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Beyond the Mat Julie Rosenberg, 2017-12-05 Achieve professional and personal success by following the philosophical principles of yoga along with powerful poses that can be done at a desk in flight or on the go Yoga is thought of by many as a fitness hobby a gentler alternative to SoulCycle and CrossFit but its underlying philosophy offers much more than a good workout Yoga can relieve stress focus the mind and provide a path to reinvention resilience and a meaningful life In Beyond the Mat physician executive and yoga instructor Julie Rosenberg reveals how the essential lessons of the four thousand year old Yoga Sutras contain a relevant framework in which to thrive both personally and professionally with Principles for achieving work life balance building resilience cultivating compassion and working effectively with others Practices to manage time avoid distractions and get in the zone Breath control exercises to mitigate stress and anxiety Power poses that can be done at home at a desk or on the go

A Time to Break Down and a Time to Build Up Sarah Beth Bevers, 2023-02-16 We have all been through hurtful times in life What can we do about them How do we use our experiences to grow so we can bear the right kind of fruit and find our purpose through what we went through in our past A Time to Break Down and a Time to Build Up presents a workbook to help you realize your value in Christ and guide you as you work through the steps to help you understand that God has a plan for your life and an answer for everything you have gone through It serves as a guided daily journal and devotional presents you with challenges and tasks at various levels Along the way author Sarah Beth Bevers shares the steps she took in her recovery from various mental disorders eating disorders sexual confusion trauma and multiple addictions These are the steps she took to let go of control in her life and let God take the wheel helping her grow into the woman she is today You can find meaning in your life no matter what you have been through and the guidance offered here can help

Le moment yoga au travail Julie Rosenberg, 2018-11-13 Atteignez des qualif s de concentration de pleine pr sence et de leadership clair gr ce aux principes ancestraux du yoga et leur pratique Pour beaucoup le yoga est consid r comme une activit sportive parmi d autres plus douce que la plupart des sports Mais la philosophie qui le sous tend offre bien plus qu'une bonne s ance de sport Le yoga soulage le stress aide la concentration et propose une voie vers la r invention la r silience et une vie charg e de sens Dans Le moment yoga au travail Julie Rosenberg m decin manager et instructrice de yoga nous pr sente les le ons essentielles des yoga sutras cette discipline ancestrale de plus de 4 000 ans Elle nous explique en quoi ces le ons offrent encore aujourd'hui une structure pertinente pour voluer dans le monde et dans sa vie tant professionnelle que personnelle Cet ouvrage contient des principes pour atteindre un quilibre vie priv e vie professionnelle construire sa r silience cultiver la compassion et travailler en harmonie avec les autres pratiques pour g rer son temps viter les distractions et se mettre au travail exercices de respiration pour soulager le stress et l anxi t postures puissantes qui peuvent tre r alis es au travail comme la maison

Powered by Smart Sarah Murray, 2026-03-31 Powered by Smart traces the techno cultural evolutions that made artificial intelligence feel more familiar than futuristic From wearables

and streaming platforms to home voice assistants and AI toasters smart is an inescapable feature of postdigital life Today thousands of products and platforms define smart as routine automation and friendly digital kinship Yet smartness was not always so digital Sarah Murray uncovers the century long process through which smart became synonymous with seamless interaction between bodies and machines showing how this intimate interfacing helped to normalize today s algorithmic world Offering a critical feminist prehistory of everyday AI Powered by Smart reveals how the pursuit of convenience comfort and efficiency has long been a gendered campaign Smartness has often been associated with women from early switchboard operators and industrial designer Lillian Gilbreth s test kitchens to Jane Fonda s Jazzercise empire and Disney s computer housewife PAT in Smart House These moments illuminate how machine intelligence has already been made ordinary and how the smart ideal was built over time through domesticity discipline and desirability Moving across factory floors suburban kitchens exercise trends and digital homes Murray shows how twentieth century innovations in wearability solutionism and recognition laid the groundwork for our contemporary tolerance of and attachment to AI Far from a sudden technological revolution everyday AI emerged through decades of cultural conditioning of smart life as a caring attentive endeavour that cast human machine harmony as both natural and necessary Powered by Smart reframes artificial intelligence not as the next frontier of progress but as the logical extension of a much older dream of efficiency made ordinary and personal The Athenæum James Silk Buckingham, John Sterling, Frederick Denison Maurice, Henry Stebbing, Charles Wentworth Dilke, Thomas Kibble Hervey, William Hepworth Dixon, Norman Maccoll, Vernon Horace Rendall, John Middleton Murry, 1900

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