll learn how to establish your
business online reach a global audience and build a virtual team to give you more free time money and independence with a new introduction as well as updated resources and information this practical guide uncovers the three key stages of creating a self sufficient business and how to become a successful digital nomad and live life on your own terms.

Discover Your Sweet Spot 2011-05-02

learn to design build and maintain an effective and fulfilling life with this unique guide from the innovative entrepreneur speaker and author to create an effective space landscapers must design build and maintain that space to create an effective life we must do the same with ourselves in this unique and insightful guide to crafting a better life author scott m. fay uses a landscaping metaphor and an approachable conversational style to reveal the seven steps that enabled him to find his own sweet spot of personal and professional success these same steps helped fay acquire fourteen distressed businesses and turn them into profitable environments for leadership and commerce they prepared him to forge a partnership with the no 1 leadership guru in the world and create the world’s fastest growing speaking coaching and training team it primed him to start several other ventures projects and initiatives related to his core strengths and finally it enabled him to create a robust life with a variety of opportunities if this can work for scott a guy who wears jeans and boots and drives a pickup truck then it can work for you too in fact it can work for any individual or organization serious about creating a growth environment discover your sweet spot and discover the life you’ve always wanted.

Cure for the Common Life 2020-07-14

sweet spot ever swung a baseball bat or paddled a ping pong ball if so you know the oh so nice feel of the sweet spot life in the sweet spot rolls like the downhill side of a downwind bike ride but you don’t have to swing a bat or a club to know this what engineers give sports equipment god gave you a zone a region a life precinct in which you were made to dwell he tailored the curves of your life to fit an empty space in his jigsaw puzzle and life makes sweet sense when you find your spot but if you’re like 70 percent of working adults you haven’t found it you don’t find meaning in your work or you don’t believe your talents are used what can you do you’re suffering from the common life and you desperately need a cure best selling author max lucado has found it in cure for the common life he offers practical tools for exploring and identifying your own uniqueness motivation to put your strengths to work and the perfect prescription for finding and living in your sweet spot for the rest of your life.

Negotiating the Sweet Spot 2020-05-28

everybody negotiates at various points every day be it in life or business and it’s important to get it right on average people leave about 20 of potential mutual gains untapped in any negotiation this is akin to taking 20 of the value in any deal and dumping it into a garbage canister finding that hidden 20 the sweet spot is a skill that takes practice but is also one that anybody can learn leigh thompson offers best
practices and tools within this book to use in daily negotiations and conflict situations she calls these strategies hacks because they work but don t require a lot of investment training expense and time you don t have to be a ceo senior vp or regional brand manager to learn how to find the sweet spot in life s negotiations in negotiating the sweet spot benefits include learning the following understanding where the sweet spot is in the deals you negotiate adopting a big picture mind set when approaching any negotiation seeing negotiations less as win lose battles and more as opportunities to use problem solving skills utilizing a tool kit of hacks that will work in any negotiation and have been proven effective by a top expert in the field negotiating the sweet spot walks people of all skill and experience levels through simple and proven techniques that are sure to result in better outcomes for all parties and that uncover the hidden value that exists in any negotiation

Sweet Spot 1980

lincoln reeves may be a pro golfer and revered swing coach but when i meet him he is just one more person telling me i m not good enough so i do what any girl in my position would do i tell him to get lost and take his arrogant annoying smirk with him i never expect to see him again i certainly don t expect to run into him that same night after one too many tequila shots turns out that he s kind of a big deal okay fine a really big deal in fact he might be the one person who can take my game to the next level convincing him to help will be difficult not throwing my club at his handsome face when he makes me work harder than i thought humanly possible will be excruciating but not falling for him will be the hardest thing of all

The Sweet Spot in Time 2009

from the 1 bestselling author a heartwarming novel about how a woman at odds with the world learns to live with it and sometimes even love in it booklist responsibility should be nicole keyes s middle name after all not many people would sacrifice their lives to run the family bakery and raise a younger sibling but with nicole s twin sister now blissfully married and her younger sis turning out more femme fatale than girl next door super reliable nicole is getting sick of putting everyone else s needs first enter hawk the deliciously sexy former nfl player offers nicole a taste of the freedom she craves hawk may know the way blindfolded to her sweet spot but nicole s not about to let him get close enough to break her heart of course she might not have a choice in the matter if hawk s past keeps getting in the way of their present mallery is in top notch form as she takes troubled and stubborn individuals and portrays their emotional growth drama and trauma abound in this winner rt book reviews 4 1 2 stars i strongly recommend sweet spot especially to readers who like their family melodramas spiked with lots of laughter and hot romance the romance reader sweet spot definitely hits the spot susan mallery is one of the best contemporary romance authors writing today the romance readers connection
Finding the Sweet Spot 2020-05-28

