

Its So Easy And Other Lies Duff Mckagan

FOREWORD BY GUY KAWASAKI Presentation designer and internationally acclaimed communications expert Garr Reynolds, creator of the most popular Web site on presentation design and delivery on the Net — presentationzen.com — shares his experience in a provocative mix of illumination, inspiration, education, and guidance that will change the way you think about making presentations with PowerPoint or Keynote. Presentation Zen challenges the conventional wisdom of making "slide presentations" in today's world and encourages you to think differently and more creatively about the preparation, design, and delivery of your presentations. Garr shares lessons and perspectives that draw upon practical advice from the fields of communication and business. Combining solid principles of design with the tenets of Zen simplicity, this book will help you along the path to simpler, more effective presentations.

In *The 5 Love Languages*, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.

The #1 New York Times bestselling cookbook that will help anyone make delectable, healthy meals in no time! Gwyneth Paltrow is back to share more than 125 of her favorite recipes that can be made in the time it would take to order takeout (which often contains high quantities of fat, sugar, and processed ingredients). All the dishes are surprisingly tasty, with little or no sugar, fat, or gluten. From easy breakfasts to lazy suppers, this book has something for everybody. Yummy recipes include Chocolate Cinnamon Overnight Oats, Soft Polenta with Cherry Tomatoes, Chicken Enchiladas, Pita Bread Pizzas, Quick Sesame Noodles, and more! Plus, an innovative chapter for "on-the-go" meals (Moroccan Chicken Salad Wrap, Chopped Salad with Grilled Shrimp, and others) that you can take for lunch to work or school, to a picnic, or to eat while watching soccer practice!

A founding member of Guns N' Roses shares the story of his career and private life, covering the band's rise to fame, overcoming alcoholism, and his experiences as a husband and father.

Lectures On Computation

White Fragility

The Five Love Languages

Negotiating As If Your Life Depended On It

Why It's So Hard for White People to Talk About Racism

The Notebook

A Dictionary Of Arts, Sciences, Literature And General Information (Volume I) A To Androphagi

The gripping first installment in New York Times bestselling author Tahereh Mafi's *Shatter Me* series. One touch is all it takes. One touch, and Juliette Ferrars can leave a fully grown man gasping for air. One touch, and she can kill. No one knows why Juliette has such incredible power. It feels like a curse, a burden that one person alone could never bear. But The Reestablishment sees it as a gift, sees her as an opportunity. An opportunity for a deadly weapon. Juliette has never fought for herself before. But when she's reunited with the one person who ever cared about her, she finds a strength she never knew she had. And don't miss *Defy Me*, the shocking fifth book in the *Shatter Me* series!

Tells a story about the strange relationship of two migrant workers who are able to realize their dreams of an easy life until one of them succumbs to his weakness for soft, helpless creatures and strangles a farmer's wife.

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this "vital, necessary, and beautiful book" (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and "allows us to understand racism as a practice not restricted to 'bad people'" (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

"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.
x000D Twelve Things This Book Will Do For You:
x000D Get you out of a mental rut, give you new thoughts, new visions, new ambitions.
x000D Enable you to make friends quickly and easily.
x000D Increase your popularity.
x000D Help you to win people to your way of thinking.
x000D Increase your influence, your prestige, your ability to get things done.
x000D Enable you to win new clients, new customers.
x000D Increase your earning power.
x000D Make you a better salesman, a better executive.
x000D Help you to handle complaints, avoid arguments, keep your human contacts smooth and pleasant.
x000D Make you a better speaker, a more entertaining conversationalist.
x000D Make the principles of psychology easy for you to apply in your daily contacts.
x000D Help you to arouse enthusiasm among your associates.
x000D 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.
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A Fistful of Rock & Roll

The God of Small Things

M Train

It's So Easy... Family Favorite Recipes

Shatter Me

Thinking, Fast and Slow

Ancient Ruins

"The Foundations is for the general reader who possesses 'common rational knowledge of morality' but lacks a philosophical theory of it."--Translator's introduction.

