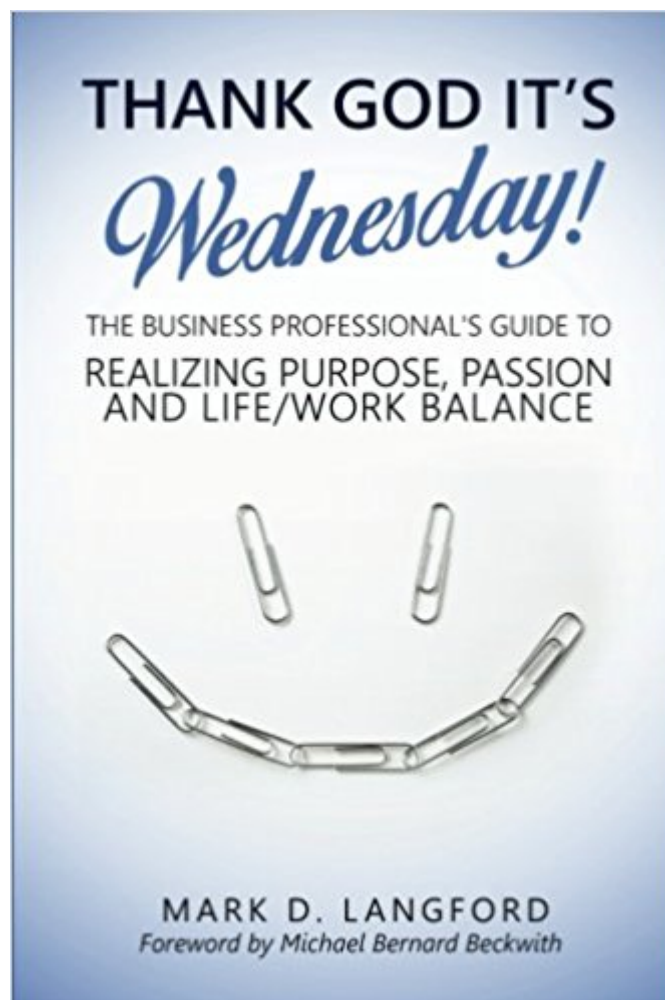




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# Thank God It's Wednesday: The Business Professional's Guide To Realizing Purpose, Passion And Life/Work Balance



## Synopsis

Thank God It's Wednesday! was written for business professionals who feel like they have too much job and not enough life. It is a prescription for "Work Sickness," or the live-to-work syndrome, that manifests itself in the form of feeling overwhelmed, incessantly tired and unsatisfied. This book was written for those looking for a practical and easy-to-implement strategy to master the corporate game, identify their career calling and to create more time & space for personal passions. TGIW! is packed with creative insights, innovative "connecting" techniques, real-life examples of success, as well as hands-on exercises that will show you how to unlock the power of your innate inner knowing. Read it and learn how to utilize 8 powerful Spiritual Laws to create your own "YOUUnique" passion plan to live and work with purpose again and to get turned on by your career.

## Book Information

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## Customer Reviews

"In this beautifully written book, Mark has distilled some of the most effective and universal practices of self-transforming wisdom. Those who take them to heart and include them in their everyday lives will be the fortunate recipients of the gift of personal and professional transformation."~Â Michael Bernard Beckwith, author ofÂ Life Visioning "Thank God It's Wednesday!Â helps solve the conflict that occurs when the desire for a satisfying personal life clashes with the desire for a successful career.Â By illuminating the path to positive change and providing a truly innovative methodology, this book will have you thinking, leading and living in an entirely new way." ~ John Replogle, CEO Seventh Generation"Anyone who is overwhelmed and unable to find time for their personal

passions needs to read Thank God It's Wednesday! Mark's methods will help you get unstuck and move you into a place that is simply more manageable and fun." ~ Deborah King, New York Times Bestselling author of Be Your Own Shaman, Truth Heals, and Entangled in Darkness Thank God It's Wednesday! gives the reader simple shifts to create profound results. We live to work and work to live. Mark helps us enjoy the process." ~ Laura Day, NY Times Bestselling Author of Practical Intuition "The world needs leaders who show us how to live in alignment with purpose and passion.Â Mark offers a practical formula that empowers business professionals to free themselves from 'work sickness' without sacrificing their lifestyles." ~ Â Marci Shimoff, Professional Speaker, #1 NY Times Bestselling Author,Â Happy for No Reason, Love For No Reason, and Chicken Soup for the Woman's Soul

Thank God It's Wednesday! is packed with easy-to-implement strategies you can use to get clear and confident on your true career calling and to create more time and space for personal passions. In fact, it is a peek behind the curtain on how I managed to transform my own high profile (yet unsatisfying) corporate job into a deeply fulfilling career. Â The best thing about the book is that it combines a spiritual and practical approachÂ and provides innovative solutions to deal with and overcome stress, overwhelm and the feeling that you're just working to live. Â Â As a sought after, Top Ten career consultant in L.A., I compiled my insights over the course of 10-years to help guide those who feel as stuck as I did to move past obstacles and to find more happiness, fulfillment and financial reward with their work. If you feel burned out and believe that there must be more to life than just work, but can't figure out how to get there, then read this book and re-ignite your career!

