

Download Ebook Do The Work:
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*Do The Work: Overcome
Resistance And Get Out
Of Your Own Way*

*"This book is designed to coach
you through a project (a book, a*

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ballet, a new business venture, a philanthropic enterprise) from conception to finished product, seeing it from the point of view of Resistance."--Page [1].

Traditional meetings are a weapon of mass interruption.

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*Long live the Modern Meeting!
The average American office
worker spends eleven hours in
meetings every week. Yet all that
time sitting around a conference
table hasn't made us more
productive. If anything, meetings*

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have made work worse.

Traditional meetings reduce efficiency, kill urgency, and breed compromise and complacency.

Worst of all, our dysfunctional meeting culture changes how we focus, what we focus on, and what

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decisions we make. But there is a solution, a way to have fewer, shorter, more purposeful meetings. It's called the Modern Meeting Standard. By following its eight simple but radical principles you may never have to attend a

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useless meeting again. Read This Before Our Next Meeting is the call to action you (and your boss) need.

Advances in Protein and Peptide Sciences is a book series focused on leading-edge research on the

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structure, physical properties, and functions of proteins and peptides. The series presents highly cited contributions first published in the journal Current Protein and Peptide Science. Authors of these contributions have updated their

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work with new experimental data and references following their initial research. Each volume highlights a number of important topics in current research in the field of protein and peptide chemistry and molecular biology,

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including membrane proteins and their interactions with ligands, computational methods, and proteins in disease and biotechnology.

From the acclaimed master of historical fiction comes an epic

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saga about a reluctant hero, the Roman Empire, and the rise of a new faith. Jerusalem and the Sinai desert, first century AD. In the turbulent aftermath of the crucifixion of Jesus, officers of the Roman Empire acquire

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*intelligence of a pilgrim bearing
an incendiary letter from a
religious fanatic to
insurrectionists in Corinth. The
content of this letter could bring
down the empire. The Romans
hire a former legionary, the*

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solitary man-at-arms, Telamon of Arcadia, to intercept the letter and capture its courier. Telamon operates by a dark code all his own, with no room for noble causes or lofty beliefs. But once he overtakes the courier,

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something happens that neither he nor the empire could have predicted. In his first novel of the ancient world in thirteen years, the best-selling author of Gates of Fire and Tides of War returns with a gripping saga of conquest and

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rebellion, bloodshed and faith.

Linchpin

The Art of Work

The Creative Person s Path

Through Depression

*Do the Work by Steven Pressfield
(Summary)*

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*Overcome Resistance and get out
of your own way*

*How to Fail at Almost Everything
and Still Win Big*

The War of Art

The follow-up to his bestseller

The War of Art, Turning Pro

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navigates the passage from the amateur life to a professional practice. "You don't need to take a course or buy a product. All you have to do is change your mind."

--Steven Pressfield **TURNING PRO IS FREE, BUT IT'S NOT EASY.** *When we turn pro, we give*

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up a life that we may have become extremely comfortable with. We give up a self that we have come to identify with and to call our own. TURNING PRO IS FREE, BUT IT DEMANDS SACRIFICE. The passage from amateur to professional is often

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*achieved via an interior odyssey
whose trials are survived only at
great cost, emotionally,
psychologically and spiritually.
We pass through a membrane
when we turn pro. It's messy and
it's scary. We tread in blood
when we turn pro. WHAT WE*

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GET WHEN WE TURN PRO.

What we get when we turn pro is we find our power. We find our will and our voice and we find our self-respect. We become who we always were but had, until then, been afraid to embrace and live out.

