

Switch Como Cambiar Las Cosas Cuando Cambiar Es Dificil

The new 'Collins Concise Spanish Dictionary' is based on the latest edition of the 'Collins Spanish Dictionary' and has additional features which will help users speak and write natural, accurate Spanish. Previous ed.: 2002.

A blueprint for how parents can stop worrying about their children's future and start helping them prepare for it, from the cofounder and CEO of one of America's most innovative public-school networks "A treasure trove of deeply practical wisdom that accords with everything I know about how children thrive."--Angela Duckworth, New York Times bestselling author of Grit In 2003, Diane Tavenner cofounded the first school in what would become Summit Public Schools, which has since won national recognition for its exceptional outcomes: 99 percent of students are accepted to a four-year college, and its students graduate college at twice the national average. But in a radical departure from the environments created by the college admissions arms race, Summit students aren't focused on competing with their classmates for rankings or test scores. Instead, students spend their days solving real-world problems and developing the skills of self-direction, collaboration, and reflection, all of which prepare them to succeed in college, thrive in today's workplace, and lead a secure and fulfilled life. Through personal stories and hard-earned lessons from Summit's exceptional team of educators and diverse students, Tavenner shares the learning philosophies underlying the Summit model and offers a blueprint for any parent who wants to stop worrying about their children's future--and start helping them prepare for it. At a time when many students are struggling to regain educational and developmental ground lost to the disruptions of the pandemic, Prepared is more urgent and necessary than ever.

An empowering journey through the mechanisms of the mind from one of the world's leading mental health experts. For those in pursuit of a better life, psychiatrist Marian Rojas Estapé presents the essential guide to neuroscience-driven mindfulness. Understanding your brain, managing your emotions, and being aware of your responses to stressors can give you greater self-control. Rather than a gimmicky guidebook, this is a thorough look at how our brains react to stress, threats, hyperstimulation, and the vices of our digital age. With proven techniques backed by solid, up-to-date psychiatric research, Estapé teaches us how to make the best of our lives. Combining science, psychology, and philosophy, Estapé delivers practical advice about how we can cultivate a happy existence. This includes understanding the parts of the brain, setting healthy goals and objectives, strengthening willpower, cultivating emotional intelligence, developing assertiveness, avoiding excessive self-criticism and self-demand, and mastering the proven art of optimism.

Insightful and heart-warming, this classic book is written for those who seek to know God better. It unfolds life-impacting, biblical truths and has been called a "soul-stirring celebration of the pleasures of knowing God."

Collins Diccionario Español-inglés, Inglés-español

Building Self-Esteem to Be Successful

How to Break Up with Your Phone

Eso que quiero que me pase

Luciana, luz y autismo

Greta's Story

The Mexican Drug Lords And Their Godfathers

According to researchers, the vast majority--a whopping 75-98 percent--of the illnesses that plague us today are a direct result of our thought life. What we think about truly affects us both physically and emotionally. In fact, fear alone triggers more than 1,400 known physical and chemical responses in our bodies, activating more than thirty different hormones! Today our culture is undergoing an epidemic of toxic thoughts that, left unchecked, create ideal conditions for illnesses. Supported by current scientific and medical research, Dr. Caroline Leaf gives readers a prescription for better health and wholeness through correct thinking patterns, declaring that we are not victims of our biology. She shares with readers the "switch" in our brains that enables us to live happier, healthier, more enjoyable lives where we achieve our goals, maintain our weight, and even become more intelligent. She shows us how to choose life, get our minds under control, and reap the benefits of a detoxed thought life.

La capacidad de mirar hacia adentro nos conduce a un gran descubrimiento: en nuestro interior tenemos recursos extraordinarios y fortalezas que tal vez ya utilizamos en alguna situación de crisis. Están allí, solo tenemos que reconocerlos para volver a hacer uso de ellos. Uno de los principios fundamentales para crecer y desarrollar nuestra fuerza interior es la capacidad de mirarnos a nosotros mismos. De esa manera podemos saber qué pensamos, cómo funcionamos, en qué áreas nos va bien y en qué áreas nos va mal. Los capítulos de este libro están dedicados a diversos recursos y fortalezas, entre otros: * Decir "sí" y "no" nos da fuerza interior para caminar con seguridad * Formar el cerebro de pareja nos da fuerza interior para tener un "nosotros" * La resiliencia nos da fuerza interior y nos permite salir fortalecidos de las crisis * Poner una medalla de oro otorga fuerza interior, todos necesitamos alguien que nos elogie * Construir intimidad me da fuerza interior porque fuerza interna es victoria externa * Caminar el dolor acompañados nos da fuerza interior para poder sanarnos estando juntos * Identificar y atesorar las actitudes buenas de los demás nos da fuerza interior para completar nuestra madurez * Reconocer nuestro conflicto nos da fuerza interior para avanzar en la vida con más fuerza «Como acostumbro decir, un libro no es una varita mágica. Este libro solo intenta ser una guía para que juntos seamos capaces de "ver" esa enorme reserva de recursos y fortalezas y de utilizarlos para adquirir fuerza interior y vivir la apasionante aventura de la vida, lo cual significa seguir hacia adelante, seguir creciendo.» Bernardo Stamateas

