

at **SEA**

SEA HEALTH & WELFARE for seafarers

**New faces in  
SEA HEALTH &  
WELFARE 06**

**7-15 minuts  
workout  
at sea 18**

**SEAFARER'S  
HEALTH,  
SAFETY AND  
WELFARE IN  
ONE HOUSE 04**

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# CONTENT



Seafarer's health, safety and welfare in one house 04



New faces in SHW 06



New member of the safety organisation? 07



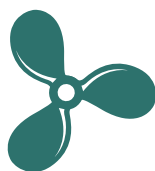
Speed trusting is just like speed dating 16

VOX POP: WE TAKE YOUR TEMPERATURE 09  
SEAFARER'S RIGHT TO SHORE LEAVE 10  
SEAFARER'S PHOTO COMPETITION 12

FIT4SEA RESULTS OF 2017 13  
7-15 MINUTS WORKOUT AT SEA 18  
NEW BOOKS IN THE LIBRARY 20

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# SEAFARER'S HEALTH, SAFETY AND WELFARE IN ONE HOUSE

When you want to know more about how fatigue affects the body, how to solve a conflict between the chief cook and the ship's assistant, or buy Christmas presents for the crew, there is now only one place you need to go - at SEA HEALTH & WELFARE.

By Dyveke Nielsen, Communication Manager

While some of us may have been a bit hung over and others were transporting containers from one end of the world to the other, SEA HEALTH & WELFARE was launched on 1st of January, 2018. The new organisation is taking over the tasks previously assigned to SEAHEALTH (Søfartens Arbejdsmiljøråd), the Danish Government's Seamen's Service and the Maritime Library. We have been working towards this for a while, but now we can finally announce to the world that SEA HEALTH & WELFARE has been launched, with 18 employees dedicated to furthering the good work life at sea.

## [NEW MANAGEMENT AT THE HELM](#)

SEA HEALTH & WELFARE's new management is made up of CEO René

Andersen together with Irene Olsen, a new Head of the Department of Welfare, and Vivek Menon, a new Head of the Department of Occupational Health and Safety.

## [THE WORK ENVIRONMENT OF THE FUTURE AND WELFARE AT SEA](#)

What does this mean for seafarers in the future?

Seafarers will discover that both work environment and welfare at sea are gathered in one place. When there is a need for advice on, say, a healthier routine on board, the ship will receive advice and counselling both on a link between fatigue and a balanced diet and healthy recipes for the ship's galley, and the opportunity to participate in sports competitions as well as doing sports on board. That means

that you only need to go to one house to seek advice on a better work life for you and your colleagues. We've gathered all experts in one place", says CEO, René Andersen.

## [GOOD WORK LIFE AT SEA IN 2018](#)

The life of the seafarer has changed drastically over the last few decades. The same goes for work environment and welfare on board. Internet access has become a reality on board some of the ships, but not all - and not everywhere. Therefore, we work hard on coming up with solutions that meet the needs of everyone. By watching Youtube videos, some seafarers can benefit from learning how to lift heavy items without overexerting themselves. Others prefer a handheld or a booklet which can be read



In the future, you will receive more services and solutions from SEA HEALTH & WELFARE that match the modern seafarer.

and shared with colleagues on board, where internet is not yet a reality. As a seafarer, you are going to experience an increasing range of offers and more solutions that are tailored to meet your needs.

### 'BALITA' IS NEWS IN TAGALOG

We meet an increasing number of nationalities on Danish ships. Seafarers from, say, India and the Philippines also need to hear news from home. This is something we also deliver. We provide the news in 48 different languages from 92 countries. Our magazine is filled with articles, guidance and offers of a good work life at sea. It is published in both Danish and English.

### DIVERSITY DEMANDS MANAGEMENT

Concurrently with a growing number of diverse crew members on board, the tools for dealing with cultural differences can sometimes be necessary, e.g. for ensuring a good safety culture on board. In SEA HEALTH & WELFARE, there are specialists who give advice and guidance on how to make the best of the differences.

### CLOSE TO SEAFARERS

We endeavour to be as close to seafarers as possible so that we can deliver solutions that are continually attuned to the needs on board. That is why you are going to witness a stronger link and more visits from our colleagues on your arrival in ports around the world. In case, it is not

possible for us to reach you in person, you can always get in touch with us. All you need to do is simply to visit our website [www.shw.dk](http://www.shw.dk), where you will find all our staff members. Here, you will also find our offers and solutions to secure a good work life at sea.

### SEA HEALTH & WELFARE

We assist Danish-flagged ships with knowledge and solutions of crew members' well-being and work environment at sea.

