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**From the ten-time New York Times bestselling author of Ultrametabolism, The Blood Sugar Solution, and Eat Fat, Get Thin comes The UltraMind Solution. —Do you find it next to impossible to focus or concentrate? —Have you ever experienced instant clarity after exercise? Alertness after drinking coffee? —Does your brain inexplicably slow down during stress, while multitasking, or when meeting a deadline? —Do you get anxious, worried, or stressed-out frequently? In The UltraMind Solution, Dr. Mark Hyman explains that to fix your broken brain, you must heal your body first. Through his simple six-week plan, Dr. Hyman shows us how to correct imbalances caused by nutritional deficiencies, allergens, infections, toxins, and stress, restoring our health and gaining an UltraMind—one that's highly focused, able to pay attention at will, has a strong memory, and leaves us feeling calm, confident, in control, and in good spirits. What is needed now is for humanity to agree on the most important topic in human history. We could produce spectacular results if we did so, changing life on Earth for the better - forever. And this is not out of our reach. We could bring an end to anger, violence, disagreements between people and nations, financial hardships, poverty, starvation, and the suffering of millions. We could bring peace, prosperity, security, opportunity, and joy to people around the world. In short, all that humanity has ever hoped for or dreamt of and what we were truly meant to experience could be ours. This could happen virtually overnight. And it could be done with the embracing of a single idea. Eliminate avoidable toxins, mitigate the effects of those you can't avoid, and enjoy a longer life with this essential health guide from a pioneer in**

**integrative medicine, Dr. Joe Pizzorno—the author, teacher, practitioner, and founder of Bastyr University, the country’s first and largest fully accredited university of natural medicine. Dr. Joe Pizzorno is convinced that lifelong good health rests on two key determinants: your exposure to toxins and your ability to process them in your body. While lifestyle, diet, and genetics all play a major role in well-being, many symptoms of declining health and chronic disease are rooted in toxic overload—our exposure to a barrage of chemicals, heavy metals, radiation, electromagnetic frequencies, and pollution that are the byproducts of modern life. While the human body has an innate capacity to detoxify, it cannot cope with the elevated levels of toxins we are exposed to today. Most alarmingly, this toxic overload has helped transform once rare diseases into epidemics affecting people of all ages. In *The Toxin Solution*, Dr. Pizzorno provides the proven detox and tailored methods he has developed to heal toxic overload and restore health in just eight weeks. With this essential guide you will learn how to: Avoid toxins in food and the products you use; Mend your gut and prepare for detox; Support your body in releasing the chemicals; Repair some of the damage toxins have caused. Fortunately, our bodies have a tremendous capacity for healing and recovery. With *The Toxin Solution* you will discover how releasing and avoiding toxins can help you to feel better today—and every day for the rest of your life. This is a book for people who are struggling to find their way out of a cave of anxiety, depression, and suicidal thoughts—and for anyone who cares for someone who’s been lost in that cave. Suicide is now the leading cause of death among young adults 18-34, and the fourth-leading cause of death among the middle-aged. Just as a computer’s hardware determines its foundational capabilities and its software determines how it interfaces with the world, humans’ hardware is tied to our biology and our software dictates how we relate to others and ourselves. Together, these parts of our identity determine our functionality, limitations, and possibilities. We become the story we have decided to live inside. When Jesus said, “I have come to set captives free,” He meant that He came to “de-bug” our programming. Jesus invites us to partner with Him to bring to the surface and then move past our debilitating bugs. This book is a conversation between a minister and a psychiatrist. Informed by the clinical realities of anxiety, depression, and suicide, the authors draw from the transformational relational strategies of Jesus to chart a path into life and freedom. The Video Resources on DVD include all assets from the Lial Video Library. All videos offer optional English and Spanish subtitles. \*Section Lecture Videos offer a new navigation menu that allows students to easily jump to the key examples and exercises they want to view. \*Solutions Clips show an instructor working through the complete solutions to selected exercises from the text. Exercises with a solution clip are marked in the text and e-book with a play button icon. \*Quick Review Lectures provide a short summary lecture of each key concept from the Quick Reviews at the end of each chapter in the text. \*Chapter Test Prep Videos show step-by-step solutions to all exercises from the Chapter Tests. These videos provide guidance and support when students need it the most: the night before an exam. The Chapter Test Prep Videos are also available on YouTube (searchable using author name and book title), or by scanning the QR code on the inside back cover of the book for easy access. Prudy collects so many**

things that everyone says she has a problem, but when a crisis convinces her that they are right, she comes up with the perfect solution. Ann Cameron's beloved and bestselling chapter book series about Julian, his brother Huey, and his friend Gloria all begins right here! Julian has a big imagination. And he is great at telling stories. He can make people—especially his younger brother, Huey—believe just about anything. Like the story about the cats that come in the mail. Or the fig leaves that make you grow tall if you eat them off the tree. But some stories can lead to a heap of trouble, and that's exactly where Julian and Huey end up! This book has been selected as a Common Core State Standards Text Exemplar (Grades 2–3, Stories) in Appendix B. "You have to go a long way these days to find a book that leaves you feeling as happy as this one." —The New York Times "There's a glow here that's hard to resist." —Booklist

