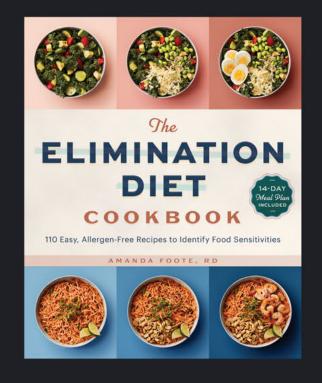
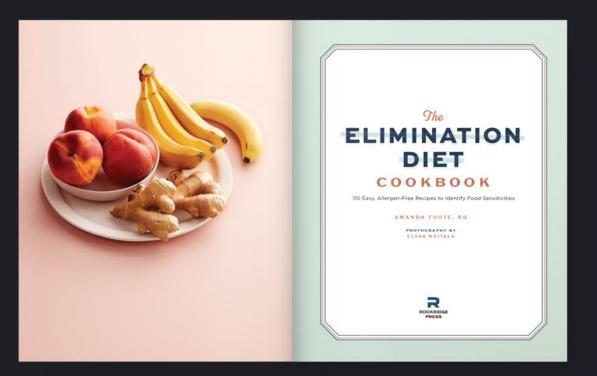
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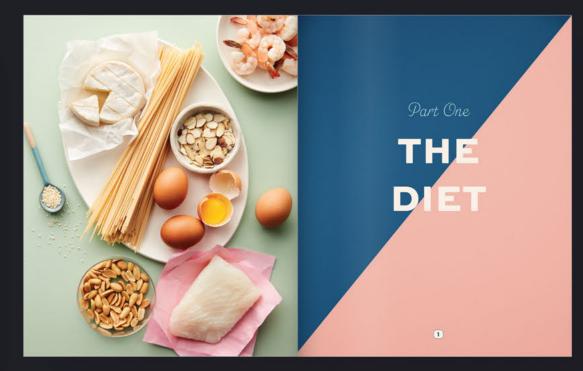
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BOOKS!

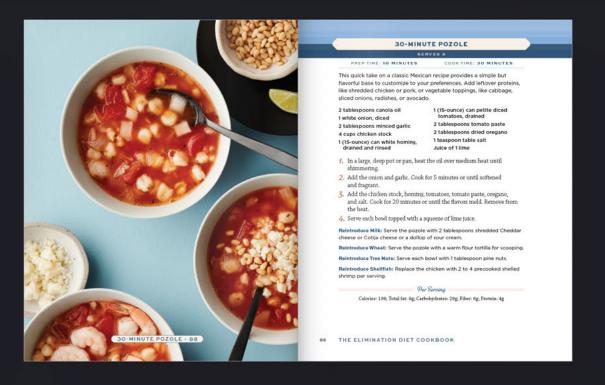
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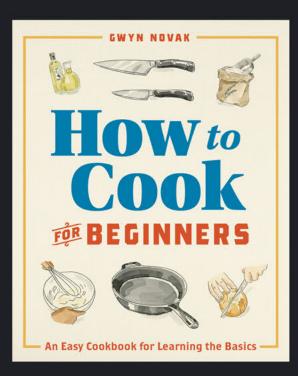


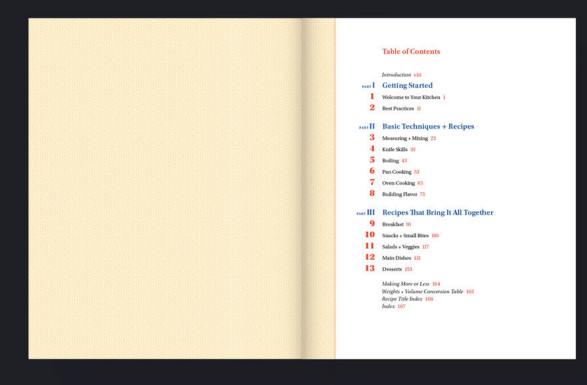
















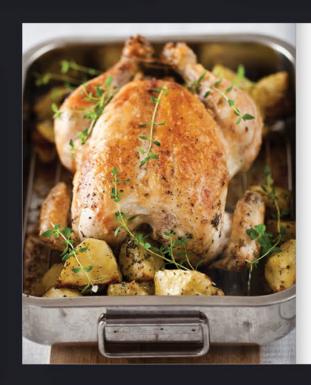
# CHAPTER EIGHT

# **Building Flavor**

Congratulations on making it to the last tutorial chapter! You've mastered the basics, and now it's time to take everything you've learned to the next level. In this chapter, we're bumping up the flavor in a big way.

# How to Add More Flavor

How to Add More Flavor
Our taste bads recognize four basic flavors: salty, sweet, sour, and bitter. A fifth has recently been added to the list: unnami, a swory, measy flavor. The best dishes bring some or all of these elements into play to swaken the palate. When you're creating a dish, you should strive to balance these flavors. Too much of any one is beeing and offen overwhelming, Think of a super-sweet dessert. The first bite might be great, but it quickly becomes too sweet. Now think of the same dessert with salted carmed on top and maybe a bit of diced plagends oprinked on it. The interplay of sweet with salty and even a bit of spice makes it much more interesting. Let's take a minute to explore in depth.



# NOW YOU TRY Roasted Chicken

Now it's time to take what you just learned and practice on a bird. With a combination of salt, heat, acid, herbs, and fats, you can roast a succulent

ING REGIENTS

1 whole (4-to 5-pound)
rousting chicken
2 carrots,
roughly chopped
2 ceelery stalks,
roughly chopped
1 onton, roughly chopped
1 emon, halved
2 rosemary sprigs
4 tablespoons
butter, melted

chicken that will make your mouth water.

1. Preheat the oven to 450°F.

Remove and discard the bag of giblets from inside the chicken. 3. Place the carrots, celery, and onion in the bottom of a roasting pan. Position the rack over the vegetables.

