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Unhinged - Omarosa Manigault Newman 2018-08-14

In the #1 New York Times bestseller, the former Assistant to the President and Director of Communications for the Office of Public Liaison in the Trump White House provides an eye-opening and “explosive” (The Boston Globe) look into the corruption and controversy of the current administration. Few were a member of Donald Trump’s inner orbit longer than Omarosa Manigault Newman. Their relationship spanned fifteen years—through four television shows, a presidential campaign, and a year by his side in the most chaotic, outrageous White House in history. But that relationship came to a decisive and definitive end, and Omarosa finally shares her side of the story in this “deftly executed” (The Guardian), jaw-dropping account. A stunning tell-all and takedown from a strong, intelligent woman who took every name and number, Unhinged is a must-read for any concerned citizen.

Earth Day - Melissa Ferguson 2021

Earth Day celebrates our beautiful planet and calls us to act on its behalf. Some people spend the day planting flowers or trees. Others organize neighborhood clean-ups, go on nature walks, or make recycled crafts. Readers will discover how a shared holiday can have multiple traditions and be celebrated in all sorts of ways.

A Billion Wicked Thoughts - Ogi Ogas 2011

Two maverick neuroscientists use the world's largest psychology experiment--the Internet--to study the private activities of millions of men and women around the world, unveiling a revolutionary and shocking new vision of human desire that overturns conventional thinking. For his groundbreaking sexual research, Alfred Kinsey and his team interviewed 18,000 people, relying on them to honestly report their most intimate experiences. Using the Internet, the neuroscientists Ogas and Gaddam quietly observed the raw sexual behaviors of half a billion people. By combining their observations with neuroscience and animal research, these two young neuroscientists finally answer the long-disputed question: what do people really like? Ogas and Gaddam's findings are transforming the way scientists and therapists think about sexual desire. Their fascinating and occasionally disturbing findings will rock our modern understanding of sexuality, just as Kinsey's reports did sixty years ago.--From publisher description.

Training and Racing with a Power Meter, 2nd Ed. - Hunter Allen 2012-11-27

Hunter Allen and Andy Coggan, PhD have completely revised the book that made power meters understandable for amateur and professional cyclists and triathletes. Power meters have become essential tools for competitive cyclists and triathletes. No training tool can unlock as much speed and endurance as a power meter--for those who understand how to interpret their data. A power meter displays and records exactly how much energy a cyclist expends, which lends unprecedented insight into that rider's abilities and fitness. With the proper baseline data, a cyclist can use a power meter to determine race strategy, pacing, and tactics. Training and Racing with a Power Meter makes it possible to exploit the incredible usefulness of the power meter by explaining how to profile strengths and weaknesses, measure fitness and fatigue, optimize workouts, time race readiness, and race using power. This new edition: Enables athletes to predict future performance and time peak form Introduces fatigue profiling, a new testing method to pinpoint weaknesses Includes two training plans to raise functional threshold power and time peaks for race day Offers 75 power-based workouts tuned for specific training goals This updated edition also includes new case studies, a full

chapter on triathlon training and racing, and improved 2-color charts and tables throughout. Training and Racing with a Power Meter, will continue to be the definitive guide to the most important training tool ever developed for endurance sports.

Terrorist Asset-Freezing Etc. Act 2010 (UK) - The Law The Law Library 2018-04-02

Terrorist Asset-Freezing etc. Act 2010 (UK) The Law Library presents the official text of the Terrorist Asset-Freezing etc. Act 2010 (UK). Updated as of March 26, 2018 This book contains: - The complete text of the Terrorist Asset-Freezing etc. Act 2010 (UK) - A table of contents with the page number of each section

Pioneers, Hidden Champions, Changemakers, and Underdogs - Mark J. Greeven 2019-04-09

An insider's view of China's under-the-radar, globally competitive innovators. Chinese innovators are making their mark globally. Not only do such giants as Alibaba and Huawei continue to thrive and grow through innovation, thousands of younger Chinese entrepreneurs are poised to enter the global marketplace. In this book, Mark Greeven, George Yip, and Wei Wei offer an insider's view of China's under-the-radar, globally competitive innovators. The authors, all experts on Chinese innovation, distinguish four types of innovators in China: pioneers, large companies that are globally known; hidden champions, midsize enterprises that are market leaders in their niches; underdogs, technology-driven ventures with significant intellectual property; and changemakers, newer firms characterized by digital disruption, exponential growth, and cross-industry innovations. They investigate what kinds of innovations these companies develop (product, process, or business model), their competitive strategies, and key drivers of innovation. They identify six typical ways Chinese entrepreneurs innovate, including swarm innovation (collectively pursuing opportunities) and rapid centralized decision making. Finally, they look at how Chinese innovators are going global, whether building R&D networks internationally or exporting disruptive business models. The book includes many examples of Chinese innovators and innovations, drawn from a range of companies—from pioneers to changemakers—including Alibaba, Haier, Hikvision, Malong Technology, Weihua Solar, Mobike, and Cheetah Mobile. Greeven, Yip, and Wei offer an essential guide to what makes China a heavyweight competitor in the global marketplace.