women are not small men stop eating and training like one because most nutrition products and training plans are designed for men it s no wonder that so many female athletes struggle to reach their full potential roar is a comprehensive physiology based nutrition and training guide specifically designed for active women this book teaches you everything you need to know to adapt your nutrition hydration and training to your unique physiology so you can work with rather than against your female physiology exercise physiologist and nutrition scientist stacy t sims phd shows you how to be your own biohacker to achieve optimum athletic performance complete with goal specific meal plans and nutrient packed recipes to optimize body composition roar contains personalized nutrition advice for all stages of training and recovery customizable meal plans and strengthening exercises come together in a comprehensive plan to build a rock solid fitness foundation as you build lean muscle where you need it most strengthen bone and boost power and endurance because women s physiology changes over time entire chapters are devoted to staying strong and active through pregnancy and menopause no matter what your sport is running cycling field sports triathlons this book will empower you with the nutrition and fitness knowledge you need to be in the healthiest fittest strongest shape of your life

Sweet Spot 2018-08-27

if you re looking for a story with a sense of humor about love and overcoming adversity looking to the future great friendships and community look no further reader review a bartender a bakery girl and a past full of mistakes former marketing whiz kennedy lowell knows bartending isn t her destiny after derailing her life to epic proportions though she s content with the easy refuge of pouring drinks and keeping to herself but the arrival of her sexy new boss has her both shaken and stirred add the temptation of a bakery in need of a marketing guru and kennedy begins to wonder if easy is all it s cracked up to be easy is hunter clayborne s middle name uncomplicated is what he expects when he moves back to nashville to take over the family business what he finds is the polar opposite of easy a bar losing money a family entrenched in its old fashioned ways and an irresistible bartender who keeps him at a distance in spite of their sizzling mutual attraction hunter tries to prove he s a good hearted trustworthy guy but what if kennedy is her own worst enemy can he help her see herself through his eyes before it s too late sweet spot is a stand alone novel in the hale street series which includes these books by amy knupp sweet spot soft spot one and only last first kiss heartstrings immerse yourself in the hale street series now if you enjoy books by jill shalvis zoe york bj harvey piper rayne mcadams lori wilde melissa foster bella andre claudia burgoa alexa rivers jh croix christine depetrillo melissa chambers or amanda torrey chances are you ll love amy knupp s island fire series workplace romance boss employee romance troubled past bakery girl cupcakes bartender bar owner small town romance
**Sweet Spot 2016-07-05**

we are all born with an innate desire to creatively express the essence of who we are this desire is embedded into our soul a gift at birth our own northern star in a galaxy full of the unknown your physical setting can either hamper or inspire this creative calling known for her eclectic style and helping others see the possibility within themselves their homes and personal style desha peacock offers you tips on designing a creative work space that will also inspire you to do the work you are meant to do peacock s design tips cover how to use your work space to inspire your best work choose the right color to enhance your mood create a cozy virtual office no matter where you live work with a tiny space in a closet or other nook mix vintage modern and thrift store finds so you can create the style you crave no matter your budget gain more clarity so you can focus on what s most important to your business or creative life your creative work space features full color photographs of unique creative work spaces from the traditional home office to the artist s studio or writing salon

**ROAR 2017-08-15**

like most moments of spiritual revelation this one took place on a landfill in new jersey a young man is standing at an unprepossessing driving range hitting balls toward a distant fence when something unusual takes place as he begins his swing he has the sensation that his club is drawing itself back on its own when it is ready it starts downward makes perfect contact and the ball soars off in the right to left arc he d imagined hitting the exact fencepost he d been aiming at from 250 yards away he steps back and wonders if he can do it again he feels like an observer as the swing begins itself and resolves itself after perfect contact with the waiting ball which again smacks against the distant post he has for however brief a time entered the zone everyone who plays a sport knows that fleeting ineffable sensation of everything falling into place the pitched baseball looks as big as a grapefruit the basket looks as wide as a trash can the players around you are moving in slow motion but as richard keefe the director of the sport psychology program at duke university looked deeper into the nature of his experience he found profound links to the spirit the brain perhaps even the soul keefe recognized that the feeling golfers and other athletes have of being in the zone is basically the same as a meditative state and as a researcher with experience in brain chemistry he went one step further if we can figure out what s happening in the brain at such times we can learn how to get into that zone instead of just waiting for it to happen this is the holy grail of sport psychology teaching the mind to get out of the way so the body can do the things it s capable of doing keefe calls it the effortless present when the body is acting of its own accord while the brain has little to do but watch all religions describe some kind of heightened awareness in their disciplines keefe explores whether such mystical experience is a fundamental aspect of our evolution an integral part of what makes us human and keeps us from despair and he brings the discussion back to the applications of such knowledge reflecting on our ability to use these alternate planes to achieve better relationships better lives better moments keefe s true subject is extraordinary experience being in the zone in the realm of effortless action on the sweet spot builds from the physical and neurological to the mystical and philosophical then adds a crucial layer of the practical how we can
capture or recapture these wondrous states it is a work in the proud tradition of the sweet spot in time flow the psychology of optimal experience and how the mind works

