

# Sky High Workbook 5 A

**Workbook** Focus on Grammar Spanish, Grades 6 - 12 **Aim High, Level 5** **The High 5 Habit** *Fly High 5' 2006 Ed. Let's Go American Headway 5: Workbook / IChecker Pack* **Aim High, Level 4** Aim High Workbook for Radiologic Science for Technologists - E-Book The High 5 Daily Journal GCSE Edexcel Science Higher Success Workbook Singapore Math Challenge, Grades 2 - 5 **GCSE Edexcel Additional Science Higher Success Workbook** **Flying High** *Spanish, Grades 6 - 12* **English-french Vocabulary - Level B1** The Art of Peace and Relaxation Workbook The Art of Peace and Relaxation Workbook **Ni Hao 2: Student workbook** *Language Usage and Practice High School* **GCSE OCR Science Foundation Success Workbook** *My Sight Words Workbook: 101 High-Frequency Words Plus Games & Activities!* **Children Learn Business** **GCSE OCR Additional Science Foundation Success Workbook** **Critical Thinking and Logical Reasoning** **Let's Go - Student Book Workbook for Textbook of Diagnostic Sonography - E-Book** *Daily Reading Comprehension, Grade 2 - Student Workbook (5-Pack)* Daily Reading Comprehension, Grade 7 - Student Workbook (5-Pack) **Research on Service Learning** Disciplined Entrepreneurship Workbook Sight Words Activity Workbook For Kids Ages 3-5 *Workbook for Radiation Protection in Medical Radiography - E-Book* **Book2 English - French for Beginners** *Skill Sharpeners: Steam, Grade 5* **Walker Maths 2. 5 Networks** Daily Reading Comprehension, Grade 5 - Student Workbook (5-Pack) GCSE Additional Science Higher

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**Children Learn Business** Oct 02 2020 The most successful professionals starting learning business concepts at a very early age. Having these childhood experiences proved most valuable as adults. They grew up and entered the workforce leagues ahead of their peers in social skills, communication, and business acumen. Children are quick to learn from others and adapt to their environment, more so than any other age. Knowing this, we must ask ourselves an important question. If the best time to learn is during childhood, why there is a significant lack of business education tailored for children? Millions of children's books are available for sale, however they are written on tales of a fantasy world where animals can speak, everyone is free from responsibility, and there is no conflict. As expected, these books add no value to a child's development and may even paint an unrealistic viewpoint of the world.

*Spanish, Grades 6 - 12* Jun 10 2021 A top-selling teacher resource line, The 100+ Series(TM) features over 100 reproducible activities in each book!

Help your student form a solid understanding of the Spanish language. Building on the basics, this book covers common phrases, functional vocabulary, conjugation of verbs, basic grammar, and sentence structure. Over 100 pages of reproducible activities get your students started on the path to speaking and writing Spanish. The activities provided offer fun and varied exercises to practice concepts and vocabulary. Students learn to tell time, formulate sentences, conjugate verbs, pose and answer questions, and make comparisons; all while learning about Spanish-speaking culture.

Workbook for Radiologic Science for Technologists - E-Book Dec 16 2021 Reinforce your understanding of diagnostic imaging and sharpen your radiographic skills! Corresponding to the chapters in Bushong's Radiologic Science for Technologists, 12th Edition, this workbook helps you review key concepts and gain the technical knowledge needed to become an informed and confident radiographer. More than 100 worksheets include engaging exercises allowing you to assess your comprehension and apply your knowledge to imaging practice. More than 100 worksheets make it easy to review specific topics from the text, and are numbered according to textbook chapter. In-depth coverage of the textbook's topics lets you review medical imaging concepts and apply them to practice. Penguin icons highlight important information from the textbook, making it easier to understand concepts and complete the worksheet exercises. NEW! Closer correlation of worksheets to the textbook simplifies your review of radiologic physics, which can be a difficult subject to understand. NEW! New worksheets on digital radiographic technique and the digital image display correspond to the new content covered in the textbook.