Meal Prep in an Instant - Becca Ludlum 2020-12-15

Make weekly meal prep in your Instant Pot easy with over 50 recipes and 7 weekly prep plans Meal prep has never been easier with an Instant Pot. With its versatility and ability to cook quickly and efficiently, you can use your Instant Pot to cook meals for the week ahead, or prepare your meals on your prep day and just dump them into the Instant Pot for a quick and easy weeknight dinner. With seven customized prep plans, Meal Prep in an Instant will show you how to use your prep day efficiently to prepare three lunch or dinner meals and one breakfast meal, package them up for the week ahead, and enjoy fresh, delicious meals without struggling to figure out what to make for dinner every night. Here's what you'll get: Over 50 recipes that will appeal to a variety of tastes and appetites Seven weekly meal plans, each featuring four primary recipes, three alternate recipes, and one dessert, and many of the recipes are dairy-free or vegetarian Detailed prep day plans for every weekly meal plan, each designed to help you maximize your time in

the kitchen on your prep day Handy shopping lists and equipment lists to help you execute your plan perfectly and efficiently

The Relationship Fix - Jenn Mann 2016

"Provides information on how couples can strengthen their relationship via six steps"--

Pantsuit Nation - Libby Chamberlain 2017-05-09

"In October 2016, Maine resident Libby Chamberlain created a secret Facebook group encouraging a handful of friends to wear pantsuits to the polls.

Overnight, the group of thirty exploded to 24,000 members. By November 8, the group was three million strong. Since Pantsuit Nation's inception, its members have shared personal stories that illustrate the complexities of living in a vibrant, oftentimes contentious democracy. Members turn to Pantsuit Nation as a place of refuge and inspiration, where marginalized voices are amplified, faces are put to political decisions, resources are shared, and activism is ignited. It is a dynamic, diverse community united by an unwavering commitment to building a more just, inclusive world"--Amazon.com.

Shut Up and Run - Robin Arzon 2016-06-21

An ultra marathoner and running coach captures the energy and joy of running in this illustrated, full-color motivational interactive fitness guide and journal that will inspire every type of runner—from beginner to experienced marathoner—to shut up and run. Running isn't just an activity, it's a lifestyle that connects runners with the world around them, whether they're pounding the pavement of crowded big city streets or traversing trails through quiet woods and fields. Reflecting the excitement, color, and focus of the running experience, Shut Up and Run offers tips, tricks, and visual motivation to help every runner cultivate miles of sweat, laughter, swagger, and friendship. Combining a fitness manual, training program, and self-help advice book in one, this gorgeous, four-color book—filled with anecdotes and stunning action imagery, and supported by graphic inspirational quotes—contains essential training tips for every level, including meditation and visualization techniques, that address a runner's body and mind. Robin Arzon offers unique style tips and practical gear recommendations to help you show off your best stuff mile after mile, and tells you everything you need to know, from how to pick the best running shoes to how to get off that sofa and go. No detail is left to chance; Shut Up and Run is loaded with information on every aspect of the runner's world, from gear and music to training for a half marathon and post-race recovery tips. Robin includes space at the end of each chapter to track your progress as you build up to your first marathon or other running goals. Designed to help readers find the information quickly and easily, loaded with practical advice, style, and attitude, this practical guide—written by a runner for runners—makes it clear that to succeed, all you need to do is shut up and run!

Why Startups Fail - Tom Eisenmann 2021-03-30

If you want your startup to succeed, you need to understand why startups fail. "Whether you're a first-time founder or looking to bring innovation into a corporate environment, Why Startups Fail is essential reading."—Eric Ries, founder and CEO, LTSE, and New York Times bestselling author of *The Lean Startup* and *The Startup Way* Why do startups fail? That question caught Harvard Business School professor Tom Eisenmann by surprise when he realized he couldn't answer it. So he launched a multiyear research project to find out. In *Why Startups Fail*, Eisenmann reveals his findings: six distinct patterns that account for the vast majority of startup failures. • **Bad Bedfellows.** Startup success is thought to rest largely on the founder's talents and instincts. But the wrong team, investors, or partners can sink a venture just as quickly. • **False Starts.** In following the oft-cited advice to "fail fast" and to "launch before you're ready," founders risk wasting time and capital on the wrong solutions. • **False Promises.** Success with early adopters can be misleading and give founders unwarranted confidence to expand. • **Speed Traps.** Despite the pressure to "get big fast," hypergrowth can spell disaster for even the most promising ventures. • **Help Wanted.** Rapidly scaling startups need lots of capital and talent, but they can make mistakes that leave them suddenly in short supply of both. • **Cascading Miracles.** Silicon Valley exhorts entrepreneurs to dream big. But the bigger the vision, the more things that can go wrong. Drawing on fascinating stories of ventures that failed to fulfill