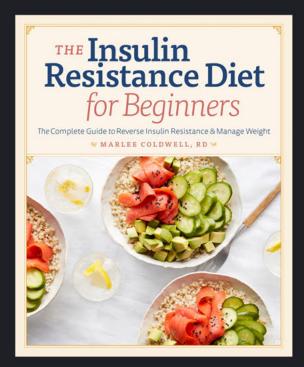
> inside the chicken's cavity. 5. Truss the chicken with kitchen twine by tying the legs together. Tuck the wings underneath the bird's body. Set aside.

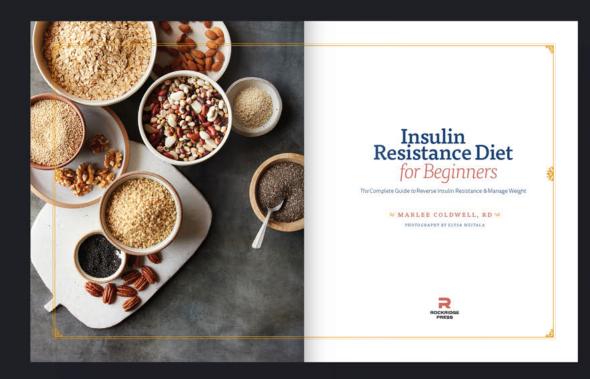
In a liquid measuring cup, stir together the melted butter, Everyday Seasoning, and garlic until well incorporated.

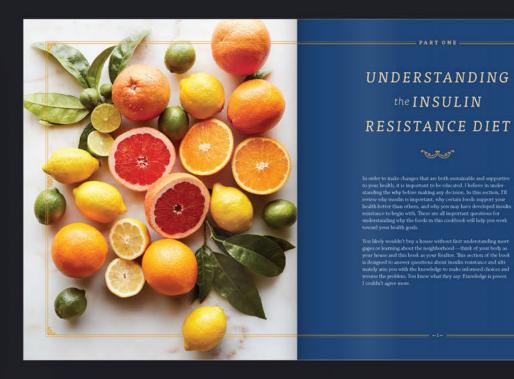
7. Gently lift the skin of the chicken at the neck, just enough to be able to spread butter underneath it. Using your hands and starting at the breasts, pour the melted butter mixture under the skin, rubbing it all over to coat. Rub whatever is left on the outside of the skin. Nestle the chicken, breast-side up, onto the roasting rack.

4. Place the lemon halves and rosemary sprigs

8. Roast for 15 minutes.









CHAPTER ONE SO

# of INSULIN RESISTANCE

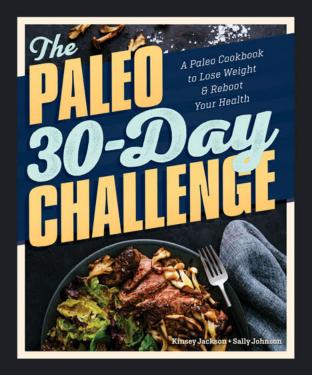
THE WORLD OF nutrition is fast paced and ever-evolving, making it really tought to keep up. One day fat is the devil in disguise, and the next you're munching on boson in the name of health. I'm here to set the record straight about what it means to have insulin resistance. Hint: There's still room for zome bacon.

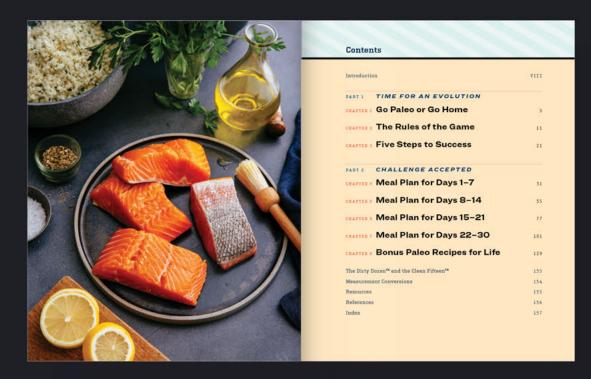
As a registered dictition, it is my top priority to make sure everything in this book is based on scientific evidence. You won't find fad diets here. I only give recommendations with measurable, acientific proof—and lots of it!

Keep in mind, we are all unique and will therefore have different health outcomes. Please check with a health care professional before starting any diet, including this one. While some people can reduce or climinate medications with the and lifestyle changes, others may need to stuy on them, and that's totally flow. We want to set reasonable expectations. The most important thing is that you are putting in the work. The glycemic index is a numeric vale on which all carbolystase foods are arabid based on how disactally they ranse your blood giscose levels after communing them. Each bod giscose how should be a food will calley by the size of the most planning chapters. Keep these partiesy studies on hand as much as a food will calley by the size of the most planning chapters. Keep these partiesy studies on hand as much as a food will calley by the size of the size of the most planning chapters. Keep these partiesy studies on hand as much as possible, and restrict when you get low.

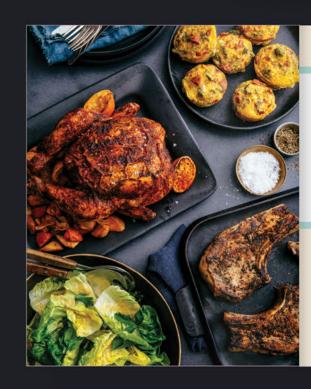
\*\*Fats and Oils\*\*

1. LOW SUPERICE INDEX (1995) Include these foods in your determent of film. Generally, foods with a low glycemic father as ingeries and are, therefore, showly absorbed. Some examples include reloce and, were still farty cornection compared to suggic facelly and the control of the c









CHAPTER TWO

# The Rules of the Game

Now that you know more about the Paleo diet, why your body was designed to eat this way, and the exciting benefits to expect, let's talk about the parameters of the Paleo 30-Day Challenge.
When it comes to radical life transformation, preparation is key.

11

# Avocado "Toasts" with Smoked Salmon and Dill

Who says you can't have toast on Paleo? In this recipe, sweet potatoes replace bread, becoming warm and crispy in the own to function beautifully as the base for a delicious topping of lenony avocado and sucory smoked salmon highlighted with fresh dill. You can use any variety of sweet potatoes or yams in this recipe for a very satisfying breakfast, lunch, or dinner.