Daily Reading Comprehension, Grade 7 - Student Workbook (5-Pack) Mar 27 2020 Give your students their own practice book for daily instruction on reading strategies and skills. The student book corresponds to the teacher's edition, providing daily practice in reading comprehension. (No answer key)

**Critical Thinking and Logical Reasoning** Jul 31 2020 The Gift Of Logic (tm) Critical Thinking & Logical Reasoning Series is a set of twelve workbooks written with the goal of establishing a basic standard in cognitive thinking for K-12 students. These workbooks will help the students develop cognitive skills in three strands - Verbal Reasoning, Analytical Reasoning, and Pictorial Reasoning. Each workbook has a variety of exercises in these three strands. These workbooks can be used by college students and working professionals as well for a quick and easy introduction to logic and reasoning. Visit the Gift Of Logic website for more information. Ideal for use during the school day to keep the students challenged, and during winter and summer breaks to maintain strong thinking skills. Gifted and Talented students and Homeschoolers can use it as a comprehensive curriculum. \*\*\*\*\* Recommended

Reading Plan: Kindergarten: Workbook-0 Grade 1: Workbook-0, Workbook-1 Grade 2: Workbook-0, Workbook-1, Workbook 2 Grade 3: Workbook-3 Optional: Workbook-0, Workbook-1, Workbook-2 Grade 4: Workbook-3, Workbook-4 Optional: Workbook-0, Workbook-1, Workbook-2 Grade 5: Workbook-3, Workbook-4, Workbook-5 Optional: Workbook-0, Workbook-1, Workbook-2 Middle School/High School/Adults : Primer, Workbook-6, Workbook-7, Workbook-8, Workbook-9, Workbook-10. Optional: Workbook-0, Workbook-1, Workbook-2, Workbook-3, Workbook-4, Workbook-5. Read all 12 workbooks to gain the benefits of a comprehensive curriculum.

\*\*\*\*\*There are four sections in this workbook - Verbal Reasoning, Analytical Reasoning, Pictorial Reasoning, and Answers. Verbal Reasoning section topics: Conditional statements, Contradictory statements, Inverse statements, Converse statements, Contrapositive statements, Inferencing exercises (must be true and cannot be true), representing statements using symbolic notation, Inferencing using symbols, Word and sentence analogies, Agree/disagree exercises. Analytical Reasoning section topics: List Processing, Sequencing, Scheduling, Venn Diagrams, Grouping, Graph Logic, Number Logic, Letter Logic, 9\*9 Sudokus, Looping, FIFO, LIFO, Correlation. Pictorial Reasoning section topics: Picture Sequence, Odd Picture, Picture Analogy, Picture

Difference, Pattern Matching. Detailed answers are provided at the end of the workbook. After completing the exercises in this workbook, the student can proceed to do the exercises in Workbook-5.

Daily Reading Comprehension, Grade 5 - Student Workbook (5-Pack) Jul 19 2019 Give your students their own practice book for daily instruction on reading strategies and skills. The student book corresponds to the teacher's edition, providing daily practice in reading comprehension. (No answer key)

Daily Reading Comprehension, Grade 2 - Student Workbook (5-Pack) Apr 27 2020 Give your students their own practice book for daily instruction on reading strategies and skills. The student book corresponds to the teacher's edition, providing daily practice in reading comprehension. (No answer key)

**Research on Service Learning** Feb 24 2020 The purpose of this set is to improve service learning research and practice through strengthening its theoretical base. Contributing authors include both well-known and emerging service learning and community engagement scholars, as well as scholars from other fields. The authors bring theoretical perspectives from a wide variety of disciplines to bear as they critically review past research, describe assessment methods and instruments, develop future research agendas, and consider implications of theory-based research for enhanced practice. This set constitutes a rich resource that suggests new approaches to conceptualizing, understanding, implementing, assessing, and studying service learning. Each chapter offers recommendations for future research. *Research on Service Learning: Conceptual Frameworks and Assessment* will be of interest to both new and veteran service learning instructors seeking to enhance their practice by integrating what has been learned in terms of teaching, assessment, and research. Staff and faculty who are responsible for promoting and supporting service learning at higher education institutions, evaluating community service programs, and working with faculty to develop research on service learning, will also find this volume helpful. For scholars and graduate students reviewing and conducting research related to service learning, this book is a comprehensive resource, and a knowledge base about the processes and outcomes of innovative pedagogies, such as service learning, that will enable them to locate their own work in an expanding and deepening arena of inquiry. Both volumes open with chapters focused on defining the criteria for quality research. Volume 2A, then begins with research related to students, comprising chapters that focus on cognitive processes, academic learning, civic learning, personal development, and intercultural competence. The concluding faculty section presents chapters on faculty development, faculty motivation, and faculty learning. Volume 2B addresses community development, and the role of nonprofit organizations in service learning. It then focusses on institutions, examining the institutionalization of service learning, engaged departments, and institutional leadership. The final section on partnerships in service learning includes chapters on conceptualizing and measuring the quality of partnerships, inter-organizational partnerships, and student partnerships. Both volumes are also available separately.

