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Courage To Change Captains Log Accountability Journal

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Courage To Change Captains Log Accountability Journal

Being healthy is a powerful way to become the captain God designed you to be. The Courage to Change Captain's Log gives you a workable strategy to reach and surpass your health and fitness goals. This nutrition and exercise manual's 12 week daily accountability log is the last program you'll ever need.

It's time for you to become the captain of your life and your health. With confidence and eagerness you can become your best—physically, mentally and spiritually. Being healthy is a powerful way to become the captain God designed you to be. The Courage to Change Captain's Log gives you a workable strategy to reach and surpass your health and fitness goals. This nutrition and exercise manual's 12 week daily accountability log is the last program you'll ever need. Lose 20 pounds in 8 weeks - 30 pounds in 12 weeks and keep it off for the rest of your life! Start this journey with God and watch him give you "Courage to Change!" The Courage to Change health and wellness program keeps you motivated with journaling that builds your personal relationship with God. Includes Testimonials Basic nutrition and meal planning - how much, how often Leslie - 25 pounds in 10 weeks Cardiovascular exercise - how much, how often, what kind Jim - 100 pounds in 24 weeks Heart rate during exercise - how high, why, how to check it Pat - 20 pounds in 7 weeks How to coordinate eating with exercise Mike - 60 pounds in 16 weeks Do's and don'ts to optimize your results Sandi - 30 pounds in 12 weeks Why calorie breakdown during exercise is important Connie - 70 pounds in 23 weeks How to avoid the infamous "plateau" Many more have done it! Learn the power of visualization Many more will! How to AVOID being sucked in by advertising and marketing Will you find How to get beyond common myths Courage to Change? . . . . Captain's Log Teaches you how to view and treat yourself as the healthy image of God.

For centuries, ships' commanders kept journals that recorded their missions. These included voyages of discovery to unknown lands, engagements in war and sea and general trade. Many of their logs, diaries and letters were lodged at The National Archives and give a vivid picture of the situations that they encountered. Entries range from Captain James Cook's notes of his discovery of the South Pacific and Australia, to logs of the great naval battles, such as Trafalgar and the Battle of the Nile. From the ships that attempted to stop piracy in the Caribbean, to the surgeons who tended and naturalists who noted the exotic plants and animals they encountered, comes a fascinating picture of life at sea, richly illustrated with maps, drawings and facsimile documents found alongside the logs in the archives.

Soldier of Courage, Soldier of Compassion is drawn from the letters and diaries of Captain Bennett L. Munger of company C, 44th New York state volunteer infantry. Munger's regiment was known as "Elisworth's Avengers," in honor of their fallen comrade, Col. Elmer Ellsworth. The regiment was a seasoned fighting unit, and saw action in many important battles during the civil war. Munger's career would eventually place him in the position of prison inspector for the north's most notorious, Confederate prisoner of war camp, "Elmira." Elmira was little better than a death camp, that in some ways was on par with the horror of Andersonville. Munger's letters and diaries give an important firsthand account and insight into a moment in time that otherwise would be lost without this small volume that is dedicated to his unwavering service to his country and his steadfast compassion to ease the sufferings of his fellow man.

Musaicum Books presents to you this carefully created volume of "Jules Verne For Children: 16 Incredible Tales of Mystery, Courage & Adventure (Illustrated Edition)". This ebook has been designed and formatted to the highest digital standards and adjusted for readability on all devices. Contents: Twenty Thousand Leagues Under the Sea Around the World in Eighty Days A Journey to the Center of the Earth All Around the Moon Adrift in Pacific or, Two Years' Vacation Five Weeks in a Balloon The Mysterious Island Robur the Conqueror or, The Clipper of the Clouds Master of the World Hector Servadac or, Off on a Comet Dick Sand, A Captain at Fifteen Eight Hundred Leagues on the Amazon The Adventures of Captain Hatteras The Purchase of the North Pole or, Topsy Turvy In Search of the Castaways or, The Children of Captain Grant The Castle of the Carpathians Jules Verne (1828-1905) was a French novelist who pioneered the genre of science fiction. A true visionary with an extraordinary talent for writing adventure stories, his writings incorporated the latest scientific knowledge of his day and envisioned technological developments that were years ahead of their time. Verne wrote about undersea, air, and space travel long before any navigable or practical craft were invented. Verne wrote over 50 novels and numerous short stories. Some of his most successful novels appeared as a series collectively known as Extraordinary Voyages.

