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Organized around the four types of studies typically conducted by effective managers and programs, Practical Research Methods for Nonprofit and Public Administrators integrates traditional research methods topics with specific management applications. This unique text includes extensive end-of-chapter exercises highlighting the importance of qualitative methods and emphasizing practical skills managers should be able to easily and correctly apply. The importance of achieving focus goes well beyond your own productivity. Deep focus allows you to lead others successfully, find clarity amid uncertainty, and heighten your sense of professional fulfillment. Yet the forces that challenge sustained focus range from dinging phones to office politics to life's everyday worries. This book explains how to strengthen your ability to focus, manage your team's attention, and break the cycle of distraction. This volume includes the work of: Daniel Goleman Heidi Grant Amy Jen Su Rasmus Hougaard HOW TO BE HUMAN AT WORK. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing

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difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

The 100 simple practices found in Five Good Minutes are designed to help even the busiest person start the day right. Using just five minutes of mindfulness, relaxation, or imagery techniques during their morning routines, readers can set their intentions and greet the day feeling calm, centered, and energized.

***“A must-read for anyone who wants to understand why they behave as they do.”
—Art Markman, Ph.D., author of Smart Thinking Do you play to win? Or do you play not to lose? As Tory Higgins and Heidi Grant Halvorson have discovered in their work at Columbia University’s Motivation Science Center, everything we do is motivated either by a desire to be better off or to simply hang on to what we’ve got. And understanding the simple but crucial difference between the two can empower you to motivate yourself and influence everyone around you.***

Examining how promotion/prevention focus applies across a wide range of situations—from selling products to managing employees to raising children to getting a second date—Halvorson and Higgins show us how to identify, change, and use focus to get the results we want.

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven

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framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies

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you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

100% Focused

A Process of Ongoing Improvement

Full Catastrophe Living (Revised Edition)

Zero to \$100 Million in No Time Flat

100% Productive

An Easy & Proven Way to Build Good Habits & Break Bad Ones

Practical Research Methods for Nonprofit and Public Administrators

The landmark work on mindfulness, meditation, and healing, now revised and updated after twenty-five years Stress. It can sap our energy, undermine our health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work—which gave rise to a whole new field in medicine and psychology—shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal

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healing, reduce anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks. This second edition features results from recent studies on the science of mindfulness, a new Introduction, up-to-date statistics, and an extensive updated reading list. Full Catastrophe Living is a book for the young and the old, the well and the ill, and anyone trying to live a healthier and saner life in our fast-paced world. Praise for Full Catastrophe Living “To say that this wise, deep book is helpful to those who face the challenges of human crisis would be a vast understatement. It is essential, unique, and, above all, fundamentally healing.”—Donald M. Berwick, M.D., president emeritus and senior fellow, Institute for Healthcare Improvement “One of the great classics of mind/body medicine.”—Rachel Naomi Remen, M.D., author of Kitchen Table Wisdom “A book for everyone . . . Jon Kabat-Zinn has done more than any other person on the planet to spread the power of mindfulness to the lives of ordinary people and major societal institutions.”—Richard J. Davidson, founder and chair, Center for Investigating Healthy Minds, University of Wisconsin–Madison “This is the ultimate owner’s manual for our lives. What a gift!”—Amy Gross, former editor in chief, O: The Oprah Magazine “I first read Full Catastrophe Living in my early twenties and it changed my life.”—Chade-Meng Tan, Jolly Good Fellow of Google and author of Search Inside Yourself “Jon Kabat-Zinn’s classic work on the practice of mindfulness to alleviate stress and human suffering stands the test of time, a most useful resource and practical guide. I recommend this new edition enthusiastically to doctors, patients, and anyone interested in learning to use the power of focused awareness to meet life’s challenges, whether

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great or small.”—Andrew Weil, M.D., author of *Spontaneous Happiness* and *8 Weeks to Optimum Health* “How wonderful to have a new and updated version of this classic book that invited so many of us down a path that transformed our minds and awakened us to the beauty of each moment, day-by-day, through our lives. This second edition, building on the first, is sure to become a treasured sourcebook and traveling companion for new generations who seek the wisdom to live full and fulfilling lives.”—Diana Chapman Walsh, Ph.D., president emerita of Wellesley College