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Practical, proven self help steps show how to transform 40 common self-defeating behaviors, including procrastination, envy, obsession, anger, self-pity, compulsion, neediness, guilt, rebellion, inaction, and more. Loren Mayshark entered Hunter

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College in 2008, where he hoped to obtain a master's degree in two years. Six years and tens of thousands of dollars later, he abandoned his studies without attaining the degree. As he discovered, his experience was not unique. The casualties, as

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*this book makes clear, are the
next generation of American
minds*

*Blasting clichéd career advice,
the contrarian pundit and creator
of Dilbert recounts the humorous
ups and downs of his career,
revealing the outsized role of*

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luck in our lives and how best to play the system. Scott Adams has likely failed at more things than anyone you've ever met or anyone you've even heard of. So how did he go from hapless office worker and serial failure to the creator of Dilbert, one of the

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world's most famous syndicated comic strips, in just a few years? In How to Fail at Almost Everything and Still Win Big, Adams shares the game plan he's followed since he was a teen: invite failure in, embrace it, then pick its pocket. No career guide

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can offer advice that works for everyone. As Adams explains, your best bet is to study the ways of others who made it big and try to glean some tricks and strategies that make sense for you. Adams pulls back the covers on his own unusual life and

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shares how he turned one failure after another—including his corporate career, his inventions, his investments, and his two restaurants—into something good and lasting. There's a lot to learn from his personal story, and a lot of entertainment along the

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way. Adams discovered some unlikely truths that helped to propel him forward. For instance:

- Goals are for losers. Systems are for winners.*
- “Passion” is bull. What you need is personal energy.*
- A combination of mediocre skills can make you*

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surprisingly valuable. • You can manage your odds in a way that makes you look lucky to others. Adams hopes you can laugh at his failures while discovering some unique and helpful ideas on your own path to personal victory. As he writes: “This is a

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story of one person's unlikely success within the context of scores of embarrassing failures. Was my eventual success primarily a result of talent, luck, hard work, or an accidental just-right balance of each? All I know for sure is that I pursued a

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*conscious strategy of managing
my opportunities in a way that
would make it easier for luck to
find me.”*

Academic Betrayal

Do Less, Get More

*Overcoming Drug Resistance in
Gynecologic Cancers*

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The Profession

A Too Close To True Novel

A Lifetime of Lessons about

Writing and Publishing

How to Work Smart and Live Life

Your Way

"I have a theory about the Hero's
Journey. We all have one. We have

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many, in fact. But our primary hero's journey is the passage we live out, in real life, before we find our calling. The hero's journey ends when, like Odysseus, we return home to Ithaca, to the place from which we started. What then? The passage that

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comes next is The Artist's Journey. On our artist's journey, we move past Resistance and past self-sabotage. We discover our true selves and our authentic calling, and we produce the works we were born to create. You are an artist too-

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whether you realize it or not, whether you like it or not-and you have an artist's journey. Will you live it out? Will you follow your Muse and do the work you were born to do? Ready or not, you are called."--Back cover.

Overcoming Drug Resistance in

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Gynecologic Cancers provides up-to-date information related to important gynecologic cancers and focuses on mechanisms of drug resistance, genetics, signaling, immunology, health disparities, nanotechnology, economic considerations and

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financial impacts. The book covers not only drug resistance but also important means to reverse resistance both in the laboratory and clinic. The book discusses topics such as lifestyle, nutrition and risk of gynecologic cancers, the financial

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impact of drug resistance,
chemosensitizing agents and
targeted therapies in cervical,
endometrial and ovarian cancer,
immunotherapy to overcome drug
resistance, and genetic
polymorphisms in gynecologic

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cancers. Additionally, it discusses ethnic and racial health disparity perspectives and future developments in chemosensitizing activities to reverse drug resistance in gynecologic cancers. It is a valuable resource for cancer

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researchers, oncologists, clinicians and other biomedical field members who are interested in new approaches to improve chemotherapy outcome in patients with gynecologic cancers. Provides a comprehensive resource with all

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the details needed for readers to understand and follow information Encompasses schematics, diagrams and flow charts in all chapters to help readers easily follow critical information Presents tables and figures especially developed to

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summarize the information with appropriate statistical rigor and to show details of clinical specimens such as pathological, radiological characteristics, and/or laboratory biomarkers

Inside Out and Back Again meets

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Millicent Min, Girl Genius in this timely, hopeful middle-grade novel with a contemporary Chinese twist. Winner of the Asian / Pacific American Award for Children's Literature!* "Many readers will recognize themselves or their

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neighbors in these pages." -- Kirkus Reviews, starred review
Mia Tang has a lot of secrets. Number 1: She lives in a motel, not a big house. Every day, while her immigrant parents clean the rooms, ten-year-old Mia manages the front desk of