Egg-Free, Nut-Free, S-Ingredient Serves 2 Prep Time: 10 Minutes Cook Time: 30 Minutes

Prep Time: 10 Minutes
Cook Time: 30 Minutes

Ingredient tip: If you enjoy white potatoes on your Paleo diet, russet or Yukon Gold varieties work beautifully in

t potato ¼ teaspoon se 8 ounces smol In olive salmon

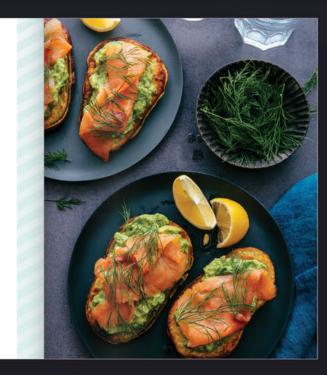
oon 8 oc a-virgin olive sa r avocado oil 2 te um avocado, ch ad, pitted, di peeled di

Juice of 1 small lemon, divided

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.

- Using a sharp chef's knife, cut the potato lengthwise into 4 slices. Trim off the rounded ends of the outside slices so they are flat on both sides, like the inner slices.
- Place the sweet potato slices on the prepared baking sheet and brush each piece with oil on all sides. Cook for 30 minutes, until crispy and golden.
- While the sweet potatoes are cooking, in a small bowl, mash the avocado with the juice from ½ lemon and sea salt. Set aside.
- 5. Place the sweet potatoes on plates and top each piece with the avocado mixture and 2 ounces of salmon. Season with the juice from the remaining ½ lemon and dill.

top each piece with the avocado m and 2 ounces of salmon. Season w juice from the remaining ½ lemon a











# SOFT CHICKEN CASSEROLE 50 Minutes or Less

This recipe makes a deliciously creamy, savory casserole that is perfect for lunch or dinner. It can be made with fresh boneless, skinless chicken breast, but using canned chicken ensures softness as well as reduces the cooking and preparation time. I suggest using low-sodium canned chicken.

1 tablespoon clive oil 1. Preheat the oven to 350°F.

1/4 cup nonfat milk 1 large egg Salt

2. In a medium skillet over low heat, heat the oil. Add the red bell pepper and onion. Sauté for about 7 minutes, stirring occasionally, until soft and the onion is golden. 3. Meanwhile, in a medium bowl, combine the

Meanwhile, in a medium bowl, combine the milk and egg and season with salt and pepper to taste. Mit well with a fork or whisk. Add the chicken and stir well to combine. Spoon the chicken misture into a small 7-by-5-inch glass or ceramic baking dish. Top with the sautéed vegetables and spirilds with the Cheddar cheese. Cover the dish with aluminum foil.

Bake for 15 minutes. Remove the foil and bake for 3 minutes more, or until the cheese is golden brown. Serve hot with a dash of paprilist (fu singl), garnish with parsley (if usingl), and enjoy. STORAGE TEP: Let the canserole cool; then tightly cover the dush with plants; wrap or place the cooled casserole in an airtight container, and refrigerate for up to  $3\,\mathrm{days}$ .

PER SERVIN G (4 ounces): Protein: 18g. Calories: 166; Fet Bg; Carbohydrates: Sg; Fiber; 1g; Total sugar; 3g; Added sugar; 0g; Sodium; 252mg

## VSG FAQS

In my work with patients and clients over the years, I've noticed the same questions come up repeatedly. Here are a few of the most common with my answers.

Q: How first will I loss weight after VSGP
A: Most weight loss occurs in the first year. Keep in mind that for every
patient, the weight loss mount, percentage, and timing are different. Some
patients may need to lose more weight than others. The rate of weight loss
depends on many factors including your activity level, gender, compliance, and
precisiting conditions.

precisiting conditions.

(I) Will let ow halte to brink coffee again?

A: According to the American Society of Metabolic and Bariatric Surgery
(ASMSS), you should evoid caffeine for at least one month after surgery. Your
stomach will be extra sensitive, and caffeine stimulates garter and secretion. Clarify with your surgeon or dietitian about when you will be allowed to
reintroduce caffeined drinks. When you start drinking offee again, I suggest
being highly aware of how much coffee creamer you add. Although some
creamers are love-cark, they can be high in far and colories. I also suggest not
drinking very hot coffee, as it can damage the esophagus.

draining very not cottee, as it can damage the esophagus.

Q: Does damping syndrome occur with VSG7

A: Dumping syndrome care with VSG7

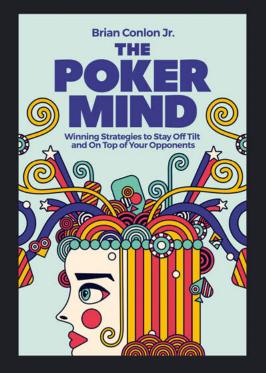
A: Dumping syndrome is when food is "dumped" directly from the stomach to the small intestine without being disperted, causing blooting, cramps, durrhes, nausea, and other allments. It typically occurs after braitric patients consume large amounts of high-sugar foods or a high-fat meal—but it's very rare after vertical sleeve gatestcomy. However, I've had patient a saume that any gastrointestinal distress is a result of dumping syndrome. Many symptoms are similar, For example, diarrhes can be related to God poisoning, lactose intolerance, and medications. Vomiting can be a result of overeating or food poisoning, Gastrointestinal pain can be caused by foods high in sugar alcohol, the possible development of smallegnosed virtable bowd syndrome (ISS), or other undiagnosed underlying medical conditions.

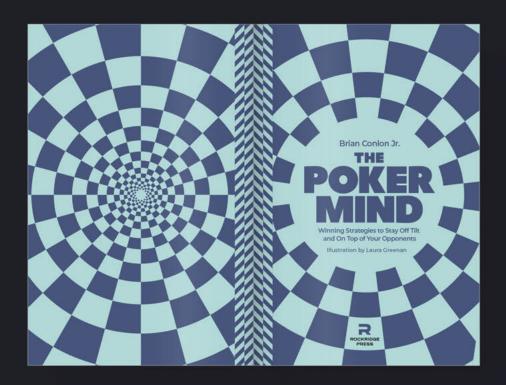
Q: Will my stomach stretch after surgery?

