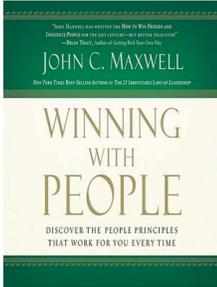
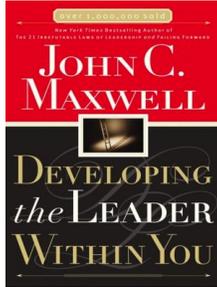


DOWNLOAD WEBINARS, PODCATS, E-BOOKS:

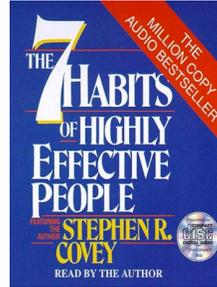
The [Overdrive App](#) lets you borrow eBooks, audiobooks, and more from your local public library - anywhere, anytime. All you need is a library card. There are over 100,000 selections under business: Here are a few suggestions to start with:



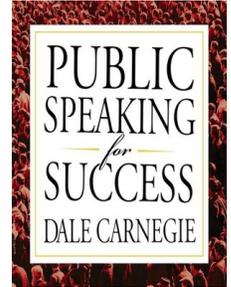
[Winning With People](#)
 John Maxwell



[Developing the Leader Within You](#)
 John Maxwell



[The 7 Habits of Highly Effective People](#)
 Steven Covey

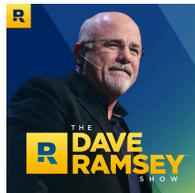


[Public Speaking for Success](#)
 Dale Carnegie

Podcasts have exploded into our culture and these are an excellent way to feel inspired while commuting:



[The Ziglar Show](#)



[The Dave Ramsey Show](#)



[Mike Rowe: The Way I Heard It](#)



[How I Built This with Guy Raz](#)

TROUBLESHOOT SOLUTIONS TO YOUR PROBLEMS

Use the time to troubleshoot challenges at home or at work. Take advantage of being alone with your own thoughts and start planning.

MEDIATE OR PRAY

Take time to reflect on what you have and be thankful for the job you have, your friends, family and to think about and envision your dreams of the future. Just make sure to keep your eyes open on the road.

CHECK IN WITH CO-WORKERS, SUBCONTRACTORS, FRIENDS AND FAMILY

Use your Bluetooth and make calls to see how you can help someone else or just encourage them. You would be surprised what it will do for you.

LAUGH

Listen to a comedian or just think about the humor of the day and laugh. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

LIFE IS ALWAYS A BUMPY ROAD, EVENTUALLY YOU JUST LEARN HOW TO DRIVE ON IT.