New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

P.J. Funnybunny doesn't want to be a bunny anymore! In this hilarious story, a young bunny explores life with different animal friends. This bunny-rific tale of self-discovery is now available in a simplified board book perfect for the littlest hands—and with a festive, sparkly cover, it makes the perfect gift to fill any Easter basket. P.J. Funnybunny is tired of cooked carrots and his big ears. It would be way more fun to be a bear, a bird, or a pig...right? Read along as P.J. leaves home and tries to determine who he is—and where he belongs. But this bunny might just learn that all he wants to be is...himself! This sturdy board book adaptation, with text abridged from the beloved Dr. Seuss Beginner Book, makes a fun-filled read aloud for babies and toddlers!

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

The Mr. Food Cookbook

Their Eyes Were Watching God

The Story of War

The Blue Book of Grammar and Punctuation

13 Things Mentally Strong People Don't Do

Master Your Mind and Defy the Odds - Clean Edition

Understanding MARC Bibliographic

From the National Book Award-winning author of Just Kids: a "sublime collection of true stories ... and wild imaginings that take us to the very heart of who Patti Smith is" (Vanity Fair), told through the cafés and haunts she has worked in around the world. Patti Smith calls this bestselling work "a roadmap to my life." M Train begins in the tiny Greenwich Village café where Smith goes every morning for black coffee, ruminates on the world as it is and the world as it was, and writes in her notebook. Through prose that shifts fluidly between dreams and reality, past and present, we travel to Frida Kahlo's Casa Azul in Mexico; to the fertile moon terrain of Iceland; to a ramshackle seaside bungalow in New York's Far Rockaway that Smith acquires just before Hurricane Sandy hits; to the West 4th Street subway station, filled with the sounds of the Velvet Underground after the death of Lou Reed; and to the graves of Genet, Plath, Rimbaud, and Mishima. Woven throughout are reflections on the writer's craft and on artistic creation. Here, too, are singular memories of Smith's life in Michigan and the irremediable loss of her husband, Fred Sonic Smith. Braiding despair with hope and consolation, illustrated with her signature Polaroids, M Train is a meditation on travel, detective shows, literature, and coffee. It is a powerful, deeply moving book by one of the most remarkable multiplatform artists at work today. Featuring a postscript with five new photos from Patti Smith

A guide to the collective wisdom gained from fatherhood, business school, and some of the greatest rock bands of all time

Every so often a love story captures our hearts and becomes more than just a story - it becomes an experience to treasure and to share. The Notebook is such a book. It is a celebration of a passion both ageless and timeless, a tale of laughter and tears, and makes us believe in true love all over again. At thirty-one, Noah Calhoun is rebuilding his life on the coast after the horrors of World War II, but he is haunted by images of the girl he lost more than a decade earlier. Allie Nelson is about to marry into wealth and security, but she cannot

stop thinking about the boy who stole her heart years ago. And so begins an extraordinary tale of a love so strong it turns tragedy into strength and endures everything . . . 2014 marks the 10th anniversary of the film adaptation of The Notebook starring Ryan Gosling and Rachel McAdams. This new edition includes gorgeous colour photographs from the film, author Q & A, discussion questions and an exclusive chapter from The Longest Ride, the new Nicholas Sparks novel.

It's so easy to cook great food your family will love with 250 simply delicious recipes for easy-to-afford, easy-to-prepare dinners from up and coming cookbook author, Krista Griffin. From Great Grandmother's Coconut Pie, to Granny's Vanilla Wafer Cake to Mama's Red Beans & Rice, this outstanding cookbook is the result of decades of cooking and collecting recipes by Krista, her grandmother, and other great cooks in her family. With their collection of favorite recipes, it's so easy to enjoy time with your own family around the kitchen table. From Everyone's Favorite Potato Salad, to The Best Fiesta Dip Ever, to Everyone's Favorite Mandarin Orange Cake, you'll love this selection of every day classics for every night of the week.