**Book2 English - French for Beginners** Oct 22 2019 book2 is available in many languages is ideal for beginners has 100 short and easy chapters corresponds to the European levels A1 and A2 requires no prior knowledge of grammar covers the basic vocabulary uses simple structures to help you learn a language helps you to speak complete sentences immediately applies the latest memory research All downloads can be accessed at [www.book2.de](http://www.book2.de). The audio files are available free of charge at [www.book2.de](http://www.book2.de). Tip for learners: Do only one new chapter per day! Regularly repeat chapters you have already learned.

GCSE Additional Science Higher Jun 17 2019 Covers the 2006 Gateway Additional Science specification for all exam boards - AQA, Edexcel and OCR, for students going on to study Additional Science. Part of the "Success" series, this title emphasises the shift from fact learning to investigating and understanding how science works.

The High 5 Daily Journal Nov 15 2021

**GCSE Edexcel Additional Science Higher Success Workbook** Aug 12 2021 This workbook offers accessible practice to help manage GCSE Additional Science revision and prepare for the exam efficiently. The content is broken into manageable sections and advice is given to help build confidence. Tips and techniques provide support throughout the revision process.

*American Headway 5: Workbook / IChecker Pack* Mar 19 2022

*Workbook for Radiation Protection in Medical Radiography - E-Book* Nov 22 2019 Comprehensive review includes coverage of all the material included in the text, including x-radiation interaction, radiation quantities, cell biology, radiation biology, radiation effects, dose limits, patient and personnel protection, and radiation monitoring. Chapter highlights call out the most important information with an introductory paragraph and a bulleted summary. Engaging variety of question formats includes multiple choice, matching, short answer, fill-in-the-blank, true/false, labeling, and crossword puzzles. Calculation exercises offer practice in applying the formulas and equations introduced in the text. Answers are provided in the back of the book.

Aim High Jan 17 2022 Aim High will help your students succeed as language learners in the classroom, with their homework and also, in exams. How will it do this? It builds students' vocabulary knowledge through a structured and progressive approach. What does this mean? There are over 50 active vocabulary items in each unit, including words from the Oxford 3000TM. Students learn the meaning of new words but they also learn how and when to use them for themselves. And these are not just useful, everyday words. They're also introduced to expressions, idioms, phrasal verbs, and so on. Essential language for communicating well in English. As a teacher you'll want to help your students become autonomous learners. In Aim High there are lots of opportunities to prepare for this. In the Student's Book there's a 'Dictionary Corner', with exercises to help them towards learner autonomy. With the self-check and review boxes they can see how they're progressing for themselves. A Grammar Reference and Grammar Builder bring together all the grammar and vocabulary for the unit. These allow students to look back over grammar points and review what they have learned.

**Flying High** Jul 11 2021

*Singapore Math Challenge, Grades 2 - 5* Sep 13 2021 Get ready to take the Math Challenge! Singapore Math Challenge will provide second grade students with skill-building practice based on the leading math program in the world, Singapore Math! Common Core Standards accelerate math expectations for all students, creating a need for challenging supplementary math practice. Singapore Math Challenge is the ideal solution, with problems, puzzles, and brainteasers that strengthen mathematical thinking. Step-by-step strategies are clearly explained for solving problems at varied levels of difficulty. A complete, worked solution is also provided for each problem. -- Singapore Math Challenge includes the tools and practice needed to provide a strong mathematical foundation and ongoing success for your students. The Common Core State Standards cite Singapore math standards as worldwide benchmarks for excellence in mathematics.

*Fly High 5' 2006 Ed.* May 21 2022

*Aim High, Level 5* Jul 23 2022 Aim High will help your students succeed as language learners in the classroom, with their homework and also in exams. How will it do this? It builds students vocabulary knowledge through a structured and progressive approach. What does this mean? There are over 50 active vocabulary items in each unit, including words from the Oxford 3000TM. Students learn the meaning of new words but they also learn how and when to use them for themselves. And these are not just useful, everyday words. They're also introduced to expressions, idioms, phrasal verbs, and so on. Essential language for communicating well in English. As a teacher you'll want to help your students become autonomous learners.