their early promise—from a home-furnishings retailer to a concierge dog-walking service, from a dating app to the inventor of a sophisticated social robot, from a fashion brand to a startup deploying a vast network of charging stations for electric vehicles—Eisenmann offers frameworks for detecting when a venture is vulnerable to these patterns, along with a wealth of strategies and tactics for avoiding them. A must-read for founders at any stage of their entrepreneurial journey, *Why Startups Fail* is not merely a guide to preventing failure but also a roadmap charting the path to startup success.

The 4 X 4 Diet - Erin Oprea 2016

"Erin Oprea's unique 4 x 4 diet shows readers how to get clean by reducing the 4 major hitches in most diets: sugar, starch, sodium, and alcohol. She also tells readers how to get lean, using her 4-minute tabata workouts: 8 repetitions of 20 seconds of high-intensity moves, then 10 seconds of rest"--

Weight Loss Psychology - Zilker Press 2020-08

Weight Loss Psychology: Get a Detailed Behavior-Based Weight Loss Plan to Overcome Binge Eating and Emotional Cravings in Just 4 Weeks! Do you want to lose weight and keep it off PERMANENTLY? Are you looking for ways to shed pounds without starving and suffering! It's all about your weight loss mindset and this book will help get you there! You can try a million diets and still fail. You can lose 20 pounds but get 30 back. As long as you're wasting your time following diet fads, you'll always be bouncing back and forth. After a while, this will make you miserable. It might seem like you can never lose the weight you want. The thing is, when it comes to losing weight, it's all about the mindset. We all know it's good to eat healthily and exercise, but why don't we do it? Often the answer lies in the emotional connection we have with food. Until you get to the bottom of your eating behavior, you'll never be able to sustainably lose weight. The good news? You can fix your mindset! This book has a 4-week plan to help you do just that!

The Unofficial Guide to Game of Thrones - Kim Renfro 2019-10-08

The everything-you-missed, wanted-to-know-more-about, and can't-get-enough guide to the *Game of Thrones* television series—from the first episode to the epic finale. Valar morghulis! Spanning every episode across all eight seasons, INSIDER's entertainment correspondent Kim Renfro goes deep into how the show was made, why it became such a phenomenon and explores every detail you want to know. It's the perfect book to look back at all you may have missed or to jump-start you on a second viewing of the whole series. As an entertainment correspondent, Renfro has covered the show's premieres, broken down key details in scenes, explored characters' histories, and interviewed the cast, directors, and crew. In this book, she sheds new light on the themes, storylines, character development, the meaning of the finale, and what you can expect next. Some of the questions answered here include: What was the Night King's ultimate purpose? How did the show effect George R.R. Martin's ability to finish the book series? Why were the final seasons shorter? Why did the direwolves get shortchanged? How were the fates of Jon Snow and Daenerys Targaryen foretold from the start? Was that really a bittersweet ending? Winter may have come and gone, but there is still plenty to discover and obsess over in this behind-the-scenes fan guide to the *Game of Thrones* HBO series.

Big Fit Girl - Louise Green 2017-03-18

"Finally—a fitness book for the rest of us! . . . [Big Fit Girl] is sure to usher in a new generation of tough, curvy athletes." —Jessamyn Stanley, author of *Every Body Yoga* In *Big Fit Girl*, Louise Green describes how the fitness industry fails to meet the needs of plus-size women and thus prevents them from improving their health and fitness. By telling her own story of how she stopped dieting, got off the couch, and unleashed her inner athlete—as well as showcasing similar stories from other women—Green inspires other plus-size women to do the same. Green also provides concrete advice, based on the latest research, about how to get started, how to establish a support team, how to choose an activity, what kind of clothing and gear work best for the plus-size athlete, how to set goals, and how to improve one's relationship with food. And she stresses the importance of paying it forward—for it is only by seeing plus-size women in leadership roles that other plus-size women will be motivated to stop trying to lose weight and get fit instead. "Big Fit Girl

impressed me tremendously. Green combines compelling storytelling with practical tips—true to what we know about science—in a unique way that will get you moving.” —Linda Bacon, PhD, scientist, and author of *Health at Every Size* “Inspiring and empowering.” —Taryn Brumfitt, producer and director, founder of the Body Image Movement “I’m thrilled to live in a world where Big Fit Girl will be part of the health section. Thank you Louise—it’s time for every person of every size to have access to this information!” —Jes Baker, *The Militant Baker*

Froggy Rides a Bike - Jonathan London 2008-04-17

Froggy just got his very first bike, and it's exactly what he wanted. Almost. Finishing touches like a bell and a horn have to be added before Froggy is ready to ride. Then, surrounded by cheering friends, Froggy starts to pedal. Oops! He falls off. He tries again. Oops! Riding a bike is hard! After a long day, and a few bumps and bruises, Froggy finally learns to ride, and once he does, he can't wait to go again. *Froggy Rides a Bike* is a reassuring reminder that practice makes perfect and it's sure to make kids eager to learn to ride on their own.

