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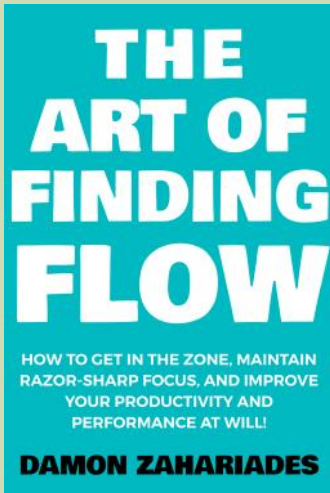
Art Of Productivity
Simple life hacks for a more rewarding lifestyle



Damon Zahariades is the powerhouse behind Art of Productivity/DZ Publications. Through his books, Damon delivers time management/productivity/personal success strategies that teach people how to create habits to get more done while enjoying more free time. Author of 21 bestselling titles and consistently among the **Top 5 Amazon authors** in self-help categories, Damon comes out of the corporate world and knows first-hand the frustration of productivity killers like procrastination, poor planning, lack of focus, or digital overload. Whether readers are professionals looking to boost their productivity or just want to get the most out of life, Damon's books will help them get things done with less stress so that they can create a more rewarding lifestyle built on his powerful yet practical strategies. His books have been translated into 30 languages in 32 different countries.

ART OF LIVING WELL SERIES

FOR INFORMATION, CONTACT:
JACKI@RUSSRIGHTS.COM

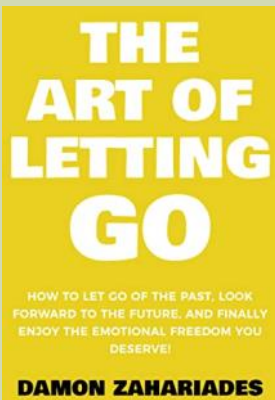


Get in the zone for razor-sharp focus!

This much-awaited third book in the **Art of Living Well series** builds on the personal empowerment achieved in Zahariades' international best-selling books *The Art of Saying No* and *The Art of Letting Go*. Here, Zahariades shows readers how to radically improve performance in every area of their lives.

Flow is a state of mind that occurs when a person is totally immersed in an activity. Elite athletes, successful executives, world-class musicians, and top-performing students all take advantage of flow to achieve their goals and accomplish remarkable feats. *The Art of Finding Flow* reveals the transforming power of flow and provides a step-by-step masterclass for anyone to reach a flow state of consciousness at will. Each step is accompanied by an exercise designed to help readers develop this amazing ability at their own pace.

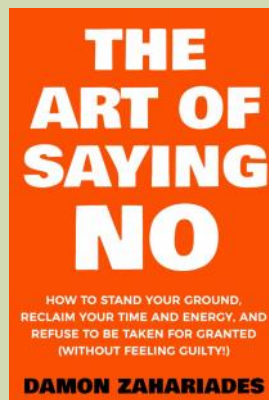
ISBN: 9798392288748 (April 2023) 5-1/2" x 8-1/2", 200 pages | Price: \$10.99
Rights sold: Arabic, Chinese (simplified & traditional), Hindi, Hungarian, Malay, Marathi, Korean, Polish, Romanian, Thai, Vietnamese



Let go—and enjoy emotional freedom.

This best-selling, practical book is written for anyone tired of feeling burdened by painful memories, bitterness, regret, shame, and other debilitating emotions and ready to make positive, rewarding changes. It delivers a complete toolkit for eliminating the emotional anchors that prevent us from enjoying life to its fullest. It includes strategies to reverse years of negative mental conditioning and teaches how to retrain the brain and jettison crippling thought patterns.

ISBN: 9798425068439 | (March 2022) 5-1/2" x 8-1/2", 194 pages | Price: \$10.99
Rights sold: Arabic, Bahasa Indonesian, Chinese (simplified & traditional), Estonian, Hindi, Hungarian, Korean, Malay, Marathi, Polish, Romanian, Russian, Slovak, Turkish, Ukrainian, Vietnamese



Stand your ground—without feeling guilty!