Complex problem solving is the core skill for 21st Century Teams. Complex problem solving is at the very top of the list of essential skills for career progression in the modern world. But how problem solving is taught in our schools, universities, businesses and organizations comes up short. In **Bulletproof Problem Solving: The One Skill That Changes Everything** you'll learn the seven-step systematic approach to creative problem solving developed in top consulting firms that will work in any field or industry, turning you into a highly sought-after bulletproof problem solver who can tackle challenges that others balk at. The problem-solving technique outlined in this book is based on a highly visual, logic-tree method that can be applied to everything from everyday decisions to strategic issues in business to global social challenges. The authors, with decades of experience at McKinsey and Company, provide 30 detailed, real-world examples, so you can see exactly how the technique works in action. With this bulletproof approach to defining, unpacking, understanding, and ultimately solving problems, you'll have a personal superpower for developing compelling solutions in your workplace. Discover the time-tested 7-step technique to problem solving that top consulting professionals employ. Learn how a simple visual system can help you break down and understand the component parts of even the most complex problems. Build team brainstorming techniques that fight cognitive bias, streamline workplanning, and speed solutions. Know when and how to employ modern analytic tools and techniques from machine learning to game theory. Learn how to structure and communicate your findings to convince audiences and compel action. The secrets revealed in **Bulletproof Problem Solving** will transform the way you approach problems and take you to the next level of business and personal success.

**An Inconvenient Truth with recipes: a fresh, beautifully designed cookbook with valuable resources for environmentally friendly, healthy, plant-based dishes.** Anda mungkin beruntung memiliki pekerjaan atau proyek mendatang dengan visi yang cemerlang. Namun, upaya mewujudkan visi ini sering kali tak mudah. Setiap hari Anda gampang sekali terjebak dalam berbagai hal: surel yang seolah tiada habisnya, tenggat yang molor, rapat-rapat seharian yang menyita waktu, dan proyek jangka panjang yang hanya berdasarkan asumsi. Sudah waktunya Anda mencoba Sprint, sebuah metode untuk memecahkan masalah dan menguji ide-ide baru, menyelesaikan lebih banyak hal dengan efisien. Buku ini ditulis Jake Knapp, mantan Design Partner Google Ventures, untuk menuntun Anda