Yogalosophy - Mandy Ingber 2013-05-07

Jennifer Aniston. Kate Beckinsale. Helen Hunt. Brooke Shields. In addition to their fame, these actresses share something else in common: they owe their enviable silhouettes to fitness expert and celebrity yoga instructor Mandy Ingber. In *Yogalosophy*®, Ingber—one of the most sought-after fitness and wellness advisors in Los Angeles—offers up a unique 28-day plan to help readers achieve healthier bodies and happier minds. Building on the concepts offered in Ingber’s popular *Yogalosophy*® DVD, this handbook provides an accessible program of proven workouts and eating guidelines designed to tone and strengthen the entire body, inside and out. In addition to recipes and detailed body-sculpting workouts (which combine yoga postures with a wide range of other effective exercises), Ingber also offers up wise insights and thought-provoking anecdotes in each chapter, encouraging readers to establish a healthier, more life-embracing mindset. Full of girlfriend-y wisdom, *Yogalosophy*® is a realistic, flexible, daily plan that will help readers transform their minds, their bodies, and their lives.

Speak - Tunde Oyenein 2022-05-03

From Tunde Oyenein, the massively popular Peloton instructor, fitness star, and founder of SPEAK, comes an empowering, inspiring book about how she transformed grief, setbacks, and flaws into growth, self-confidence, and triumph—perfect for fans of Shonda Rhimes, Brene Brown, and Glennon Doyle. On any given day, thousands of devoted people clip into their bikes and have their lives changed by Tunde Oyenein. From her platform in a Peloton studio, she encourages riders with her trademark blend of positivity, empathy, and motivational “Tunde-isms,” to push themselves to their limits both on and off the bike. Now, fans and readers everywhere can learn about her personal journey, and discover how they too can “live a life of purpose, on purpose” with *Speak*, a memoir-manifesto-guide to life inspired by her immensely popular Instagram Live series of the same name. Taking us through each step of the SPEAK acronym—Surrender, Power, Empathy, Authenticity, and Knowledge—Oyenein shares the lessons she has learned about loss, love, body image, and how she has successfully created an intentional, joyful life for herself, offering an accessible blueprint for anyone looking to make a positive change in their lives.

Android Programming - Bill Phillips 2015-08-01

Android Programming: The Big Nerd Ranch Guide is an introductory Android book for programmers with Java experience. Based on Big Nerd Ranch's popular Android Bootcamp course, this guide will lead you through the wilderness using hands-on example apps combined with clear explanations of key concepts and APIs. This book focuses on practical techniques for developing apps compatible with Android 4.1 (Jelly Bean) and up, including coverage of Lollipop and material design. Write and run code every step of the way, creating apps that integrate with other Android apps, download and display pictures from the web, play sounds, and more. Each chapter and app has been designed and tested to provide the knowledge and experience you need to get started in Android development. Big Nerd Ranch specializes in developing and designing innovative applications for clients

around the world. Our experts teach others through our books, bootcamps, and onsite training. Whether it's Android, iOS, Ruby and Ruby on Rails, Cocoa, Mac OS X, JavaScript, HTML5 or UX/UI, we've got you covered. The Android team is constantly improving and updating Android Studio and other tools. As a result, some of the instructions we provide in the book are no longer correct. You can find an addendum addressing breaking changes at: <https://github.com/bignerdranch/AndroidCourseResources/raw/master/2ndEdition/Errata/2eAddendum.pdf>.

The Productivity Project - Chris Bailey 2016-01-05

'A fun, interesting, and useful read!' David Allen, bestselling author of *Getting Things Done* Nearly all of us want to be more productive, but finding the method that works for you among the hundreds and hundreds of different tips, tricks and hacks can be a daunting prospect. After graduating college, Chris Bailey decided to dedicate a whole year to doing just that - experimenting with as many of the techniques as he could, and finding the things that work. Among the experiments that he undertook are: going several weeks on little to no sleep; cutting out caffeine and sugar; taking a daily siesta; living in total isolation for 10 days; stretching his workweek to 90 hours; and getting up at 5:30 every morning, all the while monitoring the impact of his experiments on the quality and quantity of his work. The results were often surprising! This book is the result of Chris's year-long journey, distilling the lessons he learned into a few core truths about how we get things done (or, indeed, don't). Among the many counterintuitive insights Chris discovered that had the biggest impact on his productivity were striving for imperfection; scheduling less time for important tasks; the 20 second rule to distract yourself from distractions; and the concept of productive procrastination. In this accessible and fun guide, Chris Bailey offers over 30 tried-and-tested best practices that will help everyone to accomplish more - and become more awesome.