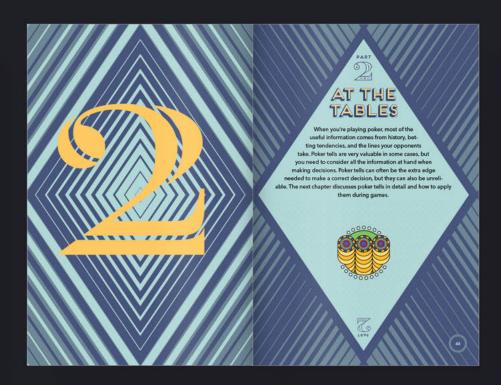
A: After VSG, the stomach will stretch a little bit. The reason you eat less right after surgery is due to swelling in the area and slow motility (digestion). As

82 Easy Gastric Sleeve Bariatric Cookbook

Eating Made Easier after VSG 5

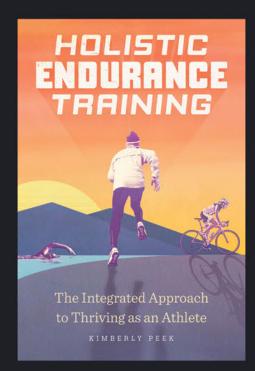


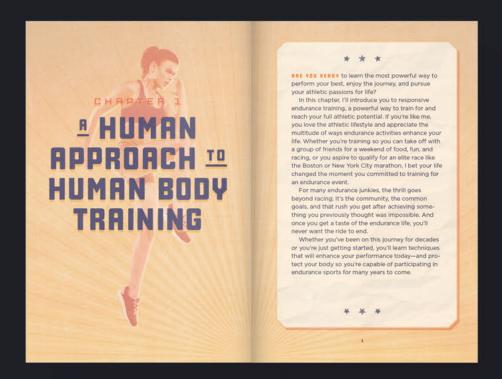












# WHY WE RACE

THE HUMAN HISTORY OF RACING FOR PLEASURE

Perhaps you've heard the story of Pheidippides, the professional running courier who ran for over two days straight to carry critical messages during the war between Greece and Persia. Finally, he ran from the town of Marathon to Athens in 490 BCE to announce the decisive Greek victory. As he declared, "Rejoice, we conquer," he fell to the ground and took his dying breath. This famous runner is credited with inspiring countless generations of runners and the creation of the marathon itself as a foot race.

While this is a popular tale—and is often retold by non-runners who question the sanity of running marathors—it is likely more myth than fact. Historians in the fifth century BCE did not mention Pheidippides, and it's possible the legend combines multiple stories

rhecippions, and it a possible the legislic combines multiple scores to create the hero's tale we are so fond of today.

The first Olympic marathon was 24.8 miles, and the distance for subsequent races fluctuated between 24.8 and 26.2 miles before it.

was standardized in 1924.

At the 1908 games in London, England, the race was 26.2 miles for the first time, and there are varying stories regarding how that distance was settled on. The race began at Windsor Castle and ended in the Olympic stadium. Some sources say that the start was lengthened so the royal children could see this part of the race from the nursery, and the end was extended so the race would finish in front of the royal box inside the stadium. However, that has been disputed by Bob Wilcock, a historian of the Olympics. Even after the London Olympics, the marathon distance varied. Some believe the dramatic ending of the 1908 games contributed to the mystique surrounding the distance. Sir Arthur Conan Doyle, the author of the Sherlock Holmes books, wrote about the race for the Daily 'Mali', calling the marathor 1 the breaker of men."

The first person to finish was Dorando Pietri, a pastry chef who collapsed and was helped across the finish line by an official. The

tence, so he was disqualified. American Johnny Hayes was declared

Inspired by the success of the marathon in the 1896 Olympics Massachusetts held its first Boston Marathon on April 19, 1897. It is held on the third Monday of April each year and is the oldest annu marathon. The first Boston Marathon was 24.5 miles. This marathor was lengthened to 26.2 miles in 1924 to match the Olympic

For decades, major running welcomed men only. In 1966, Roberta Gibb was the first woman to run the Boston Marathon, unofficially running alongside thousands of registered male participants. A year later, Kathrine Switzer became the first woman to officially register and race, after registering under her initials, K. V. Switzer. Her own coach initially discouraged her from running. Elling her the race was too moth for a "fragile woman," before conceding that if any woman could do it, Kathrine could. After she donned her racing number and ran the early miles of the race, event coordinators should at her and attempted to extract her from the race by force. She and her boyfriend, a fellow runner, fought back and she continued to run, ultimately changing perceptions of what women were capable of.

The Boston Marathon didn't officially open to women until 1972. Although Kathrine Switzer's bold action paved the way for women in sports, it took another 18 years until women were allowed to compete in the Olympic marathon.

# The Importance of Rest and Recovery

No training discussion would be complete without a conversation about rest and recovery. As much as you love to train, it's not your full-time job, and it probably doesn't pay the bills. Instead, your training is squeezed into your day between your career, family, social obligations, and chores. And if you're lucky, you get six or

social congations, and enores. And if you re incay, you get six or seven hours of sleep each night. The major difference between a professional athlete and a rec-rectional athlete is that professional athletes are obsessive about recovery. When they are not training, they are engaged in active recovery, rest, or self-care.

- Active recovery could mean taking a walk or doing yoga Rest could include sitting with your feet up, taking a nap, or making sure you get a minimum of seven hours of sleep
- Self-care might be massage, meditation, foam rolling. or a steam treatment.

A training plan that incorporates proper rest and recovery should alternate hard days and easy days, giving the body time to ecover from hard efforts. (There are exceptions to this, such as tive hard efforts like two days of medium-long runs back-to-back instead of one 20-mile run, as a way to gain training adaptations with a lower risk of injury.) The plan will also include

adaptations with a lower risk of injury.) The plan will also include a cutback week every three to five weeks, when the training volume is cut by 20 to 30 percent so the body gets additional rest. Training adaptations do not occur while you exercise. They take place at rest. If you want to resp the benefits of your work, you must become serious about rest. Nutrition is also an important element in endurance training. Let's learn more about food and its

## CAFFEINE AND SPORTS **DRINKS: FRENEMIES?**

Caffeine is widely used across all segments of society, and in the world of sports, caffeine is considered to be a performance-enhancing drug. It's legal, but is it good for us? As with many elements of nutrition, it depends.