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"This unique look at what intimacy really means is rich and compelling. For couples struggling, this book offers valuable tools to take a fresh look at their relationship."--Daniel Gottlieb Ph.D., family therapist, radio host, and author

Based on a Navy SEAL's inspiring graduation speech, this #1 New York Times bestseller of powerful life lessons "should be read by every leader in America" (Wall Street Journal). If you want to change the world, start off by making your bed. On May 17, 2014, Admiral William H. McRaven addressed the graduating class of the University of Texas at Austin on their Commencement day. Taking inspiration from the university's slogan, "What starts here changes the world," he shared the ten principles he learned during Navy Seal training that helped him overcome challenges not only in his training and long Naval career, but also throughout his life; and he explained how anyone can use these basic lessons to change themselves-and the world-for the better. Admiral McRaven's original speech went viral with over 10 million views. Building on the core tenets laid out in his speech, McRaven now recounts tales from his own life and from those of people he encountered during his military service who dealt with hardship and made tough decisions with determination, compassion, honor, and courage. Told with great humility and optimism, this timeless book provides simple wisdom, practical advice, and words of encouragement that will inspire readers to achieve more, even in life's darkest moments. "Powerful." --USA Today "Full of captivating personal anecdotes from inside the national security vault." --Washington Post "Superb, smart, and succinct." --Forbes

How corporate denial harms our world and continues to threaten our future. Corporations faced with proof that they are hurting people or the planet have a long history of denying evidence, blaming victims, complaining of witch hunts, attacking their critics' motives, and otherwise rationalizing their harmful activities. Denial campaigns have let corporations continue dangerous practices that cause widespread suffering, death, and environmental destruction. And, by undermining social trust in science and government, corporate denial has made it harder for our democracy to function. Barbara Freese, an environmental attorney, confronted corporate denial years ago when cross-examining coal industry witnesses who were disputing the science of climate change. She set out to discover how far from reality corporate denial had led society in the past and what damage it had done. Her resulting, deeply-researched book is an epic tour through eight campaigns of denial waged by industries defending the slave trade, radium consumption, unsafe cars, leaded gasoline, ozone-destroying chemicals, tobacco, the investment products that caused the financial crisis, and the fossil fuels destabilizing our climate. Some of the denials are appalling (slave ships are festive). Some are absurd (nicotine is not addictive). Some are dangerously comforting (natural systems prevent ozone depletion). Together they reveal much about the group dynamics of delusion and deception. Industrial-Strength Denial delves into the larger social dramas surrounding these denials, including how people outside the industries fought back using evidence and the tools of democracy. It also explores what it is about the corporation itself that reliably promotes such denial, drawing on psychological research into how cognition and morality are altered by tribalism, power, conflict, anonymity, social norms, market ideology, and of course, money. Industrial-Strength Denial warns that the corporate form gives people tremendous power to inadvertently cause harm while making it especially hard for them to recognize and feel responsible for that harm.

On a warm spring morning in May 1986, twelve crew members were crossing the Atlantic on perhaps the most historically accurate sailboat of its day, the Pride of Baltimore. The wind was brisk, the mood was relaxed: they were on the journey home. Within hours, a sudden, fierce storm would overwhelm the ship, leaving four sailors dead and eight locked in a terrifying battle against the sea.

November issue includes abridged index to yearly volume. -1981.

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