Come and visit us here:  
Højnæsvej 56, 2610 Rødovre or  
[www.shw.dk](http://www.shw.dk)

By Dyveke Nielsen, Communication Manager



## Mads Monrad Møller

Equator Virgin and crazy about Crocs

### MADS, WHAT'S AN EQUATOR VIRGIN?

It is a seafarer who has not crossed equator, yet. It is a person like me who has only sailed in the North. As dual officer in Maersk Line, I have been at sea in Europe, North America and the Far East, but I never made it as far as to get a line-crossing ceremony.

### YOU ARE NOT AT ALL A SHORT PERSON, MADS. DO SHIPS ACCOMMODATE SOMEONE OVER 6 FEET TALL?

That's not always the case, no. I have sometimes experienced cases where I had to twist and turn to be able to see a screen placed too low on a control panel. I have very large feet, too. It can be difficult to find safety shoes in my size. Not that I use Crocs instead. I just like Crocs when I have been hiking in the mountains. There is nothing better than jumping in a pair of Crocs after a long hike in hot hiking boots.

### HOW CAN WE HELP PEOPLE LIKE YOU?

One of the things I look forward to as a consultant in SEA HEALTH & WELFARE is to make behavioural design and ergonomics work together on board. It must be easy to remember to put on earmuffs even though it's just a short trip to the engine room. Many short trips will by the end of the day result in hearing damages. In cases where ships are not built for a viking like myself, we will give advice on how to adjust your workplace and still take care of your body.

## Misha Jensen

Sportsfreak and tank commander

### MISHA, YOU SOUND EXOTIC, WHERE ARE YOU FROM?

I'm originally from Thy in Northern Jutland, Denmark, but now I live here in Copenhagen.

### HOW DO YOU LIKE LIVING IN HERE?

It is quite alright. Even though I have an ocean view in my flat, it's rather different from being at sea. In the last two years, I have been working as an able seaman in the Beryl field with Esvagt OBSERVER. Before that, I spent eight years in the Danish Defence as a sergeant – posted mostly in Afghanistan.

### MISHA, IS IT POSSIBLE TO STAY FIT AT SEA?

I have been an active user of the Fit4SEA competitions. I have been doing a lot of workouts and also been training other crew members. I think it is a rather brilliant concept for a competitive person like myself. There is something for everyone. I look forward to developing the Fit4SEA concept.

### HOW IS FIT4SEA GOING TO LOOK LIKE IN THE FUTURE?

On page 18 you will find an article about micro-training, that is a super smart way of working out. You work out for 7 or 15 minutes, and it is a workout with great effect. It does not matter if you are a newbie or experienced. You just adjust it to whatever works for you. You can do micro-training practically everywhere because you only use your body weight – no equipment. Soon, we will introduce short workout videos. Workout at sea that is easy, accessible and for all. And tons of great prizes. That's what seafarers can look forward to.

# ARE YOU NEW MEMBER OF THE SAFETY GROUP?

By Anne Ries, Senior Consultant

Soon you will be able to carry out the mandatory working environment course onboard. SEA HEALTH & WELFARE will in July 2018 offer the course as e-learning program that can be conducted directly onboard the ship. The course will include all topics surrounding your role as member of the safety organisation and offers suggestions to how to engage the rest of the crew.

## ABOUT THE COURSE

Onboard Danish flagged vessels members of the safety group are required to undergo training concerning the working environment approved by the Danish Maritime Authority – also known as the “§16 course”. Immediately after the election of a safety representative and appointment of a supervisor, the ship owner must enrol them for the §-16 course. The objective of this course is to give seafarer’s necessary training and knowledge required

to carry out their duties as a member of the safety organisation in cooperation with others to promote a safe and healthy working environment on board ships.

## SAFETY ON THE SPOT

SEA HEALTH & WELFARE is in collaboration with Seagull Maritime in the process of developing the new e-learning program for members in the onboard safety organisation. Several ship owners under Danish flag have asked for an onboard training solution on this topic. The onboard course will make it more practical as the new member can start training immediately. Once access to this course is purchased for a ship the course modules will be available for free to all on board. So, for other crew members - and the master - who need some brushing up on the §16-course, this is a solution for you, too.



## ABOUT §16 COURSE

The course will consist of 14 e-learning modules, a combination of theoretical learning and practical exercises that includes all aspect of the good working environment – both management, health and safety – that engages the entire crew.

We expect the course to be ready in July 2018. You can keep updated on [www.shw.dk](http://www.shw.dk). Remember, you can still get a §16-course on shore at various locations around the world.



# VOX POP

The term vox pop is derived from the Latin vox populi, that means the voice of the people and that is exactly what we try to do in the vox pop: Give the seafarers time to talk by interviewing a number of everyday people about their opinion or knowledge of a particular topic.