One Man's Journey in Recreating the Flavors and Memories of the Past

It's All Easy

It'S Not as Easy as It Looks

The Love Hypothesis

Can't Hurt Me

Cancer, Faith, and All the Madness

And Other Lies

In the US edition of this international bestseller, Adam Kay channels Henry Marsh and David Sedaris to tell us the "darkly funny" (The New Yorker) -- and sometimes horrifying -- truth about life and work in a hospital. Welcome to 97-hour weeks. Welcome to life and death decisions. Welcome to a constant tsunami of bodily fluids. Welcome to earning less than the hospital parking meter. Wave goodbye to your friends and relationships. Welcome to the life of a first-year doctor. Scribbled in secret after endless days, sleepless nights and missed weekends, comedian and former medical resident Adam Kay's This Is Going to Hurt provides a no-holds-barred account of his time on the front lines of medicine. Hilarious, horrifying and heartbreaking by turns, this is everything you wanted to know -- and more than a few things you didn't -- about life on and off the hospital ward. And yes, it may leave a scar.

The beloved debut novel about an affluent Indian family forever changed by one fateful day in 1969, from the author of The Ministry of Utmost Happiness NEW YORK TIMES BESTSELLER • MAN BOOKER PRIZE WINNER Compared favorably to the works of Faulkner and Dickens, Arundhati Roy's modern classic is equal parts powerful family saga, forbidden love story, and piercing political drama. The seven-year-old twins Estha and Rahel see their world shaken irrevocably by the arrival of their beautiful young cousin, Sophie. It is an event that will lead to an illicit liaison and tragedies accidental and intentional, exposing "big things [that] lurk unsaid" in a country drifting dangerously toward unrest. Lush, lyrical, and unnerving, The God of Small Things is an award-winning landmark that started for its author an esteemed career of fiction and political commentary that continues unabated.

Benny Lewis, who speaks over ten languages—all self-taught—runs the largest language-learning blog in the world, Fluent In 3 Months. Lewis is a full-time "language hacker," someone who devotes all of his time to finding better, faster, and more efficient ways to learn languages. Fluent in 3 Months: How Anyone at Any Age Can Learn to Speak Any Language from Anywhere in the World is a new blueprint for fast language learning. Lewis argues that you don't need a great memory or "the language gene" to learn a language quickly, and debunks a number of long-held beliefs, such as adults not being as good of language learners as children.

New York Times Bestseller USA Today Bestseller The Globe and Mail Bestseller Publishers Weekly Bestseller Whose truth is the lie? Stay up all night reading the sensational psychological thriller that has readers obsessed, from the #1 New York Times bestselling author of It Ends With Us. Lowen Ashleigh is a struggling writer on the brink of financial ruin when she accepts the job offer of a lifetime. Jeremy Crawford, husband of bestselling author Verity Crawford, has hired Lowen to complete the remaining books in a successful series his injured wife is unable to finish. Lowen arrives at the Crawford home, ready to sort through years of Verity's notes and outlines, hoping to find enough material to get her started. What Lowen doesn't expect to uncover in the chaotic office is an unfinished autobiography Verity never intended for anyone to read. Page after page of bone-chilling admissions, including Verity's recollection of the night her family was forever altered. Lowen decides to keep the manuscript hidden from Jeremy, knowing its contents could devastate the already grieving father. But as Lowen's feelings for Jeremy begin to intensify, she recognizes all the ways she could benefit if he were to read his wife's words. After all, no matter how devoted Jeremy is to his injured wife, a truth this horrifying would make it impossible for him to continue loving her.

Fluent in 3 Months

Foundations of the Metaphysics of Morals

And What is Enlightenment?

This Is Going to Hurt

Machine-readable Cataloging

Slippin' Out of Darkness

It's Not Easy Being a Bunny

Sistina awakened after millennia of dormancy, her memories in tatters and born anew. Residing in the ruins of an ancient city, she finds herself drawn into a war between two elven nations and the slaver kingdom of Kelvanis when she rescues a princess from slavery. With her

domain containing hints of forgotten knowledge, Sistina becomes a dungeon, stronghold, and source of hope all at once. And perhaps, just perhaps, she could finally find love in her new life. This is a dark fantasy lesbian romance, with a focus on the dark fantasy.

