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Corporate Control Nora Loreto, 2025-05-06 How deep does corporate dominance go in Canada The second book in Nora Loreto's landmark series dives into the corporate web spun around Canada's economy society and politics The joke goes that Canada is three mining companies in a trench coat Or three oil companies in a trench coat Or three telecom companies in a trench coat It's funny because it's almost true a handful of corporations exert a disproportionate amount of power over Canadian democracy Corporate profits are at a record high and the divide between the rich and the poor has never been wider Canadians are struggling with affordability the housing crisis and wages that don't cover basic needs The combination of these forces is a pressure cooker that politicians have promised to tackle except they can't they are too restricted by corporate power to confront the roots of the problems Canadians face The first book in the Canada in Decline series examines the rise and fall of Canada's social safety net In this next volume Loreto goes further identifying why Canadian politicians seem impotent in the face of corporate Canada

Time Blocks Bianca Harrington, AI, 2025-03-04 Time Blocks presents a practical guide to mastering time management and boosting productivity using time blocking techniques It tackles the feeling of being overwhelmed by providing strategies for reclaiming control of your schedule The book highlights how traditional to-do lists often fail due to a lack of structure and failure to account for cognitive demands emphasizing how time blocking enhances focus and reduces procrastination Did you know that strategic scheduling can lead to a greater sense of accomplishment Or that studies show that scheduled breaks actually enhance our performance The book begins by exploring the evolution of time management and the cognitive science behind focus before transitioning into a step-by-step guide to creating personalized time blocking schedules It emphasizes identifying priorities estimating task durations and allocating time for work personal activities and buffer zones What sets this book apart is its holistic approach integrating project management principles psychology and wellness practices It addresses common challenges like procrastination and distractions making it valuable for anyone seeking a more balanced and efficient life

Happiness, Healing, Enhancement George W. Burns, 2009-12-21 Praise for Happiness Healing Enhancement Filled with good strategies based in research compelling case material and most importantly practical advice this book belongs in the library of everyone interested in what it means to live well It provides not only ample food for thought but for action Christopher Peterson Professor of Psychology University of Michigan If you are a therapist a coach or if you want to help yourself and others flourish then this book is a must read It is an important theoretical and practical contribution to the field of positive psychology and in fact to the field of psychology as

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