Sweet Spot 2009-01-01

living in the sweet spot preparing for performance in sport and life is a fresh inspiring guide of how to get ready for life’s big performances the author integrates the best of the new field of positive psychology with the essentials of sport psychology readers of this book learn how to strengthen their experience of daily fulfillment and concurrently get the most out of themselves when the big moments take place the issues performers face when under pressure come to life through examples of top athletes musicians and from the author’s experiences as an olympian and america’s cup sailor every chapter contains practical effective reflective exercises that help readers rise to the challenge of performing their best when it counts

Your Creative Work Space 2011-01-16

many of us assume that our creative process is beyond our ability to influence and pay attention to it only when it isn’t working properly for the most part we go about our daily tasks and everything just works until it doesn’t adding to this lack of understanding is the rapidly accelerating pace of work each day we are face escalating expectations and a continual squeeze to do more with less we are asked to produce an ever increasing amount of brilliance in an ever shrinking amount of time there is an unspoken or spoken expectation that we’ll be accessible 24 7 and as a result we frequently feel like we’re always on now business creativity expert todd henry explains how to unleash your creative potential whether you’re a creative by trade or an accidental creative this book will help you quickly and effectively integrate new ideas into your daily life

The Sweet Spot 2007-11-01

what prevents you from opening your very own private practice how many reasons does your mind give you to wait for the right time sweet spot takes your current knowledge base and translates it into a roadmap for business know how bomgardner transforms your existing skillset through the core principles of acceptance and commitment therapy training act that will help you create a solid business foundation pinpoint a clear and meaningful vision and mission identify a niche that fits develop a simple business plan foster your authentic marketing ability increase your psychological flexibility while increasing your business agility sweet spot is an interactive experiential process to get you unstuck and moving toward your ideal private practice brenda has that rare combination of insightful motivation and real world directness that helps her clients move with confidence kathy baur phd doctoral internship coordinator
The Sweet Spot 2011

make decorative simple do it yourself projects with this friendly guide to paper crafting you and your family will love to spend hours making beautiful paper art jewelry and decorations with all things paper this easy paper crafts book comes with simple to follow instructions and detailed photos that show you how to create colorful and impressive art objects to display at home many of which have practical uses it is a great book for experienced paper craft hobbyists looking for new ideas or for new folders who want to learn paper crafts from experts projects in this papercrafting book include candle luminaries citrus slice coasters mysterious stationery box everyday tote bag silver orb pendant fine paper yarn necklace wedding cake card perfect journey journal and many more all the projects in this book are designed by noted paper crafters like benjamin john coleman patricia zapata and richela fabian morgan they have all been creating amazing objects with paper for many years whether you re a beginner or have been paper crafting for many years you re bound to find something you ll love in all things paper soon you will be on your way to creating your own designs and paper art

On the Sweet Spot 2013-08-27

sweet spot noun informal the area towards the center of a baseball bat golf club or tennis racket that makes most effective contact with the ball thus creating consistently productive and nearly effortless results the perfect place in life that sits at the intersection of strong character ideal quality and true determination authors tom and pam wolf believe the definition goes even deeper it is that place where who you are and what you do are fully integrated in sync and amped up by the power of your god given purpose the place where everything you do works in perfect harmony without even trying living life in the sweet spot who wouldn t want to if you are like most people a whopping 97 of us you live life searching for your sweet spot your search has ended finding your sweet spot is what this book is all about identity and destiny 7 steps to a purpose filled life a powerful journey of self discovery that allows you to gather all the pieces of a unique one of a kind god designed mosaic that is you once created you will see the masterpiece that is your life past present future you will know who you are whose you are and what to do with the gifts you have been given no more wondering no more doubts you will gain clarity focus and direction you will know with certainty how to say no to the lesser because your yes is so big use what you discover as a sure filter for wise decisions break through fear and uncertainly that is holding you back embrace the you god created and learn to run with it take your past even the painful parts and use it for god s purpose i know the plans i have for you declares the lord and they are good jer 29 11 don t wait today you can start living in your god given sweet spot and laser focus your future on the destiny you want to create tom and pam wolf operate a thriving coaching and consulting business in tampa florida they are called to help people find their sweet spot in life and in business their passion is two fold to help people develop a deep abiding relationship with jesus christ and to be catalysts for them to live purpose driven high impact kingdom building lives
Living in the Sweet Spot 2021-04-25