I think this book is essential reading for anyone who is facing difficulty balancing their life and career or searching for more meaning in what they do. Life moves so fast these days and this book helped me put things in perspective and learn how to maintain that perspective using great practical techniques. The exercises and advice helped me get clear on where my passions lie, how I can apply them most effectively to my career and what to do when I start to feel misdirected or uncertain. Really fantastic stuff! As someone who just completely changed career paths, this book was incredibly helpful to me. I had been feeling lost, anxious, and fearful of the uncertainty, and this book helped ease my fears and really motivated me to take some bold actions. Motivation and fear are two things I (and many others, IÃ¢ÂÂm guessing) struggle with when it comes to wanting to make a change. This book doesn't let you make excuses for putting off your goals. It has great content that will help uncover what you truly love doing and then inspire you to get up and do

something about it. I've already found myself referencing several sections of the book multiple times and I definitely recommend it to those who are struggling to figure out what they should do about feeling unfulfilled in their careers. I sincerely hope others will take the time to help themselves by reading it too.

As someone fortunate enough to have received Mark Langford's career consultation one-on-one, I'm thrilled that his insights, strategies and guidance are now available to a much larger audience. As a busy executive, devoted husband and new father I know the stresses of trying to balance multiple demands on my time and energy, and the gnawing anxiety that those limited resources are not always applied to what's most important or spiritually fulfilling. The topic of work / life balance has generated a lot of ink over the past few years, becoming a bit of a cliché in the process. Mark goes much further to help readers achieve something more valuable: the integration and alignment of a fully realized and passionate life, both professionally and personally. While Mark's prose is fun and engaging, and his book is full of helpful exercises and action plans, don't be fooled by the apparent simplicity. Mark asks readers to take time, dig deep and be honest. Like training for a marathon, there is transformative work to be done here, but the rewards can be profound. And like an ideal coach, Mark is running alongside you every step of the way. I highly recommend Mark Langford's book to anyone looking to re-ignite their passion for work and renew their focus on creating a more balanced and meaningful life.

Loved this book, lots of great ideas on how to use the simple natural laws and your own personal power to live a better life in the corporate world or really, just in general. If you are a fan of Tony Robbins, Jack Canfield, Jack Welch, Stephen Covey, Paul Pilzer or Wayne Dyer then this book is for you. Easy reading and entertaining as well and if you apply these principles, it can change your life for the better. Reading a book doesn't do anything if you don't apply what you've learned and there is a lot of great life lessons within these pages. Mark Langford does a great job conveying his message thru-out the whole book and I thoroughly enjoyed reading it. I will be looking for any book signing in Orlando (or Kaua'i) where I live so that I can meet this guy. Bet he would be very interesting to talk to and I could learn even more in person.

A friend of mine recommended that I read this book because of my ongoing challenges of finding time to figure out how to transition from my corporate job into my true passion of being a health coach and helping others. The author lays out a great methodology on how to get clear on what you

want and then shares great tools and techniques on how to do what you love. I appreciated his insight on how to move past limiting thoughts and beliefs which have been nagging me. My biggest take-away from this book was how to shift my perspective and get in-touch with my own inner-wisdom. I learned some great ways how to tap into my intuition and higher consciousness and (finally) a way to move beyond my mind chatter. I think the book does a wonderful job at combining practical and spiritual advice to overcome obstacles that have kept me stuck and not living my potential. The book really helped me focus my ideas and motivated me to start taking action on them. I recommend this book to people who feel stuck or know deep down they aren't living their calling. This book helped me clarify my ideas swirling around in my head gave me an effective means of getting out of my own way and onto implementing them. I'll definitely keep this book handy as I continue to make my dream job career transition.

I believe that human consciousness is expanding to a new level. We seem to be entering a new age where we're testing and growing beyond the relative truths held by previous generations. This book is yet another testament to the evolution of how we are re-interpreting the world around us and testing conventional wisdom, and in this case, our understanding of how to use our spirituality in the business world. Thank God It's Wednesday! made me think a lot about how to infuse more of my own personal spirituality into my work. The book gave me some really useful tools to help notice and break through the restraints that I have placed on my potential and myself. I am already seeing positive results from all the knowledge and wisdom that I have implemented from this book offers (e.g., becoming more directed and confident, improving business relationships and, and creating more ease and flow at work and in life). I highly recommend this book to others wondering about how to achieve more balance and fulfillment and to integrate work with personal purpose. It's an excellent read.

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