

### Make Your Shift:

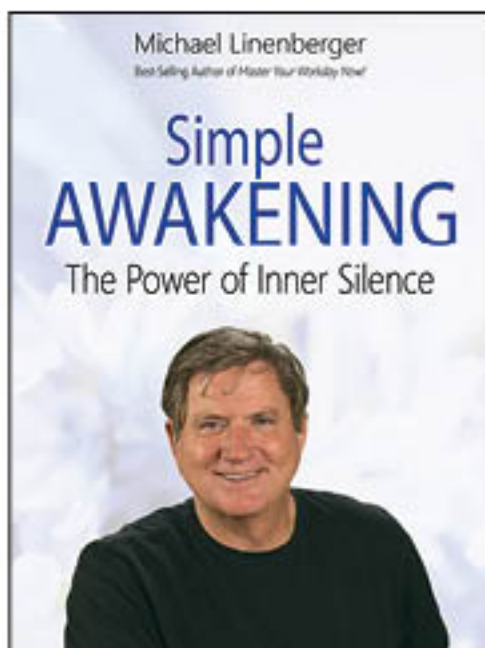
The Five Most Powerful Moves You Can Make to Get Where YOU Want to Go  
By Beverly D. Flaxington



Average people spend 50% of waking hours at work. So if you hate your job, boss or coworkers... life is HELL. A behavioral expert/career coach, Flaxington offers a strategy to change your life by changing your approach.

With many reasons not to be happy her tools transform negative into a winning formula. Her ground work approach helps managerial departments train, coach and lead teams to higher levels of effectiveness. Flaxington is co-founder of The Collaborative, a sales and marketing consultancy company that helps clients reach their personal and career goals. Flaxington has been featured in prestigious magazines such as the Wall Street Journal, Boston Globe, Readers Digest, and Lifetime television, plus her articles and profile interviews appear online on Newsweek.com, and FoxNews.com.

For further information visit  
[The-Collaborative.com](http://The-Collaborative.com).



### Simple Awakening:

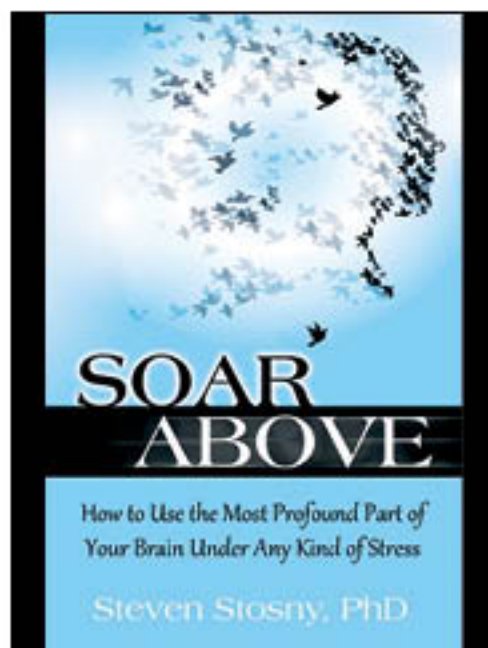
The Power of Inner Silence  
By Michael Linenberger



Change doesn't happen over night.. For Linenberger, it was gradual but when it happened everything in his life became easier, fears and doubts disappeared and happiness took over. A successful businessman/former VP of a consulting firm, Linenberger takes readers on a journey of positive change that grew stronger each day over three years. Many think if we are fortunate to receive enlightenment it will occur in an earth-shattering moment. His took flight in 2012 at a Thanksgiving dinner transforming his life. Can it happen to you? Linenberger says YES and explains what "awakening" can mean to you: what it looks like; how you might cultivate it; and ways it revolutionizes your life. One of Linenberger's profound awakenings occurred as "accurate" intuition began guiding him to great achievements in his business/personal life. Simple awakening that nearly everyone has the potential to achieve.

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Available [simpleawakening.com](http://simpleawakening.com)



### Soar Above:

How To Use The Most Profound Part Of Your Brain Under Any Kind Of Stress  
By Steven Stosny, PhD



Racism is much too alive in our society, says Dr. Stosny, a human behavior expert who has treated thousands of clients over the past 20 years. He says racists can soar above their affliction once they understand how the brain works, and how we can train it to do things differently moving from a "Toddler Brain" where everything is perceived black or white, all or nothing, safety or danger. As we develop an "Adult Brain" we become more sensitive to others, consider humane values, judgement, control impulses and emotions. Dr. Stosny says, if not for a myriad of social/cultural messages that overtly and covertly reinforce it, racism would naturally decrease with brain maturity. This books explains why diets don't work, addicts relapse, marriages falter, and Mr. Hyde can't remember what Dr. Jekyll learned in anger management.

Available book stores nationwide  
[hcibooks.com](http://hcibooks.com) or 800.441.5589

"Traveling Mercies, these autobiographical essays cover faith, family, booze, men, self-love and are full of the small moments in [Anne] Lamott's life, the observations make you laugh really hard and make you bawl really fast — my favorite activities. She talks about how the most popular prayers are, 'Help me, help me, help me' and 'Thank you, thank you, thank you.' I've read all her work, and she continually surprises me and speaks to me. One of the lines from this book that I love is, 'All you can do is show up for someone in crisis. Your there-ness... can be life giving, because often everyone else is in hiding.' That's just killer." — Amy Poehler



"The Fountainhead. Mawson's Will. My brother-in-law gave me that book 15 years ago, and I was so moved by it I was scared to read anything else. Human will can be stronger than any elements, and where there is fortitude, there is great achievement."



— Chelsea Handler



"I read Rilke's Letters to a Young Poet every day."  
— Lady Gaga