

The Busy Executive Diet

*How to Achieve Your Ideal Weight,
Sharpen Your Brain
and Balance Your Mind*

Gabriella Kindert



And Busy Executive Diet Achieve Sharpen

Rajiv Vij



And Busy Executive Diet Achieve Sharpen:

The Busy Executive Diet Gabriella Kindert, 2015-11-26 What you'll find inside The Busy Executive Diet Lose that excess weight and keep it off for good even with your hectic lifestyle Executives face extraordinary stress and challenges to maintaining a healthy weight and lifestyle Frequent travel dinner meetings and high pressure jobs combine to create a difficult environment both outside and inside the body for sustaining healthy habits Now an internationally successful financial executive who overcame these hurdles shares her secrets to Lose the extra weight without having to buy expensive diet products or go to weekly meetings Regain energy and stamina Look younger Feel healthier Never have to diet again The methods outlined in The Busy Executive Diet are proven ways of building better eating habits for sustained health that happen to also slim your waistline and give you a more youthful appearance In addition to step by step advice and guidance you'll also find a wealth of information about why it's been so difficult to lose weight and keep it off up until now You'll also discover why the promises made by diets you've tried in the past were empty and what you can do to avoid wasting time money and effort on unsustainable weight loss schemes in the future Instead you'll learn how to replace those products with workable healthy habits that fit your lifestyle and work with your schedule no matter how hectic Stop the never ending rollercoaster ride of weight loss and gain and instead find long lasting health vitality and beauty through the power of making good food choices It is all within your grasp

Inside-Out Leadership Rajiv Vij, 2023-03-13 It's not the mountain we conquer but ourselves Edmund Hillary Rajiv Vij a leading life and executive coach believes the path to outstanding leadership lies in embracing the journey we take within ourselves Anchored in the principles of personal mastery Rajiv describes how deepening your self awareness learning to regulate your emotional triggers and reforming your conditioned beliefs aligning your life and work to a higher purpose and consistently taking personal responsibility for your actions not only makes you an inspirational leader but also directly contributes to your personal happiness balance and fulfillment Founded in the belief that every good leader can become great Inside Out Leadership describes a clear pathway for leaders to discover and fulfill their potential Drawing on his extensive coaching experience and responding to the most significant challenges faced by contemporary leaders Rajiv reveals for the first time the powerful inner journey of self discovery that has worked for so many leaders and shares empowering insights tools and practical ideas to support you in discovering your own greater self both as a leader and as a person

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Social Therapeutic Coaching Carrie Sackett,Murray Dabby,2023-12-22 Combining social therapeutics with the practice of coaching this book guides coaches and mental health professionals in how to coach groups and couples using this innovative method Drawing from the authors combined 50 years of experience Social Therapeutic Coaching A Practical Guide to Group and Couples Work empowers practitioners to break away from focusing on individual change to focusing on groups and their emotional growth Early chapters touch on the history of coaching and powerful discoveries of social therapeutics before diving into how to lead a social therapeutic group Sackett and Dabby explain how to incorporate the concept of human relationality into coaching sessions demonstrating how it extends group work beyond assembling like minded individuals with similar goals into bringing together diverse people with diverse issues that they want to work on and grow around It also brings a fresh lens to working with couples in which the focus is on discovering what the relationship needs rather than trying to get individuals to compromise change or work towards a preconceived shared vision for an end goal Written in an accessible style and filled with extensive case studies and examples Social Therapeutic Coaching provides a powerful toolkit for coaches counselors psychotherapists social workers HR and talent development professionals community based leaders and social entrepreneurs

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the crushed garlic and cook for 1 min more tip in the carrots stock and thyme then season and bring to the boil lower to a simmer and cook covered for 25 mins until the carrots are softened step 2

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web feb 14 2022 why it works roasting a portion of the carrots adds complexity and intensifies their sweetness the addition of carrot juice enhances the overall carrot flavor sweating the aromatics softens them and releases their allium flavors puréeing the soup with butter produces a rich silky texture

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web jan 8 2020 add diced onion celery and sliced carrots and cook 6 8 min add minced garlic salt and black pepper and cook another minute add chicken broth and simmer partially covered 20 25 min until carrots are soft puree soup in batches in a blender or use an immersion blender