Its Not As Easy As It Looks follows the story of Michael Bowlings many surprise cancer diagnoses from the first day. Each chapter was written and posted usually within hours of the events it describes. All the hope and disappointment, all the strange and unforeseen events, and all the humor that cancer brings are detailed. Michaels friends serve as commentators along the way. As the story progresses, the doctors are often more surprised than the patient. What will happen next? God reveals Himself throughout in ways unexpected, but you will have to see it to believe it!

The bestselling workbook and grammar guide, revised and updated! Hailed as one of the best books around for teaching grammar, The Blue Book of Grammar and Punctuation includes easy-to-understand rules, abundant examples, dozens of reproducible quizzes, and pre- and post-tests to help teach grammar to middle and high schoolers, college students, ESL students, homeschoolers, and more. This concise, entertaining workbook makes learning English grammar and usage simple and fun. This updated 12th edition reflects the latest updates to English usage and grammar, and includes answers to all reproducible quizzes to facilitate self-assessment and learning. Clear and concise, with easy-to-follow explanations, offering "just the facts" on English grammar, punctuation, and usage Fully updated to reflect the latest rules, along with even more quizzes and pre- and post-tests to help teach grammar Ideal for students from seventh grade through adulthood in the US and abroad For anyone who wants to understand the major rules and subtle guidelines of English grammar and usage, The Blue Book of Grammar and Punctuation offers comprehensive, straightforward instruction.

The first biography of the seminal music group WAR whose many hits include "Spill the Wine," "All Day Music," "Why Can't We Be Friends?" "Slippin' into Darkness," "The Cisco Kid," and - of course - "Low Rider." They combined rock, funk, soul, R&B, jazz, and a strong Latin vibe in their music, they have been awarded two Platinum and eight Gold records in their career. Their album "The World is a Ghetto" was the bestselling release of 1973 and was #444 on the list of "Rolling Stone's Top 500 Albums" list. This unauthorized book follows the group from their early incarnations when Harold Brown and Howard Scott met to form the Creators and then the Night Shift, to their partnership with former Animals lead singer Eric Burdon, to a highly successful career on their own with the core original lineup of Brown, Scott, Lee Oskar, Lonnie Jordan, B.B. Dickerson, Papa Dee Allen, and Charles Miller. The story also follows the band through their later, leaner years, the tragic deaths of two members, and the conflicts that led to a fissure and a split of performing entities that continues to this day. Featuring original interviews, archival research, and musical analysis and commentary, "Slippin' Out of Darkness: The Story of WAR" tells the tale of one of the most unique bands in the history of Classic Rock-era music.

From Recollection to Recipe

Of Mice and Men

Simple Ideas on Presentation Design and Delivery

Never Split the Difference

Verity

Presentation Zen

The Road

Massie Block: Getting back into Octavian Country Day was a piece of sugar-free cake, compared to Massie's next goal-finding the key that unlocks an amazing legendary secret room at OCD! Alpha eighth grader Skye Hamilton and her clique have stashed the key in the bedroom of one mystery Briarwood boy, but who? Whoever finds the key gets access to the secret room for an entire year and the prestige that comes along with it. But what happens when LBR Layne seems to be getting closer? This is way more than a matter of life or death, it's a matter of in or out! Kristen Gregory: Always been a star on the soccer field, but her style gets majorly cramped when her friends are forced to join the team. They better start kicking those soccer balls or Kristen's going to start kicking some . . . ! Alicia Rivera: Uses her skills as a gossip reporter to scheme her way into the rooms of all the Briarwood hotties! Dylan Marvil: Heard depression makes people lose weight. Is hoping for some sad news soon because she's popping donut holes the way some people pop Tic-Tacs. Claire Lyons: Being famous isn't all it's cracked up to be! Her agent confiscates her gummies, and forces her to do some very bad things to make her more "edgy." Worst of all, her constant meetings with lawyers and movie execs are eating into her time with the P.C. and with Cam! Is being a Hollywood starlet worth the Gucci-high price tag?