BodyDesigns Two-Week Detox Plan - Mary Sabat 2014-11-12

BodyDesigns Two-Week Detox Plan takes you through the process of eliminating foods that make you sick and fat while adding nourishing foods that heal your gut and liver. Weight loss and health go hand in hand. What makes you fat also makes you sick! This book first educates the reader as to the importance of eating the right foods to heal their body so that they can easily shed fat. Mary has worked with clients for over 20 years and shares this successful program in this easy to read book. The program includes a morning protein shake, and uses real food for meals and snack choices throughout the day. Motivational quotes from clients who have succeeded on this plan are scattered throughout the book adding inspiration for the reader.

Body By Simone - Simone De La Rue 2014-04-01

In *Body By Simone*, Simone De La Rue, featured trainer on "Revenge Body with Khloe Kardashian", shares her fitness secrets and teaches women how to achieve an A-list body using her fun and unique strength training and cardio workouts. Considered the "next Tracy Anderson," Simone De La Rue has created a total body workout—a unique fusion of Pilates, bar method, strength training, and cardio dance moves—for women looking to lose weight, tone up, change up their routine, lose baby weight, or exercise while recovering from an injury. Her workouts are fast-paced, fun, and targeted for the muscle groups women most want to tone: arms, abs, glutes, and thighs. Filled with nearly 200 gorgeous color photos, *Body By Simone* features Simone’s eight-week plan that incorporates her dance-based cardio workouts and signature strength training moves. Here are workouts for all levels—beginning, intermediate, and advanced—and a self-assessment test to choose the right plan for you. Simone offers a breakdown for each week and a schedule for each day, including an overview of the week’s goals and challenges. Each week builds on the next to keep you challenged and engaged, and see the results you want. To boost weight loss and metabolism as well as naturally detox the body, Simone also provides a 7-day kick-start cleanse complete with recipes for simple meals, juices, and smoothies.

The Everything Guide to Remote Work - Jill Duffy 2022-02-08

Discover the secret to being productive and successful no matter where you are with this essential guide to remote work. During COVID-19, working from home became the new normal. Now, both employers and employees

find that the remote work they were forced to adjust to may be, well, better—financially, sustainably, and even in terms of overall morale and productivity. But working from home is not without its challenges. It can be difficult to eliminate distractions, strike a solid work/life balance, and maintain social connections that are crucial in the workplace. Whether you're trying to find and land a job from the comfort of your home, learning to manage a virtual team, or dream of living a digital nomad lifestyle, *The Everything Guide to Remote Work* has everything you need to be successful. You'll learn to optimize your own workplace culture, whether it's in your home office or a constantly changing backdrop. So whether your company continues to work remotely full time or you only have to go to the office a few days a week, you'll be armed with all the tools you'll need to make the most out of this new lifestyle.

The City That Never Was - Christopher Marcinkoski 2016-01-12

One of the most troubling consequences of the 2008 global financial collapse was the midstream abandonment of several large-scale speculative urban and suburban projects. The resulting scars on the landscape, large subdivisions with only marked-out plots and half-finished roads, are the subject of *The City That Never Was*, an eye-opening look at what happens when development, particularly what the author calls "speculative urbanization" is out of sync with financial reality. Presenting historical and recent examples from around the world—from the sprawl of the US Sun Belt and the unoccupied towns of western China, to the "ghost estates" of Ireland—and focusing on case studies in Spain, Marcinkoski proposes an ecologically based model in place of the capricious economic and political factors that typically drive development today.

The Feel Good Effect - Robyn Conley Downs 2020-09-01

A groundbreaking approach to wellness that will help you cut through the clutter and find the small shifts that create huge changes in your life, from the host of the podcast *The Feel Good Effect* "An absolutely fresh and insightful guide . . . If you're looking to create more calm, clarity, and joy, this book is for you."—Shauna Shapiro, Ph.D., author of *Good Morning I Love You* What if wellness isn't about achieving another set of impossible standards, but about finding what works—for you? Radically simple and ridiculously doable, *The Feel Good Effect* helps you redefine wellness, on your own terms. Drawing from cutting-edge science on mindfulness, habit, and behavior change, podcast host Robyn Conley Downs offers a collection of small mindset shifts that allow for more calm, clarity, and joy in everyday life, embracing the idea that "gentle is the new perfect" when it comes to sustainable wellness. She then leads you through an easy set of customizable habits for happiness and health in mind, body, and soul, allowing you to counteract stress and prevent burnout. Instead of trying to get more done, *The Feel Good Effect* offers a refreshingly sane approach that will allow you to identify and focus on the elements that actually move the needle in your life right now. Less striving. More ease. It's time to feel good.