How To Improve Your Focus And Concentration?The minds of successful people are well organized and have the ability to focus. If you want to make the most out of your life, developing this kind of mind is essential.The big challenge in achieving this goal is being in a culture that glorifies amount of work done rather than high quality work. Most low-level jobs, where young adults are hired, require very little creativity and critical thinking. This creates a culture of taking shortcuts to achieve objectives that we are not really passionate about.Because of the advancement of consumer electronic technology, we are surrounded by distractions that are constantly craving engagement. The engagement we give these distractions is taking away our ability to focus on the things that really matter. If we could just spend less time tapping our smart phones, we could do a whole lot more with our waking hours.Indulging in these distractions also promotes the practice of constantly switching attentions. This habit kills our ability to focus. People who have this kind of habit often become uncomfortable when doing one thing for a long period of time. They lack the ability to continue working, especially if the task is

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very boring. Luckily, there are ways to rehabilitate our ability to focus. We can enhance our minds and condition them to be ready for tasks that require prolonged attention. However, we need to develop habits and practice some exercises to be able to accomplish this. This book provides you with these habits and the exercises. They will help you develop a mind capable to concentrating for longer periods of time. There is no ultimate technique that will work for everyone. That is why we provide you with 25 techniques. If the first tip will not work for you, you still have 24 chances to improve your focus.

Do you want to become more productive at your 9-5 day job or at your self employed business? "The Checklist Mindset" shows you how to implement not only Four Daily Tasks for increased productivity, but Gmail, Google Calendar, Google Drive, Google Docs, and Google Sheets... You'll also plug into the power of a ZenDesk help desk to systematize and outsource your business, Calendly to handle appointment scheduling, and Zapier to handle task automation. "How to Win Friends and Influence People" is one of the first best-selling self-help books ever published. It can enable you to make friends quickly and easily, help you to win people to your way of thinking, increase your influence, your prestige, your ability to get things done, as well as enable you to win new clients, new customers.

Twelve Things This Book Will Do For You:

- Get you out of a mental rut, give you new thoughts, new visions, new ambitions.
- Enable you to make friends quickly and easily.
- Increase your popularity.
- Help you to win people to your way of thinking.
- Increase your influence, your prestige, your ability to get things done.
- Enable you to win new clients,

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new customers. Increase your earning power. Make you a better salesman, a better executive. Help you to handle complaints, avoid arguments, keep your human contacts smooth and pleasant. Make you a better speaker, a more entertaining conversationalist. Make the principles of psychology easy for you to apply in your daily contacts. Help you to arouse enthusiasm among your associates. Dale Carnegie (1888-1955) was an American writer and lecturer and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking, and interpersonal skills. Born into poverty on a farm in Missouri, he was the author of *How to Win Friends and Influence People* (1936), a massive bestseller that remains popular today.

In the field of social work, qualitative research is starting to gain more prominence as are mixed methods and various issues regarding race, ethnicity and gender. These changes in the field are reflected and updated in *The Handbook of Social Work Research Methods, Second Edition*. This text contains meta analysis, designs to evaluate treatment and provides the support to help students harness the power of the Internet. This handbook brings together leading scholars in research methods in social work.

Use Different Ways of Seeing the World for Success and Influence

How To Win Friends And Influence People

New Technologies for Power System Operation and Analysis

25 Great Ways to Work Smarter Not Harder

25 Great Ways to Improve Your Focus and Concentration

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Winning Habits

The Goal

What really sets the best managers above the rest? It's their power to build a cadre of employees who have great inner work lives—consistently positive emotions; strong motivation; and favorable perceptions of the organization, their work, and their colleagues. The worst managers undermine inner work life, often unwittingly. As Teresa Amabile and Steven Kramer explain in *The Progress Principle*, seemingly mundane workday events can make or break employees' inner work lives. But it's forward momentum in meaningful work—progress—that creates the best inner work lives. Through rigorous analysis of nearly 12,000 diary entries provided by 238 employees in 7 companies, the authors explain how managers can foster progress and enhance inner work life every day. The book shows how to remove obstacles to progress, including meaningless tasks and toxic relationships. It also explains how to activate two forces that enable progress: (1) catalysts—events that directly facilitate project work, such as clear goals and autonomy—and (2) nourishers—interpersonal events that uplift workers, including encouragement and demonstrations of respect and collegiality. Brimming with honest examples from the companies studied, *The Progress Principle* equips aspiring and seasoned leaders alike with the insights they need to maximize their people's performance.