Major New York Times bestseller Winner of the National Academy of Sciences Best Book Award in 2012 Selected by the New York Times Book Review as one of the ten best books of 2011 A Globe and Mail Best Books of the Year 2011 Title One of The Economist's 2011 Books of the Year One of The Wall

Street Journal's Best Nonfiction Books of the Year 2011 2013 Presidential Medal of Freedom Recipient Kahneman's work with Amos Tversky is the subject of Michael Lewis's *The Undoing Project: A Friendship That Changed Our Minds* In the international bestseller, *Thinking, Fast and Slow*, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best Book Award and the Los Angeles Times Book Prize and selected by The New York Times Book Review as one of the ten best books of 2011, *Thinking, Fast and Slow* is destined to be a classic.

***It's So Easy And Other Lies* Simon and Schuster**

The Instant New York Times Bestseller and TikTok Sensation! As seen on THE VIEW! A BuzzFeed Best Summer Read of 2021 When a fake relationship between scientists meets the irresistible force of attraction, it throws one woman's carefully calculated theories on love into chaos. As a third-year Ph.D. candidate, Olive Smith doesn't believe in lasting romantic relationships--but her best friend does, and that's what got her into this situation. Convincing Anh that Olive is dating and well on her way to a happily ever after was always going to take more than hand-wavy Jedi mind tricks: Scientists require proof. So, like any self-respecting biologist, Olive panics and kisses the first man she sees. That man is none other than Adam Carlsen, a young hotshot professor--and well-known ass. Which is why Olive is positively floored when Stanford's reigning lab tyrant agrees to keep her charade a secret and be her fake boyfriend. But when a big science conference goes haywire, putting Olive's career on the Bunsen burner, Adam surprises her again with his unyielding support and even more unyielding...six-pack abs. Suddenly their little experiment feels dangerously close to combustion. And Olive discovers that the only thing more complicated than a hypothesis on love is putting her own heart under the microscope.

Take Back Your Power, Embrace Change, Face Your Fears, and Train Your Brain for Happiness and Success

Secret Diaries of a Medical Resident

(and other illusions)

How to Stop Doubting Your Greatness and Start Living an Awesome Life

How To Win Friends And Influence People

It's So Easy

The Clique #7: It's Not Easy Being Mean

Two survivors of a global catastrophe disguise themselves as corpses to survive in a land of the walking dead! From the mind of Mike Richardson, creator of *The Mask* and *The Secret*, comes this hilariously frightening tale of Straw and Whip who have lived through a plague that's left the world with seven billion brain-hungry zombies. Soon the two friends save a lovely young gun-crazy woman named Betty, who becomes a source of rivalry between them. With hundreds of zombies out for a snack, the three try their best to blend in so as not become the next item on the menu.

From weekday dinners to entertaining menus, this book shows you how! The Food Cookbook presents 250 of the most requested, quick, easy, no-nonsense recipes and ideas from Art Ginsberg's national TV show. These dishes look and taste gourmet without the gourmet work and can be made with inexpensive ingredients right off the supermarket shelf.

Packed with humor, inspiration, and advice, *You Are a Badass* is the #1 New York Times bestselling self-help book that teaches you how to get better without getting busted. In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up twenty-seven bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, and Make some damn money already. The kind you've never made before. By the end of *You Are a Badass*, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass.