# WE TAKE YOUR TEMPERATURE

We are curious to know what you think about SEA HEALTH & WELFARE and the services we provide to seafarers. This is what you replied.

By Jacob Christensen, Consultant in Rotterdam



**MARIA HØGH SUNESEN,  
KADET – SILVER KENNA**

I use Fit4SEA! The competition is a great motivation because of the individual competitions and with other ships, too. It gives a little something to the communal feeling. So, even though we don't have any common rooms here, we still have something together.  
DR-news is something we use, too. It takes too much time to download webpages when at sea, but when we are by dock the internet is better.  
It would be great with an app. Access would be more accessible and faster.



**ARIEL LAURON,  
2ND MATE – MONACO MAERSK**

We use the chemical database for MSDS (Material Safety Data Sheet). It helps us determine if the chemicals we have on board meet the latest standards. It is very useful.  
Also, we use PPE (Personal Protective Equipment Catalogue). Here we go through whether we have what it takes for the task, we must accomplish on board.



**ROBERT WILLIAM  
2ND MATE - MAERSK LIFTER**

I am from Wales, so it is highly appreciated to have a British newspaper on board. You do not only have Danish newspapers but focus on all nationalities on board the ship. The internet can be slow, and then it's nice to have a physical magazine in hand, rather than looking into a screen all day long. We are also happy to have new books for our library.



The life at sea is not always as exotic as some people may think.

## SEAFARERS' RIGHTS TO SHORE LEAVE HAVE BEEN STRENGTHENED

From 1 January 2018, seafarers' rights to shore leave have been strengthened through amendments to the FAL Convention

By Eik Moen, Consultant

The authorities can no longer deny crew members their right to shore leave, building on such discriminating factors as nationality, race, skin colour, religion or political opinions.

People ashore often associate the seafarer's life with freedom, exotic places and the opportunity to experience foreign countries. Most people have a hard time understanding that a seafarer's version of Brazil or Panama is not palm trees and beaches but a concrete wharf. More recently, VISA requirements, increased

safety measures and growing terminals have moved seafarers further away from the basic welfare services offered ashore. Given new changes that have come into force, the authorities can no longer deny crew members their right to shore leave on the grounds of such discriminating factors as nationality, race, skin colour, religion or political opinions. If an application for shore leave is rejected, the relevant public authorities must provide an explanation to the crew member and the master, which the seafarer or master can request to be provided in writing.

The FAL Convention has been effective since 1967 and covers aspects that facilitate maritime transport, cargo and passengers on a port visit, including customs duties for cargo and shipping industries, entry control of the crew, passengers, their luggage as well as import and export permits.

The Convention is currently amended and updated by the IMO country members in the FAL committee, which meets annually at the IMO's headquarters in London.