This book is to help people live a fit, focused, and free lifestyle. Brian has overcome incredible struggles and dealt with overwhelming adversity, but he was able to succeed through it all. The stories in lessons in this book will help you find your passion, master your purpose, and push you to new levels in your life.

Structures and Architecture. *A Viable Urban Perspective?* contains extended abstracts of the research papers and prototype submissions presented at the Fifth International Conference on Structures and

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Architecture (ICSA2022, Aalborg, Denmark, 6-8 July 2022). The book (578 pages) also includes a USB with the full texts of the papers (1448 pages). The contributions on creative and scientific aspects in the conception and construction of structures as architecture, and on the role of advanced digital-, industrial- and craft -based technologies in this matter represent a critical blend of scientific, technical, and practical novelties in both fields. Hence, as part of the proceedings series Structures and Architecture, the volume adds to a continuous exploration and development of the synergetic potentials of the fields of Structures and Architecture. With each volume further challenging the conditions, problems, and potentials related to the art, practice, and theory of teaching, researching, designing, and building structures as vehicles towards a viable architecture of the urban environment. The volumes of the series appear once every three years, in tandem with the conferences organized by the International Association of Structures and Architecture and are intended for a global readership of researchers, practitioners, and students, including architects, structural and construction engineers, builders and building consultants, constructors, material suppliers, planners, urban designers, anthropologists, economists, sociologists, artists, product manufacturers, and other professionals involved in the design and realization of architectural, structural, and infrastructural projects.

(Originally published in 2008) The goal of AMTE Monograph 4, "Cases in Mathematics Teacher Education: Tools for Developing Knowledge Needed for Teaching", is to provide detailed accounts of case use that will inform the mathematics teacher education community on the range of ways in which cases can be used to foster teacher learning and the capacity to reflect on and learn from teaching. The chapters in this monograph describe the use of cases with preservice and practicing teachers at all levels K - 12, in content and methods courses as well as professional development settings, and focus on developing various aspects of teachers' knowledge base (i.e., content, pedagogy, and students as

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learners). Hence, Monograph 4 should prove to be a superb resource for mathematics teacher educators. Open the door to success with the CCSS This book shows how to leverage the Common Core State Standards (CCSS) to equip all students—not just high achievers—for college and career. The authors helped lead their district in closing achievement gaps and increasing the number of students who completed four-year college programs. The results of their efforts show a remarkable increase in both excellence and equity in the content areas due to applying the authors' research-based ACES framework: Acceleration rather than remediation Critical thinking Equity in education for all students Support Educators will find practical strategies that are applied and developed in model lessons linked to the CCSS and KSUS standards.

Focused

A Contextualized Perspective on Value Co-Creation in Platform Ecosystems

Using Small Wins to Ignite Joy, Engagement, and Creativity at Work

Working with Children in Care

4 Book Bundle (100% Active, 100% Focused, 100% Organized, 100% Productive.)

Five Good Minutes

100% Focused 25 Great Ways to Improve Your Focus and Concentration CreateSpace

Everything on this planet is governed by a code called the "Force of Average". The Force of Average has one job and one job only. To distract you as much as it can. On the flip side, we humans have a superpower that allows us to fight

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the Force of Average and win. That super power is FOCUS. Where most people get stuck, is that they don't know how to focus, or what to focus on. That's where the GCode comes in and gives you simple, yet powerful instructions on exactly what to focus on. In this book, the author lays out simple, step-by-step instructions on how you can become the greatest version of yourself, by focusing on what matters most on a daily basis. You'll learn the 4 parts of the GCode which when consistently focused on daily, will lead you down a path to becoming unstoppable in every area of your life. Once you put this life pattern into play, you can truly have everything you've ever wanted in life.- The right mindset- A healthy body- Your goal income- Amazing relationships

This book has taken all the complications of life and simplified them into 4 areas you can focus on daily and truly live out the life you were created to live. The inspirational bestseller that ignited a movement and asked us to find our WHY Discover the book that is captivating millions on TikTok and that served as the basis

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for one of the most popular TED Talks of all time—with more than 56 million views and counting. Over a decade ago, Simon Sinek started a movement that inspired millions to demand purpose at work, to ask what was the WHY of their organization. Since then, millions have been touched by the power of his ideas, and these ideas remain as relevant and timely as ever. START WITH WHY asks (and answers) the questions: why are some people and organizations more innovative, more influential, and more profitable than others? Why do some command greater loyalty from customers and employees alike? Even among the successful, why are so few able to repeat their success over and over? People like Martin Luther King Jr., Steve Jobs, and the Wright Brothers had little in common, but they all started with WHY. They realized that people won't truly buy into a product, service, movement, or idea until they understand the WHY behind it. START WITH WHY shows that the leaders who have had the greatest influence in the world all think, act and communicate the same way—and it's the opposite of what

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everyone else does. Sinek calls this powerful idea *The Golden Circle*, and it provides a framework upon which organizations can be built, movements can be led, and people can be inspired. And it all starts with *WHY*.