NATIONAL BESTSELLER • WINNER OF THE PULITZER PRIZE • A searing, post-apocalyptic novel about a father and son's fight to survive, this "tale of survival and the miracle of goodness only adds to McCarthy's stature as a living master. It's gripping, frightening and, ultimately, beautiful" (San

Francisco Chronicle). *A father and his son walk alone through burned America. Nothing moves in the ravaged landscape save the ash on the wind. It is cold enough to crack stones, and when the snow falls it is gray. The sky is dark. Their destination is the coast, although they don't know what, if anything, awaits them there. They have nothing; just a pistol to defend themselves against the lawless bands that stalk the road, the clothes they are wearing, a cart of scavenged food—and each other. The Road is the profoundly moving story of a journey. It boldly imagines a future in which no hope remains, but in which the father and his son, "each the other's world entire," are sustained by love. Awesome in the totality of its vision, it is an unflinching meditation on the worst and the best that we are capable of: ultimate destructiveness, desperate tenacity, and the tenderness that keeps two people alive in the face of total devastation.*

What You Need to Know about Infectious Disease

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

Atomic Habits

21st Century Rock Poster Art

You Are a Badass®

How to Be a Man

Their Eyes Were Watching God is a 1937 novel by African-American writer Zora Neale Hurston. It is considered a classic of the Harlem Renaissance of the 1920s, and it is likely Hurston's best known work.

Covering the theory of computation, information and communications, the physical aspects of computation, and the physical limits of computers, this text is based on the notes taken by one of its editors, Tony Hey, on a lecture course on computation given b

This book has been considered by academicians and scholars of great significance and value to literature. This forms a part of the knowledge base for future generations. So that the book is never forgotten we have represented this book in a print format as the same form as it was originally first published. Hence any marks or annotations seen are left intentionally to preserve its true nature.

"Kick bad mental habits and toughen yourself up."—Inc. Master your mental strength—revolutionary new strategies that work for everyone from homemakers to soldiers and teachers to CEOs. Everyone knows that regular exercise and weight training lead to physical strength. But how do we strengthen ourselves mentally for the truly tough times? And what should we do when we face these challenges? Or as psychotherapist Amy Morin asks, what should we avoid when we encounter adversity? Through her years counseling others and her own experiences navigating personal loss, Morin realized it is often the habits we cannot break that are holding us back from true success and happiness. Indulging in self-pity, agonizing over things beyond our control, obsessing over past events, resenting the achievements of others, or expecting immediate positive results holds us back. This list of things mentally strong people don't do resonated so much with readers that when it was picked up by Forbes.com it received ten million views. Now, for the first time, Morin expands upon the thirteen things from her viral post and shares her tried-and-true practices for increasing mental strength. Morin writes with searing honesty, incorporating anecdotes from her work as a college psychology instructor and psychotherapist as well as personal stories about how she bolstered her own mental strength when tragedy threatened to consume her. Increasing your mental strength can change your entire attitude. It takes practice and hard work, but with Morin's specific tips, exercises, and troubleshooting advice, it is possible to not only fortify your mental muscle but also drastically improve the quality of your life.

A Novel

Molecular Biology of the Cell

How Anyone at Any Age Can Learn to Speak Any Language from Anywhere in the World

The Encyclopaedia Britannica

An Easy-to-Use Guide with Clear Rules, Real-World Examples, and Reproducible Quizzes

Delicious Weekday Recipes for the Super-Busy Home Cook

A former international hostage negotiator for the FBI offers a new, field-tested approach to high-stakes negotiations—whether in the boardroom or at home. After a stint policing the rough streets of Kansas City, Missouri, Chris Voss joined the FBI, where his career as a hostage negotiator brought him face-to-face with a range of criminals, including bank robbers and terrorists. Reaching the pinnacle of his profession, he became the FBI's lead international kidnapping negotiator. Never Split the Difference takes you inside the world of high-stakes negotiations and into Voss's head, revealing the skills that helped him and his colleagues succeed where it mattered most: saving lives. In this practical guide, he shares the nine effective principles—counterintuitive tactics and strategies—you too can use to become more persuasive in both your professional and personal life. Life is a series of negotiations you should be prepared for: buying a car, negotiating a salary, buying a home, renegotiating rent, deliberating with your partner. Taking emotional intelligence and intuition to the next level, Never Split the Difference gives you the competitive edge in any discussion.