merasakan pengalaman menerapkan metode yang telah mendunia ini. Sprint mewujudkan pengekskusian ide besar hanya dalam lima hari. Menuntun tim Anda dengan checklist lengkap, mulai dari Senin hingga Jumat. Menjawab segala pertanyaan penting yang sering kali hanya disimpan di benak mereka yang sedang menguji ide/konsep/produk. Sprint juga membantu Anda lebih menikmati setiap proses. Anda bisa mengamati dan bergabung dengan ratusan dari pelaku Sprint di seluruh dunia melalui tagar #sprintweek di Twitter. Sebuah proyek besar terjadi pada 2009. Seorang insinyur Gmail bernama Peter Balsiger mencetuskan ide mengenai surel yang bisa teratur secara otomatis. Saya sangat tertarik dengan idenya—yang disebut “Kotak Masuk Prioritas”—dan merekrut insinyur lain, Annie Chen, untuk bergabung bersama kami. Annie setuju, tetapi dia hanya punya waktu sebulan untuk mengerjakannya. Kalau kami tidak bisa membuktikan bahwa ide itu bisa diterapkan dalam jangka waktu tersebut, Annie akan beralih ke proyek lainnya. Saya yakin waktunya tidak akan cukup, tetapi Annie adalah insinyur yang luar biasa. Jadi, saya memutuskan untuk menjalaninya saja. Kami membagi waktu sebulan itu ke dalam empat bagian yang masing-masing lamanya seminggu. Setiap pekan, kami menggarap desain baru. Annie dan Peter membuat purwarupa, lalu pada akhir minggu, kami menguji desain ini bersama beberapa ratus orang lainnya. Pada akhir bulan, kami menemukan solusi yang bisa dipahami dan diinginkan orang-orang. Annie tetap menjadi pemimpin untuk tim Kotak Masuk Prioritas. Dan entah bagaimana caranya, kami berhasil menyelesaikan tugas desainnya dalam waktu yang lebih singkat dari biasanya. Beberapa bulan kemudian, saya mengunjungi Serge Lachapelle dan Mikael Drugge, dua orang karyawan Google di Stockholm. Kami bertiga ingin menguji ide perangkat lunak untuk konferensi video yang bisa dijalankan lewat peramban. Karena saya berada di kota tersebut hanya selama beberapa hari, kami bekerja secepat mungkin. Pada penghujung kunjungan saya, kami berhasil menyelesaikan purwarupanya. Kami mengirimkannya ke rekan kerja kami lewat surel dan mulai menggunakannya dalam rapat. Dalam beberapa bulan, seluruh perusahaan sudah bisa menggunakannya. (Selanjutnya, versi yang sudah dipoles dan disempurnakan dari aplikasi berbasis web tersebut dikenal sebagai Google Hangouts.) Dalam kedua kasus tersebut, saya menyadari bahwa saya bekerja jauh lebih efektif ketimbang rutinitas kerja harian saya atau ketika mengikuti lokakarya diskusi sumbang saran. Apa yang membedakannya? Saya menimbang kembali lokakarya tim yang saya gagas sebelumnya. Bagaimana kalau saya memasukkan elemen ajaib lainnya—fokus pada kerja individu, waktu untuk membuat purwarupa, dan tenggat yang tak bisa ditawar? Saya lalu menyebutkan, “sprint” desain. Saya membuat jadwal kasar untuk sprint pertama saya: satu hari untuk berbagi informasi dan mereka ide, diikuti dengan empat hari pembuatan purwarupa. Sekali lagi, tim Google menyambut baik eksperimen ini. Saya memimpin sprint untuk mendesain Chrome, Google Search, Gmail, dan proyek-proyek lainnya. Ini sangat menarik. Sprint ini berhasil. Ide-ide diuji, dibangun, diluncurkan, dan yang terbaik, kebanyakan dari ide-ide ini berhasil diterapkan dalam dunia nyata. Proses sprint menyebar di seisi Google dari satu tim ke tim lain, dari satu kantor ke kantor lain. Seorang desainer dari Google X tertarik dengan metode ini, jadi dia menjalankan sprint untuk sebuah tim di Google Ads. Anggota

tim dalam sprint di Ads kemudian menyampaikannya kepada kolega mereka, dan begitu seterusnya. Dalam waktu singkat saya mendengar penerapan sprint dari orang-orang yang tidak saya kenal. Dalam perjalanannya, saya membuat beberapa kesalahan. Sprint pertama saya melibatkan empat puluh orang—jumlah yang sangat besar dan justru hampir menghambat sprint tersebut, bahkan sebelum dimulai. Saya menyesuaikan waktu yang diperlukan untuk mengembangkan ide dan pembuatan purwarupa. Saya jadi memahami mana yang terlalu cepat, terlalu lambat, hingga akhirnya menemukan yang waktu paling sesuai. Beberapa tahun kemudian, saya bertemu Bill Maris untuk membicarakan sprint. Bill adalah CEO Google Ventures, perusahaan modal ventura yang didirikan Google untuk berinvestasi pada startup-startup potensial. Dia adalah salah satu orang berpengaruh di Silicon Valley. Namun, Anda tidak akan menyangkanya dari pembawaannya yang santai. Pada sore itu, dia mengenakan pakaian khasnya, yaitu topi bisbol dan kaus dengan tulisan tentang Vermont. Bill tertarik untuk menjalankan sprint dengan startup dalam portofolio GV. Startup biasanya hanya memiliki satu kesempatan emas untuk mendesain sebuah produk yang sukses, sebelum akhirnya kehabisan dana. Sprint bisa membantu mencari tahu apakah startup-startup ini berada di jalur yang tepat sebelum akhirnya mereka bisa berkecimpung dalam tahapan yang lebih berisiko untuk membangun dan meluncurkan produk mereka. Dengan menjalankan sprint, mereka bisa mendapatkan sekaligus menghemat uang. Namun agar berhasil, saya harus menyesuaikan proses sprint ini. Saya sudah berpikir mengenai produktivitas individu dan tim selama beberapa tahun. Namun, saya hampir tidak tahu apa-apa mengenai startup dan kebutuhan bisnis mereka. Tetap saja, antusiasme Bill meyakinkan saya bahwa Google Ventures adalah tempat yang tepat untuk menerapkan sprint—sekaligus tempat yang tepat bagi saya. “Ini misi kita,” ujarnya, “untuk bisa menemukan entrepreneur terbaik di muka bumi dan membantu mereka membuat dunia ini menjadi tempat yang lebih baik.” Saya tentu tak bisa menolaknya. Di GV, saya bergabung dengan tiga rekan lain: Braden Kowitz, John Zeratsky, dan Michael Margolis. Bersama, kami mulai menjalankan sprint dengan startup-startup, bereksperimen dengan prosesnya, dan menguji hasilnya agar bisa menemukan cara untuk memperbaikinya. Ide-ide dalam buku ini lahir dari semua anggota tim kami. Braden Kowitz memasukkan desain berbasis cerita dalam proses sprint, sebuah pendekatan tak biasa yang berfokus pada pengalaman konsumen alih-alih komponen individu atau teknologi. John Zeratsky membantu kami memulai dari akhir sehingga tiap sprint bisa membantu menjawab berbagai pertanyaan bisnis paling penting. Braden dan John memiliki pengalaman dalam bisnis dan startup, hal yang tidak saya miliki, dan mereka menyesuaikan prosesnya untuk menciptakan fokus yang lebih baik dan keputusan yang lebih cerdas di tiap sprint. Michael Margolis mendorong kami untuk mengakhiri tiap sprint dengan pengujian di dunia nyata. Dia menjalankan riset konsumen, yang perencanaan dan pelaksanaannya bisa menghabiskan waktu berminggu-minggu, dan menemukan cara untuk mendapatkan hasil yang jelas hanya dalam sehari. Ini benar-benar sebuah keajaiban. Kami tidak perlu lagi menebak-nebak apakah solusi kami bagus atau tidak karena di akhir tiap sprint, kami mendapatkan jawabannya. Kemudian ada Daniel Burka, seorang entrepreneur yang mendirikan dua startup sebelum