Caffeine is a stimulant that can increase reaction time, delay

Catterie is a stimulant that can increase reaction time, delay the perception of fatigue, and issess ensentations of ewartion and pain. Students and drivers appreciate caffeine for its ability to positively affect cognitive function and alertness. According to the US Olympic Committee's sport nutrition team, caffeine can improve endurance and short-term, high-intensity sport

The USOC lists these possible side effects of caffeine: anxiety. The USOC lists these possible side effects of caffeine anxiety, overstimulation, litteriness, mental confusion, elevated resting heart rate, restlessness, inability to focus, gastric irritation, mild diuretic effect, insomnia, and addiction. It's also important to note that caffeine is not recommended during pregnancy, and it can affect fertility in addition to raising cortisol levels and possibly taxing the adrenal glands. Each person reacts differently to caffeine, and it may affect your sleep, which is also a necessary

caffeins, and it may affect your sleep, which is also a necessary part of recovery.

If you choose to use caffeins to enhance your training and athletic performance, you should know that the PDA recommends a maximum intake of 400 milligrams, or two to three cups of coffee, a day. The USOC does not recommend the use of energy drinks because they have the potential to contain banned substances. And you should never consume energy drinks because they have the potential to contain banned substances. And you should never consume energy drinks with acched because the combination can be lethal.

Because the after of consuming real food, I encourage you to consider what other ingredients are present in your caffeins source. "Sports drinks"—a term chosen quite deliberately for branding purposes—often contain preservatives, dyes, artificial sweeteners, and other chemicals that may or may not be safe for iong-term consumption. Manufacturers of these beverages.

for long-term consumption. Manufacturers of these beverages have spent a great deal of marketing dollars sponsoring extreme

# **Everything Bagel Cauliflower Hummus**

NGS Makes 1 bowl PREP TIME 15 minutes | COOR TIME 15 minutes I can't be the only one who could eat hummus by the spoonful. I created this hummus so I could consume generous portions of it with my veggies. This recipe uses steamed cauliflower instead of the traditional garbanzo beans. Use this as a dip for snap peas, cucumbers, carrots, peppers, or celery.

# INGREDIENTS 1 medium head cauliflowe

3 tablespoons olive oil or avocado oil

 tablespoon Everything Bagel Seasoning (widely available at grocery stores or online) 2 tablespoons tahini (a paste % teaspoon salt % teaspoon ground cumin tablespoons tahini (a paste made of ground sesame seeds, usually found next to the nut butters or in the ethnic foods aisle) Olive oil, sunflower seeds, sliced olives, and fresh parsley leaves (optional, all for garnish)

# INSTRUCTIONS

Cut the florets from the head of the cauliflower. In a large pot with the cover on over medium heat, steam the cauliflower in 1 cup of water until it is tender.

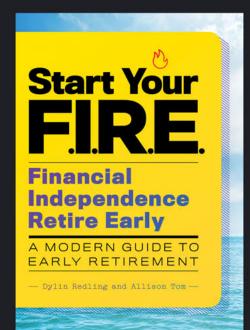
- Strain the cauliflower in a colander and use paper towels to press out any extra liquid. In a food processor, combine the cauliflower, oil, tahini, lemon juice, garlic, Everything Bagel Seasoning, salt, and cumin. Blend until all the ingredients are combined and the mixture is a smooth texture.
- Place in a glass container with a lid and store in the refrigera tor for up to 1 week.

Per Batch Total Calories: 757; Total Fat: 62.7g; Sodium: 1,757m;

160 HOLISTIC ENDURANCE TRAINING



34 HOLISTIC ENDURANCE TRAINING



# CHAPTER THREE FANNING THE **FLAMES**

f you want to achieve FIRE in the most efficient way possible, you need to be able to do three

- things really well: Reduce your expenses.
- Increase your income. 3. Grow your savings.

In the last chapter, we unpacked the first part: tracking and reducing your spending. Now we'll move on to a topic everyone loves: making money and watching it grow. Most people never get to FIRE because they don't have a solid plan for maxi-

mizing their earnings and savings.

Sure, they might get a promotion or two, but they're not generating multiple income streams. They know they should be saving, but they have no idea how much to set aside. And although they might have a retirement account, they have no strategy for how to invest that money.

This chapter will show you how to increase your income, how much you need to save, and how to make that money work most effectively for you.

# **How to Increase** Your Income

We'll start with talking about ways to increase your income that will help you navigate the road to early retirement more quickly. It may seem obvious, but if you want to get to FIRE faster, you need to find ways to bring

in more money.

There are quite a few approaches to increase income, but we will discuss three fundamental approaches:

- Find ways to increase your existing salary.

  Add new sources of income.

  Develop passive income streams.

One of the best ways to maximize your income is to earn more at your current job by asking for a raise or a pro-motion. Here are a few key strategies:

your research. Find out water the salary range is for your role in your geographic area and with your level of experience. You can get this information from sites like Glassdoor, PayScale, and Salary.com. It's also heipfuil to talk to peers, recruiters, and others in your professional network. Remember that knowledge is power.

tice your pitch. Come up with reasonable goals and anticipate questions ahead of time. Talk about where you see yourself with the company in the future (loyalty

Talk with your boss. You should both agree on what the criteria will be and schedule time for periodic

START YOUR FIRE

WHAT IF I HAVE AN EMERGENCY AND NEED TO DIP INTO MY SAVINGS?

OIP INTO MY SAVINGS?

At some point, you'll face an emergency that requires pul ing out money from your savings. For us, it was a double catastrophe. It started with the ill-conceived decision to purchase our new \$12 million condo before selling our \$1.6 million multiunit home.

Shortly after that happened, I had a near-death experience with double pneumonia. Although I was fortunate to have health insurance, it still impacted our finances, since we couldn't focus on our rental units or side businesses for several months.