In Aim High there are lots of opportunities to prepare for this. In the Student's Book there's a 'Dictionary Corner', with exercises to help them towards learner autonomy. There's also a Literacy Corner to extend their vocabulary, focusing on selected readers of the right level. With the self-check and review boxes they can see how they're progressing for themselves. A Grammar Reference and Grammar Builder bring together all the grammar and vocabulary for the unit. These allow students to look back over grammar points and review what they have learned.

**GCSE OCR Additional Science Foundation Success Workbook** Sep 01 2020 This workbook offers accessible practice to help manage GCSE Additional Science revision and prepare for the exam efficiently. The content is broken into manageable sections and advice is given to help build confidence. Tips and techniques provide support throughout the revision process.

**English-french Vocabulary - Level B1** May 09 2021

*Language Usage and Practice High School* Jan 05 2021 Language Usage and Practice is the ideal resource for customized classroom practice. The easy-to-follow format allows students to work independently, saving time while ensuring students get the language support they need-whether it's focused practice for a new skill or extra practice for individual students. This book contains: Rule, example, practice format Six units with test Assessments A helpful glossary of language terms

*Let's Go* Apr 20 2022 Success from the very beginning. Millions of children around the world have learned to speak English through the trusted methodology of Let's Go. Maximise children's talking time in class through dialogues, pair work and communicative games. This combined with the rhythm and melody of the acclaimed Carolyn Graham songs makes the language memorable.

*The Art of Peace and Relaxation Workbook* Mar 07 2021 This workbook contains over 130 exercises in the form of surveys, questionnaires, inventories, and journal entries, to help students make some or all of these stress-reducing skills part of their daily routine, and achieve balance. Available in print and electronically as an Express PDF.

**Workbook** Oct 26 2022 Everybody Up is a seven-level course that motivates children by linking the English classroom to the wider world. Everybody Up encourages children to use language in a natural and meaningful way by connecting English to their own lives. Colorful cross-curricular lessons link English to other school subjects. Fun stories teach life lessons such as being kind and polite. Great songs, and the special Everybody Up Friends, motivate children to practice English - even at home!

*Skill Sharpeners: Steam, Grade 5* Sep 20 2019 Engage children in solving real-world problems with Skill Sharpeners: STEAM. STEAM is an approach to project-based learning that uses science, technology, engineering, art, and mathematics to engage children in empathizing, thinking critically, collaborating, and coming up with solutions to solve real-world problems. Skill Sharpeners: STEAM is where creativity meets academics. Each unit includes a fun hands-on STEAM project that encourages children to enjoy the journey of creating and sharing his or her solution to help create a better world. Skill Sharpeners: STEAM activity books for grade 5 are organized around 9 real-world topics related to the environment, the Earth, people and cultures, and social and emotional learning. Topics include themes such as: Diversity STEAM task: Create a book about diverse people who inspire you. Shelter in Place STEAM task: Design and make a stay-at-home kit with original activities. Community Centers STEAM task: Create and give a presentation to persuade a town council that a community center is valuable. Tiny Houses STEAM task: Create a pamphlet to persuade people to buy a tiny house. Not Enough Classrooms STEAM task: Decorate a T-shirt for a fundraiser. Each unit includes a grade-appropriate story or nonfiction reading article, a STEAM task to solve, and activities that provide an integrated approach to learning: Science: important concepts and vocabulary related to the unit's theme Technology: models about how technology is applied in the real world Engineering: examples of engineering solutions in the world Art: creative solutions through art projects Math: math operations to figure out solutions Plus, each title includes a: Career

spotlight that highlights specific careers related to the topic Supply list for each STEAM task Bonus STEAM puzzle Certificate of completion Answer key Skill Sharpeners: STEAM creates entertaining and fun activities that get children thinking and learning without even realizing it. Every Skill Sharpeners workbook now includes a free downloadable Teaching Guide! Skill Sharpeners: STEAM Teaching Guides include: How to Use directions for approaching STEAM education Sample pacing guide to complete lessons and activities Teaching suggestions with STEAM rubric and graphic organizers Extension activities that include literature suggestions, virtual field trips, and discussion guides to deepen children's connections and understanding

**Walker Maths 2. 5 Networks** Aug 20 2019 Walker Maths is a series of workbooks containing high-quality, up-to-date material in NCEA Mathematics suitable for students of all abilities at Level 2. The well-designed, write-on workbooks contain teaching material, including relevant formulae, and ample practice exercises along with sample tasks and questions. The workbooks reflect the content and style of the new standards, and will allow teachers total flexibility in course design for students at all levels.