# THE ALL NEW SHORE LEAVE APP FOR SEAFARERS



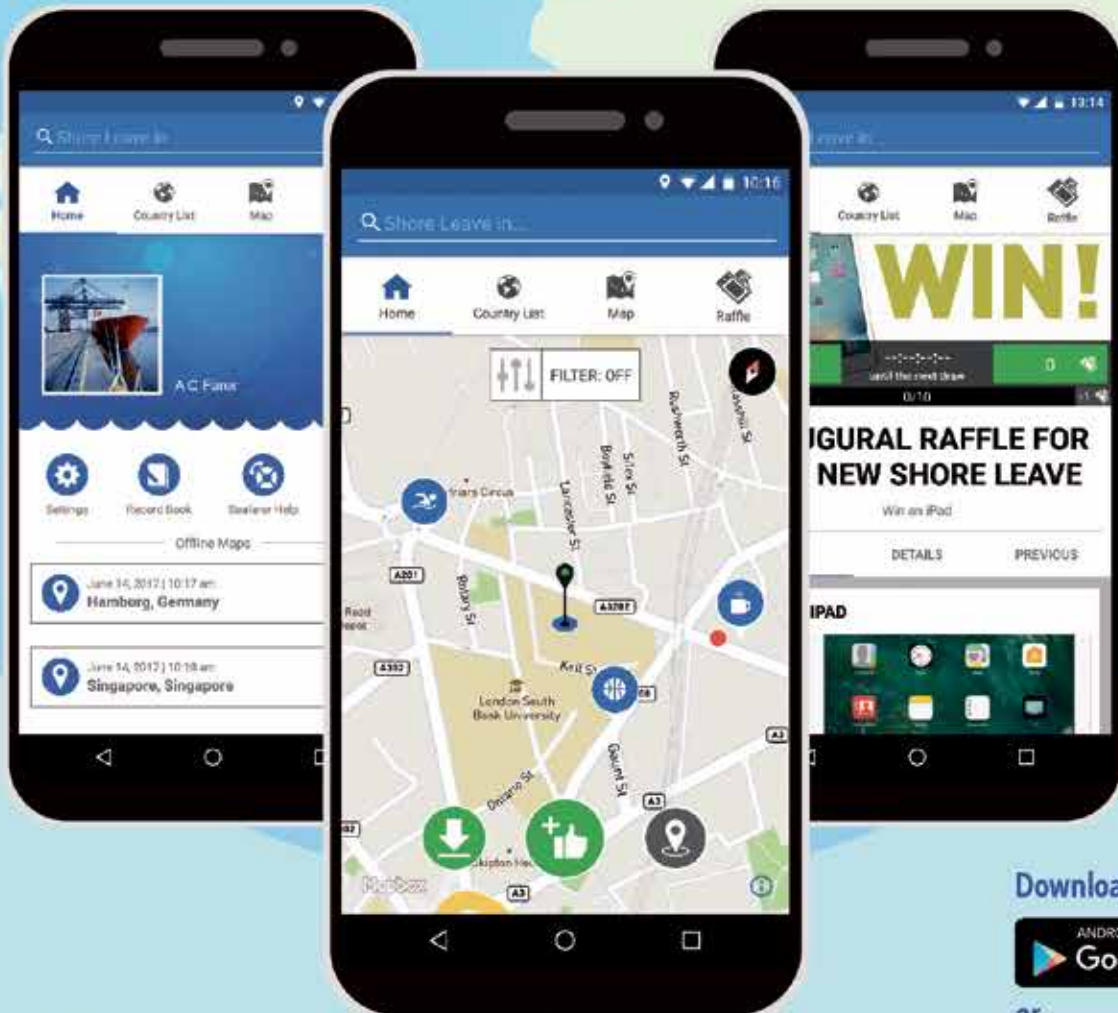
Find and contact the nearest seafarers' centre even if you are offline.



Scan the QR codes displayed in seafarers' centres and collect raffle tickets to win prizes.



Save maps offline and share useful locations with other seafarers.



Find out more at:  
[seafarerstrust.org](http://seafarerstrust.org)

Download for free at:



or





## Photo competition for seafarers

See this year's winners of the Danish and Nordic photo contest for seafarers at [www.hfv.dk](http://www.hfv.dk). Find a link to all pictures on the frontpage.

### Fit4SEA - ship's competition in weight lifting

You have spoken, and we have listened! Therefore, we will now introduce weight lifting to the Fit4SEA ship's competition. So, grab your colleagues, grab your dumbbells and become the first ship to win the ship competition in weightlifting!

All results received in 2018 are counted in the competition, and remember that we are receiving your results for all contest contests in 2018 at [fit4SEA@shw.dk](mailto:fit4SEA@shw.dk) already now.