The Art of Saying NO, still an Amazon #1 best seller and more than 105,000 copies sold, shows how to set boundaries and gain others' respect. This action guide investigates the reasons we put other people's priorities ahead of our own. It also provides a 10-step strategic guide for turning people down with grace and finesse. This system works whether you're talking to your boss, co-workers, family members, clients, neighbors, or strangers!

ISBN: 9781549572746 | (August 2017) 5-1/2" x 8-1/2", 170 pages | Price: \$9.99
Rights sold: Albanian, Arabic, Bengali, Chinese (simplified & traditional), Czech, Hindi, Hungarian, Italian, Korean, Lithuanian, Macedonian, Malay, Marathi, Mongolian, Polish, Portuguese, Romanian, Russian, Serbian, Slovak, Thai, Turkish, Ukrainian



How to Lead a Disciplined Life

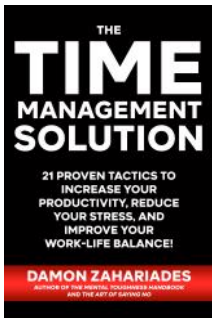
A Stress-Free Guide to Developing Self-Discipline, Increasing Willpower, and Improving Self-Control!

Self-discipline plays a pivotal role in everyone's happiness, health, and success. It enables us to control our impulses, live with clarity and purpose, and improve quality of life. In this first book in Damon's new **Self-Discipline Trilogy series**, he has created a profound but powerful 10-step process to creating stronger relationships, better career prospects, improved personal health, and greater resilience. He includes all the tools needed to set (and keep!) personal boundaries, develop uncompromising willpower, and reach full potential.

ISBN: 9798861589161 | (September 2023) 5-1/2" x 8-1/2", 216 pages

Rights sold: Arabic, Chinese (traditional), Hindi, Hungarian, Korean, Polish, Russian

Audience: Self-help, productivity, time management, personal growth & success | Price: \$10.99



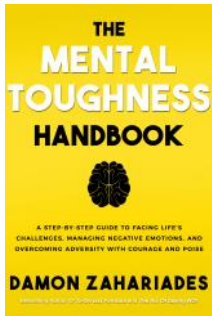
The Time Management Solution

21 Proven Tactics to Increase Your Productivity, Reduce Your Stress, and Improve your Work-Life Balance!

Learn how to optimize your most valuable resource—your time! Written for readers who are sick and tired of feeling exhausted and overwhelmed and who want to make a change, this guide delivers the tools to help them regain control of their time, optimize their daily schedules, get more done with less stress, and enjoy the healthy work-life balance they desire and deserve. Damon's fast-moving management solution delivers a step-by-step guide with dozens of proven time management techniques that build a tailor-made system that works for anyone. Bonus material includes tips on managing time as a remote worker!

ISBN: 979835462867 | (September 2022) 5-1/2" x 8-1/2", 238 pages | Price: \$10.99

Rights sold: Arabic, Thai



The Mental Toughness Handbook

A Step-by-Step Guide to Facing Life's Challenges, Managing Negative Emotions, and Overcoming Adversity with Courage and Poise!

When life feels overwhelming, it's tempting to give up. But you can resist and bravely face mishaps and obstacles—and in the process experience more joy and success in every area of your life. The secret is learning how to become *mentally tough*. This handbook offers a practical training program for developing grit and resilience in the face of adversity. It's a crash course complete with exercises designed to strengthen your mind and fortify your resolve. Life is full of setbacks. This book will show you how to bounce back, stand firm, and boldly weather the storm.

ISBN: 9798636821618 | (April 2020) 5-1/2" x 8-1/2", 190 pages

Rights sold: Arabic, Bengali, Chinese (simplified & traditional), French, Hindi, Hungarian, Korean Lithuanian, Malay, Polish, Russian, Thai, Uzbek, Vietnamese

Audience: Self-help, productivity, time management, personal growth & success | Price: \$9.99



Fast Focus

A Quick-Start Guide to Mastering Your Attention, Ignoring Distractions, and Getting More Done in Less Time!