A world-class thinker counts the 100 ways in which humans behave irrationally, showing us what we can do to recognize and minimize these “thinking errors” to make better decisions and have a better life. Despite the best of intentions, humans are notoriously bad—that is, irrational—when it comes to making decisions and assessing risks and tradeoffs. Psychologists and neuroscientists refer to these distinctly human foibles, biases, and thinking traps as “cognitive errors.” Cognitive errors are systematic deviances from rationality, from optimized, logical, rational thinking and behavior. We make these errors all the time, in all sorts of situations, for problems big and small: whether to choose the apple or the cupcake; whether to keep retirement funds in the stock market when the Dow tanks, or whether to take the advice of a friend over a

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stranger. The “behavioral turn” in neuroscience and economics in the past twenty years has increased our understanding of how we think and how we make decisions. It shows how systematic errors mar our thinking and under which conditions our thought processes work best and worst. Evolutionary psychology delivers convincing theories about why our thinking is, in fact, marred. The neurosciences can pinpoint with increasing precision what exactly happens when we think clearly and when we don’t. Drawing on this wide body of research, The Art of Thinking Clearly is an entertaining presentation of these known systematic thinking errors--offering guidance and insight into everything why you shouldn’t accept a free drink to why you SHOULD walk out of a movie you don’t like it to why it’s so hard to predict the future to why shouldn’t watch the news. The book is organized into 100 short chapters, each covering a single cognitive error, bias, or heuristic. Examples of these concepts include: Reciprocity, Confirmation Bias, The It-Gets-Better-Before-It-Gets-Worse Trap, and the Man-With-A-

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Hammer Tendency. In engaging prose and with real-world examples and anecdotes, The Art of Thinking Clearly helps solve the puzzle of human reasoning.

Julie Renee mentors powerful, ambitious leaders who refuse to play small but are being taken out of their game by exhaustion and “fuzzy brain”. She helps them regenerate the brain, clear blocks and become fully fueled so they can get back to their mission and play full out “This feels like it was written for me! Like so many other people, I had reached a certain level of success in my career. But I found myself exhausted and rundown, with never enough ‘me’ time to recharge. I accepted that as how it had to be until I read this amazing book. It taught me how to clear my blocks so I can work smarter, not harder. I have regained my clarity and power and feel ready to relaunch at my true 100 percent. Thank you, Julie Renee!” –Barbara Niven, actress, media trainer, speaker, and bestselling author “Julie Renee provides a keen perspective on the inner workings of the spirit and body connection and how these inner workings

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direct and affect each one of us. Her work is for anyone who wants more out of life.” –James Malinchak, founder of Big Money Speaker, featured on ABC’s Secret Millionaire “It’s rare to meet someone so gifted and clear about who they are and what they are here to do on the planet. She’s bringing a unique body of work to the world that is an important contribution to humanity.” –Marcie Shimoff, author of four New York Times bestselling books; featured in the film The Secret “Want to live the full, luscious life you deserve? Julie Renee Doering offers a clear and delightfully comprehensive road map in her latest masterpiece. Get ready for your ah-ha moments on a journey to joy. Julie Renee skillfully raises our consciousness and rekindles our hope for a life of total health and happiness. For powerful, ambitious women ready to play it big, this book will show you how to energetically give 100 percent and produce a you that shouts your true value to the world!” –Sharon Frame, former CNN anchor, author, and your “Focus and Follow-Through” coach

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The Six Mindsets That Distinguish the Best Leaders from the Rest

How to Achieve More Energy, Vitality, and Focus by Clearing Hidden Blocks to Your Unlimited Success with Quantum Energy

How Great Leaders Inspire Everyone to Take Action

Billboard

Virtual Worlds, Gaming, and Simulation

Increasing Student Engagement and Retention Using Immersive Interfaces

How to Bring ALL Students to College and Career Readiness

4 books in 1!!! 100% Active - 25 Great Ways To Defeat Laziness And Procrastination!

