



# Turn downtime into Uptime



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# 4,300+ knowledge hacks across 18 topics, including:

### **Personal growth**

- The Foundations of Happiness at Work
- · Work Smarter: Live Better
- Public Speaking
- High Performance: Lessons from the Best on Becoming Your Best

#### Mind & Philosophy

- · The Expectation Effect
- · The Art of Resilience
- The Mindful Day

# Health & Fitness

- · Positive Discipline
- Sustainable Food Systems
- The Science of Exercise

## **Money & Investing**

- The Psychology of Money
- The Money Diet
- · Guide to Investment Strategy

#### And many more