Put simply, distractions prevent you from getting things done. The problem is, it's difficult to stay focused for more than a few minutes at a time. *Fast Focus* shows you how to master your attention and keep distractions at bay. The result? A huge increase in your productivity! This action guide provides a no-nonsense, fast-track blueprint for developing razor-sharp focus. You'll learn how to get "in the zone" whenever you need to so you can concentrate on getting more done—at work, at home, or at play!

ISBN: 9781520488875 | (January 2017) 5-1/2" x 8-1/2", 176 pages

Rights sold: Arabic, Chinese (simplified), Hindi, Korean, Polish, Russian, Turkish, Vietnamese (audio)

Audience: Self-help, productivity, time management, personal growth & success | Price: \$9.99



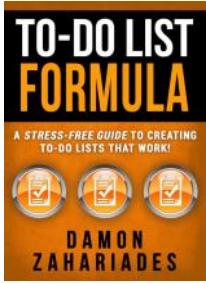
How to Make Better Decisions

14 Smart Tactics for Curbing Your Biases, Managing Your Emotions, and Making Fearless Decisions in Every Area of Your Life!

Our decisions shape our lives. Smart decisions lead to promising opportunities, greater happiness, and richer experiences. Poor decisions get us into trouble and often impose serious consequences. That's why making decisions can be so difficult. There's a lot at stake. This step-by-step guide from bestselling author Damon Zahariades shows how to make better decisions quickly and confidently with zero regret. He delivers strategies that show how to recognize cognitive biases that sabotage us, create pros-and-cons lists that actually work, avoid information overload, perform a simple paired comparison analysis, and the 10 questions to ask before making any important decision.

ISBN: 9798539142124 | (July 2021) 5-1/2" x 8-1/2", 246 pages | Price: \$10.99

Rights sold: Arabic, Chinese (simplified), Hungarian, Polish, Russian



To-Do List Formula

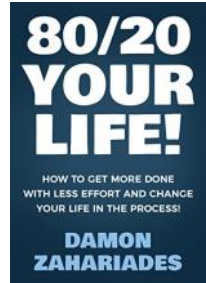
A Stress-Free Guide to Creating To-Do Lists That Work!

Frustrated you can't seem to finish your daily to-do lists? Discouraged you're not effectively managing your workload and responsibilities at your office and home? If so, it's not your fault. Millions of people are using to-do lists that set them up for failure. No matter how hard they work, they're left with a laundry list of unfinished tasks at the end of each day. There is a simple solution. *To-Do List Formula* reveals an approach specifically designed to help you organize, manage, and address every task and responsibility on your plate in a timely fashion. This guide gives everything you need to create lists that get results immediately.

ISBN: 9781539438120 | (October 2016) 5-1/2" x 8-1/2", 176 pages

Rights sold: Arabic, Chinese (simplified & traditional), Korean, Malay, Polish, Ukrainian

Audience: Self-help, productivity, time management, personal growth & success | Price: \$8.99



80/20 Your Life!

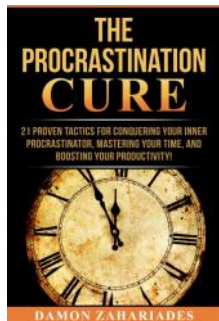
How to Get More Done with Less Effort and Change Your Life in the Process!

Pareto's 80/20 rule says that 80 percent of your results come from 20 percent of your efforts. In a nutshell: Most tasks waste time and effort. We can accomplish more by focusing on what matters. Zahariades offers a clear, easy-to-implement strategy to apply this principle in every area of your life. You'll learn how to adopt an unconventional mindset to optimize every aspect of your daily experience, with practical tips and tools to advance your career, manage your home life, build meaningful relationships, get into shape without crazy diets or exercise fads, streamline your finances in minutes per month, and much more.

ISBN: 9781980643289 | (March 2018) 5-1/2" x 8-1/2", 180 pages

Rights sold: Arabic, Hindi, Korean, Polish, Russian | Audience: Self-help, productivity, time management, personal growth & success

| Price: \$9.99



The Procrastination Cure

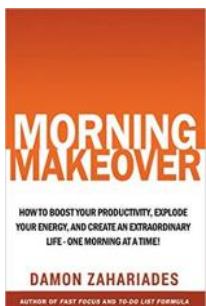
21 Proven Tactics for Conquering Your Inner Procrastinator, Mastering Your Time, and Boosting Your Productivity!

