# Curated recommendations for you

#### Learning How to Learn

Re-energize Yourself! Becoming a Lifelong Learner = Prosperity.



Learning How to Learn: Powerful mental tools to help you master tough...

McMaster University, University of California San Diego

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Aprendiendo a Aprender

Aprendiendo a aprender: Poderosas herramientas mentales con las que p...

McMaster University, University of California San Diego

COURSE



Learning How To Learn for Youth

Arizona State University

COURSE



Mindshift: Break Through Obstacles to Learning and Discover Your Hidd...

McMaster University

COURSE

### Stress Management

Take back control of your life, your health and your ambitions



The Science of Well-Being Yale University

COURSE



Health Behavior Change: From Evidence to Action

Yale University

COURSE



Introduction to Self-Determination Theory: An approach to motivat...

University of Rochester

COURSE



A Life of Happiness and Fulfillment

Indian School of Business

COURSE

### Job Readiness

Build the Skills that all employers are seeking to hire



Work Smarter, Not Harder: Time Management for Perso... University of California, Irvine

COURSE



Leadership and Emotional Intelligence

Indian School of Business

COURSE



Engaging in Persuasive and Credible Communication

National University of Singapore

COURSE

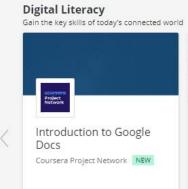


**Business Writing** 

University of Colorado Boulder

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