menjual salah satunya ke Google dan bergabung dengan GV. Saat kali pertama menjelaskan proses sprint kepadanya, dia skeptis. Baginya, sprint terdengar seperti serangkaian proses manajemen yang rumit. Namun, dia sepakat untuk mencoba salah satunya. “Dalam sprint pertama itu, kami memangkas prosesnya dan menciptakan sesuatu yang ambisius hanya dalam sepekan. Saya benar-benar jatuh hati.” Setelah kami berhasil meyakinkannya, pengalaman langsung Daniel sebagai seorang pendiri startup dan sikapnya yang tidak menoleransi omong kosong membantu kami menyempurnakan prosesnya. Sejak sprint pertama di GV pada 2012, kami telah beradaptasi dan bereksperimen. Mulanya kami mengira pembuatan purwarupa dan riset yang cepat hanya akan berhasil untuk produk berskala besar. Mampukah kami bergerak sama cepatnya jika konsumen kami adalah para ahli di berbagai bidang seperti kesehatan dan keuangan? Tanpa disangka, proses lima hari ini bisa bertahan. Proses ini sesuai untuk semua jenis konsumen, mulai dari investor sampai petani, dari onkolog sampai pemilik bisnis skala kecil. Juga bagi situs web, aplikasi iPhone, laporan medis, hingga perangkat keras berteknologi tinggi. Tidak hanya untuk mengembangkan produk, kami juga menggunakan sprint untuk menentukan prioritas, strategi pemasaran, bahkan menamai perusahaan. Proses ini berulang-ulang menyatukan tim dan menjadikan ide-ide menjadi nyata. Selama beberapa tahun belakangan, tim kami mendapatkan beragam kesempatan untuk bereksperimen dan memvalidasi ide kami mengenai proses kerja. Kami menjalankan lebih dari seratus sprint bersama dengan startup-startup dalam portofolio GV. Kami bekerja bersama, sekaligus belajar dari para entrepreneur brilian seperti Anne Wojcicki (pendiri 23andMe), Ev Williams (pendiri Twitter, Blogger, dan Medium), serta Chad Hurley dan Steve Chen (pendiri YouTube). Pada awalnya, saya hanya ingin membuat hari-hari kerja saya efisien dan berkualitas. Saya ingin berfokus pada apa yang benar-benar penting dan menjadikan waktu saya berharga—bagi saya, tim, dan konsumen kami. Kini, lebih dari satu dekade kemudian, proses sprint secara konsisten telah membantu saya meraih mimpi tersebut. Dan saya sangat senang berbagi mengenai hal tersebut dengan Anda dalam buku ini. Dengan keberuntungan, Anda bisa memilih pekerjaan Anda karena visi yang tajam. Anda ingin berbagi visi tersebut kepada dunia, baik yang berupa pesan, layanan, maupun pengalaman, dengan perangkat lunak maupun keras, atau bahkan—sebagaimana dicontohkan dalam buku ini—sebuah cerita atau ide. Namun, mewujudkan visi ini tak mudah. Gampang sekali terjebak dalam berbagai hal: surel yang seolah tiada habisnya, tenggat yang molor, rapat-rapat seharian yang menyita waktu Anda, dan proyek jangka panjang yang hanya berdasarkan asumsi. Prosesnya tidak harus selalu seperti ini. Sprint menawarkan jalur untuk memecahkan masalah-masalah besar, menguji ide-ide baru, menyelesaikan lebih banyak hal, dan melakukan semuanya dengan lebih cepat. Sprint juga membantu Anda lebih menikmati prosesnya. Dengan kata lain, Anda benar-benar harus mencobanya sendiri. Ayo kita mulai. —Jake Knapp San Francisco, Februari 2016 [Mizan, Bentang Pustaka, Manajemen, Ide, Kreatif, Inovasi, Motivasi, Dewasa, Indonesia] spesial seri bentang bisnis & startup The Video Resources on DVD include all assets from the Lial Video Library. All videos offer optional English and Spanish subtitles. \*Section Lecture Videos offer a new navigation menu that