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the Calivista Motel and tends to its guests. Number 2: Her parents hide immigrants. And if the mean motel owner, Mr. Yao, finds out they've been letting them stay in the empty rooms for free, the Tangs will be doomed. Number 3: She wants to be

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a writer. But how can she when her mom thinks she should stick to math because English is not her first language? It will take all of Mia's courage, kindness, and hard work to get through this year. Will she be able to hold on to her job, help the

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immigrants and guests, escape Mr. Yao, and go for her dreams? Front Desk joins the Scholastic Gold line, which features award-winning and beloved novels. Includes exclusive bonus content!

Most of us think we are happy-- but

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could be happier. Kelly takes a look at why we sabotage our own happiness-- and what to do about it. If you hold back from God because you want to be in control, what are you gaining in life? If you make yourself available to God, incredible

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things will happen.

Gates of Fire

Overcoming Self-Defeating Behavior

Turning Pro

The Van Gogh Blues

Why Overcoming is Simpler than

You Think

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Overcome Resistance and Get Out
of Your Own Way

Resisting Happiness

From the bestselling author of Gates
of Fire and Killing Rommel, the
thrilling true story of one of the most
unlikely and astonishing military

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victories in history. June 5, 1967.

Israel is surrounded by enemies who want nothing less than her utter extinction. The Soviet-equipped Egyptian Army has massed a thousand tanks on the nation ' s southern border. Syrian heavy guns

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are shelling her from the north. To the east, Jordan and Iraq are moving mechanized brigades and fighter squadrons into position to attack. June 10, 1967. The Arab armies have been routed, their air forces totally destroyed. Israel ' s citizen-soldiers

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have seized the Gaza Strip and the Sinai Peninsula from Egypt, the Golan Heights from Syria, East Jerusalem and the West Bank from Jordan. Moshe Dayan has entered the Lion ' s Gate of the Old City of Jerusalem to stand with the

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paratroopers who have liberated Judaism ' s holiest site—the Western Wall. Drawing on hundreds of hours of interviews with veterans of the war—fighter and helicopter pilots, tank commanders and Recon soldiers, paratroopers, as well as

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women soldiers, wives, and others—bestselling author Steven Pressfield tells the story of the Six Day War as you 've never experienced it before.

A practical guide for aspiring writers who are struggling with common

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obstacles shares insights into the neurological processes that lead to writer's block, outlining a three-part plan for developing new and regular habits to overcome stress and render writing a source of creativity and growth. Original. 10,000 first printing.

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Do the Work! Overcome Resistance
and get out of your own way
Black Irish Books
Do the Work Overcome
Resistance and Get Out of Your Own
Way

Being a cheerleader for innovation or
change is great. Implementing specific

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strategies to increase the likelihood of success is essential. In this key book from bestselling author and speaker Todd Whitaker, you ' ll discover clear ways to lead and manage school change by setting realistic goals, planning your approach, and tracking

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your progress. You 'll also find out how to work effectively with others, overcome resistance, and gain widespread acceptance. Whether you are a district leader, building leader, instructional coach, or teacher-leader, you 'll come away from this book

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with all the tools and inspiration you need to make a positive, immediate, results-oriented change with the support of your staff. Bonus: This enhanced second edition includes a special Action Plan and Implementation Guide. The Action

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Plan will help you apply the ideas, step by step, to your own situation. The Implementation Guide can be used for independent reflection or as a study guide with book groups or professional learning communities.

The Successful Novelist

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How to Overcome Resistance,
Increase Buy-In, and Accomplish
Your Goals

Why That Is And What You Can Do
About It

The Legend of Bagger Vance
Front Desk (Front Desk #1)

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(Scholastic Gold)

The Path of No Resistance

The Authentic Swing

**NATIONAL BESTSELLER • “Steven
Pressfield brings the battle of
Thermopylae to brilliant life.”—Pat
Conroy At Thermopylae, a rocky**

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**mountain pass in northern Greece, the
feared and admired Spartan soldiers
stood three hundred strong. Theirs was
a suicide mission, to hold the pass
against the invading millions of the
mighty Persian army. Day after bloody
day they withstood the terrible
onslaught, buying time for the Greeks**

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to rally their forces. Born into a cult of spiritual courage, physical endurance, and unmatched battle skill, the Spartans would be remembered for the greatest military stand in history—one that would not end until the rocks were awash with blood, leaving only one gravely injured Spartan squire to tell

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the tale. . . .

