

SUPERLEARNINGS



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open up the unused capacities of your mind

**SHEILA OSTRANDER
& LYNN SCHROEDER**
With **NANCY OSTRANDER**

Superlearning Sheila Ostrander

TD Snyder



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Includes musical menus that you can use to create your own program for dealing with issues koans for meditation and various other fun exercises to make music a part of your holistic health program Appendix bibliography index *Manage Your Time, Your Work, Yourself* Merrill E. Douglass, Donna N. Douglass, 1993 Working faster won't save you more time Neither will working longer hours But changing time squandering behavior can lead to less stress a more balanced life and greater accomplishments This newly revised popular guide outlines seven steps that will transform time wasters into time masters Covering every aspect of time management it shows you how to set priorities distinguish short from long term goals schedule activities analyze time streamline paperwork minimize interruptions manage travel time and conquer procrastination A miniquiz at the beginning of each chapter pinpoints areas for improvement that you can incorporate into your own Time Management Profile You'll also find many worksheets to complete throughout the book to help you better manage your busy life *New Realities*, 1977 **SUPERLEARNING (...rapid Learning Techniques...)**. Sheila Ostrander, 1979 The British Library General Catalogue of Printed Books 1976 to 1982 British Library, 1983 *Publishers Weekly*, 1979 The Magnificent Mind Gary R. Collins, 1985 **Words on Cassette**, 1999 **Wisconsin Medical Journal**, 1980 Includes as a supplement to the April 1965 issue WPS health insurance 64 progress report **Getting Into the Act** Steve Matthews, 1988 *Kanar Confident Writer* Carol C. Kanar, 1994 Awaken the Genius in Your Child Through Positive Attitude Training Nicola M. Tauraso, L. Richard Batzler, 1981-11 *New Woman*, 1979 **The Publishers' Trade List Annual**, 1983 **Life's Parachutes** Paul Coleman, Paul W. Coleman, 1993 A psychologist and marriage and family therapist offers healing ways to cope with crisis With compassion and understanding Dr Coleman guides readers toward the attitudes and strategies that help end anxiety Reveals four concrete steps for dramatically reducing problems and eight things to know about crisis change and determination

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