

CHAPTER 7: WEB RESOURCES

Strategies for Time Management

MindTools provides an abundance of useful information on time management, stress management, information skills, communication skills, memory improvement, leadership skills, problem solving, decision making, project planning, and practical creativity.

www.mindtools.com

The Productivity Institute is dedicated to offering the highest quality time management and personal productivity seminars and classes, workshops, keynotes, and consulting.

www.balancetime.com

Having trouble sticking to a goal? With a simple, step-by-step process, myGoals.com keeps you focused and on track until you accomplish your goal.

www.mygoals.com

Strategies for Stress Management

Helpguide's mission is to empower you and your loved ones to understand, prevent, and resolve health challenges. Explore the topics on coping with stress, symptoms and treatment, and burnout.

www.helpguide.org

Coping.org is home of the *Tools for Coping* series, online manuals for coping with a variety of life's stressors, authored by James J. Messina, Ph.D., and Constance M. Messina, Ph.D.

www.coping.org

Academictips.org is a Web site featuring tips from people around the world. The site contains tips to help you manage your time, take better notes, study more effectively, improve memory, take tests, and handle the stresses of college life.

www.academictips.org

Positive Thinking

Positive thinking permeates every major life area—work, family, friendships, community, health, and spirit; it encompasses mind, body, and soul. Through positive thinking you can change your life today. Start by exploring the Web site and browsing this online magazine.

www.positivethinkingmag.com

SuccessConsciousness.com offers informative and quality articles, advice, guidance, and eBooks on positive thinking, creative visualization, the powers of the mind, affirmations, motivation, and success.

www.successconsciousness.com

SelfGrowth.com is part of a Web network for self-improvement and personal growth. In addition to a directory on Positive Thinking, it provides information ranging from goal setting and stress management to natural health and alternative medicine.

www.selfgrowth.com