**Jonathan Fields knows the risks-and
potential power-of uncertainty. He gave
up a six-figure income as a lawyer to
make \$12 an hour as a personal trainer.
Then, married with a 3-month old baby,
he signed a lease to launch a yoga center
in the heart of New York City. . . the**

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day before 9/11. But he survived, and along the way he developed a fresh approach to transforming uncertainty, risk of loss, and exposure to judgment into catalysts for innovation, creation, and achievement. Properly understood and harnessed, fear and uncertainty can become fuel for creative genius rather

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than sources of pain, anxiety, and suffering. In business, art, and life, creating on a world-class level demands bold action and leaps of faith in the face of great uncertainty. But that uncertainty can lead to fear, anxiety, paralysis, and destruction. It can gut creativity and stifle innovation. It can

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**keep you from taking the risks
necessary to do great work and craft a
deeply-rewarding life. And it can bring
companies that rely on innovation
grinding to a halt. That is, unless you
know how to use it to your advantage.
Fields draws on leading-edge
technology, cognitive-science and**

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ancient awareness-focusing techniques in a fresh, practical, non-dogmatic way. His approach enables creativity and productivity on an entirely different level and can turn the once-tortuous journey into a more enjoyable quest. Fields will reveal how to: Make changes to your workflow that unlock buried

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creative potential. Build "creation hives" -- supportive groups that can supercharge and humanize the process. Tap social technology and user co-creation to add clarity, certainty, and sanity, even if you're an artist or solo-creator. Develop a set of personal practices and mindset shifts that let you

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not just tolerate, but invite and even amplify, uncertainty as a catalyst for genius. Drawing on extensive case studies and research, Fields shares a set of detailed personal practices and environmental changes that can not only humanize the creative process, but also allow individuals and teams to stay

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more open to opportunity and play a bigger creative game.

What keeps so many of us from doing what we long to do? Why is there a naysayer within? How can we avoid the roadblocks of any creative endeavor—be it starting up a dream business venture, writing a novel, or

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painting a masterpiece? The War of Art identifies the enemy that every one of us must face, outlines a battle plan to conquer this internal foe, then pinpoints just how to achieve the greatest success. The War of Art emphasizes the resolve needed to recognize and overcome the obstacles of ambition and then

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**effectively shows how to reach the
highest level of creative discipline.
Think of it as tough love . . . for
yourself.**

**In the Depression year of 1931, on the
golf links at Krewe Island off
Savannah's windswept shore, two
legends of the game—Bobby Jones and**

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Walter Hagen—meet for a mesmerizing thirty-six-hole showdown. Another golfer will also compete—a troubled local war hero, once a champion, who comes with his mentor and caddie, the mysterious Bagger Vance. It is Vance, sage and charismatic, who will ultimately guide the match, for he holds

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the secret of the Authentic Swing. And he alone can show his protege the way back to glory. Written in the spirit of Golf in the Kingdom and The Natural, The Legend of Bagger Vance reveals the true nature of the game in a story that is unforgettable.

Around the Writer's Block

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**Turning Fear and Doubt into Fuel for
Brilliance**

Undoing Drugs

A Man at Arms: A Novel

**The Wake of the Hero's Journey and
the Lifelong Pursuit of Meaning**

How We Can Get More Done

How Harm Reduction Is Changing the

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Future of Drugs and Addiction

WARS CHANGE, WARRIORS

DON'T We are all warriors. Each of us struggles every day to define and defend our sense of purpose and integrity, to justify our existence on the planet and

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to understand, if only within our own hearts, who we are and what we believe in. Do we fight by a code? If so, what is it? What is the Warrior Ethos? Where did it come from? What form does it take today? How do

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we (and how can we) use it and be true to it in our internal and external lives? The Warrior Ethos is intended not only for men and women in uniform, but artists, entrepreneurs and other warriors in other walks of life.