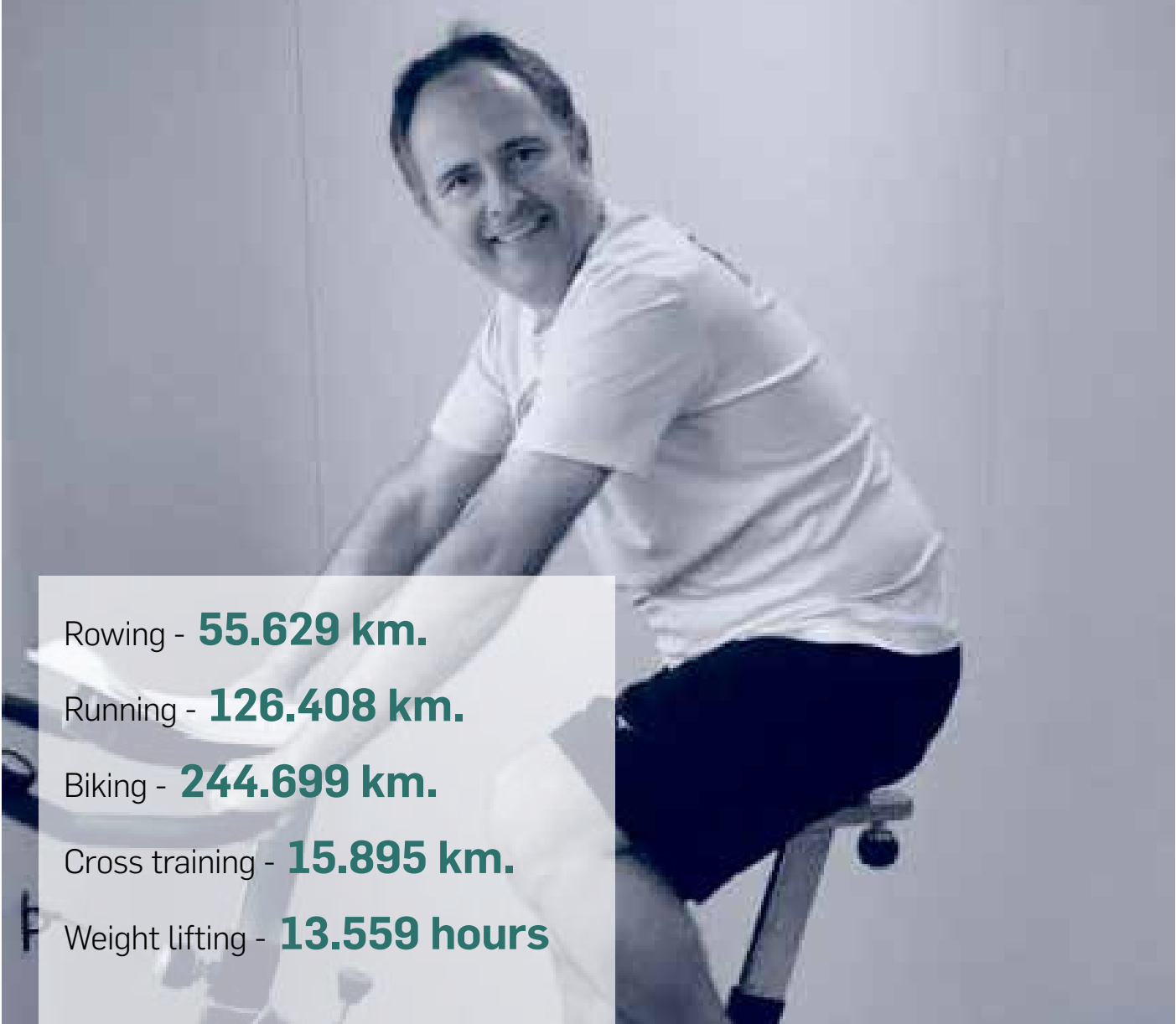
Fit4SEA

Fit4SEA

## RESULTS

Fit4SEA anno 2017 is done! Here you can see how much you have biked, run, rowed, cross-trained and strength trained throughout the year. Visit our website [www.shw.dk](http://www.shw.dk) to see where you are placed.

The lucky winners of the 105 prizes have been found and prizes have been delivered to the winners.



Rowing - **55.629 km.**  
Running - **126.408 km.**  
Biking - **244.699 km.**  
Cross training - **15.895 km.**  
Weight lifting - **13.559 hours**

Fit4SEA



# Clank!

Quick on your feet? Have a penchant for looting? Enjoy thin rectangular card board cut-outs with fancy art and words on them? Then "Clank!" is a game for you!

Clank! is a deck-building game with a simple objective: Sneak into a Dragon's Lair, stealing everything that looks even remotely valuable, and getting out before the apocalyptic death lizard becomes wise to your skullduggery. Players Start with between 5 to 10 cards each, which consist of equipment, relics, and meat shi-... I mean... "mercenaries". These can then be

used to aid in your collections, or otherwise interfere with the collections of others.

The Dragon slumbers beneath the depths of a long-ruined castle. Should it be awakened, what was hitherto a bit of high-stakes spelunking becomes a no-holds-barred fight for survival. For those who manage to escape the fang and fire of the beast, fear not! A conveniently dragon-proof village resides none-too-far from the dread beast's domain, and it is at this village that your newly-acquired riches may be spent! On what you might ask? Why, what else but even better equipment by which to plunder the dragon's hoard!? Victory is earned by the player holding the most wealth, which is the total value of their relics and unspent coin.

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# Assassin's Creed:

## Origins

Go back to the time of pharaohs and experience being a part of the Egyptian elite while working against them.

Assassin's Creed: Origins is the latest chapter in the Assassin's Creed series, and simultaneously the first chapter of the collective story of the series. You play as Bayek and Aya, a couple who are part of ancient Egypt's version of the FBI. As Bayek and Aya, you're hunting a cult whose members caused the death of their son, and while doing so, you uncover a plot that seems to reach all the way up to the Pharaoh.

During your hunt for this cult, you can explore ancient Egypt from Siwa, a small oasis village, to Alexandria the seat of the Pharaoh, as well as the desert in-between. This also gives you the opportunity to enjoy a variety of acrobatic activities, such

as sliding down the side of pyramids, jumping from roof to roof in Alexandria, or climbing the sphinx. Who knows, maybe you'll learn what happened to the Sphinx's nose.

Besides the previously mentioned there are plenty more activities, as well as an all-new combat system which attempts to promote thinking on your feet, by emphasising timing and positioning as crucial factors.