Fortunately, without realizing it, we had positioned ourselves well for a disaster. After maxing out our retirement accounts, we had been building up a sizeable taxable account for several years. That account was big enough to help us withstand the Great Recession, the multiple mortusgies, and the missing additional income.

Here are our tips for weathering an emergency:

Have emergency funds. Keep at least three to six months of expenses in a liquid account, like a high-interest online savings account.

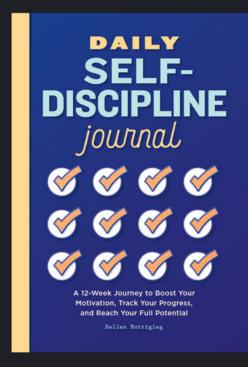
Set up a taxable account. As soon as you've maxed out retirement accounts, set up a taxable account (remember to put tax-efficient assets here).

able account, try not to pull it all out at once. Rather, use a reverse dollar cost averaging approach, where you withdraw the same amount on a regular basis to avoid trying to time the market.

Once you've ridden out the emergency, get back in the saddle and keep riding toward FIRE.

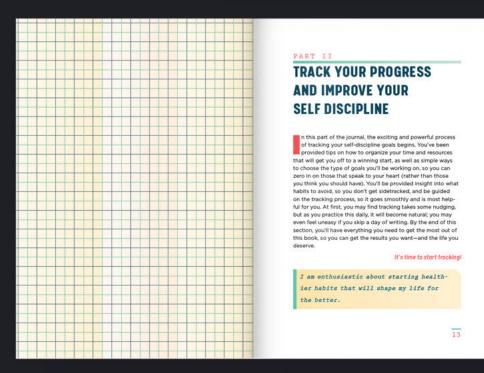
| \$1,000 | \$1,000 | \$5,000 | \$5,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$1,000 | \$ \$400 \$400 \$400 \$400 \$400 \$100 \$50 \$25 \$100 \$50 \$50 \$50 \$25 \$25 \$25 \$25 \$25 \$30 \$30 \$30 \$30 \$30 \$50 \$25 \$25 \$30 \$30 \$30 \$30 \$30 \$30 \$30 \$30 \$35,400 TOTAL CASH FLOW START YOUR F.I.R.E. Keeping the Flame Alive





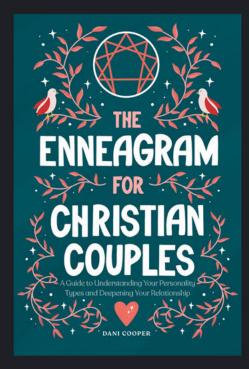


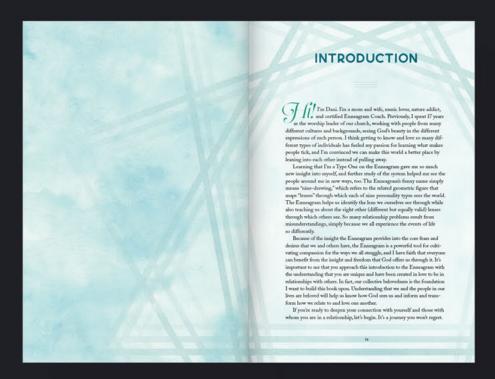




My Goal(s) of the Day Simple Tips to Track Your Progress Self-Discipline Motivation Check You're almost at the exciting part, where you start writing and tracking your progress. Jotting down your thoughts and feelings might feel uncomfortable at first. If you remain diligent, it can improve your self-awareness. You'll notice your triggers 5 I'm very enthusiastic! 4 I'm feeling confident. My Priority of the Day 3 I'm not excited, but I'll do i and uncover negative thoughts that lead to counter-productive habits. This awareness is key to developing self-discipline. Writing is considered a left-brained activity; by keeping this analytical part of your brain busy, you allow the right side to be more creative and intuitive. According to psychotherapist 1 I'm not motivated at all. and journaling expert Maud Purcell, "...writing removes mental Daily Self-Discipline Task List blocks and allows us to use more of our brainpower to better understand ourselves and the world around us."

As you embark on this self-discipline journey, you'll find that consistency, time management, kindness, and authenticity will be your navigational system, motivating you to stay on track. The following are tips to help guide you on how to get the most out of this process. Put these ideas into practice and journaling may become your favorite part of the day. If you want to dramatically improve your chances of success. if you want to dramatically improve your canaces or success, it's crucial to take consistent action. Inevitably, there will be days when you don't feel like doing your tracking; perhaps you're over-tired or short on time. Do it anyway, even for a few minutes. By tracking every day (preferably at the same time and place), you'll keep your goals top of mind. Repeating small actions daily allows you to be grounded and make progress Tip of the Day: Get clear on the main reason you want to develop self-discipline. It's crucial to determine your big 'why' and review it regularly to stay motivated. This helps you sustain momentum and prevents you from quit-ting. Over time, this repetition leads to the development of life changing habits. Daily Self-Discipline Journal Track Your Progress and Improve Your Self Discipline 21







# PART 2 The Enneagram for Understanding Yourself

It is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.

- Philippians 1:9-11, ESV

# THE ACHIEVER

# How You Interact

As a Type Three, you're someone who likes being the best and loves to As a Type Three, you're someone who likes being the best and lowes to impire others to be all they can be too. Not be bliere what accomplishments are what give you your value, and you feel your best when you're being productive. People know they can count on you to work, hand with confidence and competence, smashing gods and crushing to-do lists with ease. Your charm and authition often gain you admiration, estats, and success, which increases the temptation to abovy present a pleasing image for others. The gifts your personality type offers the world include optimism and the ability to care a loopeful vision for the future.