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The book examines the evolution of the warrior code of honor and "mental toughness." It goes back to the ancient Spartans and Athenians, to Caesar's Romans, Alexander's Macedonians and the Persians

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*of Cyrus the Great (not
excluding the Garden of Eden
and the primitive hunting band).
Sources include Herodotus,
Thucydides, Plutarch,
Xenophon, Vegetius, Arrian and
Curtius--and on down to Gen.*

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*George Patton, Field Marshal
Erwin Rommel, and Israeli
Minister of Defense, Moshe
Dayan.*

*This life-changing manifesto
shows how you have the
potential to make a huge*

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*difference wherever you are.
Few authors have had the kind
of lasting impact and global
reach that Seth Godin has had.
In a series of now-classic books
that have been translated into
36 languages and reached*

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millions of readers around the world, he has taught generations of readers how to make remarkable products and spread powerful ideas. In Linchpin, he turns his attention to the individual, and explains

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how anyone can make a significant impact within their organization. There used to be two teams in every workplace: management and labor. Now there's a third team, the linchpins. These people figure

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out what to do when there's no rule book. They delight and challenge their customers and peers. They love their work, pour their best selves into it, and turn each day into a kind of art. Have you ever found a

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*shortcut that others missed?
Seen a new way to resolve a
conflict? Made a connection with
someone others couldn't reach?
Even once? Then you have what
it takes to become
indispensable, by overcoming*

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the resistance that holds people back. Linchpin will show you how to join the likes of... · Keith Johnson, who scours flea markets across the country to fill Anthropologie stores with unique pieces. · Jason Zimdars,

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a graphic designer who got his dream job at 37signals without a résumé. · David, who works at Dean and DeLuca coffee shop in New York. He sees every customer interaction as a chance to give a gift and is

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cherished in return. As Godin writes, "Every day I meet people who have so much to give but have been bullied enough or frightened enough to hold it back. It's time to stop complying with the system and draw your

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own map. You have brilliance in you, your contribution is essential, and the art you create is precious. Only you can do it, and you must."

'Really interesting ... a very, very good book' Steve Wright,

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BBC Radio 2 In Do Less, Get More, entrepreneur and bestselling author Sháá Wasmund reveals that the key to fulfilment isn't doing more, it's doing what matters. Is your life how you imagined it would

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be, or is the reality more stressful than you planned? Do you put yourself under too much pressure to succeed? Are you struggling to find time for the things, and people, you love? It doesn't have to be this

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way. Anything is possible when you stop trying to do everything at the same time. This life changing book gives you the tools to ditch your to-do list and follow your dreams. It will be your essential guide to doing

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*what you love - and letting go of
the rest.*

*Although much as been written
about how to make better
decisions, a decision by itself
changes nothing. The big
problem facing managers and*

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their organizations today is one of implementation--how to get things done in a timely and effective way. Problems of implementation are really issues of how to influence behavior, change the course of events,

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overcome resistance, and get people to do things they would not otherwise do. In a word, power. Managing With Power provides an in-depth look at the role of power and influence in organizations. Pfeffer shows

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convincingly that its effective use is an essential component of strong leadership. With vivid examples, he makes a compelling case for the necessity of power in mobilizing the political support and

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resources to get things done in any organization. He provides an intriguing look at the personal attributes—such as flexibility, stamina, and a high tolerance for conflict—and the structural factors—such as

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control of resources, access to information, and formal authority—that can help managers advance organizational goals and achieve individual success.