Assassin's Creed: Origins is available on PlayStation 4, Xbox One, and PC.



Remember, we can help your ship's club purchase games tax-free. See more here [www.shw.dk](http://www.shw.dk)



**"Ready - set - go" get a holiday home this summer!**

# Seafarers holiday homes

We have drawn straws of our holiday homes for 2018, and vacant weeks can be seen on the calendar on our website [shw.dk](http://shw.dk).

The vacant weeks will be divided according to the "first come first served" principle. So, hurry up and send us your application. We

have two beautiful houses at Holmsland and Skallerup Klit and a Bornholm pearl on the beachfront in Sandvig.

Book your week directly on the website or send an email to [aga@shw.dk](mailto:aga@shw.dk), or call Amanda at +45 3023 7695.

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# DOH!



In a the previous 'at SEA', we mistakenly announced the Safety Selfie winner of 2018. This is obviously not true as we cannot predict the future. It was obviously Safety Selfie winner anno 2017. The winner is still Anja Boytang from SOFIE MAERSK. She still won a brand new iPad and we will still continue with the Safety Selfie competition in 2018.

We hope you can forgive us!

# SPEED TRUSTING IS JUST LIKE SPEED DATING

On board ships, having a great deal of trust amongst each other makes work safer, more efficient, provides a greater sense of wellbeing and fewer conflicts. From a leadership perspective, management research shows that trust is always a key parameter for success.

By Vivek Menon, Head of Department

Building trust takes time and requires effort from everyone involved. Ashore, building trust may take less time and effort as we often tend to work with the same people for long periods and in time we get to know each other's personalities and competencies.

On board ships, you are constantly required to work together with colleagues that have just arrived or are soon leaving. Whether you are senior officer or junior-most on board, the fact that new people come on board can be routine and potentially be a challenge. So, how can one start build trust and get to know one another in a short period of time?

## SPEED TRUSTING SOLUTION

A simple solution is *curiosity*, whereby you eventually build a *Trust Culture* on board your ship. If you have tried *Speed Dating* then you know what it is like to get to know a stranger and build trust in a short period of time. *Speed Trusting* is like *Speed Dating*, where you have few minutes to get to

know a new person on board the ship and still have to get into a working relationship through mutual trust. There are various

”Curiosity is the key and it is important to observe, listen, and understand cultural aspects that may be the reason for certain actions or behaviours.”

Vivek Menon  
Head of Department

ways for creating speed trusting on board. To help you start the process, we will here focus on two key areas, which are *Informal communication* and *Cultural skills*.

## INFORMAL COMMUNICATION

Create time for informal communication with your new colleague on board by asking questions about family, favourite sport, or hobbies. You could take notes to remember names of family members, special occasions etc. It creates trust between the two of you, if you remember these.

A simple "good morning" or "how are you doing today?" can get you far in initiating a conversation. Engage in initiatives to arrange tournaments, BBQ's, karaoke or encourage crew to suggest ideas for social events.

## CULTURAL SKILLS

Curiosity is the key and it is important to observe, listen, and understand cultural aspects that may be the reason for certain actions or behaviours. Ask your colleagues on board about their culture, customs, its speciality and important dates. Looking for similarities as opposed to differences among cultures may help you understand



that individual personalities affect their behaviour at least as much as their cultural backgrounds. Be aware of your own cultural background, its values important to - and that it may differ from the values of your colleagues on board.

We believe that these two key areas are simple, specific and action oriented, which will allow you to focus on how you can speed up the process of establishing a high level of trust on board. Give this a try and let us know how it went. We are eager to hear from you.



Engage in initiatives like BBQ's on board to strengthen the teamwork spirit.



## TRUST IS KEY

### IF TRUST IN YOU IS HIGH:

People come to you and tell you how they feel.

People questions if they have doubts, speak up when they have made mistakes, and share ideas.

People believe in what you do and say.

### IF TRUST IN YOU IS LOW:

People do not come to you.

Failure to thrive and uncertainty is held back from you.

People are likely to interpret your behaviour negatively.

Feeling inspired? Go to [www.shw.dk](http://www.shw.dk) and find more stuff on how to create trust for a better and safer work place.

# 7-15 minutes WORKOUT WITH GREAT EFFECT!

Think about how many minutes in a day you spent sitting down in front of a screen? How about spending a few of those on your body that needs to last a lifetime? A few minutes that in return will give you energy for the rest of your day.

By Misha Jensen, Consultant

Do you have a busy weekday and is it difficult to prioritize time for working out? Studies show that working out 7 to 15 minutes once or twice a day is equally as effective as exercising for long workouts.