Fitness for Everyone - Louise Green 2020-12-29

An exercise book for every "body"! No matter who you are or what body type you have, there's the perfect exercise waiting for you in this incredible exercise guide. You want to get into shape but feel limited by your weight, age, or ability. You want to workout but think that the exercises seem too difficult. You're looking for a workout routine that is simple, flexible, and effective. If this sounds familiar, then *Fitness for Everyone* is perfect for you! Inside the pages of this motivational exercise guide, you'll find: - 50 exercises that have modifications for every body type - Step-by-step instructions showing you how to do each exercise - 10 fitness routines for specific physical and mental benefits - Expert advice on how to incorporate fitness into your everyday life Personal trainer and fitness coach, Louise Green, is on a mission to change the way we think about exercise! Gone are the days of restricted eating programs and high-intensity training workouts that are unsustainable in the long term. This book will show you how fitness can benefit your daily life - no matter your shape, size, age, or ability. Whether you've been working out for years or you're just getting started, you'll find something new, challenging, and exciting throughout the pages of this self-help book. The exercises included have variations for people of all body types and

abilities. From pushups and burpees to planking and tricep dips, you'll soon start saying, "I can do every exercise in this book!" Yes, *You Can Exercise!* This inspirational book will empower you, motivate you, challenge you, and change you. It's your opportunity to reconnect with mind and body to enjoy the many benefits of an active lifestyle, physically and mentally. All you have to do is turn the page and start your journey!

Waking Up - Sam Harris 2014-09-09

For the millions of Americans who want spirituality without religion, Sam Harris's latest New York Times bestseller is a guide to meditation as a rational practice informed by neuroscience and psychology. From Sam Harris, neuroscientist and author of numerous New York Times bestselling books, *Waking Up* is for the twenty percent of Americans who follow no religion but who suspect that important truths can be found in the experiences of such figures as Jesus, the Buddha, Lao Tzu, Rumi, and the other saints and sages of history. Throughout this book, Harris argues that there is more to understanding reality than science and secular culture generally allow, and that how we pay attention to the present moment largely determines the quality of our lives. *Waking Up* is part memoir and part exploration of the scientific underpinnings of spirituality. No other book marries contemplative wisdom and modern science in this way, and no author other than Sam Harris—a scientist, philosopher, and famous skeptic—could write it.

Fans - Larry Olmsted 2021-03-02

"Olmsted opens a window into a psychologically compelling world of passion and purpose." —Harvey Araton, author of *Our Last Season: A Writer, a Fan, a Friendship* Larry Olmsted's writing and research have been called "eye-opening" (*People*), "impressive" (*Publishers Weekly*, starred review), and "enlightening" (*Kirkus Reviews*). Now, the New York Times and Washington Post bestselling author turns his expertise to a subject that has never been fully explored, delivering a highly entertaining game changer that uses brand-new research to show us why being a sports fan is good for us individually and is a force for positive change in society. *Fans* is a passionate reminder of how games, teams, and the communities dedicated to them are vital to our lives. Citing fascinating new studies on sports fandom, Larry Olmsted makes the case that the more you identify with a sports team, the better your social, psychological, and physical health is; the more meaningful your relationships are; and the more connected and happier you are. *Fans* maintain better cognitive processing as their gray matter ages; they have better language skills; and college students who follow sports have higher GPAs, better graduation rates, and higher incomes after graduating. And there's more: On a societal level, sports help us heal after tragedies, providing community and hope when we need it most. *Fans* is the perfect gift for anyone who loves sports or anyone who loves someone who loves sports.

Where the Road Ends - Meghan M. Hicks 2016-04-05

Every year, countless runners, endurance athletes, and outdoor enthusiasts discover the sport of trail running. Whether they run for peace of mind, appreciation of nature, or competition, they find a sport unlike any other. *Where the Road Ends: A Guide to Trail Running* captures the excitement, intensity, and appeal of the outdoors. From training and preparation to overcoming nature's obstacles, it's all here, accompanied by detailed instruction, expert insights, and stunning color photography. Inside you'll find these features: • Techniques for running over dirt, sand, roots, and rock • Equipment recommendations based on terrain, distance, and conditions • Safety guidelines for navigation, injury, and water crossings • Conditioning programs for all levels of runners • Strategies for improving race-day performance Whether you are an experienced road runner looking for new challenges or an extreme athlete pushing your physical limits, look no further than *Where the Road Ends*, the authoritative guide for conquering the trails, terrain, and conditions of the great outdoors.

Hal Higdon's Half Marathon Training - Higdon, Hal 2016-03-01

Hal Higdon's *Half Marathon Training* offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training, but it will show you where to focus your attention, when to progress, and how to keep it simple.