Free

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*Read This Before Our Next
Meeting*

*10 Ways to Share Your
Creativity and Get Discovered
Resistance and Persuasion
Kind of the Story of My Life
A Thriller*

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*Politics and Influence in
Organizations*

**Resistance and
Persuasion is the first
book to analyze the
nature of resistance and
demonstrate how it can**

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be reduced, overcome, or used to promote persuasion. By examining resistance, and providing strategies for overcoming it, this new book generates insight

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into new facets of
influence and
persuasion. With
contributions from the
leaders in the field,
this book presents
original ideas and

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research that demonstrate how understanding resistance can improve persuasion, compliance, and social influence. Many of the authors present their

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research for the first
time. Four faces of
resistance are
identified: reactance,
distrust, scrutiny, and
inertia. The concluding
chapter summarizes the

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book's theoretical
contributions and
establishes a resistance-
based research agenda
for persuasion and
attitude change. This
new book helps to

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establish resistance as
a legitimate sub-field
of persuasion that is
equal in force to
influence. Resistance
and Persuasion offers
many new revelations

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about persuasion:

- *Acknowledging
resistance helps to
reduce it. *Raising
reactance makes a strong
message more persuasive.
- *Putting arguments into

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a narrative increases
their influence.

*Identifying
illegitimate sources of
information strengthens
the influence of
legitimate sources.

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***Looking ahead reduces
resistance to persuasive
attempts. This volume
will appeal to
researchers and students
from a variety of
disciplines including**

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social, cognitive, and
health psychology,
communication,
marketing, political
science, journalism, and
education.

THE KNOWLEDGE is not

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just a writer's coming-of-age story. It's every writer's coming-of-age story. If you're a fan of THE WAR OF ART, Pressfield's new memoir, THE KNOWLEDGE, is the

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story behind that story
and the origin tale
between its lines. In
the high-crime 1970s in
New York, Pressfield was
driving a cab and
tending bar, incapable

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of achieving anything
literary beyond the
completion of his third-
in-a-row unpublishable
novel. Until fate, in
the form of a job
tailing his boss's

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straying wife, propels
him into a Big Lebowski-
esque underworld saga
that ends with him
coming to a life-
altering crisis
involving not just the

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criminals he has become
deeply and emotionally
involved with, but with
his own inner demons of
the blank page.

On his thirtieth
birthday, Jeff Goins

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quit his job and began
his pursuit of becoming
a full-time writer.

While certainly that was
a milestone day, it was
still less significant
than the ones that lead

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to that memorable
moment. The journey he
took leading up to that
daring decision involved
twists, turns, and
surprises he never
expected. In the end, he

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found his life's
purpose, his calling;
and in The Art of Work,
he wants to share his
journey with you and
help you, too, discover
your life's work, along

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with the invaluable
treasure that comes with
doing so. As writer,
keynote speaker, and
award-winning blogger
Jeff Goins explains, our
search for discovering

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the task we were born to
do begins with passion
but does not end there.
Only when our interests
connect with the needs
of the world do we begin
living for a larger

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purpose. Those who
experience this
intersection experience
something exceptional
and enviable. Though it
is rare, as Jeff
discovered along the

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journey he shares in
this one-of-a-kind book,
such a life is
attainable by anyone
brave enough to try.
Through personal
experience, compelling

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case studies, and
current research on the
mysteries of motivation
and talent, Jeff shows
readers how to find the
vocation they were meant
for and what to expect

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during the long, arduous
journey to discovering
and pursuing it.

In his New York Times
bestseller *Steal Like an
Artist*, Austin Kleon
showed readers how to

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unlock their creativity
by “stealing” from the
community of other
movers and shakers. Now,
in an even more forward-
thinking and necessary
book, he shows how to

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take that critical next
step on a creative
journey—getting known.
Show Your Work! is about
why generosity trumps
genius. It's about
getting findable, about

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using the network

instead of wasting time
“networking.” It’s not
self-promotion, it’s
self-discovery—let
others into your
process, then let them

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steal from you. Filled
with illustrations,
quotes, stories, and
examples, Show Your
Work! offers ten
transformative rules for
being open, generous,

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brave, productive. In chapters such as You Don't Have to Be a Genius; Share Something Small Every Day; and Stick Around, Kleon creates a user's manual

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for embracing the
communal nature of
creativity— what he
calls the “ecology of
talent.” From broader
life lessons about work
(you can't find your

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voice if you don't use
it) to the etiquette of
sharing—and the dangers
of oversharing—to the
practicalities of
Internet life (build a
good domain name; give

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credit when credit is due), it's an inspiring manifesto for succeeding as any kind of artist or entrepreneur in the digital age.