allows students to easily jump to the key examples and exercises they want to view.

**\*Solutions Clips show an instructor working through the complete solutions to selected exercises from the text. Exercises with a solution clip are marked in the text and e-book with a play button icon. \*Quick Review Lectures provide a short summary lecture of each key concept from the Quick Reviews at the end of each chapter in the text. \*Chapter Test Prep Videos show step-by-step solutions to all exercises from the Chapter Tests. These videos provide guidance and support when students need it the most: the night before an exam. The Chapter Test Prep Videos are also available on YouTube (searchable using author name and book title), or by scanning the QR code on the inside back cover of the book for easy access. A New York Times bestseller! Featured in its own episode in the Netflix original show Bookmarks: Celebrating Black Voices! Recipient of a Coretta Scott King Illustrator Honor Award Recipient of an NAACP Image Award for Outstanding Children's Literary Work From Academy Award-winning actress Lupita Nyong'o comes a powerful, moving picture book about colorism, self-esteem, and learning that true beauty comes from within. Sulwe has skin the color of midnight. She is darker than everyone in her family. She is darker than anyone in her school. Sulwe just wants to be beautiful and bright, like her mother and sister. Then a magical journey in the night sky opens her eyes and changes everything. In this stunning debut picture book, actress Lupita Nyong'o creates a whimsical and heartwarming story to inspire children to see their own unique beauty. Problem solving is a signature skill of engineers. Here, problem solving is employed when students apply course concepts to reverse engineer YouTube videos and solve new student-written, homework-style problems (YouTube problems). Replacing textbook problems with YouTube problems, this research focuses on examining the rigor of YouTube problems as well as students' problem-solving skills on textbook and YouTube problems. A quasi-experimental, treatment/control group design was employed, and data was collected and evaluated using multiple instruments. First, rigor of homework problems was examined using the NASA Task Load Index. Also, problem solving was assessed using a previously-developed rubric called PROCESS: Problem definition, Representing the problem, Organizing the information, Calculations, Evaluating the solution, Solution communication, and Self-assessment. PROCESS was modified to independently measure completeness and accuracy of student responses, as well as identify errors committed in material and energy balances. In the treatment group, students were assigned ten textbook problems and nine YouTube problems. In addition to obtaining an evidence-based assessment of problem solving via PROCESS, students' learning attitudes, overall and with respect to problem solving, were measured via a self-reported survey known as Colorado Learning Attitudes about Science Survey (CLASS). Utilizing YouTube problems in classroom did not influence learning attitudes of students negatively. Students reported that YouTube problems possessed similar rigor as Textbook problems. Instead, students solving YouTube problems measured small effect size improvement in problem-solving skills. The Anxiety Solution is your guide to being a calmer, happier and more confident you. \_\_\_\_\_ 'Remarkable, pioneering, could change your life' Daily Mail 'I know what it's like to be stuck in a cycle of anxiety. I used to feel as though fear and**

