



Morning Routine 2025 Coupon

Coach Matt Santos

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the Coach Matt Santos text.

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The Quiet Code Coach Matt Santos, 2025-05-01 Tired of feeling like a digital zombie Is the constant buzz of modern life draining your focus hijacking your happiness and leaving you feeling utterly overwhelmed You re not alone We re all caught in the crossfire of Channel Noise a relentless onslaught of notifications demands and distractions that erode our mental clarity and leave us gasping for air But what if you could silence the chaos What if you could build an unshakeable fortress of focus in the midst of the storm The Quiet Code is your battle plan Your weapon Your guide to reclaiming your attention your energy and your life This isn t your average self help fluff This is a call to action A Spartan inspired guide to forging a life of intention purpose and unstoppable momentum Inside you ll discover The shocking science of Channel Noise and how it s rewiring your brain and not in a good way The power of boundaries to protect your most valuable resources time energy and focus Self care as a radical act of rebellion against a culture that glorifies burnout Mindfulness techniques to anchor yourself in the present and silence the mental chatter Digital detox strategies to break free from the addictive grip of technology and reclaim your attention Clarity boosting exercises to cut through the fog of indecision and make bold choices with confidence This isn t just a book it s a transformation It s about building a Quiet Code a personalized system for living with intention reclaiming your focus and unleashing your full potential Are you ready to crack the code To build your fortress of focus To reclaim your life The world needs your Quiet Code Go build it **The Ph.D. Code** Tomasz Liskiewicz, Grzegorz

Liskiewicz, 2025-11-21 This book provides practical guidance and strategies for successfully completing a Ph D program It covers a wide range of topics essential for Ph D students including managing relationships with supervisors mastering research and writing techniques getting published presenting at conferences building credibility and developing personal productivity habits The book offers a holistic approach to the Ph D journey by combining actionable tips across various aspects of the doctoral process This book was written with Ph D students in STEM fields in mind However most of the topics discussed apply to Ph D students across all scientific disciplines Unlike traditional guides that may focus solely on academic writing or research methods this book integrates advice on personal development effective communication and professional networking It emphasizes the importance of both academic skills and personal growth providing a well rounded toolkit for Ph D success The book offers a comprehensive practical guide that helps Ph D students navigate the complexities of their program with confidence and efficiency A list of pain points received from Ph D students and postdocs referring back to their Ph D time is included Each section responds to one of those points in a concise form and is concluded with actionable takeaway points By following the 60 sections readers can enhance their productivity improve their research and writing skills effectively manage their academic relationships and ultimately achieve their doctoral degree with greater ease and success

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