You may have heard of micro-training, also known as H.I.T or Tabata etc. This type of workout has been widely used by elite units in both the defence, police, fire departments and athletes worldwide. But it is also really great workout for everyday people like the rest of us.

All you need to do is to put some short but intense workouts into the routine on board whenever it suits you. All exercises can be done with only your body weight – no need for any equipment – and in almost any location, whether on the bridge, in the engine control room or your cabin.

## 7-15 MINUTES WORKOUT EXPLAINED

WOD = workout of the day.

AMRAP = as many rounds as possible.

WOD consist of performing as many rounds as possible in due time. 8 repetitions of each workout. No breaks. 7 – 15 minutes effective training.

For the most effective result work out 2x15 minutes every day.

## GET STARTED

**Newbie:** Train your whole body by choosing one exercise from four different muscle groups.

**Toughie:** Choose workouts where you focus one muscle group each day and adjust to your normal workout.

Spend 2-3 minutes on warming up before you start by going through a round of your chosen exercises. Focus on form, muscle contraction and a correct position rather than speed during warm up.

## REMEMBER CORE!

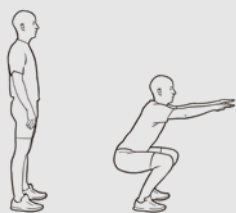
Core training is working out the body's core muscles consisting of both back and abdominal muscles. Core training is, therefore, an important foundation for being able to lift, carry, pull and push safely and thus ensure a good work technique.



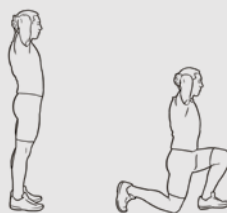
# 7-15 minutes WORKOUT WITH GREAT EFFECT!

## MUSCLE GROUP: LEGS

### Squat



### Lunges



## MUSCLE GROUP: CORE

### Dynamic plank

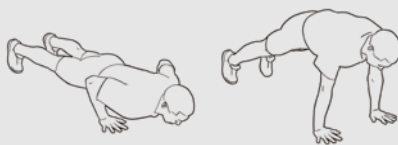


### Dynamic side plank

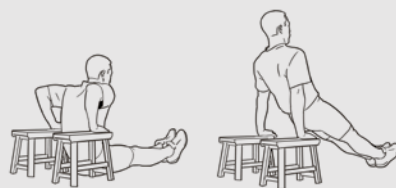


## MUSCLE GROUP: UPPER BODY

### Push-ups



### Chair dips



### Sit-ups wrist to knee



## MUSCLE GROUP: BACK

### Bodyweight rows under table



### Upper body circles



Example of full body workout for newbies  
WOD with AMRAP of 7-15 minutes.  
8 squats  
8 push-ups  
8 bodyweight rows under table  
8 dynamic plank

7 or 15 minutes as many rounds as possible – go!

# FISH AT SEA

New fishing competition for all seafarers on Danish-flagged ships.



Do you love catching fish? Join us this year, when we launch the brand new fishing competition where you can win awesome fishing gear. When you sign up for the first time, we'll send you this cool Fish at SEA t-shirt.

You can either participate on an individual level, or the entire ship can participate. You can read more about participation and rules at [www.shw.dk](http://www.shw.dk).

Best of luck!



Points are given for the largest five fish of each species.

All catches must be caught with rod and wheel.

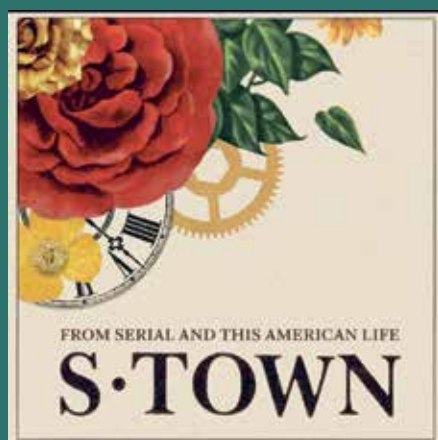
Find registration form and rules at [www.shw.dk](http://www.shw.dk).

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**DID YOU KNOW**  
that your ship's club can buy fish gear equipment through SEA HEALTH & WELFARE?  
It's VAT-free, too.



Podcasts are booming these years, and if you haven't started listening we really recommend that you dive into this world. There are so many podcasts out there, funny and sad stories, and both fact and fiction podcasts. And the best part is that it is easy to get started. Just use one of the free Apps like Podcast Addict or Sticher, listen via iTunes or directly from your computer.



## S-TOWN

Do you have Serial withdrawal? Then this one is for you! S-Town is a detailed program of crime and justice. All cases are authentic and are told with interviews, parts of interrogations and clips from the courtroom. S-Town is unfolded with elegance, and is a touching and enlightening podcast - even within this genre.