worry were a permanent part of who I was . . . but I'm here to tell you that it doesn't have to be this way. The truth is, your natural state is one of calmness and confidence - and I'm going to teach you how to get there.' This is a book for anyone experiencing anxiety - at home, in school or at work, in social situations or on their own - one that will benefit everyone from worried mums to stressed teens. The Anxiety Solution is a simple and inspiring guide to reducing anxiety from former sufferer and qualified clinical hypnotherapist, Chloe Brotheridge. Chloe will help you understand why we feel anxious and will equip you with techniques to help manage the symptoms and start living a happier, more confident life. Based on the latest scientific research and her unique programme which has already helped hundreds of clients, The Anxiety Solution will show you how to regain control of your life. If you want to spend less time worrying - whether it is social media pressure, perfectionism or fear of failure - this book is the solution for you. You'll be surprised how quickly you can be back in control and able to enjoy your life once again. The Anxiety Solution is your roadmap to a calmer, happier and more confident you.

**Government Alone Can't Solve Society's Biggest Problems** World hunger. Climate change. Crumbling infrastructure. It's clear that in today's era of fiscal constraints and political gridlock, we can no longer turn to government alone to tackle these and other towering social problems. What's required is a new, more collaborative and productive economic system. The Solution Revolution brings hope—revealing just such a burgeoning new economy where players from across the spectrum of business, government, philanthropy, and social enterprise converge to solve big problems and create public value. By erasing public-private sector boundaries, the solution economy is unlocking trillions of dollars in social benefit and commercial value. Where tough societal problems persist, new problem solvers are crowdfunding, ridesharing, app-developing, or impact-investing to design innovative new solutions for seemingly intractable problems. Providing low-cost health care, fighting poverty, creating renewable energy, and preventing obesity are just a few of the tough challenges that also represent tremendous opportunities for those at the vanguard of this movement. They create markets for social good and trade solutions instead of dollars to fill the gap between what government can provide and what citizens need. So what drives the solution economy? Who are these new players and how are their roles changing? How can we grow the movement? And how can we participate? Deloitte's William D. Eggers and Paul Macmillan answer these questions and more, and they introduce us to the people and organizations driving the revolution—from edgy social enterprises growing at a clip of 15 percent a year, to megafoundations, to Fortune 500 companies delivering social good on the path to profit. Recyclebank, RelayRides, and LivingGoods are just a few of the innovative organizations you'll read about in this book. Government cannot handle alone the huge challenges facing our global society—and it shouldn't. We need a different economic paradigm that can flexibly draw on resources, combine efforts, and create value, while improving the lives of citizens. The Solution Revolution shows the way. In this instant New York Times Bestseller, Geoff Smart and Randy Street provide a simple, practical, and effective solution to what The Economist calls “the single biggest problem in business today”: unsuccessful hiring. The average



hiring mistake costs a company \$1.5 million or more a year and countless wasted hours. This statistic becomes even more startling when you consider that the typical hiring success rate of managers is only 50 percent. The silver lining is that “who” problems are easily preventable. Based on more than 1,300 hours of interviews with more than 20 billionaires and 300 CEOs, Who presents Smart and Street’s A Method for Hiring. Refined through the largest research study of its kind ever undertaken, the A Method stresses fundamental elements that anyone can implement—and it has a 90 percent success rate. Whether you’re a member of a board of directors looking for a new CEO, the owner of a small business searching for the right people to make your company grow, or a parent in need of a new babysitter, it’s all about Who. Inside you’ll learn how to • avoid common “voodoo hiring” methods • define the outcomes you seek • generate a flow of A Players to your team—by implementing the #1 tactic used by successful businesspeople • ask the right interview questions to dramatically improve your ability to quickly distinguish an A Player from a B or C candidate • attract the person you want to hire, by emphasizing the points the candidate cares about most

In business, you are who you hire. In Who, Geoff Smart and Randy Street offer simple, easy-to-follow steps that will put the right people in place for optimal success. This innovative, practical guide introduces researchers to the use of the video reflexive ethnography in health and health services research. This methodology has enjoyed increasing popularity among researchers internationally and has been inspired by developments across a range of disciplines: ethnography, visual and applied anthropology, medical sociology, health services research, medical and nursing education, adult education, community development, and qualitative research ethics. The Video Resources on DVD include all assets from the Lial Video Library. All videos offer optional English and Spanish subtitles. \*Section Lecture Videos offer a new navigation menu that allows students to easily jump to the key examples and exercises they want to view. \*Solutions Clips show an instructor working through the complete solutions to selected exercises from the text. Exercises with a solution clip are marked in the text and e-book with a play button icon. \*Quick Review Lectures provide a short summary lecture of each key concept from the Quick Reviews at the end of each chapter in the text. \*Chapter Test Prep Videos show step-by-step solutions to all exercises from the Chapter Tests. These videos provide guidance and support when students need it the most: the night before an exam. The Chapter Test Prep Videos are also available on YouTube (searchable using author name and book title), or by scanning the QR code on the inside back cover of the book for easy access.