The four principles that can help us to overcome our brains' natural biases to make better, more informed decisions--in our lives, careers, families and organizations. In Decisive, Chip Heath and Dan Heath, the bestselling authors of Made to Stick and Switch, tackle the thorny problem of how to overcome our natural biases and irrational thinking to make better decisions, about our work, lives, companies and careers. When it comes to decision making, our brains are flawed instruments. But given that we are biologically hard-wired to act foolishly and behave irrationally at times, how can we do better? A number of recent bestsellers have identified how irrational our decision making can be. But being aware of a bias doesn't correct it, just as knowing that you are nearsighted doesn't help you to see better. In Decisive, the Heath brothers, drawing on extensive studies, stories and research, offer specific, practical tools that can help us to think more clearly about our options, and get out of our heads, to improve our decision making, at work and at home.

Internet de las cosas (también conocido por su acrónimo en inglés IoT - Internet of Things) empieza a ser una realidad cotidiana, con la constante aparición de nuevos sistemas, motivando que la sociedad avance a pasos agigantados hacia la conectividad global. Para lograr este objetivo es necesario disponer de chips de bajo coste con conectividad inalámbrica. Internet de las cosas (IoT) con ESP se enfoca al estudio y la programación de los chips

ESP8266EX y ESP32. Al incorporar conectividad wifi, estos chips constituyen una excelente opción para emplear sistemas IoT. A lo largo del libro se presentan infinidad de aplicaciones prácticas, orientadas sobre todo al acceso remoto. También se realiza una introducción al empleo de sistemas más potentes que puedan hacer labores de servidor, como Raspberry Pi, así como al uso de interfaces de control desde un smartphone o un navegador web. La obra está dirigida a estudiantes de ciclos formativos de las familias de Electricidad y Electrónica, y de Informática y Comunicaciones, grados de Ingeniería, bachillerato Tecnológico, profesionales del sector de la electrónica y las comunicaciones, y a cualquier persona que desee introducirse en el mundo de la programación de sistemas ESP. El software gratuito necesario, junto con otros recursos adicionales, puede encontrarse en la ficha web del libro, disponible en la web del editor, mediante un sencillo registro desde la sección de «Recursos previo registro». Jesús Pizarro Peláez, ingeniero técnico de telecomunicación por la Universidad de Valladolid, lleva más de 16 años en la práctica docente como profesor de ciclos formativos de la familia de Electricidad y Electrónica, centrado fundamentalmente en sistemas microprogramables y redes. Cuenta además con una gran experiencia como programador.

A Practical Guide to Personal Freedom

Diccionario Universidad de Chicago Inglés-Español, Sexta Edición

The Eyes of Darkness

Child Guidance

Macro and Micro Perspectives

Of Borders and Belonging in the Midwest

Su dinero, su matrimonio

A masterwork of suspense from the #1 New York Times bestselling author. Tina Evans can think of no better time for a fresh start. It's been a year of unbelievable heartache since her son Danny's death. Now the Vegas show that she directed is about to premiere, so she vows to put her grief behind her. Only there is a message for Tina, scrawled on the chalkboard in Danny's room. Two words that will send Tina on a terrifying journey...NOT DEAD.

This book discusses why change is hard to accept and how we can adapt to new circumstances. The authors argue that we need to only understand how our minds function in order to adapt rather than understanding the need for change. Illustrating their ideas with scientific evidence and case studies you will learn new ways to cope with change.

Este libro le guía en un proceso liberador para remendar su corazón y, al mismo tiempo su cuenta bancaria. La visión de Dios para su matrimonio dista mucho de ser mediocre, y el dinero y las relaciones sexuales son dos de los más comunes puntos de tensión. Pero no tiene por qué ser así. En Su dinero, su matrimonio, Brian y Cherie Lowe le ofrecen explicación directa y principios poderosos para poner en orden sus finanzas a fin de que ustedes puedan volver a su romance. Apréndalo de ellos: Los Lowe resolvieron una deuda de US\$127.000 en apenas cuatro años, y emergieron, no solo financieramente libres, sino también mucho más unidos. Acompañe a Cherie, bloguera de finanzas personales en Queen of Free, y a Brian, abogado de familia que lo ha visto todo en lo que se trata de batallas maritales por dinero, en esta jornada para ayudarle a usted y a su cónyuge a pasar de diferentes libros a estar en la misma página. Mediante relatos cándidos y divertidos, ideas frescas y prácticas, y unas cuantas arrugas en el camino, Brian y Cherie relevan los secretos del "juego previo financiero" capaz de ayudar a todo matrimonio a prosperar juntos por igual en las finanzas y el romance. Usted aprenderá cómo: Cultivar "paciencia apasionada" para ahorrar para el futuro Identificar hábitos financieros insalubres Ahorrar con inteligencia en las salidas Sortear el camino por expectativas mal alineadas como pareja Vencer el juego de la comparación Cultivar una relación personal más fuerte en un presupuesto de cero dólares. Los matrimonios comparten mucho más que una chequera o incluso un dormitorio; comparten una unión sagrada. Imagínese lo que su matrimonio podría ser si pudieran dejar atrás los conflictos monetarios. Este libro es una invitación para hallarlo, y para prosperar juntos.

