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Mandy Schaniel



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Legacy Mindset Korey Shaffer, 2024-10-15 We're all broken in some way but broken is not forever. In fact, it's just part of the story of how we build our legacies. Entrepreneur and US Marine Korey Shaffer's road through life was tougher than most. After returning from a harrowing tour of duty in Afghanistan and still aching from his troubled childhood and adolescence, Shaffer felt his chance to leave something of value to the world might have passed. But even in despair, he knew that many did not return home at all or returned more broken than he was. Determined that the wounded and fallen not be abandoned or forgotten, Shaffer founded the Til Valhalla Project, an organization devoted to honoring the fallen and preventing veteran suicides. Til Valhalla unexpectedly proved to be Shaffer's salvation as well. Sharing intimate details from his square peg childhood, reckless adolescence, brotherhood seeking, teen years, and traumatic experiences in combat and back home, Shaffer demonstrates that society doesn't dictate who we are or will be; that is up to us. The path to who we can become lies through careful daily exercise of will, repetition, and affirmation. Shaffer is convinced that the discipline he drew from this struggle can be of use to others. What it takes to overcome the broken state, Shaffer contends, is a willingness to face pain head-on and use adversity as rocket fuel to regain purpose and create resilience. In *Legacy Mindset: Take Charge of Today and Build Extreme Resilience*, Shaffer lays out the sinews and bones of the daily discipline that allowed him to repair what was broken and build upon it. He challenges us to evaluate whether our pain is constructive or destructive, reassess what things in life we assign value to, radically change our daily habits by practicing micro-disciplines, trust our intuition when it is telling us to speak up, and commit to excellence in everything we do, even when no one is watching.

Faith Over Fear Mandy Schaniel, 2023-10-26 Fear, that pesky four-letter word, drives so much of our life. But what if we told our minds and our hearts to exchange fear for an even more powerful five-letter word: Faith. Retired before age forty after climbing the ladder of many business industry titans like ZipRecruiter and GoHire, Mandy Schaniel knows that success comes from within. It is a mindset, and half the battle of building a success mindset stems from faith, not just in a spiritual sense, though the two go hand in hand, but faith in your calling, your skills, and above all else, yourself. From identifying your purpose to understanding your leadership style, Mandy explains the keys needed to strengthen our whole selves for success. Filled with her personal stories of triumphs, failures, and mentorship moments, *Faith Over Fear: How to Adopt a Success Mindset* is sure to make you laugh, feel uplifted, and inspire you to make moves toward your summit. The climb is not easy; it never is, but Mandy's wisdom will help you to harness your faith, get over your fear, and build a mindset powerful enough to move mountains.

Self Help Mindset Howard Patel, 2021-02-22 Experience The Life Changing Of Self Love Mindset with This Three In One Bundle. This helpful three-in-one book will enable you to become aware of your unique needs and goals and to understand how to better accept and love yourself. This book includes 3 books: In book one, Anger Management, you'll discover Understanding of Anger, Anger Causes, What is Aggression, Anger Management, Cognitive Behavioral Skills, Types of Anger, How is anger treated, Visualization,

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she gained both the skills and confidence to adopt and refine a number of healing strategies. With these she was able to re-examine beliefs and tendencies that likely contributed to her fall into depression and anxiety, discover things she could do to address those issues and eventually work towards creating a healthier path for herself moving forward. This is a story many of us will recognize: the sudden descent from being a functioning member of society to feeling lost, a captive to mental and emotional reactions seemingly outside of our control. Many of us experience it ourselves at some point in our lives, and if we don't, someone we love almost certainly will. And not all of us find our way back. This author managed to, with lots of help and perseverance, and now she wants to help you to find your way back, too, one small step at a time.

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decades of research world renowned Stanford University psychologist Carol S Dweck Ph D discovered a simple but groundbreaking idea the power of mindset In this brilliant book she shows how success in school work sports the arts and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities People with a fixed mindset those who believe that abilities are fixed are less likely to flourish than those with a growth mindset those who believe that abilities can be developed Mindset reveals how great parents teachers managers and athletes can put this idea to use to foster outstanding accomplishment In this edition Dweck offers new insights into her now famous and broadly embraced concept She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper truer growth mindset She also expands the mindset concept beyond the individual applying it to the cultures of groups and organizations With the right mindset you can motivate those you lead teach and love to transform their lives and your own

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