A Proven Path to

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Discovering What You

Were Meant to Do

On the Front Lines of

the Six Day War

The Lion's Gate

The Knowledge

Get Out of Your Own Way

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The Artist's Journey

Show Your Work!

There's a mantra that real writers know but wannabe writers don't.

And the secret phrase is this:

NOBODY WANTS TO READ YOUR

SH*T. Recognizing this painful truth

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is the first step in the writer's transformation from amateur to professional. From Chapter Four: "When you understand that nobody wants to read your shit, you develop empathy. You acquire the skill that is indispensable to all artists and

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entrepreneurs—the ability to switch back and forth in your imagination from your own point of view as writer/painter/seller to the point of view of your reader/gallery-goer/customer. You learn to ask yourself with every sentence and

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every phrase: Is this interesting? Is it fun or challenging or inventive? Am I giving the reader enough? Is she bored? Is she following where I want to lead her?

A FRESH TAKE ON THE INBORN
CHARACTERISTIC OF

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RESILIENCE Most people are convinced that the key to rising above a perceived problem is to think about it, analyze all angles, and try hard to solve it. But the fact is: Problems in the world are mounting. War, famine, and strife

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exist at alarming rates. Not to mention that the level of respect within our families and communities seems to be fraying. Simply put, our behavior is not up to par these days; it is spiraling downward. Why? We're not connecting the dots. In

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the arenas of psychology, teaching, coaching, and parenting, we're using behavioral strategies to boost inner levels of clarity and consciousness—to no avail. So, if focusing on behavior isn't working, what will? The Path of No

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Resistance provides a brand-new look at how human beings really overcome adversity. Along the way, Garret Kramer reveals the astonishing truth about what creates our troubles in the first place. And what we already know, deep down,

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that allows us to prosper in spite of any circumstance or situation. Offering an array of examples, Kramer demonstrates that resilience and contentment are—in principle—innate to everyone. He insists that calculated self-help

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methods are not the answer, and explains why insight, not intellect, is what fuels our ability to excel and give back to others.

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Overcome Resistance and Get Out
of Your Own Way. Do you find
yourself unable to finish a project?
Perhaps your dream is to write a

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book, start a new business, or begin a new philanthropic endeavor. As you begin your new project, fear begins to seep in and you begin to self-sabotage. You procrastinate and begin to engage in self-doubt, these demons prohibit you from achieving

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your goals and pursuing your dreams. Unfortunately, many of us find ourselves in this position quite often. But where does this inner resistance come from and why is it consistently stopping us from accomplishing more? Throughout

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Do the Work, Steven Pressfield aims to teach you everything you need to know to identify these causes of resistance and how to stop it from taking over. You'll learn the various techniques you need to overcome the resistance, get back to work and

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finally turn your dreams into a reality. As you read, you'll learn how arrogance and ignorance are your allies, you'll discover how to slay a dragon, and finally, you'll understand why failure leads to success.

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The Story Behind THE LEGEND OF BAGGER VANCE If you've read his books THE WAR OF ART and TURNING PRO, you know that for thirty years Steven Pressfield (GATES OF FIRE, THE AFGHAN CAMPAIGN etc.) wrote spec novel

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after spec novel before any publisher took him seriously. How did he finally break through? Ignoring just about every rule of commercial book publishing, Pressfield's "first" novel not only became a major bestseller (over

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250,000 copies sold), it was adapted into a feature film directed by Robert Redford and starring Matt Damon, Will Smith, and Charlize Theron. Where did he get the idea? What magical something did THE LEGEND OF BAGGER VANCE

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have that his previous manuscripts lacked? Why did Pressfield decide to write a novel when he already had a well established screenwriting career? How does writing a publishable novel really work? Taking a page from John Steinbeck's

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classic JOURNAL OF A NOVEL,
Steven Pressfield offers answers for
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perspective authors need to write successful fiction that sells.

