

# Self Help Box Set: Learn How To Make Smart Decisions Using This Simple Guidance Plus Ultimate Guide on How to Acquire Excellent Management Skills (thinking skills, time management, management books)

Nick Long, Ruby Olson, Jenny White, Isabella Brown, Ava Young

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#### BOOK #1: Meditation: Ultimate Meditation Techniques for De-Stress, Emotional Harmony, Creativity and Happiness Increases

Meditation can bring amazing benefits into your life. If you are stressed, coping with constant anxiety, struggling with depression, want to increase your creativity, or just want to be happier, then this e-book is for you.

## **BOOK #2: Meditation For Beginners: 45 Meditation Tips for Better Focus, Less Anxiety, Improved Memory and Quiet Mind**

What is meditation? In this book we will try to explain the answer to this question. By reading through our 33 mediation tips, you will gain a better understanding of how to find your inner self. Along the way, you can follow our instructions on various ways to enter a state of meditation.

#### BOOK #3: Management: The Ultimate Management Training Guide For Better Conflict Resolution, Prioritization, Execution, and Team and Employee Development

This book is a guide for the business runners. The basic notion on which this book is based embraces how to manage the business tremendously. This incredible book is a true guide for how to do conflict resolution of your business. The various tremendous strategies and the astounding tactics have been described in this book for the sake of managing the business. Moreover, the dimension of prioritization and execution has also been described in this book.

# BOOK #4: Yoga For Beginners: Learn How to find your Inner Peace, Diminish your Stress level and Heal your body while Practicing Yoga

Finding true relaxation within the parameters of a healthy form of exercise is like hitting the spiritual, emotional, and physical trifecta. Yoga For Beginners will take you in completely different place in your mind and challenge your body. Yoga is an ancient form of meditation and physical exertion that will help the mind as much as it will the soul.

#### Here is what you will learn after reading this book:

- One
- Two
- Three
- Four
- Five
- Six
- Seven

#### BOOK #5: Project Management For Beginners: A Step by Step Guide on How to Acquire Excellent Project Management Skills and Make Successful Decisions at Work

Project management is a tedious job that requires a lot of developed skills and traits. Being a project manager means not only have the skills to effectively manage a variety of team members but also follow a detailed and organized time line to complete the project you are working on. Any one starting out in this field will benefit from Project Management For Beginners. A Step-by-Step Guide on How to Acquire Excellent Project Management Skills and Make Successful Decisions at Work.

#### Here is what you will learn after reading this book:

- One
- Two
- Three
- Four
- Five
- Six
- Seven

### **BOOK #6:** Critical Thinking: Think Clearly and Logically: Make Smart Decisions Using This Simple Guidance

Thinking critically and logically is a complex process that's more than just looking at a few facts and coming up with a conclusion. It's about thinking outside of the box and looking at the answers that may not have seemed like a possibility at first. This thinking style can be very helpful in our everyday lives, as well as in our professional lives. No matter what your career is, you can benefit from thinking logically and critically. So scroll up and get your copy!

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