¡Aprende inglés con Diario de Greg! Redescubre las aventuras del pingaio más famoso en su idioma original con esta nueva edición con el texto completo en inglés, anotaciones para ayudar a la lectura y un glosario inglés-español ¡Mejora tu inglés con la ayuda de los libros de más éxito de la historia!

En Tus Zapatos / the Switch

How to Make Better Choices in Life and Work

Fortalezas, Oportunidades, Debilidades y Amenazas en la unidad de cuidados intensivos pediátricos

Meditations of a Christian Hedonist

The 30-Day Plan to Take Back Your Life

Prepared

The Four Agreements

Wall Street Journal Bestseller New York Times bestselling author Dan Heath explores how to prevent problems before they happen, drawing on insights from hundreds of interviews with unconventional problem solvers. So often in life, we get stuck in a cycle of response. We put out fires. We deal with emergencies. We stay downstream, handling one problem after another, but we never make our way upstream to fix the systems that caused the problems. Cops chase robbers, doctors treat patients with chronic illnesses, and call-center reps address customer complaints. But many crimes, chronic illnesses, and customer complaints are preventable. So why do our efforts skew so heavily toward reaction rather than prevention? Upstream probes the psychological forces that push us downstream—including "problem blindness," which can leave us oblivious to serious problems in our midst. And Heath introduces us to the thinkers who have overcome these obstacles and scored massive victories by switching to an upstream mindset. One online travel website prevented twenty million customer service calls every year by making some simple tweaks to its booking system. A major urban school district cut its dropout rate in half after it figured out that it could predict which students would drop out—as early as the ninth grade. A European nation almost eliminated teenage alcohol and drug abuse by deliberately changing the nation's culture. And one EMS system accelerated the emergency-response time of its ambulances by using data to predict where 911 calls would emerge—and forward-deploying its ambulances to stand by in those areas. Upstream delivers practical solutions for preventing problems rather than reacting to them. How many problems in our lives and in society are we tolerating simply because we've forgotten that we can fix them?

"Nineteen Eighty-Four: A Novel", often published as "1984", is a dystopian social science fiction novel by English novelist George Orwell. It was published on 8 June 1949 by Secker & Warburg as Orwell's ninth and final book completed in his lifetime. Thematically, "Nineteen Eighty-Four" centres on the consequences of totalitarianism, mass surveillance, and repressive regimentation of persons and behaviours within society. Orwell, himself a democratic socialist, modelled the authoritarian government in the novel after Stalinist Russia. More broadly, the novel examines the role of truth and facts within politics and the ways in which they are manipulated. The story takes place in an imagined future, the year 1984, when much of the world has fallen victim to perpetual war, omnipresent government surveillance, historical negationism, and propaganda. Great Britain, known as Airstrip One, has become a province of a totalitarian superstate named Oceania that is ruled by the Party who employ the Thought Police to persecute individuality and independent thinking. Big Brother, the leader of the Party, enjoys an intense cult of personality despite the fact that he may not even exist. The protagonist, Winston Smith, is a diligent and skillful rank-and-file worker and Outer Party member who secretly hates the Party and dreams of rebellion. He enters into a forbidden relationship with a colleague, Julia, and starts to remember what life was like before the Party came to power.

Understand and master the principles, components, diagnosis and repair of modern automotive heating and air conditioning systems with TODAY'S TECHNICIAN: AUTOMOTIVE HEATING & AIR CONDITIONING CLASSROOM MANUAL AND SHOP MANUAL, 7th edition. This integrated, two-book set covers theory and hands-on content in separate Classroom and Shop Manuals, enabling you to learn fundamental climate control theory -- including basic physics related to heat transfer -- before applying your knowledge through practical, hands-on shop work. Cross-references in each manual link related material, making it easy to connect classroom learning to lab and shop activity. Updated to reflect the latest trends, technology and relevant ASE Education Foundation standards, the 7th edition includes new material on refrigerant R-1234yf (HFO-1234yf) as well as a vibrant full-color design that's engaging and reader-friendly. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

¡Enciende y regula tu metabolismo con ayuno intermitente, ciclado de proteínas y keto! «El switch del metabolismo es un cambio de paradigma en la forma en la que pensamos sobre la salud y en cómo evitar el declive y la enfermedad. ¡Es un libro que debes leer!». Mark Hyman, autor de los bestseller La solución del azúcar en la sangre y Come grasa y adelgaza Dentro de cada uno de nosotros hay un mecanismo antiguo llamado autofagia que elimina los materiales tóxicos, inicia la quema de grasa y protege las células para que no se vuelvan disfuncionales o cancerosas. Y cuando se activa, no sólo retrasa el proceso de envejecimiento, sino que también puede optimizar la función biológica en su conjunto, ayudando a evitar todo tipo de enfermedades y proporcionándonos una vida saludable que nunca pensamos que fuera posible. Es simplemente girar el switch de nuestro cuerpo hacia la vida plena. Pero ¿cómo dar ese giro?, ¿qué alimentos y qué tipos de ejercicio encienden la autofagia y cuáles la apagan? El ayuno es un gran aliado de este mecanismo, pero ¿con qué frecuencia y por cuánto tiempo debemos hacerlo? Las respuestas a éstas y más preguntas las podrán encontrar en El switch del metabolismo, un libro respaldado por datos científicos de vanguardia y una galería de pautas a seguir para obtener resultados duraderos.