In a near-future world in which governments and corporations are forced to hire cutting-edge mercenary armies to protect their wealth, the globe's largest private military launches

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a campaign to take over the United States, prompting a top commander to rebel against the organization's leader. By the author of The Legend of Bagger Vance. 70,000 first printing. From “ one of the bravest, smartest writers about addiction anywhere ”

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(Johann Hari, New York Times bestselling author)—the untold story of harm reduction, a surprisingly simple idea with enormous power Drug overdoses now kill more Americans annually than guns, cars or breast cancer. But we have tried to solve this

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national crisis with policies that only made matters worse. In the name of “ sending the right message, ” we have maximized the spread of infectious disease, torn families apart, incarcerated millions of mostly Black and Brown people—and utterly failed

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to either prevent addiction or make effective treatment for it widely available. There is another way, one that is proven to work. However, it runs counter to much of the received wisdom of our criminal and medical industrial complexes. It is called harm

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reduction. Developed and championed by an outcast group of people who use drugs and by former users and public health geeks, harm reduction offers guidance on how to save lives and improve health. And it provides a way of understanding behavior and culture

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that has relevance far beyond drugs. In a spellbinding narrative rooted in an urgent call to action, *Undoing Drugs* tells the story of how a small group of committed people changed the world, illuminating the power of a great idea. It illustrates how hard it can be to take

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on widely accepted conventional wisdom—and what is necessary to overcome this resistance. It is also about how personal, direct human connection and kindness can inspire profound transformation. Ultimately, *Undoing Drugs* offers a path

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forward—revolutionizing not only the treatment of addiction, but also our treatment of behavioral and societal issues.

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with case examples and session vignettes, the book addresses a variety of ways that clients may resist basic therapeutic procedures: noncompliance with agenda setting and homework assignments, splitting transference with other therapists, inappropriate

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behavior, and premature termination. Underlying processes of resistance are explored, from the desire for validation to risk aversion and self-handicapping. Also highlighted are ways that the therapist's own responses may inadvertently impede change. Provided

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are innovative tools for getting treatment back on track, including targeted interventions, in-session "experiments," and questionnaires and graphic models to share with clients.

Leading School Change
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The Warrior Ethos

Overcoming Resistance in Cognitive
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Break Through the Blocks and Win
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Creative people will
experience depression —
that's a given. It's a given
because they are regularly
confronted by doubts about***

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the meaningfulness of their efforts. There is a kind of depression that does not respond to pharmaceutical treatment. What's required is healing in the realm of meaning. In this

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groundbreaking book, Eric Maisel teaches creative people how to handle these recurrent crises of meaning and how to successfully manage the anxieties of the creative process. Using examples both

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***from the lives of famous
creators such as van Gogh and
from his own creativity
coaching practice, Maisel
explains that despite their
inevitable difficulties, creative
people possess the ability to***

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forge relationships, repair themselves, and find meaning in their work and their lives. Maisel presents a step-by-step plan to help creative people handle their special brand of depression and rediscover the

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***reasons they are driven to
create in the first place.***

***A Deeply Personal Field Guide
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Enemy When you dream, you
envision a magical future...the
day when you have heroically***

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***slayed dragons and unlocked
the creativity and genius
buried deep inside. But how do
you actually get to that
destination? You can analyze
the myths of visionary
creators-artists, writers,***

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***musicians, software
developers, etc. who have
accomplished the impossible.
You'll read about how they
went for it, refused to quit,
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exactly how these successful***

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***creators went from being
fearful dreamers to
accomplished artists proves
elusive. Running Down a
Dream unflinchingly bares the
naked truth of creation and
shares the practical to-do list***

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to take you from here to there. The good news? You don't have to be an Austen or a Michelangelo or an Oprah to create a work of art. The bad news? There is no glossing over the pain, embarrassment,

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***and financial terror necessary
to contend with on your
journey to mission
accomplished. More good
news? What lies ahead for you
is the realization of your
heroic self. The run is worth it***

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in ways you can't yet imagine. The online economy offers challenges to traditional businesses as well as incredible opportunities. Chris Anderson makes the compelling case that in many

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***instances businesses can
succeed best by giving away
more than they charge for.
Known as "Freemium," this
combination of free and paid is
emerging as one of the most
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***models. In Free, Chris
Anderson explores this radical
idea for the new global
economy and demonstrates
how it can be harnessed for
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