*GCSE Edexcel Science Higher Success Workbook* Oct 14 2021 This workbook offers accessible practice to help manage GCSE Science revision and prepare for the exam efficiently. The content is broken into manageable sections and advice is given to help build confidence. Tips and techniques provide support throughout the revision process.

**Ni Hao 2: Student workbook** Feb 06 2021 Ni Hao, Level 2 (3rd edition) consists of a student textbook, student workbook and four audio CDs. Lessons 2 and 3 have been renamed but the content is primarily the same. Lesson 6 was eliminated. One more review lesson has been added as Lesson 5. A new section "About Pinyin and characters" has been added to this new edition. It highlights some areas that students would like to know when learning the rules of pronunciation. In the student workbook the first section of each lesson provides word recognition practices instead of listening to statements and identifying the picture as in the 2002 edition. The audio CDs cover all sections in each lesson which provide support to students for independent listening opportunities. The sections in the student textbook and workbook exercises are clearly announced.

**Aim High, Level 4** Feb 18 2022 Aim High will help your students succeed as language learners in the classroom, with their homework and also in exams. How will it do this? It builds students vocabulary knowledge through a structured and progressive approach. What does this mean? There are over 50 active vocabulary items in each unit, including words from the Oxford 3000TM. Students learn the meaning of new words but they also learn how and when to use them for themselves. And these are not just useful, everyday words. They're also introduced to expressions, idioms, phrasalverbs, and so on. Essential language for communicating well in English. As a teacher you'll want to help your students become autonomous learners. In Aim High there are lots of opportunities to prepare for this. In the Student's Book there's a 'Dictionary Corner', with exercises to help them towards learner autonomy. There's also a Literacy Corner to extend their vocabulary, focusing on selected readers of the right level. With the self-check and review boxes they can see how they're progressing for themselves. A Grammar Reference and Grammar Builder bring together all the grammar and vocabulary for the unit. These allow students to look back over grammar points and review what they have learned.

*My Sight Words Workbook: 101 High-Frequency Words Plus Games & Activities!* Nov 03 2020 Let kids play their way to success with sight words. Give kids the building blocks for reading with My Sight Words Workbook. The activities inside make it fun and accessible for kindergarten and first-grade students to learn the top 101 sight words and increase their reading speed and comprehension. Sight words are common words like "of", "the", and "you" that don't fit standard phonetic patterns and can only be learned through memorization. The exercises in this workbook will have kids say each word, trace each word, write each word, and use it in a sentence--then tackle puzzles and games to reinforce what they've learned. The My Sight Words Workbook is: Colorful and illustrated--Pictures, examples, and a little monkey helper make this book friendly and encouraging. Ready to

read--This book is ready to use exactly as it is, and the pages can be easily reproduced for a whole classroom. Studded with stars--Kids can color in a star for every word they master and see their progress in real time. Equip new readers to identify common words on sight and boost their reading fluency.

Disciplined Entrepreneurship Workbook Jan 25 2020 The essential companion to the book that revolutionized entrepreneurship Disciplined Entrepreneurship Workbook provides a practical manual for working the 24-step framework presented in Disciplined Entrepreneurship. Unlocking key lessons and breaking down the steps, this book helps you delve deeper into the framework to get your business up and running with a greater chance for success. You'll find the tools you need to sharpen your instinct, engage your creativity, work through hardship, and give the people what they want—even if they don't yet know that they want it. Real-world examples illustrate the framework in action, and case studies highlight critical points that can make or break you when your goal is on the line. Exercises and assessments help you nail down your strengths, while pointing out areas that could benefit from reinforcement—because when it comes to your business, "good enough" isn't good enough—better is always better. Disciplined Entrepreneurship transformed the way that professionals think about starting a company, and this book helps you dig into the proven framework to make your business dreams a reality. Delve deeper into the 24 steps to success Innovate, persevere, and create the product people want Internalize lessons learned from real-world entrepreneurs Test your understanding with exercises and case studies The book also includes new material on topics the author has found to be extremely useful in getting the most value out of the framework including Primary Market Research, Windows of Opportunity and Triggers. The book also introduces the Disciplined Entrepreneurship Canvas to track your progress on this journey. Starting a company is a serious undertaking, with plenty of risk and sacrifice to go around—so why not minimize the risk and make the outcome worth the sacrifice? Author Bill Aulet's 24-step framework is proven to build a successful business; the key is in how well you implement it. Disciplined Entrepreneurship Workbook helps you master the skills, tools, and mindset you need to get on your path to success.

