

# **The Sweet Spot: How To Find Your Groove At Home And Work**

**By Christine Carter Ph.D.**

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Book Review: The Sweet Spot: Finding Your Groove at Home I believe it should be Dr. Christine Carter's The Sweet Spot: How to Find Your Groove at Home and Work.

### **The Sweet Spot: How to Find Your Groove at Home -**

Learn how to achieve more by doing less Live in that zone you've glimpsed but can't seem to hold on to--the sweet spot where you have the greatest strength, but also

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Sweet spot or Sweet Spot may refer to: Sweet spot (sports) Sweet spot (acoustics) Sweet spot (phonetics) Music Sweet Spot, album by Nino Del Pesco 1994 Sweet Spot

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How much sweet spot training should you incorporate into your daily workouts? by Frank Overton January 2014: Sweet spot training is a balanced amount of intensity and

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In The Sweet Spot, Carter shares the Ph.D., author of the author of my favorite book on parenting has written a book on work-life balance. Christine Carter

### **SweetSpot, Inc. | index.php -**

SweetSpots are a very simple, yet effective tool for soccer players at any stage of development. Young players love SweetSpots because it keeps their laces tied and

### **Christine Carter | Speaker Profile and Speaking -**

The Sweet Spot: How to Find Your Groove at Work & Home; Dr. Christine Carter, Ph.D is the author of The Sweet Spot: How to Find Your Groove at Home and Work

### **Christine Carter | Facebook -**

Christine Carter, Ph.D., is the author of The Sweet Spot: How to Find Your Groove at Work and Christine's Books. Free Tips! Photos.

### **Dr. Christine Carter | Happiness Expert, -**

My copy of Christine Carter's The Sweet Spot is a book on work-life balance. Christine Carter has once again Christine offers "micro-habits

### **Christine Carter: Books, Biography, Blog, -**

is the author of The Sweet Spot: How to Find Your Groove at Work and Home How to Find Your Groove at Home and Work by Christine Carter Ph.D. (Jan 20, 2015)

### **the sweet spot nation -**

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### **Christine Carter, Ph.D. - Penguin Random House -**

A sociologist and happiness expert at UC Berkeley's Greater Good Science Center, Dr. Christine Carter is the author of *The Sweet Spot: How to Find Your Groove at*

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### **Christine L Carter Ph.D. | Psychology Today -**

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### **Need Help Finding Your Sweet Spot at Home and Work -**

Feb 03, 2015 Need Help Finding Your Sweet Spot at Home and Work? *The Sweet Spot: How to Find Your Groove at Home and at* to Christine and asked her

### **The Secret to Finding Your Sweet Spot - Suitcase -**

The BIGGEST reason why people do not know what they really want to do is that they cannot figure out their sweet spot. In this article I'll show you how.

### **The Sweet Spot: How to Find Your Groove at Work -**

Author information. Christine Carter, Ph.D., is a sociologist and happiness expert at UC Berkeley's Greater Good Science Center, an interdisciplinary research center

### **The sweet spot : how to find your groove at home -**

how to find your groove at home and work. [Christine Carter] In *The Sweet Spot*, Carter shares what she calls "the sweet spot equation," a combination of

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Find your sweet spot the place where you re happy and more productive while actually working less

### **How to Find the Pricing Sweet Spot - Entrepreneur -**

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### **Home - The Sweet Spot Blog -**

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### **Christine Carter on Technology and Multitasking - -**

Dec 04, 2014 Christine Carter is a sociologist and leading happiness expert and author of "*The Sweet Spot: How to Find Your Groove at Home* Find Your Groove at Home

### **How to find the Sweet Spot - YouTube -**

Sep 24, 2009 Short instructional video showing how to find the sweetspot on a baseball bat. Go to [mikescottbaseball.com](http://mikescottbaseball.com) for more baseball instructional videos.

### **The Sweet Spot - Deseret Book -**

Christine Carter synthesizes the when we focus on the Sweet Spot Relationships + Tolerate Some Discomfort = Finding Your Groove and Getting

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**Are You Living in Your Sweet Spot? | Christian -**

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The Sweet Spot How to Find Your Groove at Home and Work How to Find Your Groove at Home and Work How to Find Your Groove at Home and Work By Christine Carter, Ph.D.

**Urban Dictionary: sweet spot -**

Rusty sighed with pleasure when his wife kissed the sweet spot on his neck

**Sweet spot (sports) - Wikipedia, the free -**

The sweet spot is a place where a combination of factors results in a maximum response for a given amount of effort. In tennis, squash, racquetball, baseball, or

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**SweetSpot - ESPN -**

Back in April, when Los Angeles Angels owner Arte Moreno had a little fit and punted Josh Hamilton to the Rangers, the Angels thought they would be OK in left field

**Dessert Shop Dalton GA, Yogurt Shop Dalton GA, The -**

The Sweet Spot in Dalton, GA is a dessert store providing yogurt with 35 flavors and 30 toppings. Definitely a sweet & satisfying healthy treat for all.

**Sweet Spot Part Deux: How to Sweet Spot - FasCat -**

by Frank Overton, 10.31.07. Buongiorno! It has been over 2 years since I wrote the original sweet spot article and it is nice to hear how many athletes have added it