Why Certain Experiences Have Extraordinary Impact

Diario de Greg [English Learner's Edition] 2 - Rodrick rules

¡Aprende inglés con Greg!

Liderazgo para la vida cotidiana

A Pocket Dictionary of the Spanish and English Languages

Aprende Inglés en 1-3 Meses con el Método Switch On .

Latino Heartland

For more than sixty years, The University of Chicago Spanish–English Dictionary has set the standard for concise bilingual dictionaries. Now thoroughly revised to reflect the most current vocabulary and usage in both languages, this dictionary enables users to find the precise equivalents of the words and phrases they seek. Completely bilingual, the dictionary focuses on two contemporary international languages, American English and a worldwide Spanish rooted in both Latin American and Iberian sources. The sixth edition has been updated with six thousand new words and meanings selected for their frequency of use, rising popularity, and situational necessity. In order to best represent the dynamic and increasingly connected cultures of three continents, this edition features enhanced coverage of the vocabulary associated with four areas of increasing global importance: medicine, business, digital technology, and sports. Clear, precise, and easy to use, The University of Chicago Spanish–English Dictionary continues to serve as the essential reference for students, travelers, businesspeople, and everyone interested in building their linguistic proficiency in both Spanish and English.

A clear, practical, first-of-its-kind guide to communicating and understanding numbers and data—from bestselling business author Chip Heath. How much bigger is a billion than a million? Well, a million seconds is twelve days. A billion seconds is...thirty-two years. Understanding numbers is essential—but humans aren't built to understand them. Until very recently, most languages had no words for numbers greater than five—anything from six to infinity was known as "lots." While the numbers in our world have gotten increasingly complex, our brains are stuck in the past. How can we translate millions and billions and milliseconds and nanometers into things we can comprehend and use? Author Chip Heath has excelled at teaching others about making ideas stick and here, in Making Numbers Count, he outlines specific principles that reveal how to translate a number into our brain's language. This book is filled with examples of extreme number makeovers, vivid before-and-after examples that take a dry number and present it in a way that people click in and say "Wow, now I get it!" You will learn principles such as: -SIMPLE PERSPECTIVE CUES: researchers at Microsoft found that adding one simple comparison sentence doubled how accurately users estimated statistics like population and area of countries. -VIVIDNESS: get perspective on the size of a nucleus by imagining a bee in a cathedral, or a pea in a racetrack, which are easier to envision than "1/100,000th of the size of an atom." -CONVERT TO A PROCESS: capitalize on our intuitive sense of time (5 gigabytes of music storage turns into "2 months of commutes, without repeating a song"). -EMOTIONAL MEASURING STICKS: frame the number in a way that people already care about ("that medical protocol would save twice as many women as curing breast cancer").

Whether you're interested in global problems like climate change, running a tech firm or a farm, or just explaining how many Cokes you'd have to drink if you burned calories like a hummingbird, this book will help math-lovers and math-haters alike translate the numbers that animate our world—allowing us to bring more data, more naturally, into decisions in our schools, our workplaces, and our society.

Fomenta la acción Conecta con el público Vende tus ideas Deja de sufrir por las presentaciones. Esta guía te proporcionará la seguridad y las herramientas necesarias para poder persuadir a tu público, vender tus ideas y sorprender a los demás. Entre otros aspectos, esta guía te ayudará a mejorar tu capacidad para enseñar a la gente la importancia de tus ideas, ganarte a públicos difíciles, estructurar un discurso coherente, crear mensajes brillantes, elaborar un buen material visual, mantener la atención de tu público y encontrar el tono adecuado a cada situación. Elaboradas por la Harvard Business Review, el sello editorial más fiable del mundo de los negocios, las Guías HBR ofrecen soluciones inteligentes y consejos útiles y sencillos para enfrentarse a los desafíos laborales más importantes.