**Workbook for Textbook of Diagnostic Sonography - E-Book** May 29 2020 Reinforce your understanding of Hagen-Ansert's Textbook of Diagnostic Sonography, 9th Edition with this practical workbook! With chapters corresponding to the textbook, this study guide provides exercises allowing you to review, practice, and apply sonography concepts. Case studies offer opportunities to apply your knowledge to the clinical setting. Like the text, this edition of the workbook includes updated images and scans, in addition to content that reflects the newest curriculum standards. It's a useful review and an excellent preparation tool for national board examinations in diagnostic sonography! Review questions are presented in a variety of formats, including multiple-choice, matching, short answer, fill-in-the-blank, and labeling, with answers at the back of the book. Exercises in each chapter provide review and practice with terminology, anatomy, physiology, laboratory values, sonographic anatomy and technique, and pathology. Anatomy labeling activities test your ability to recognize anatomic structures in sonographic images. Review of key terms in each chapter allows you to test your knowledge of the terminology used in the textbook. Case studies include images from the textbook, testing your skills at identifying key anatomy and pathology and in interpreting sonographic findings. Content reviews include multiple-choice questions to test your knowledge of the four main content areas covered on ARDMS board exams: general sonography, pediatric, cardiovascular anatomy, and obstetrics and gynecology. NEW! Updated content keeps pace with the 9th edition of Textbook of Diagnostic Sonography, reflecting the newest curriculum standards and preparing you for the national board examinations. NEW! Updated images and scans reflect the latest advances in the field and help you prepare for boards and for clinicals.

Focus on Grammar Sep 25 2022

**GCSE OCR Science Foundation Success Workbook** Dec 04 2020 This workbook offers accessible practice to help manage GCSE Science revision

and prepare for the exam efficiently. The content is broken into manageable sections and advice is given to help build confidence. Tips and techniques provide support throughout the revision process.

Spanish, Grades 6 - 12 Aug 24 2022 Support Spanish acquisition using Skills for Success: Spanish for grades 6-12. Students can use the activities in this 128-page book on their own or in addition to any Spanish program. The exercises are presented in a range of formats that help students acquire everyday Spanish vocabulary. The book includes vocabulary lists, reproducible storybooks, a pronunciation key, and an answer key.

The Art of Peace and Relaxation Workbook Apr 08 2021 Stress Management

**Let's Go - Student Book** Jun 29 2020 Success from the very beginning Millions of children around the world have learned to speak English through the trusted methodology of Let's Go. Maximise children's talking time in class through dialogues, pair work and communicative games. This combined with the rhythm and melody of the acclaimed Carolyn Graham songs makes the language memorable.

Sight Words Activity Workbook For Kids Ages 3-5 Dec 24 2019 Top most common sight words for kids! Are you ready to get your kids' reading and writing to the next level? With this notebook you will get: 200 most common words for kids to learn Fun and engaging activity workbook to make the learning process easy Increasing difficulty to help your little learners get smarter fast! Handy table of content so you can teach them any word you want at any time Perfect handy size 8.5x11 Get Yours Today and Start Learning!

**The High 5 Habit** Jun 22 2022 Mel Robbins broke self-publishing records and changed the lives of millions of people with her bestselling global phenomenon, The 5 Second Rule. And now, she's back with The High 5 Habit and on a mission to help you change your life. Don't let the title fool you. This isn't a book about high fiving everyone else in your life. You're already doing that. Instead, Mel teaches you how to start high fiving the most important person in your life, the one who is staring back at you in the mirror: YOURSELF. If you struggle with self-doubt (and who doesn't?) ...If you're tired of that nagging critic in your head (could somebody evict them already?) ...If you're wildly successful but all you focus on is what's going wrong (you're not alone) ...If you're sick of watching everybody else get ahead while you sit on the couch with your dog (don't bring your dog into this) ...Mel dedicates this book to you. Using her signature science-backed wisdom, Mel will teach you how to make believing in yourself a habit so that you operate with the confidence that your goals and dreams demand. The High 5 Habit is a simple yet profound tool that changes your attitude, your mindset and your behaviour. So be prepared to laugh and learn as you take steps to immediately boost your confidence, happiness and results.