



Stay Well During the Holiday Season!

Manage your stress, eat well, and get things done during this holiday season with AgLearn! And, as always, you can **add to your knowledge at no cost to you, 24/7!**

+ [A Mindfulness-Based Stress Reduction Workbook](#)

By showing you how to gradually replace stress-promoting habits with mindful ones, this accessible workbook introduces you to mindfulness meditation and teaches simple, profound practices that can decrease suffering and bring greater balance and peace.

+ [Playing the Beautiful Game: Inspirational Thoughts To Help You Play Well, Work Well And Live Well](#)

Whether you play the game, follow a different sport or are looking to sharpen your edge at work, this unique, accessible self-development book will inspire and challenge you to do whatever it is that you do more beautifully, effectively and gracefully.

+ [The Awakening Course: The Secret to Solving All Problems](#)

Explaining the four stages of awakening, this thought-provoking book offers a proven step-by-step approach for finding and achieving your goals and desires, and shows how you can reach these goals while pursuing complete mind, body, and spiritual transformation.

+ [Controlling Your Day in an Uncontrollable World: Maximize Your Personal Productivity](#)

Do you plan your life as carefully as you plan your vacations? This book shows that when you manage your time effectively, you experience results, recognition, free time, clarity, and focus.

+ [Becoming Self-Disciplined: Make Yourself Do What You Should Do, Even When You Don't Feel Like It](#)

Showing you how to exercise restraint over your own impulses, emotions, and desires, this book will help you realize that working on the right task doesn't always mean working on the fun task.

+ [Deadline Fitness: Tone Up and Slim Down When Every Minute Counts](#)

With five individualized plans for different time frames, this informative book combines proven, easy-to-follow exercise and eating plans with dramatic, inspiring stories about the special life events that spur us to tone up and look great.

+ [Healthy Cooking for Children: 52 Brilliant Ideas To Dump The Junk, New Edition](#)

Whether you want easy to understand information about additives or would simply like to find some meals your children will eat without turning their noses up, this book will show you how to decipher food labels, save time and money, and much more.

As with all AgLearn resources, these are available to all USDA employees at no cost to you!