# — YOUR COMMUNICATION STYLE —

Your communication style tends to be direct, efficient, and charming, placing a great deal of emphasis on how well you are performing and the image you are crafting. Your superpower is being able to "read" a room and then shape-shift into whatever persona the crowd requires. Sometimes, your goal-oriented focus can make you seem impatient and more interested in your own perspective than other's, especially if someone else has a slower pace or is bringing a lot of feelings to the conversation. Even so,

# Wings and Subtypes

Your Type Six behaviors can be profoundly influenced by your wings and your subtype, two dements of your personality that can change according to what's happening in your life. Your wing can add a different flavor to your core type, whereas the three subtypes represent the varied ways your core type, whereas the three subtypes represent the varied ways your core weakness of fear may show up.

WINGS

Sixes with a Five wing (6w5) tend to be knowledgeable, responsible, organized, and serious about what they believe. They can tend toward suspicion but are great advocates for others. Use your Five wing to grow in your self-sufficiency and to help you gain more mental clarity:

Sixes with a Seven wing (6w7) are typically supportive and sociable team players who enjor having a good time and reliable the support of trusted friends. They may be more anxious but also warm and thoughtful. Use your Seven wing to gain a more positive outlook and to have more spontaneous fun.

# SELF-PRESERVATION (SP)

The Self-Pres Six is the most phobic Six, whose feat motivates them to create safety by surrounding themselves with friendly relationships. They are warm and friendly but prone to self-doubt, so they lean on others for support and sustance. This can make them resemble Type Twos, but they are more security-focused and less worried about others' approval.

# SOCIAL (SO)

This Six acts out their core weakness of fear and creates safety by dutifully adhering to an important group or authority's set of beliefs. They tend to be shy and intelligent, and they love precision, so they can look like a Type One. They may tend toward legalism and dualatic thinking, because certainty makes them fed more secure, and they can also look like a Three because of their love for efficiency.

68 THE ENNEAGRAM FOR CHRISTIAN COUPLES



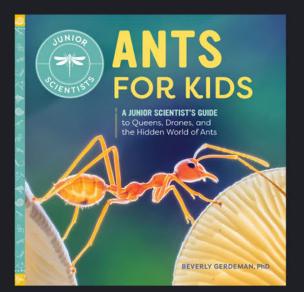
# - SEXUAL (SX) -

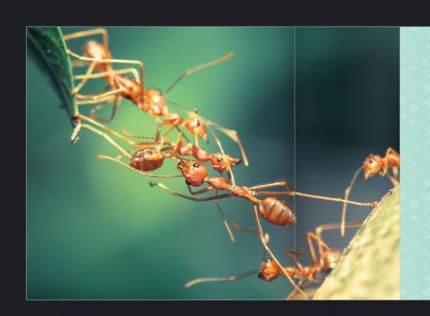
The Sexual Six experiences fear and then makes strong moves against it, creating a feeling of safery by confronting dangers head-on. These Sixes can be intimidating, bold, and contrasin, which can make them seem like Type Eights. Their indecision and self-doubt are less obvious in this version of Six because they are action-oviented and move at a fast pass.

# How You Reflect God

You reflect the faithfulness of God to the world with a loyal courage that reminds us that we are all thoroughly supported even when things seem uncertain. Your faithfulness is evidenced through your devotion to

THE LOYALIST





# PART ONE

# AMAZING ANTS

Antarctica, Greenland, and iceland are the only regions that are currently ant-free. However, ants are on the move and populating new areas. Ants are so small that they can easily stow away in cargo ships, airplanes, and even backpacks!
Scientists who study ants are called myrmecologists. They think Earth is home to 10 quadrillion (16 zeros) of these tiny insects, but no one really knows for sure. More than 15,000 species have been identified so far, but many scientists think there could be at least 9,000 more.

# An Ant's Life

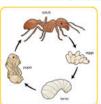
Each ant begins life as a tiny oval egg in the dark nursery chamber of the nest. The queen decides if an egg will be a worker or drone when she lays it. In most species, a fertilized egg will become a worker or a queen. Unfertilized eggs become drones. You will learn more about each type of an later.

more about each type of an later.

Some worker ants are nurse ants, which means it is their job to take care of the eggs. They lick the eggs to remove bacteria or fungi, which keeps the eggs healthy. After one or two weeks, the eggs hatch into baby ants called larvae. They don't have legs or eyes and look a little like white squash with crooked necks. The larvae have spines that protect them. The apines also help them stick together, like Velcra, so nurse ants can quickly grab large bundles of larvae and escape to



Nurse ant carir



Life cycle of an an

safety if they are in danger. The larvae's job is to eat the food the workers bring and to grow.

About a month later, larvae of some

About a month later, larvae of some species spin cocoons and become pupase. They are placed in a dry chamber in the art nest. Nurse ants constantly move the pupae around the nest to make sure the temperature and humidity, or amount of moisture in the air, are just right for them. When it's time for the adults to energe from the pupae, sondress tear open the cocoons to free them. Every year, ants produce a new generation, or group, of offspring.



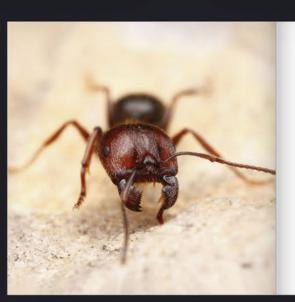
There are about 15 species of explod

threatened, it can squeeze its body so hard that it blows itself up, spat-

tering a sticky yellow gunk that can kill or stop its enemies.

Amazing An

1 MAKE YOUR OWN ANT FARM You will need: Make Your Formicary 1. Locate an active ant hill. Do you want to watch ants up 2. Collect soil from near the anthill and place it in a box. These instructions explain 3. Lightly moisten the soil using how to make a simple formicary at home, but you could also buy soil until evenly moist. Adding 1 SMALLER JAR WITH LID (THE SMALL JAR NEEDS TO FIT INSIDE THE LARGE JAR COMPLETELY WITH ROOM one in a store or online. If you buy the wrong amount of water is the number one reason ant colonies fail. Soil that is one, make sure there is a manual or webpage explaining how to care for it and that you can take too wet can drown ants and it apart to clean it. There also needs to be a way to add just OUTSIDE IT) cause mold to grow, which will quickly kill a colony. the right amount of water. Before you begin making your own, you must decide if you are willing to take care of your colony. All 4. Place the lid on the smaller You will be able to watch them OLIVE OIL jar and insert it inside the larger jar. you won't see eggs and young SMALL NAIL pets require care and attention, ants. This ant farm will last a few including ants.
You will use this farm to - --CONTINUED you grow tired of your pets, return the ants to the place where you



# Gigantiops

# Gigantiops destructor

INVIII) OFF-par-see-ege sele-ITROCLES
What big eyes Gigantiops ants have—
the largest of any ant in the world!
Gigantiops have excellent vision and are
especially attacted to movement. They
hunt alone and have an unusual way of
capturing their peey: They jump! These
ants are shy and do not have a stinger.
Sometimes Gigantiops will build their
nest next to a bullet ant next. Predators
know to stay away from the ferocious
bullet ants, so Gigantiops does not have
to worry about them.