NEW YORK TIMES BESTSELLER • The instant classic about why some ideas thrive, why others die, and how to make your ideas stick. "Anyone interested in influencing others—to buy, to vote, to learn, to diet, to give to charity or to start a revolution—can learn from this book."—The Washington Post Mark Twain once observed, "A lie can get halfway around the world before the truth can even get its boots on." His observation rings true: Urban legends, conspiracy theories, and bogus news stories circulate effortlessly. Meanwhile, people with important ideas—entrepreneurs, teachers, politicians, and journalists—struggle to make them "stick." In Made to Stick, Chip and Dan Heath reveal the anatomy of ideas that stick and explain ways to make ideas stickier, such as applying the human scale principle, using the Velcro Theory of Memory, and creating curiosity gaps. Along the way, we discover that sticky messages of all kinds—from the infamous "kidney theft ring" hoax to a coach's lessons on sportsmanship to a vision for a new product at Sony—draw their power from the same six traits. Made to Stick will transform the way you communicate. It's a fast-paced tour of success stories (and failures): the Nobel Prize-winning scientist who drank a glass of bacteria to prove a point about stomach ulcers; the charities who make use of the Mother Teresa Effect; the elementary-school teacher whose simulation actually prevented racial prejudice. Provocative, eye-opening, and often surprisingly funny, Made to Stick shows us the vital principles of winning ideas—and tells us how we can apply these rules to making our own messages stick.

Globalization and Language in the Spanish Speaking World

Desiring God

The Schoolgirl Who Went on Strike to Save the Planet

The University of Chicago Spanish-English Dictionary, Sixth Edition

How to Make Good Things Happen: Know Your Brain, Enhance Your Life

Making Numbers Count

Today's Technician: Automotive Heating & Air Conditioning Classroom Manual and Shop Manual

* Nuestro resumen es breve, sencillo y pragmático. Le permite tener las ideas esenciales de un gran libro en menos de 30 minutos. ¿Cómo cambiar su comportamiento? Cambiar tu comportamiento es tan difícil como guiar a un elefante en una dirección. Pero con el enfoque adecuado, podrá cambiar fácilmente. En este libro, aprenderá: interpretar la analogía de la presentación ¿Cómo hacer que el jinete vaya en la dirección correcta? ¿Cómo motivar a su elefante interior? ¿Cómo crear un camino que sea fácil de seguir? Nuestras respuestas a estas preguntas son fáciles de entender, sencillas de aplicar y rápidas de ejecutar. ¿Listo para cambiar tu comportamiento? Vamos al grano. *¿Compre ahora el resumen de este libro por el módico precio de una taza de café!

Why do I keep talking about my projects and dreams, but can't manage to do them? Why can I never finish anything I start? I've been there, I know what it's like. It degrades our self-esteem, our productivity, and our ability to dream. Have no fear. You can do it. And it will not be as hard as you may think. Burn This Book covers my entire journey through personal stories, the eureka moments that lead on how I placed my life in order, and the correct questions to ask so you can place yours in order as well. Have you ever known people who seem to excel at every aspect of life? People who seem to be great professionals, to live a healthy life and to have great relationships. How do these successful people achieve such results? In brief, they do it the old-fashioned way: with hard work and self-discipline. Everyone knows that exercise keeps us healthy, yet most people don't do it. Smokers know that smoking is harmful, but they don't stop. Why? Because information alone doesn't result in change. In school they teach us that knowledge is power. It is in the actions one takes with their knowledge that power is found. This book isn't meant to be just another feel-good piece that is skimmed and placed on the shelf. I want you to read it, mark it, write down the ideas that you want to implement and act. Then you won't need this book anymore. Throw it away. It is not that knowledge is bad; knowledge is good, but applied knowledge is better. Burn This Book is a narrative non-fiction that follows a simple format: Story-Lesson-Call to Action. It is about self-esteem confidence and the practical pursuit of happiness. I believe that self-esteem building, and therefore, happiness, relies in doing what we love. Either by applying creativity in business or in your personal life, when creativity is understood as an action (and not as a synonym of imagination) it plays a key role in personal success. Whatever your vision of success is, Burn This Book will help you get there. Speaker and strategist Fernando Suarezserna presents the simple program Burn This Book. It's a nutshell: you'll learn how to focus your creative-self in order to reach your goals.

Como aprender Inglés autodidacta en 3 meses utilizando las aplicaciones que usa todos los días para otros fines.¿Cuántas posibilidades tienes de rendirte porque no sabes inglés? Aunque entiendes la importancia de esto, nunca encuentras tiempo para aprender inglés y sigues postergándolo. Claramente nunca encontrarás el tiempo, ya que si lo hubiera encontrado si hubiera continuado con el método tradicional de pie. Este método está hecho para aquellos que no tienen tiempo, y para aquellos que luchan por conseguir las cosas que comienzan (como me pasó a mí). Vea cómo aprendí a hablar inglés con fluidez en el video y convierta este deseo de cambiar las cosas en un recuerdo lejano. Si hubiera estudiado inglés con métodos tradicionales, con libros, profesores y exámenes, probablemente todavía lo estaría haciendo, porque mi naturaleza procrastina me