Do you regularly procrastinate? Struggle to get started on important projects? Allow tasks to pile up until they make you feel stressed and overwhelmed? Procrastination can be crippling, but there is help: *The Procrastination Cure*. In this book, Zahariades delivers 21 proven tactics to help you overcome procrastination. You will learn how to start tackling, completing, and crossing off tasks, make quick decisions regarding which projects receive your immediate attention, and finish your work each day with hours to spare!

ISBN: 9781521345474 | (May 2017) 5-1/2" x 8-1/2", 166 pages

Rights sold: Arabic, Chinese (simplified & traditional), Hungarian, Japanese, Korean, Polish, Russian, Turkish, Ukrainian

Audience: Self-help, productivity, time management, personal growth & success | Price: \$9.99



Morning Makeover

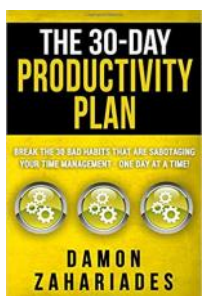
How to Boost Your Productivity, Explode Your Energy, and Create an Extraordinary Life—One Morning at a Time!

From world-class athletes to high-powered CEOs, many successful people swear by their morning routines. They rely on them to boost their energy, increase their productivity, and improve their mindset. *Morning Makeover* will show you how to do the same. This action guide takes you through a step-by-step system for creating tailored morning routines that help you accomplish your goals. You'll discover how to squeeze maximum value from your mornings and design a more rewarding lifestyle in the process!

ISBN: 9781520814797 | (March 2017) 5-1/2" x 8-1/2", 158 pages

Rights sold: Arabic, Chinese (simplified), Polish

Audience: Self-help, productivity, time management, personal growth & success | Price: \$9.99



The 30-Day Productivity Plan

Break the 30 Bad Habits That Are Sabotaging Your Time Management—One Day at a Time!

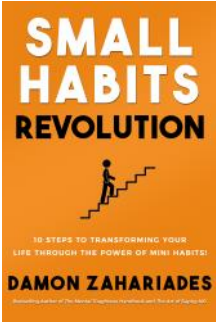
This bestselling guide offers a 30-day blueprint for boosting your productivity exponentially. It includes 30 fast-moving chapters that describe 30 bad habits that may be wreaking havoc with your ability to efficiently manage your time. Each chapter gives actionable tips to help you curb bad habits and replace them with healthier patterns. Jump directly to the chapters that address your current challenges or use it as a benchmark to monitor your daily progress.

ISBN: 9781519052278 | (November 2016) 5-1/2" x 8-1/2", 196 pages

Audience: Self-help, productivity, time management, personal growth & success | Price: \$9.99

The 30-Day Productivity Plan, Vol. II, tackles 30 more bad habits! ISBN: 9781790302161 | November 2018 | 190 pages | Price: \$9.99

Rights sold: Russian (vol. I); Chinese (simplified, vol. I & II)

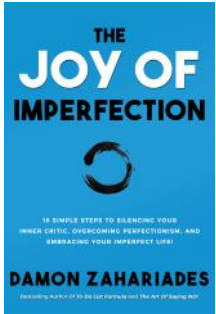


Small Habits Revolution

10 Steps to Transforming Your Life Through the Power of Mini Habits!

Good habits are tough to develop—making them stick is even tougher! But there's a simple, proven formula for creating positive behavioral routines that last. *Small Habits Revolution* takes you step by step through a simple system to make positive, lasting changes in your life. You'll discover the easiest way to create any new habit you desire—and make it stick. In just a few minutes a day, you can develop and master habits that lead to better health, greater self-confidence, improved productivity, stronger relationships, and a more fulfilling lifestyle.