New York from Above - Evan Joseph 2019-11

New York from Above is a collection of spectacular photographs taken by Evan Joseph of New York City's most iconic landmarks and skyscrapers. Commissioned by One World Trade Center for the opening of the iconic One World Observatory in May 2015 and only available at One World Observatory, this is the first time the book has been made available to the public. Evan Joseph, widely regarded as New York's top real estate photographer, has spent nearly three decades shooting the city's greatest tourist destinations and most coveted real estate, including the penthouses and homes of Sting and Trudie Styler, Rupert Murdoch, Jon Bon Jovi, Alex Rodriguez, Sean P. Diddy Combs, and many others. The book includes brief descriptions by Joseph about his process for getting the perfect shot, including death-defying shots from the exterior of a helicopter.

The One-Minute Workout - Martin Gibala 2017-02-07

Finally, the solution to the #1 reason we don't exercise: time. Everyone has one minute. A decade ago, Martin Gibala was a young researcher in the field of exercise physiology—with little time to exercise. That critical point in his career launched a passion for high-intensity interval training (HIIT), allowing him to stay in shape with just a few minutes of hard effort. It also prompted Gibala to conduct experiments that helped launch the exploding science of ultralow-volume exercise. Now that he's the worldwide guru of the science of time-efficient workouts, Gibala's first book answers the ultimate question: How low can you go? Gibala's fascinating quest for the answer makes exercise experts of us all. His work demonstrates that very short, intense bursts of exercise may be the most potent form of workout available. Gibala busts myths ("it's only for really fit people"), explains astonishing science ("intensity trumps duration"), lays out time-saving life hacks ("exercise snacking"), and describes the fascinating health-promoting value of HIIT (for preventing and reversing disease). Gibala's latest study found that sedentary people derived the fitness benefits of 150 minutes of traditional endurance training with an interval protocol that involved 80 percent less time and just three minutes of hard exercise per week. Including the eight best basic interval workouts as well as four microworkouts customized for individual needs and preferences (you may not quite want to go all out every time), *The One-Minute Workout* solves the number-one reason we don't exercise: lack of time. Because everyone has one minute.

The Little Book of Being - Diana Winston 2019-03-05

A practical guide for experiencing natural awareness—an effortless and spacious state of resting in the depth of our being. Do you recall, as a child, being enthralled by a drifting cloud, a rain-soaked leaf, a wandering ladybug? Or suddenly having a sense of timelessness, contentment, and ease? If so, then you've already had a taste of natural awareness. Known and revered in many traditions as a complement to focused mindfulness training, natural awareness transcends even these wondrous childhood moments. Some describe it as a profound "awareness of awareness"—an effortless, boundless state of resting in the depth of our being. For those new to meditation and experienced meditators alike, these 72 "mini-chapters" guide you on an in-depth odyssey into natural awareness, illuminated by many simple and enjoyable insights and exercises. *The Little Book of Being* invites you to explore: The spectrum of awareness practices, from focused mindfulness to flexible mindfulness to natural awareness How classical mindfulness and effortless natural awareness enrich and shape each other, and how to practice both Three ways to move into natural awareness—relaxing effort, broadening awareness, and dropping objects A treasury of "glimpse practices" to spark natural awareness anytime, in just a few moments How to bring this way of "simply being" into your daily life, into your connection with others, and into the world "At first natural awareness may seem far away, just a whisper, but then it will begin to grow and expand and permeate aspects of living. Over time we may feel more peace, more connection to ourselves. We may find ourselves taking life a bit more lightly. We may feel a sense of relaxed 'beingness' throughout the day, and when we do get caught in our dramas, we may find ourselves moving out of them quicker than we imagined we could." —Diana Winston

A Child's First Book of Trump - Michael Ian Black 2016-07-05

"A humorous satirical field guide for identifying and defeating a Trump when discovered in the wilds of a presidential election"--

Ride Inside - Joe Friel 2020-08-14

From bad weather to business travel to traffic safety, there are dozens of reasons why cyclists and triathletes take their rides inside. Although indoor cycling workouts offer the ultimate control over workout conditions, most inside riders don't get the most out of their trainers or spin bikes. *RIDE INSIDE* offers cyclists and triathletes a smart guide to getting more fitness from every indoor cycling workout. From the world's most experienced personal cycling coach, Joe Friel, *RIDE INSIDE* reveals all the unique aspects of indoor riding:

- Mental aspects like motivation, focus, and enjoyment
- Changes in upper body stability, posture, and pedaling technique on a stationary bike
- Respiration, hydration, and cooling
- Inherent changes in power output
- Lower leg tension and eccentric loading from flywheel momentum
- Lower effort from lack of terrain changes, headwinds, and crosswinds
- Road-like feel
- Different shifting patterns

All these differences of indoor riding add up to a big impact when the rubber hits the road. Drawing from the foundations of Friel's classic training guides, *The Cyclist's Training Bible* and *The Triathlete's Training Bible*, *RIDE INSIDE* shows how to apply smart and proven training concepts to indoor cycling. Riders will get expert guidance on the best ways to set up a trainer or smart trainer, how to modify outdoor workouts for indoor cycling, how to better monitor power and RPE, and how to use social online training platforms like Zwift to make training better and not worse. Most critically, *RIDE INSIDE* shows cyclists and triathletes how to do indoor cycling workouts that actually meet their training goals instead of compromising.