hecho posponer todo o alargar el tiempo. Mientras descubrí en mi piel, que en la aprehensión de un idioma, cuando estudio avanzo, pero cuando te detienes y haces otras cosas, regresas. Si se detiene, su progreso disminuye progresivamente y, cuando comienza a estudiar nuevamente, se da cuenta de que la mayoría de lo que sabía ya se había olvidado. La gente no aprende inglés simplemente porque deja de aprenderlo. Incluyendo esto, y entendiendo lo importante que es saber inglés hoy, creé un método ad hoc que permitiría evitar la parada que todos hacen, y eso hace que vuelvan antes del final. ¿Las personas dejan de estudiar inglés porque también tienen que vivir sus vidas diarias? Hagamos que la vida cotidiana enseñe inglés y no tendrás forma de detenerte. A partir de esta observación, nació el método Switch On, para aprender inglés autodidactamente, el cual solo me tomó 3 meses hablar inglés fluido que puedes escuchar en lecciones en video. El camino cuesta abajo viene cuando empiezas a pensar en inglés. A partir de ese momento, todo es cuesta abajo, y cada día es mejor que el anterior, pero sin tener un método, es fácil detenerse justo antes del inicio del descenso. Este curso está diseñado específicamente para hacer imposible que alguien que realmente quiere aprender inglés se detenga demasiado pronto. ¿Eres uno de ellos? Si es así, no podrá pasar más de unos pocos meses.

National immigration debates have thrust both opponents of immigration and immigrant rights supporters into the news. But what happens once the rallies end and the dust comes down? What is daily life like for Latinos who have been presented nationally as “terrorists, drug smugglers, alien gangs, and violent criminals”? Latino Heartland offers an ethnography of the Latino and non-Latino residents of a small Indiana town, showing how national debate pitted neighbor against neighbor—and the strategies some used to combat such animosity. It conveys the lived impact of divisive political rhetoric on immigration and how race, gender, class, and ethnicity inform community belonging in the twenty-first century. Latino Heartland illuminates how community membership was determined yet simultaneously re-made by those struggling to widen the scope of what was imagined as a legitimate resident citizen of this Midwestern space. The volume draws on interviews with Latinos—both new immigrants and long-standing U.S. citizens and whites, as well as African Americans, to provide a sense of the racial dynamics in play as immigrants asserted their right to belong to the community. Latino Hoosiers explore their right to redefine what belonging meant within their homes, at their spaces of worship, and in the public eye. Through daily acts of ethnic belonging, Spanish-speaking immigrants navigated their own sense of community that did not require that they abandon their difference just to be accepted. In Latino Heartland, Sujey Vega addresses the politics of immigration, showing us how increasingly diverse towns can work toward embracing their complexity.

The Key to Peak Happiness, Thinking, and Health

Burn This Book

Steps to Christ

Why Some Ideas Survive and Others Die

Potencia tus fortalezas para lograr el cambio

Upstream

El Método Tradicional Es Incorrecto Si Quieres Saber Hablar Inglés, pero Nadie Te lo Dice. Aprende Inglés en Poco Tiempo con Las Series de Televisión, Social Media y Contenido de la Vida Cotidiana

¿Por qué es tan difícil lograr cambios duraderos en nuestros trabajos, nuestras comunidades y nuestras propias vidas? El obstáculo principal es un conflicto intrínseco en el cerebro, nos dicen Chip y Dan Heath, dos reconocidos especialistas en comportamiento organizacional. Los psicólogos han descubierto que la mente está gobernada por dos sistemas diferentes: la mente racional y la mente emocional que compiten por el control. La mente racional quiere un cuerpo perfecto; la mente emocional quiere comerse esa galleta. La mente racional quiere cambiar el trabajo; la mente emocional ama la comodidad y la rutina. Esta tensión puede causar que muchos esfuerzos por cambiar fracasen, pero si se superan, el cambio puede llegar rápidamente. En Switch, los hermanos Heath muestran cómo personas normales y corrientes han unido estas dos mentes, logrando espectaculares resultados: · La directora quien ayudó a Target, a pesar de ser una compañía minorista regional que facturaba tres billones de dólares, a convertirse en un gigante de más de 63 billones de dólares. · La directora de servicios clínicos que, junto con su equipo de enfermeras, logró reducir drásticamente los errores en la administración de medicamentos en su hospital. · El director de atención al cliente que transformó a su compañía de una que ignoraba totalmente el servicio al cliente a ser una compañía definida por él. En este convincente relato, los Heath reúnen décadas de investigación en los campos de psicología, sociología y negocios entre muchos otros, para explicar por qué cambiar es tan difícil y dar a conocer nuevas maneras de lograr cambios duraderos. Switch muestra que los cambios exitosos siguen un modelo, un modelo que puedes utilizar para lograr los cambios que tú quieras, tanto si tu interés se centra en cambiar el mundo como en cambiar tu cintura.

The inspiring true story of Greta Thunberg, a young eco-activist whose persistence sparked a global movement. You are never too young to make a difference. Ever since she learned about climate change, Greta Thunberg couldn't understand why politicians weren't treating it as an emergency. In August 2018, temperatures in Sweden reached record highs, fires raged across the country, and fifteen-year-old Greta decided to stop waiting for political leaders to take action. Instead of going to school on Friday, she made a sign and went on strike in front of Stockholm's parliament building. Greta's solo protest grew into the global Fridays for Future—or School Strike 4 Climate—movement, which millions have now joined. She has spoken at COP24 (the UN summit on climate change) and has been nominated for the Nobel Peace Prize. This timely, unofficial biography is

her story, but also that of many others around the world willing to fight against the indifference of the powerful for a better future.