100% Focused - 25 Great Ways To Improve Your Focus And Concentration! 100%

Organized - 25 Great Ways to Become More Organized and Effective! 100%

Productive -25 Great Ways To Work Smarter Not Harder!

Learn How to Put an End to Busyness and Finally Have More Time to Live Your Life on Your Own Terms "I don't have time." When was the last time you heard that or said it yourself? A few days ago? Yesterday? Today? Every day is full of things to do, people to see, and decisions to make. When do you get time for yourself and what you really want to do? Time is your most precious commodity – everyone only has so much – so

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why do you spend it like you have an unlimited supply? When the Grim Reaper finally comes for you, will you smile, remembering all the experiences you had that made you happy, or will you think back with a tear at all the "what ifs" you missed because you just "didn't have the time"? How to Have More Time will help you reclaim your time for you, your goals, and your sanity. Learn some of the tricks to make the time for a healthier lifestyle: have time to eat better food, exercise more, and surround yourself with the people that are good for you. Inside, you'll discover: - the biggest time-suck in your life and ways you can better deal with it (trends show more and more people are starting to get how big of a time-suck this one thing is – you're about to find out the what, why, and how), - how working harder is actually counter-productive and ends up taking MORE time (and learn what to do instead), - how to maximize your time to do everything you need to and still have time for yourself (yes, it is possible to have your cake and eat it), - how a materialistic lifestyle robs you of precious time and why it's a sure-fire way to attract unhappiness in your life (and what to do to have both more money and more time), - and the silent robbers of your time that do nothing but steal time from you (but don't worry, you'll learn how to overcome them). Take the journey through this book to cut away the unessential and maximize the use of your time. Discover how much time you could have for yourself to improve your quality of life, spend more time with your family and friends, or simply get to do those things you've always wanted to do but could never find the time for. The answers (and a better

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lifestyle) are waiting for you inside.

"Based on extensive interviews with today's . . . corporate leaders, this look at how the best CEOs do their jobs focuses on the mindsets and actions that foster an environment of excellence"--

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of Give and Take). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep-- spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In Deep Work, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism

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and actionable advice, *Deep Work* takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. *Deep Work* is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

Whether you're thinking about starting a new business or growing an existing one, *Ready, Fire, Aim* has what you need to succeed in your entrepreneurial endeavors. In it, self-made multimillionaire and bestselling author Masterson shares the knowledge he has gained from creating and expanding numerous businesses and outlines a focused strategy for guiding a small business through the four stages of entrepreneurial growth. Along the way, Masterson teaches you the different skills needed in order to excel in this dynamic environment.

Atomic Habits

How Incumbent Firms Navigate Nascent Digital Platform Ecosystems in the Internet of Things

Computerworld

How Will You Measure Your Life? (Harvard Business Review Classics)

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Rules for Focused Success in a Distracted World

21 Great Ways to Stop Procrastinating and Get More Done in Less Time

Stolen Focus

Alex Rogo is a harried plant manager working ever more desperately to try and improve performance. His factory is rapidly heading for disaster. So is his marriage. He has ninety days to save his plant - or it will be closed by corporate HQ, with hundreds of job losses. It takes a chance meeting with a colleague from student days - Jonah - to help him break out of conventional ways of thinking to see what needs to be done.

Described by Fortune as a 'guru to industry' and by Businessweek as a 'genius', Eliyahu M. Goldratt was an internationally recognized leader in the development of new business management concepts and systems. This 20th anniversary edition includes a series of detailed case study interviews by David Whitford, Editor at Large, Fortune Small Business, which explore how organizations around the world have been transformed by Eli Goldratt's ideas. The story of Alex's fight to save his plant contains a serious message for all managers in industry and explains the ideas which underline the Theory of Constraints (TOC) developed by Eli Goldratt. Written in a fast-paced thriller style, The Goal is the gripping novel which is transforming management thinking throughout the Western world. It is a book to recommend to your friends in industry - even to your bosses - but not to your competitors!