The TB12 Method - Tom Brady 2020-07-28

The #1 New York Times bestseller by the 6-time Super Bowl champion The first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—the 6-time Super Bowl champion who is still reaching unimaginable heights of excellence at 42 years old—a gorgeously illustrated and deeply practical "athlete's bible" that reveals Brady's revolutionary approach to sustained peak performance for athletes of all kinds and all ages. In this new edition of *The TB12 Method*, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013 with Alex Guerrero—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady's own training regimen, *The TB12 Method* provides step-by-step guidance on how to develop and maintain one's own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance and do what they love, better and for longer. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, *The TB12 Method* gives you a better way to train and get results with Tom Brady himself as living proof.

The Secret Race - Tyler Hamilton 2012-09-05

"The holy grail for disillusioned cycling fans . . . The book's power is in the collective details, all strung together in a story that is told with such clear-eyed conviction that you never doubt its veracity. . . . The Secret Race isn't just a game changer for the Lance Armstrong myth. It's the game ender."—Outside NEW YORK TIMES BESTSELLER • WINNER OF THE WILLIAM HILL SPORTS BOOK OF THE YEAR AWARD *The Secret Race* is the book that rocked the world of professional cycling—and exposed, at long last, the doping culture surrounding the sport and its most iconic rider, Lance Armstrong. Former Olympic gold medalist Tyler Hamilton was once one of the world's top-ranked cyclists—and a member of Lance Armstrong's inner circle. Over the course of two years, New York Times bestselling author

Daniel Coyle conducted more than two hundred hours of interviews with Hamilton and spoke with numerous teammates, rivals, and friends. The result is an explosive page-turner of a book that takes us deep inside a shadowy, fascinating, and surreal world of unscrupulous doctors, anything-goes team directors, and athletes so relentlessly driven to win that they would do almost anything to gain an edge. For the first time, Hamilton recounts his own battle with depression and tells the story of his complicated relationship with Lance Armstrong. This edition features a new Afterword, in which the authors reflect on the developments within the sport, and involving Armstrong, over the past year. The Secret Race is a courageous, groundbreaking act of witness from a man who is as determined to reveal the hard truth about his sport as he once was to win the Tour de France. With a new Afterword by the authors. "Loaded with bombshells and revelations."—VeloNews "[An] often harrowing story . . . the broadest, most accessible look at cycling's drug problems to date."—The New York Times " 'If I cheated, how did I get away with it?' That question, posed to SI by Lance Armstrong five years ago, has never been answered more definitively than it is in Tyler Hamilton's new book."—Sports Illustrated "Explosive."—The Daily Telegraph (London)

Bike Fit - Phil Burt 2014-08-12

The essential practical guide to setting up your bike to maximise performance and avoid injury, written by renowned Lead Physiotherapist at British Cycling, and Consultant to Team Sky, Phil Burt. Foreword by Sir Chris Hoy and introduction by Chris Boardman.

The AI Marketing Canvas

Zinn & the Art of Road Bike Maintenance - Lennard Zinn 2009

From shifters to derailleurs, pedals to handlebars, this book covers every component of a road bike, lists the tools bike owners need to tackle simple and advanced projects, and demonstrates with 295 detailed illustrations how to work on each part.

- Raj Venkatesan 2021-05-18

This book offers a direct, actionable plan CMOs can use to map out initiatives that are properly sequenced and designed for success—regardless of where their marketing organization is in the process. The authors pose the following critical questions to marketers: (1) How should modern marketers be thinking about artificial intelligence and machine learning? and (2) How should marketers be developing a strategy and plan to implement AI into their marketing toolkit? The opening chapters provide marketing leaders with an overview of what exactly AI is and how is it different than traditional computer science approaches. Venkatesan and Lecinski, then, propose a best-practice, five-stage framework for implementing what they term the "AI Marketing Canvas." Their approach is based on research and interviews they conducted with leading marketers, and offers many tangible examples of what brands are doing at each stage of the AI Marketing Canvas. By way of guidance, Venkatesan and Lecinski provide examples of brands—including Google, Lyft, Ancestry.com, and Coca-Cola—that have successfully woven AI into their marketing strategies. The book concludes with a discussion of important implications for marketing leaders—for your team and culture.