A life not examined is not worth living. Socrates said that profound insights offered in this book will nourish your soul and set you on a life long path for experiencing deeper happiness. It is a must read for anyone seeking answers to the most important questions of life. Jennifer Read Hawthorne co-author of 1 New York Times bestseller Chicken Soup for the Woman's Soul and the Soul of Success has written a well thought out personal guide to coming home to one's own source of fulfillment. Rajiv Vij has combined his personal life experience along with his years as a personal life coach to show how self-responsibility combined with the inspiration of a newfound life purpose grounded in helping others is truly the path to personal mastery. I recommend this book to anyone yearning for real change and for those who could use further inspiration to take the next important step toward manifesting their true life work. Paula Horan, Ph.D., Reiki Master and author of Fierce Innocence and Core Empowerment says this neat, well-written volume talks about inner transformation and how this leads to a life that has deep meaning. Success as defined conventionally is a by-product of such transformation. It is a great reminder that our potential is unfathomably immense; we have to know this, acknowledge it, and tap into it. SriKumar Rao, Ph.D., TED Speaker, and best-selling author of Happiness at Work in a society increasingly driven by the manic pursuit of externally visible rewards, this book not only underscores the need for greater purpose in our lives but also elaborates on the inner journey of self-discovery that can help us create a truly meaningful life. Written by a leading life coach, this book will show you a path for personal transformation that has worked for several others in discovering their calling. Higher professional effectiveness, deeper relationships, better balance, and greater peace and happiness in their lives founded in the belief that skills for being happier can be acquired. The inspirational insights shared in the book will empower you for the rest of your life.

The Accidental Creative 2013-05-21

This book will help you and your business move from information to insight to inspiration.

Sweet Spot: How to Find Your Private Practice Groove with Principles from ACT 2011-03

Many chemists especially those most brilliant in their field fail to appreciate the power of planned experimentation. They dislike the mathematical aspects of statistical analysis. In addition, these otherwise very capable chemists also dismissed predictive models based only on empirical data. Ironically, in the hands of subject matter experts like these elite chemists, the statistical methods of mixture design and analysis provide the means for rapidly converging on optimal compositions. What differentiates formulation simplified from the standard statistical texts on mixture design is that the authors make the topic relatively easy and fun to read. They provide a whole new collection of insightful original studies that illustrate the essentials of mixture design and analysis. Solid industrial examples are offered as problems at the end of many chapters for those who are serious about trying new tools on their own statistical software to do the
combinations can be freely accessed via a web site developed in support of this book

**All Things Paper 2014-04-01**

The secret to finding your sweet spot is to live in the intersection of three aspects of your life: passion, skill, and meaning. According to author Dr. John Townsend, we operate out of our sweet spot when we feel passion for an area of life when we become practiced and skilled at doing it, and when we find deep and satisfying meaning in it.

**Finding Your God Given Sweet Spot 1992-01-01**

Published to accompany the two-part exhibition the sweet spot which revisits Alfred Conneh's two fronts and tetanus series, Conneh's works are inspired by daily life in areas of Atlanta where mostly African Americans reside. His landscape paintings explore the notion of freedom in relation to living one's best life.

**Discovering Your Sweet Spot 2023-01-12**

I believe that everyone is born with a sweet spot, but finding that spot can be a little tougher. But when you do find it, when you learn to live in that place where your journey on this path will be filled with greater moments, more joy, and the ability to walk through so many tough times and out the other end while I know that golf isn't for everyone, the game itself offers some great illustrations to navigate the fairways of life.

**Hitting the Sweet Spot 2018-04-17**

**The Sweet Spot 2013-04-09**

**Formulation Simplified 2019-06-17**

**Sweet Spot 2021-09-03**
The Sweet Spot

Learning to Live in Your Sweet Spot