This thesis is focusing on three little-explored contextual conditions that are important

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for a better understanding of digital platform ecosystems: digital platforms in a nascent stage of maturity, digital platforms built by incumbents, and digital platforms embedded in the IoT phenomenon. Thus, the thesis contributes to the question of how established companies navigating nascent digital platform ecosystems in the IoT. The work builds and contributes to the literature on digital platform ecosystems. Three main contributions are made through explorative qualitative research in the form of Delphi and case studies as well as through systematic literature research on the above-mentioned themes: First, the thesis synthesizes important knowledge about the nascent stage of digital platform ecosystems and identifies value co-creation challenges specific to this early maturity stage. Second, given the increasing importance of established companies in the platform discourse, this thesis identifies the intra- and inter-organizational challenges that incumbent organizations face in building digital platform ecosystems, emphasizing the importance of the organizational type in building a platform ecosystem. Third, the dissertation positions platforms in the IoT as a new digital platform instantiation within the scholarly platform discourse and outlines important phoneme-related characteristics that determine value creation.

New Technologies for Power System Operation and Analysis considers the very latest developments in renewable energy integration and system operation, including electricity markets and wide-area monitoring systems and forecasting. Helping readers quickly grasp the essential information needed to address renewable energy integration

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challenges, this new book looks at basic power system mathematical models, advanced renewable integration and system optimizations from transmission and distribution system sides. Sections cover wind, solar, gas and petroleum, making this a useful reference for all engineers interested in power system operation. Includes codes in MATLAB® and Python Provides a complete analysis of all new and relevant power system technologies Covers the impact on existing power system operations at the advanced level, with detailed technical insights

In the spring of 2010, Harvard Business School's graduating class asked HBS professor Clay Christensen to address them—but not on how to apply his principles and thinking to their post-HBS careers. The students wanted to know how to apply his wisdom to their personal lives. He shared with them a set of guidelines that have helped him find meaning in his own life, which led to this now-classic article. Although Christensen's thinking is rooted in his deep religious faith, these are strategies anyone can use. Since 1922, Harvard Business Review has been a leading source of breakthrough ideas in management practice. The Harvard Business Review Classics series now offers you the opportunity to make these seminal pieces a part of your permanent management library. Each highly readable volume contains a groundbreaking idea that continues to shape best practices and inspire countless managers around the world.

Following *Braced*, which had three starred reviews, comes a story of a girl caught

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between her love of chess and her ADHD. Clea can't control her thoughts. She knows she has to do her homework . . . but she gets distracted. She knows she can't just say whatever thought comes into her head . . . but sometimes she can't help herself. She know she needs to focus . . . but how can she do that when the people around her are always chewing gum loudly or making other annoying noises?It's starting to be a problem-not just in school, but when Clea's playing chess or just hanging out with her best friend. Other kids are starting to notice. When Clea fails one too many tests, her parents take her to be tested, and she finds out that she has ADHD, which means her attention is all over the place instead of where it needs to be.Clea knows life can't continue the way it's been going. She's just not sure how you can fix a problem that's all in your head. But that's what she's going to have to do, to find a way to focus. In a starred review, called Alyson Gerber's first novel, , "a masterfully constructed and highly empathetic debut about a different kind of acceptance." With , she explores even further how, when life gives you a challenge, the best way to face it is with an open mind, an open heart, and the open support of the people around you.

Capture One Pro 10

How Elite Equestrians Master the Mental Game

How Much Money Is Too Much Money

100 Morning Practices to Help You Stay Calm and Focused All Day Long

Practical Ways to Put an End to Constant Busyness and Design a Time-Rich Lifestyle

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Elevate to Great
CEO Excellence

Every idea in this book is focused on increasing your overall levels of productivity, performance, and output and on making you more valuable in whatever you do. You can apply many of these ideas to your personal life as well. Each of these twenty-one methods and techniques is complete in itself. All are necessary. One strategy might be effective in one situation and another might apply to another task. All together, these twenty-one ideas represent a smorgasbord of personal effectiveness techniques that you can use at any time, in any order or sequence that makes sense to you at the moment. The key to success is action. These principles work to bring about fast, predictable improvements in performance and results. The faster you learn and apply them, the faster you will move ahead in your career - guaranteed! There will be no limit to what you can accomplish when you learn how to Eat That Frog!

A unique and groundbreaking analysis of how to succeed in equestrian sport, this book unpacks the winning habits of successful equestrians to form a toolkit for readers to develop their own winning habits.