La irresistible nueva novela de la autora del best seller internacional Piso para dos . Leena está harta de la vida en la gran ciudad. A Eileen se le ha quedado pequeño su pueblo. Puede que sea el momento de cambiar las cosas... Después de que meta la pata en el trabajo, los jefes de Leena le piden que se tome dos meses de vacaciones lejos del bullicio de Londres. Mentalmente agotada, Leena decide ir a Hamleigh, un pequeño pueblo de Yorkshire, a visitar a su abuela. Eileen es una mujer formidable que acaba de quedarse soltera a sus setenta y nueve años y, aunque quiere empezar de nuevo, en el pueblo no tiene, precisamente, un buen mercado de hombres entre los que elegir. Cuando Leena se entera de que su abuela quiere enamorarse otra vez, propone una solución: durante dos meses, Eileen se irá a Londres a buscar el amor mientras ella cuida de todo en el pueblo. Aunque, con una marabunta de pensionistas muy particulares y un insoportable (y atractivo) joven profesor a los que enfrentarse, Leena no tardará en descubrir que cambiar de vida no es tan sencillo como parece... La crítica ha dicho... «¡Me encanta En tus zapatos ! Es muy tierno, inspirador y un bálsamo para el alma en estos tiempos tan complicados.» Marian Keyes «Beth O'Leary, la autora de Piso para dos , nos regala otra lectura que te deja con la misma sensación que un cálido abrazo. Otro triunfo de novela.» Woman's Weekly «¡Nos ha hecho reír, llorar... y enamorarnos!» The Sun «Encantadora y llena de esperanza.» Daily Mirror «Una lectura llena de calidez y positividad que nos enseña que nunca es demasiado tarde para cambiar tu vida y perseguir tus sueños.» Platinum «Con su elenco de personajes redondos y brillantes, En tus zapatos es la novela perfecta para hacerte sentir bien. Un auténtico regalo para las fans de Marian Keyes.» Daily Express «Una lectura sobre la alegría de vivir la vida al máximo.» Heat «Una novela divertidísima y con un emotivo mensaje sobre la importancia de la comunidad.» The Bookseller «De la mano de la autora de la increíble comedia romántica Piso para dos , nos llega una lectura reconfortante que, francamente, necesitamos de verdad.» Stylist «Un remedio perfecto para estos tiempos llenos de ansiedad.» The People «Si te gustó Piso para dos , esto te va a encantar.» Fabulous Magazine «Una gran lectura llena de corazón, de ternura y de risas, perfecta para animarnos.» Red Magazine

In *The Four Agreements*, bestselling author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. • A New York Times bestseller for over a decade • Translated into 46 languages worldwide “This book by don Miguel Ruiz, simple yet so powerful, has made a tremendous difference in how I think and act in every encounter.” — Oprah Winfrey “Don Miguel Ruiz’s book is a roadmap to enlightenment and freedom.” — Deepak Chopra, Author, *The Seven Spiritual Laws of Success* “An inspiring book with many great lessons.” — Wayne Dyer, Author, *Real Magic* “In the tradition of Castaneda, Ruiz distills essential Toltec wisdom, expressing with clarity and impeccability what it means for men and women to live as peaceful warriors in the modern world.” — Dan Millman, Author, *Way of the Peaceful Warrior*

Switch

How to Change Things when Change is Hard

Tu fuerza interior

The Power of Moments

Made to Stick

Switch On Your Brain

Narcoland

Eso que quiero que me pase acerca la mirada y la invitación a que todos somos líderes ya que lo estamos siendo en cada decisión y acción cotidiana. Hasta ahora hemos transitado la idea de liderazgo como si se tratara de un don perteneciente a unas pocas personas donde otras actúan como seguidores. Este libro saca el concepto de liderazgo del ejido de la corporación, acercándonos a asumir el liderazgo que cada uno de nosotros posee desde el potencial de decidir y accionar de modo saludable. Une ciencia y consciencia a través de reflexiones, ejercicios, prácticas, meditaciones guiadas y autoindagaciones. Fue escrito con la urgencia de no detener el impulso que siempre me acompaña por conocer y dar a conocer, por investigar y por socializar, por creer y confiar en que un mundo mejor es posible si nosotros también creemos que podemos ser mejores en cualquier aspecto de nuestra vida. Amalgama disciplinas como el Mindfulness, Inteligencia Emocional y Ontología del Lenguaje. Busca integrar el cuerpo, las emociones y los pensamientos.

