



Avoid Holiday Stress with These Great Books

The holiday season is quickly approaching and AgLearn has you covered! Whether you need to deal with the aftermath of overeating at the Thanksgiving table, need to keep your energy up, or could use help managing those extra holiday tasks (like shopping and traveling), these books can help keep your busy life together during the busiest time of the year.

100 Weight-Loss Tips That Really Work

Just in case you eat too much Thanksgiving turkey, this book can help you wade through the good and bad strategies of all of the hottest diets. Follow this handy guide for facts about good and bad carbs, how fiber can help you lose weight, the best and worst proteins, and the most effective exercises for burning fat.

Boundless Energy: 52 Brilliant Ideas For Recapturing Your Bounce

Do you often wake up feeling even more tired than you did the night before? With help from this invigorating book, you'll gain back the "oomph" to tackle whatever life throws at you.

314 Mom-Tested Super Tips, Tricks and Secrets to Take Care of Everything With Time Left For What Really Matters

This book offers the best strategies, tips and ideas in a unique approach that goes beyond time management and organizing. Get at what's really important in life by taking small steps rather than sweeping but superficial changes.

Controlling Your Day in an Uncontrollable World: Maximize Your Productivity

Plan your life as carefully as you plan your vacations. This book shows that when you manage your time effectively, you get results, free time and focus.

1000 Best Quick and Easy Time-Saving Strategies

To-the-point and immediately useful, this practical book offers flexible time-management tips and down-to-earth ideas that actually work in the real world. Use these tips to help you conquer your schedule once and for all.

Leave the Office Earlier: How to Strike a Balance Between Workplace Productivity and Employee Burnout

This book can help you spend fewer hours at work. See how to make your working hours as productive as possible, cut down on interruptions, and employ proven effectiveness practices.

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