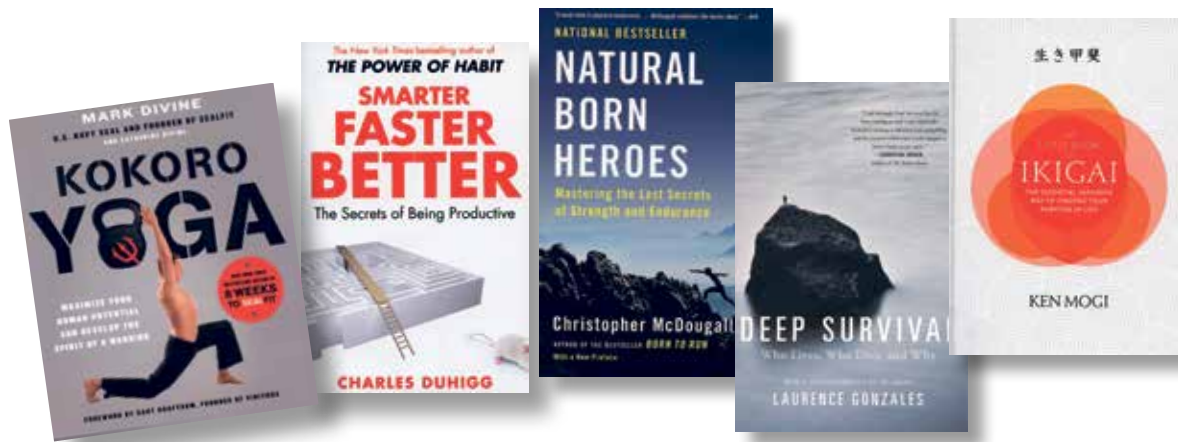
## CTRL, ALT, DELETE

Fan of the internet? Emma Gammon lives and breathes for social media and the online life. Her podcast is about the challenges that follow. In the podcast, she interviews other social media gurus and also inspires and offers advises to make more of your own social media.

# NEW BOOKS IN THE LIBRARY

Will 2018 be the year you try another path in your life?

This time we present five new books at the library that might inspire you to think and do things differently.



### KOKORO YOGA

- Maximize Your Human Potential and Develop the Spirit of a Warrior

Mark Devine and Catherine Devine

The retired Navy SEAL and yoga teacher, Mark Devine, presents a full-body workout through body-weight functional movements that can be done at home or on the go. The exercises will increase your flexibility while building long, lean muscles and improve your physical and mental balance. The book has many photos that shows how the exercises are performed correctly.

### SMARTER FASTER BETTER

- the Secrets of Being Productive

Charles Duhigg

How can each of us achieve more? Drawing on the very latest findings in neuroscience, psychology and behavioural economics, the author demonstrates the eight simple principles that govern productivity. He demonstrates how the most dynamic and effective people – from CEOs to film-makers to software entrepreneurs – deploy them. And he shows how you can, too. The eight chapters are: Motivation, Teams, Focus, Goal Setting, Managing Others, Decision Making, Innovation and Absorbing Data.

### NATURAL BORN HEROES

- mastering the Lost Secrets of Strength and Endurance

Christopher McDougall

The journey behind the book begins with a story about a group of World War II Resistance fighters who abducted a German commander from the heart of the Axis occupation. To understand how, McDougall retraces their steps across Crete and discovers ancient techniques for endurance, sustenance, and natural movement that have been preserved in unique communities around the world. His search takes us scrambling over rooftops with a Parkour crew in London, foraging for greens with a ballerina in Brooklyn and tossing heavy pieces of driftwood on a Brazilian beach. The book will inspire readers to unleash the extraordinary potential of the human body and climb, swim, skip, throw, and jump their way to heroic feats.

### DEEP SURVIVAL

- Who Lives, Who Dies, and Why

Laurence Gonzales

The book was first published in 2004 and it was the first to describe the art and science of survival. The author combines hard science and powerful storytelling to illuminate the mysteries of survival, whether in the wilderness or in the meeting any of life's great challenges. Everyone has a mountain to climb. Everyone has a wilderness inside.

### IKIGAI

Ikigai is the new way of living! "The Japanese Secret to a Long and Happy Life" and "The essential Japanese Way to Finding Your Purpose in Life" as it says on the two books about IKIGAI we have at the library. It is a mindset that has the potential to change your life and both books gives you advice and wisdom that will inspire you to leave urgency behind, find your purpose and throw yourself into your passions. "The Little Book of IKIGAI" is written by Ken Mogi and Hector Garcia & Francesc Miralles have written "IKIGAI".

„ It is a mindset that has the potential to change your life. „

Ken Mogi and Hector Garcia & Francesc Miralles