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Applying psychological understanding in peak performance, this book is bolstered by interviews with top contemporary professional show jumping athletes to explore and show how leading equestrians have interpreted various methods and built them into approaches for their own training. Theoretical concepts such as mindset, deliberate practice, focus and flow are broken down and translated into practical steps for a more powerful and effective way of thinking, training and performing. Renowned equestrian mental coach Annette Paterakis reveals factors of success, as well as answers common questions, from building lasting confidence to responding to failure. Smashing the myths of talent and hard work, Paterakis offers a refreshing take on mindset, focus and approach to success both in and out of the show ring. An essential read for anyone who would like to learn about or improve their mental game, this book is uniquely suited for equestrian riders, coaches and other athletes, as well as offering supplementary reading for applied sport psychology courses.

How does residential care in England compare with that of other European countries? What is social pedagogy, and how does it help those working with children in care? How can child care policy and

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practice be improved throughout the United Kingdom? This book is written against the background of the gross social disadvantage suffered by most looked-after children in England. It compares European policy and approaches – from Belgium, Denmark, France, Germany and the Netherlands – to the public care system in England. Drawing on research from all six countries, the authors analyze how different policies and practice can affect young people in residential homes. A particular focus is on the unique approach offered by social pedagogy, a concept that is commonly used in continental Europe. The book compares young people's own experiences and appraisals of living in a residential home, and the extent to which residential care compounds social exclusion. Based upon theoretical and empirical evidence, it offers solutions for current dilemmas concerning looked-after children in the United Kingdom, in terms of lessons learned from policy and practice elsewhere, including training and staffing issues. Working with Children in Care is key reading for students, academics and professionals in health, education and social care who work with children in residential care.

The book flips the coin and talks about "How to spend money". Most of

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the people are not aware of handling their income earnestly. The author has studied and analyzed people's spending habits and written this book. Readers will learn about: How to invest? How to change spending habits, why loans are not always the only way to achieve your goals, like buying your dream house; valuing your goals with a practical solution to achieve it. We have carved a solution for such kinds of problems without becoming a financial nerd and still end up with a conclusive story at the end of the book.

How To Work Smarter Not Harder? You work yourself until late at night. You spend most of your time at work. You are overworked, and yet you do not feel accomplished. What could be wrong? The time and effort you put into work is not a reflection of the results you get. It does not matter if you spend the night in your workspace. It does not matter if you forget to eat or breathe. What matters is the result you bring to the table. That is the bottom line. So, is there a need to sacrifice your entire life for work? Is it worth losing your social life for your career? Is your job worth losing sleep for? Whether you believe it or not, the truth is, your biggest asset in life is yourself. What would you do with a high flying career, an enormous payout, when you can't enjoy it? The lesson

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is to stop working hard. Start doing what is right and work smart. This book will help you identify the things you may be doing with regards to work. We have laid out the necessary steps you should be taking to boost productivity and have crossed out the unnecessary things that may be burning you out. Find out the things you may be doing wrong and what you should be doing right. Change your mind set. Improve your attitude. Start thinking and working smart. Feel accomplished and be more productive.

Mastering Raw Development, Image Processing, and Asset Management

Eat That Frog!

Proceedings of the Fifth International Conference on Structures and Architecture (ICSA 2022), July 6-8, 2022, Aalborg, Denmark

The 100% You Formula

Cases in Mathematics Teacher Education

The Progress Principle

Automate & Scale Your Small Business Or 9-5 Job Into an Appointment-Based Machine

Increasing Student Engagement and Retention Using Immersive Interfaces: Virtual

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Worlds, Gaming, and Simulation uses case studies, surveys, and literature reviews to critically examine how gaming, simulation, and virtualization are being used to improve teamwork and leadership skills in students, create engaging communities of practice, and as experiential learning tools to create inter-cultural, multi-perspective, and global experiences. Chapters include how to increase learner engagement using serious games, using game features for classroom engagement, using client-based peer assessment in multi-role, whole-enterprise simulations, using virtual worlds to develop teacher candidate skills, enhancing leadership skills through virtual simulation, using online video simulation for educational leadership, using augmented reality in education, using open source software in education, using educational robotics laboratories to enhance active learning, and utilizing the virtual learning environment to encourage faculty reflection. This volume will also discuss a framework for deploying and assessing these technologies.