ISBN: 9781520732367 | (March 2017) 5-1/2" x 8-1/2", 168 pages
 Rights sold: Arabic, Chinese (simplified & traditional), Korean, Polish, Russian, Turkish
 Audience: Productivity, time management, personal success | Price: \$9.99

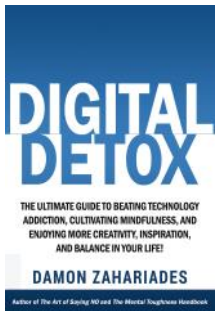


The Joy of Imperfection

A Stress-Free Guide to Silencing Your Inner Critic, Conquering Perfectionism, and Becoming the Best Version of Yourself!

What if you could silence your inner critic and eliminate your fear of failure? How might these two simple but profound changes improve your life? Zahariades offers a stimulating, thought-provoking guide that will help anyone overcome perfectionistic tendencies and enjoy a more rewarding life. His step-by-step action plan is designed to reverse the paralyzing compulsion to be perfect. He backs up his powerful plan with 18 exercises to help you silence the inner critic, embrace imperfection, and live without fear of others' disapproval.

ISBN: 9781973356387 | (November 2017) 5-1/2" x 8-1/2", 172 pages
 Rights sold: Arabic, Chinese (simplified), Czech, Polish, Russian, Thai, Turkish
 Audience: Self-help, productivity, time management, personal growth & success | Price: \$9.99

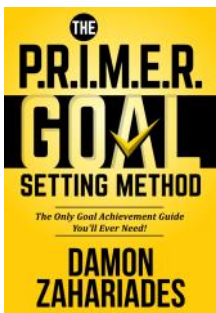


Digital Detox

The Ultimate Guide to Beating Technology Addiction, Cultivating Mindfulness, and Enjoying More Creativity, Inspiration, and Balance in Your Life

Are you addicted to your phone? Spending too much time on social media and the Internet? Feeling depressed, lethargic, and unmotivated? You're not alone. More people than ever are realizing their phones, laptops, and other digital devices are negatively impacting their quality of life. Being constantly plugged in comes at a price—increased stress, impaired sleep, decreased productivity, and more. But there is good news: There's a simple way to enjoy a quieter, more relaxed daily experience. *Digital Detox* provides an effective, step-by-step blueprint for redefining your relationship with technology and creating a more rewarding way to live that begins with giving yourself permission to disconnect.

ISBN: 9781976788666 | (January 2018) 5-1/2" x 8-1/2", 202 pages
 Rights sold: Arabic | Audience: Self-help, productivity, time management, personal growth & success | Price: \$9.99

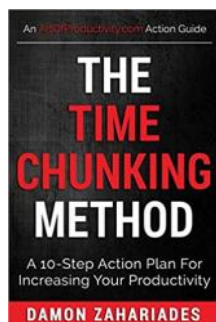


The P.R.I.M.E.R. Goal Setting Method

The Only Goal Achievement Guide You'll Ever Need!

Setting goals seems as if it should be easy. Why then do so many of us not reach our goals and dreams? If you are frustrated with pursuing dreams that never come to pass, you'll love *The P.R.I.M.E.R. Goal Setting Method*. Imagine pursuing a new skill, a coveted promotion, a promising relationship, a toned physique, or financial independence, without a shred of doubt that you'll succeed. This action guide provides a clear, concise, and easy-to-implement system for accomplishing anything you set out to do. You'll learn how to approach goal setting in a way that guarantees success and generates extraordinary results in every area of your life.

ISBN: 9781983260124 | (June 2018) 5-1/2" x 8-1/2", 158 pages
 World Rights Available | Audience: Self-help, productivity, time management, personal growth & success | Price: \$9.99