ANT FACTS

ON NAME: Gigantiops

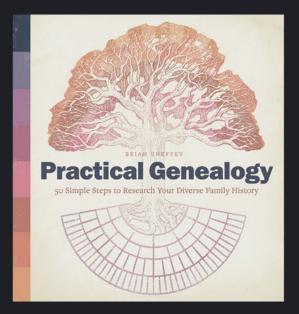
SIZE: 4 to .6 inch

DIET: Omnivorous; nector, small insects

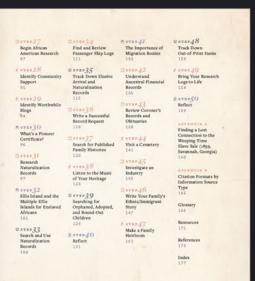
THEY'RE FOUND:

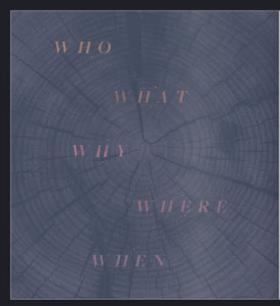
SIZE: 20 F COLONY: Up to several hundred workers

Ants Up Close















# The 5 Fundamental Ws of Research

answered see each of the accessors we research. Information is core to general/gain execute. That sounds obvious, but what is not so clear is that we con't take the documents we discover a fight value. It is natural to become excited when we discover a resurred to a troy about an anector, but that discovery is merely the first stage of the research pro-cess. Next, we must analyze the information, using critical-thinking skills.

# Who

Who seems the most obvious question to start with when analyzing records. The nan of our ancestor is one part of the who we must answer, but there are two other impo-ant considerations: primary informants and

STEP **Cite Sources** Who? When? (When was the data accessed)

Was it from his tombstone? Was it from a family libbe? Family lave? The 1880 census? A book? Or did you copy it from another family there! If you thind group samily there didn't provide his brith date, then who did? What was that thind party's source for this information? How likely it it that they would have known his date of brith? Ciday sources answers these question and many more.

Remember: Any statement of fact, whether it is a birth date or an ancestor's surname, must carry a source that another researcher can

Why Cite Sources? It is vital to maintain and keep track of every-piece of information you gather when research-ing your family as well as every source for that, information, Information sources verify the data you have found. Other researchers will use the source you have provided to review your infor-mation and to confirm that the documents you used as maciotical with the research remove.

used are associated with the correct person.
This is crucial when there is a conflict in
informational sources.



FINDING A LOST CONNECTION TO THE WEEPING TIME SLAVE SALE

(1859, SAVANNAH, GEORGIA)

This case study represents a real-world example of creating a research outline with specific goals and steps. While this case study is specific to researching ensiaved African American ancestors, the method is also applicable for non-

# Research Questions

The research generics are: Why do DNA test sensitives the control of the control

Research Goals and Steps

Identify the Research Focus

I Identify the 440 enslaved people (EPs) sold by Pierce Mease Butler during the three-day 1899 sale in Savannah referred to as the Weeping Time sale.

2 Identify the enslaved people not put up for sale by Pierce Mease Butler.

Conduct Background Reading and Focused Research

Reald. The research team will need to do a substantial amount of reading about Pierce Mease Butler, the Weeping Time sale, and the history of the Butler plantations in South Carolina

and Georgia. This is one way to acquire the names of the individuals and families contained by the flutter family.

2. Rossnatcoli the history of enabusing within the safety generations of the flutter family and the safety generations of the flutter family and water flutter with the safety flutter from the safety flutter flutter high profit for the flutter high flutter in a key person in this history, which register the focus on him is particular. This stage includes:

Create a family tree covering Pearse Mease But-ler's lineage, including listing and researching all the families and individuals enslaved by them.

the families and individuals enalused by them • Locate and transcribe family wills, estate insentionies, havours, stime mortgages, slave insurance policies, deeds of purchase and sale for the enalused, fam bookslay books, jour-nals, letters, etc. This allows researchers to trace which family members received which enalused people over five to six generations. Locate and transcribe hills faither's slave regis-ter entries covering the rypt to slig time period. This is important for ensearthing the people held by the family. • Find and transcribe the list of enlawed people held by Mig Buller who went away with the British during the Revolutionary War.

= Find and transcribe the 1815 list of enslaved people held by Maj. Butler who went away with the British.

Find and transcribe Maj. Butler's birth and death lists for his enslaved people (1800-1854).
 Find and digitize purchases and sales of Maj. Butler's enslaved people.

Find and digitize the weekly reports sent from the overseers in South Carolina and Georgia to Maj. Butler in Philadelphia. These reports will contain information about the enslaved.

contain information about the enslaved.

Alga the Ehr Sield by Maj Freez felder to the
Ehr he sife, Mary Middleton, and their children
Ehr he sife, Mary Middleton Alexification
contented from Many Middleton Marker's South
Carolina grandmother, Many Branford Ball.

Alga the Ehr held by Maj Fierce Butler back to
the Ehr sind so was enhanced by Mary Bull
Middleton's other children but were in the
possession of Maj Prieze Bullet.

- Map the Ehr held by Maj Butlet to the Africans
who were imported into Charleton by Maj,
Butlet and the relations to a marriage, the Bull
and Middleton families.

Bach of the preceding steps listed leads to a goal
that can a marrier the two research questions
stated at the beginning of the research plan.