For more than 40 years, Computerworld has been the leading source of technology news and information for IT influencers worldwide. Computerworld's award-winning Web site (Computerworld.com), twice-monthly publication, focused conference series and custom research form the hub of the world's largest global IT media network. In its 114th year, Billboard remains the world's premier weekly music publication and a diverse digital, events, brand, content and data licensing platform. Billboard publishes the most trusted charts and offers unrivaled reporting about the latest

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music, video, gaming, media, digital and mobile entertainment issues and trends.

- More than 500 appearances on national bestseller lists
- #1 Wall Street Journal, New York Times, and USA Today
- Won 12 book awards
- Translated into 35 languages
- Voted Top 100 Business Book of All Time on Goodreads

People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH — LESS AND MORE. In The ONE Thing, you'll learn to * cut through the clutter * achieve better results in less time * build momentum toward your goal* dial down the stress * overcome that overwhelmed

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feeling * revive your energy * stay on track * master what matters to you The ONE Thing delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

NEW YORK TIMES BESTSELLER • Our ability to pay attention is collapsing. From the New York Times bestselling author of *Chasing the Scream* and *Lost Connections* comes a groundbreaking examination of why this is happening—and how to get our attention back. “The book the world needs in order to win the war on distraction.” —Adam Grant, author of *Think Again* “Read this book to save your mind.” —Susan Cain, author of *Quiet* In the United States, teenagers can focus on one task for only sixty-five seconds at a time, and office workers average only three minutes. Like so many of us, Johann Hari was finding that constantly switching from device to device and tab to tab was a diminishing and depressing way to live. He tried all sorts of self-help solutions—even abandoning his phone for three months—but nothing seemed to work. So Hari went on an epic journey across the world to interview the leading experts on human attention—and he discovered that everything we think we know about this crisis is wrong. We think our inability to focus is a personal failure to exert enough willpower over our devices. The truth is even more disturbing: our focus has been stolen by powerful external forces that have left us uniquely vulnerable to corporations determined to raid our attention for profit. Hari found that there are twelve deep causes of this crisis, from the decline of mind-

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wandering to rising pollution, all of which have robbed some of our attention. In *Stolen Focus*, he introduces readers to Silicon Valley dissidents who learned to hack human attention, and veterinarians who diagnose dogs with ADHD. He explores a favela in Rio de Janeiro where everyone lost their attention in a particularly surreal way, and an office in New Zealand that discovered a remarkable technique to restore workers' productivity. Crucially, Hari learned how we can reclaim our focus—as individuals, and as a society—if we are determined to fight for it. *Stolen Focus* will transform the debate about attention and finally show us how to get it back.

Tools for Developing Knowledge Needed for Teaching

Start with Why

How to Stay Super Focused in a World Full of Distractions

Focus (HBR Emotional Intelligence Series)

GCode

100 Great Ways to Be 100%

Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness

Historically, Capture One Pro software has been regarded primarily as an amazing RAW file converter for high-end cameras. With its newest release, Capture One Pro 10 goes well beyond its storied RAW conversions to become one of the most powerful image-processing applications on the market, addressing the imaging workflow from

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capture to print. Version 10 has also been optimized to support many of the most popular cameras being used today.

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With an abundance of new features and the promise of producing vastly superior images, photographers of all skill levels are giving Capture One Pro a try. Of course, along with expanded functionality and improved performance, the software has become a challenge to learn efficiently on one's own. Users need a helping hand in order to get up to speed and make sure they are taking full advantage of this powerful software.

In Capture One Pro 10: Mastering RAW Development, Image Processing, and Asset Management, photographer Sascha Erni teaches readers everything they need to know in order to quickly get up and

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running with Capture One Pro. He also dives deeply into its extensive feature list to allow users to fully explore the capabilities of the software. Whether you're moving to Capture One Pro from Aperture or Lightroom, or just beginning to learn image-editing with Capture One Pro 10, this book will teach you how to get amazing results while avoiding frustration and wasted time along the way.

Topics include:

- ***RAW conversion***
- ***Asset management***
- ***Converting to black-and-white***
- ***Eliminating lens errors***
- ***Tethered shooting/live view***

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- ***Film grain simulation***
- ***Working with layers***
- ***HDR imaging***
- ***Much, much more***

The Handbook of Social Work Research Methods

Opening the Common Core

Structures and Architecture. A Viable Urban Perspective?

Deep Work

The Surprisingly Simple Truth Behind Extraordinary Results

Ready, Fire, Aim

How to Live Your Most Fit, Focused and Free Lifestyle.