The New York Times bestselling authors of *Switch* and *Made to Stick* explore why certain brief experiences can jolt us and elevate us and change us—and how we can learn to create such extraordinary moments in our life and work. While human lives are endlessly variable, our most memorable positive moments are dominated by four elements: elevation, insight, pride, and connection. If we embrace these elements, we can conjure more moments that matter. What if a teacher could design a lesson that he knew his students would remember twenty years later? What if a manager knew how to create an experience that would delight customers? What if you had a better sense of how to create memories that matter for your children? This book delves into some fascinating mysteries of experience: Why we tend to remember the best or worst moment of an experience, as well as the last moment, and forget the rest. Why “we feel most comfortable when things are certain, but we feel most alive when they’re not.” And why our most cherished memories are clustered into a brief period during our youth. Readers discover how brief experiences can change lives, such as the experiment in which two strangers meet in a room, and forty-five minutes later, they leave as best friends. (What happens in that time?) Or the tale of the world’s youngest female billionaire, who credits her resilience to something her father asked the family at the dinner table. (What was that simple question?) Many of the defining moments in our lives are the result of accident or luck—but why would we leave our most meaningful, memorable moments to chance when we can create them? *The Power of Moments* shows us how to be the author of richer experiences.

This volume considers the spread of Spanish today and particularly its role in the processes of globalization. Spanish is frequently dominant in contact with other languages. But how contested is its hegemony and how far does it threaten other languages? How are these other minoritized languages faring in a world of few strong, global languages?

The product of five years' investigative reporting, the subject of intense national controversy, and the source of death threats that forced the National Human Rights Commission to assign two full-time bodyguards to its author, Anabel Hernández, *Narcoland* has been a publishing and political sensation in Mexico. The definitive history of the drug cartels, *Narcoland* takes readers to the front lines of the "war on drugs," which has so far cost more than 60,000 lives in just six years. Hernández explains in riveting detail how Mexico became a base for the mega-cartels of Latin America and one of the most violent places on the planet. At every turn, Hernández names names – not just the narcos, but also the politicians, functionaries, judges and entrepreneurs who have collaborated with them. In doing so, she reveals the mind-boggling depth of corruption in Mexico's government and business elite. Hernández became a journalist after her father was kidnapped and killed and the police refused to investigate without a bribe. She gained national prominence in 2001 with her exposure of excess and misconduct at the presidential palace, and previous books have focused on criminality at the summit of power, under presidents Vicente Fox and Felipe Calderón. In awarding Hernández the 2012 Golden Pen of Freedom, the World Association of Newspapers and News Publishers noted, "Mexico has become one of the most dangerous countries in the world for journalists, with violence and impunity remaining major challenges in terms of press freedom. In making this award, we recognize the strong stance Ms. Hernández has taken, at great personal risk, against drug cartels."

Los secretos de las finanzas inteligentes, el romance apasionado y su conexión íntima

What Kids Need for a Fulfilled Life

Internet de las cosas (IOT) con ESP. Manual práctico

Resumen - Switch / Cambiar: Cómo cambiar las cosas cuando el cambio es difícil Por Chip Heath y Dan Heath

Guías HBR: Presentaciones persuasivas

El switch del metabolismo

The Quest to Solve Problems Before They Happen

Packed with tested strategies and practical tips, this book is the essential, life-changing guide for everyone who owns a smartphone. Is your phone the first thing you reach for in the morning and the last thing you touch before bed? Do you frequently pick it up "just to check," only to look up forty-five minutes later wondering where the time has gone? Do you say you want to spend less time on your phone—but have no idea how to do so without giving it up completely? If so, this book is your solution. Award-winning journalist Catherine Price presents a practical, hands-on plan to break up—and then make up—with your phone. The goal? A long-term relationship that actually feels good. You'll discover how phones and apps are designed to be addictive, and learn how the time we spend on them damages our abilities to focus, think deeply, and form new memories. You'll then make customized changes to your settings, apps, environment, and mindset that will ultimately enable you to take back control of your life.

La Presente obra constituye un análisis con la matriz FODA, utilizada habitualmente en el campo empresarial, aplicada a la Unidad de Cuidados Intensivos Pediátricos (UCIP), que recoge la amplia experiencia de la Licenciada Lorena Cecilia Gonzalez en el área de cuidados intensivos pediátricos. El texto se encuentra estructurado en base a la matriz, por lo que presenta en primer lugar las fortalezas de la enfermería, en las que son los mismos protagonistas de situaciones que requirieron atención en el servicio, quienes dan su testimonio acerca de éstas. En segundo lugar se trabajan las oportunidades como uno de los agentes externos intervinientes; las debilidades, teniendo en cuenta el amplio espectro en el que podrían ser detectadas, en base a la cantidad de acciones característica de la actividad de enfermería y en cuarto lugar las amenazas, también como factor externo pero en este caso condicionante del desarrollo pleno. Este maravilloso abordaje desde una mirada distinta, apunta a que el lector pueda identificar sus propias fortalezas y debilidades, para que en combinación con los agentes externos pueda desarrollar estrategias para lograr los objetivos que se proponga. Lorena Cecilia González : Es Licenciada en enfermería, una de las creadoras y directora de la primera carrera aprobada en la Argentina de "Especialización de enfermería en cuidados críticos pediátricos"; especialista en enfermería neonatal, profesora universitaria.

Decisive

For Now and Forever (The Inn at Sunset Harbor—Book 1)

Nineteen Eighty-Four

Occupational Outlook Handbook

The Art and Science of Communicating Numbers