The Rubik's Cube is the world's best-known puzzle, a magical object that has baffled and fascinated the world for over fifty years. This clearly-illustrated step-by-step guide teaches you a foolproof beginners' method for solving the Cube, plus advanced techniques if you want to learn to solve it in seconds. An Official Guide to cracking the cube! Overthinking isn't a personality trait. It's the sneakiest form of fear. It steals time, creativity, and goals. It's the most expensive, least productive thing companies invest in without even knowing it. And it's an epidemic. When New York Times bestselling author Jon Acuff changed his life by transforming his overthinking, he wondered if other people might benefit from what he discovered. He commissioned a research study to ask

10,000 people if they struggle with overthinking too, and 99.5 percent said, "Yes!" The good news is that in *Soundtracks*, Acuff offers a proven plan to change overthinking from a super problem into a superpower. When we don't control our thoughts, our thoughts control us. If our days are full of broken soundtracks, thoughts are our worst enemy, holding us back from the things we really want. But the solution to overthinking isn't to stop thinking. The solution is running our brains with better soundtracks. Once we learn how to choose our soundtracks, thoughts become our best friend, propelling us toward our goals. If you want to tap into the surprising power of overthinking and give your dreams more time and creativity, learn how to DJ the soundtracks that define you. If you can worry, you can wonder. If you can doubt, you can dominate. If you can spin, you can soar.

• New York Times bestseller • The 100 most substantive solutions to reverse global warming, based on meticulous research by leading scientists and policymakers around the world "At this point in time, the *Drawdown* book is exactly what is needed; a credible, conservative solution-by-solution narrative that we can do it. Reading it is an effective inoculation against the widespread perception of doom that humanity cannot and will not solve the climate crisis. Reported by-effects include increased determination and a sense of grounded hope." —Per Espen Stoknes, Author, *What We Think About When We Try Not To Think About Global Warming* "There's been no real way for ordinary people to get an understanding of what they can do and what impact it can have. There remains no single, comprehensive, reliable compendium of carbon-reduction solutions across sectors. At least until now. . . . The public is hungry for this kind of practical wisdom." —David Roberts, *Vox* "This is the ideal environmental sciences textbook—only it is too interesting and inspiring to be called a textbook." —Peter Kareiva, Director of the Institute of the Environment and Sustainability, UCLA

In the face of widespread fear and apathy, an international coalition of researchers, professionals, and scientists have come together to offer a set of realistic and bold solutions to climate change. One hundred techniques and practices are described here—some are well known; some you may have never heard of. They range from clean energy to educating girls in lower-income countries to land use practices that pull carbon out of the air. The solutions exist, are economically viable, and communities throughout the world are currently enacting them with skill and determination. If deployed collectively on a global scale over the next thirty years, they represent a credible path forward, not just to slow the earth's warming but to reach drawdown, that point in time when greenhouse gases in the atmosphere peak and begin to decline. These measures promise cascading benefits to human health, security, prosperity, and well-being—giving us every reason to see this planetary crisis as an opportunity to create a just and livable world. A blueprint for building a better body, gaining muscle, and overcoming your genetics

*Training for Strength and Training for Muscle Development*

You've been told, "train for strength, and development will come" and that "heavier is better." These are half-truths at best, and myths at worst. The *Hardgainer Solution* argues that you train first and foremost for development, and then a certain kind of strength will come. Yes, you will get bigger and stronger on this training program, but true physique development and muscle gain is not about 1RM strength. This program is designed with