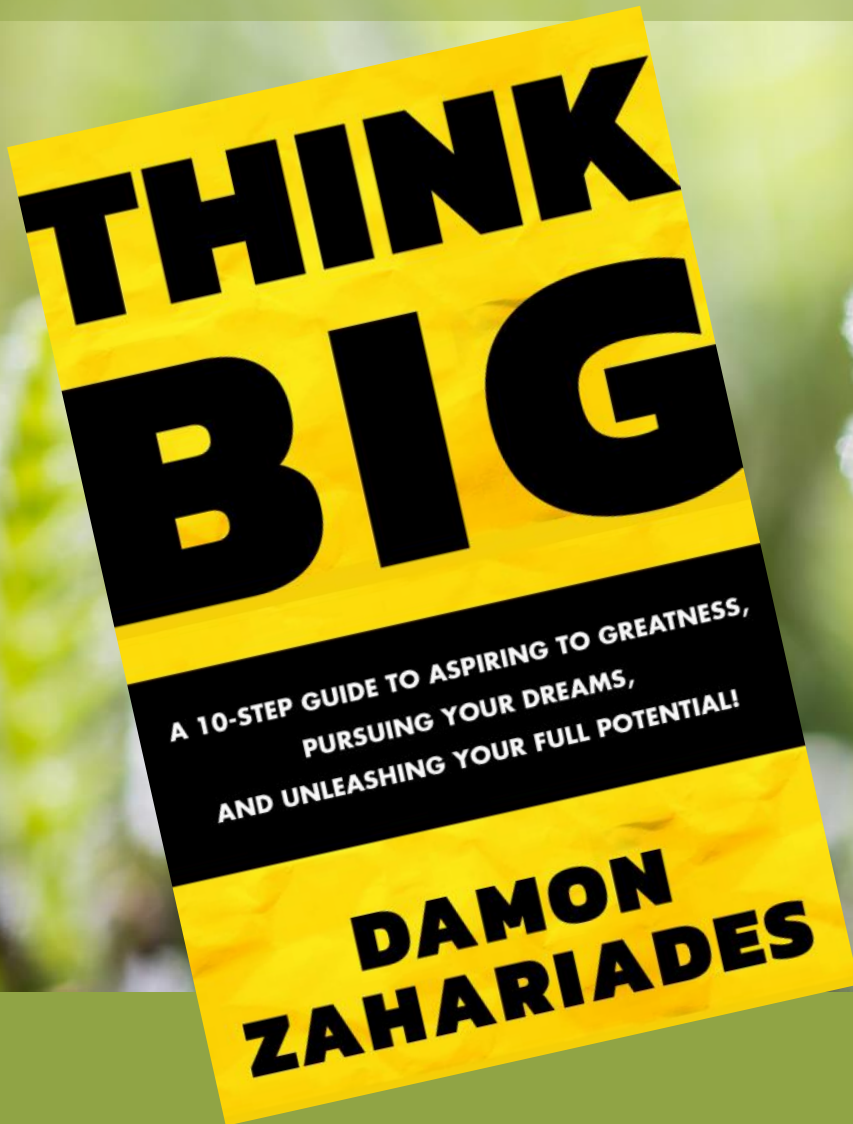
The Time Chunking Method

A 10-Step Action Plan for Increasing Your Productivity

Managing your time and increasing your productivity is easy when you use a proven system—and the Time Chunking Method is one of the best time management strategies ever created. Students, corporate managers, small business owners, and stay-at-home moms employ it to get more done, stay motivated, and carve out more free time. This easy-to-execute blueprint shows how to use time chunking to streamline your workflow and skyrocket your productivity. Its practical approach shows how to get started, overcome roadblocks, set goals, get the most out of the breaks that separate your time chunks, prevent burnout, and more!

ISBN: 9781520902272 | (March 2017) 5-1/2" x 8-1/2", 168 pages
 Rights sold: Chinese (simplified) | Audience: Self-help, productivity, time management, personal growth & success | Price: \$9.99

INTRODUCING
THE NEXT **BIG** BOOK FROM
FROM BESTSELLING AUTHOR
DAMON ZAHARIADES



Learn how to aspire to greatness & unleash your full potential. Don't let small thinking lead you to small dreams and small outcomes! Bestselling productivity expert Damon Zahariades shows step by step how thinking bigger opens a world of possibilities and leads to big rewards, realized dreams, increased self-confidence, and a more meaningful life.
Rights sold: Arabic, Chinese (traditional), Korean, Polish, Russian, Spanish, Thai

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