**one thing in mind: gaining muscle and physique development. If you are a hardgainer, you need to gain serious muscle mass before you can focus solely on dieting down, getting leaner or getting shredded or getting ripped. Note that this weight training program does not require you to drink 2 liters of milk every day, or to drink protein shakes all day. You do not need to engage in 4-hour weight training sessions or take steroids. The diet and meal plans included are reasonable and sustainable, and come with guidelines for tweaking and customization. They are what Scott has used with his own clients. What's Included? The background and history behind this program, including its roots in Scott's training sessions with Bill Pearl in the 80s Explanations and introduction to the program's methodology Guidelines for not just "what" to do when you workout, but HOW to workout effectively A complete breakdown of over 80 individual workouts (plus links to get formatted, printable versions of the workouts) How to "keep it alive" and stay fresh while staying consistent on the same program Guidelines and formulas for determining your nutritional needs A list of meal plans for different calorie levels The importance of UNDERtraining The Hardgainer Muscle "Dilemma" Training Volume, Strength, and Recovery Needs The hardgainer dilemma is as follows: as a hardgainer, you need a certain amount of training volume to gain muscle. However, at the same time, as a hardgainer, you also struggle to properly recover both between workouts and within an individual workout. Most weight training and bodybuilding programs for hardgainers fail to address this. Those that do tend to edge towards extremely low volume: a low number of reps, a low number of sets, only 2-3 training sessions per week, and so on. That's just not the way bodybuilders train when their focus is development. To get the most out of your body, you need to train in a way that lets you get the proper volume in a way that allows your muscles to recover and grow. The Hardgainer Solution was designed with precisely this goal in mind. Order the Hardgainer Solution today to get the full program, meal plans, and more “The Tapping Solution for Weight Loss and Body Confidence may just go down in history as a game-changer when it comes to leading women out of weight loss hell.” — Cheryl Richardson, New York Times best-selling author of The Art of Extreme Self-Care**

**Placing conditions on our lives and our happiness has become the norm. We see it all the time: We must establish a career before looking for a relationship. We must find love before feeling fulfilled. We must feel stressed out until we finish everything on our to-do list. But by far, the most common conditions we put on ourselves revolve around our weight—no love until we lose the weight, no pursuing a dream until we lose the weight, no happiness until we lose the weight. But now there’s a better option. Using tapping, also known as EFT, Jessica Ortner walks you through a process that helps you drop stress so you can drop pounds—without dieting, deprivation, or extreme exercise. Tapping, a tool that is based on the principles of both ancient acupressure and modern psychology, helps you address the underlying issues that make your body hold on to weight and gives you the ability to overcome some of the most common weight loss obstacles. Say good-bye to the cravings, panic, and self-doubt that keep you in a constant fight against your body! Using her own struggles with weight loss, along with success stories of some of the thousands of women she’s worked with, Jessica teaches you not only the basics of tapping but also how**

to use it to address the deeper facets of your weight and self-worth challenges. This proven process is based on extensive research into the effects of tapping on stress hormones, and it provides simple, step-by-step instructions throughout and easy tapping meditations at the end of each chapter. With this loving and supportive guidance you can learn to create a more empowering relationship with food, find pleasure in exercise, and implement self-care into your life. So join Jessica and learn to love yourself and your body! As technology continues to shift the educational landscape, most K-12 teachers' instructional strategies remain mostly unchanged. Discover how to enhance student learning in online and blended classrooms. This user-friendly resource offers direct guidance on the steps K-12 educators must take to facilitate online learning and maximize student growth using readily available digital tools. Each chapter includes suggestions, tips, and examples tied to pedagogical practices associated with learning online, so you can confidently and fully engage in the best practices with your students.

**Benefits** Use technology tools like online classroom platforms and apps to foster digitally enhanced learning. Understand the benefits of learning online and its advantages over traditional real-world classrooms. Learn how to effectively facilitate digital learning experiences and organize the online learning space in a way that encourages comfort, motivation, and engagement. Study the challenges and opportunities teaching online offers. Gain strategies and examples to help initiate and sustain digital learning while engaging students.

**Contents** Chapter 1: Understanding the Modality and the Moment Chapter 2: Planning Curriculum, Assessment, and Preinstruction Chapter 3: Preparing the Learning Experience Chapter 4: Initiating the Learning Experience Chapter 5: Maintaining the Momentum in the Learning Experience Chapter 6: Teaching Thoughtful Online Collaboration Chapter 7: Managing and Overcoming Toxic Conversations Chapter 8: Concluding the Learning Experience

**Concluding Thoughts** A landmark manifesto issuing a bold call for a one-state solution to the Israeli-Palestine conflict. The reigning consensus in elite and academic circles is that the United States must seek to resolve the Palestinians' conflict with Israel by implementing the so-called two-state solution. Establishing a Palestinian state, so the thinking goes, would be a panacea for all the region's ills. In a time of partisan gridlock, the two-state solution stands out for its ability to attract supporters from both sides of America's ideological divide. But the great irony is that it is one of the most irrational and failed policies the United States has ever adopted. Between 1970 and 2013, the United States presented nine different peace plans for Israel and the Palestinians, and for the past twenty years, the two state solution has been the centerpiece of U.S. Middle East policy. But despite this laser focus, American efforts to implement a two-state peace deal have failed—and with each new attempt, the Middle East has become less stable, more violent, more radicalized, and more inimical to democratic values and interests. In *The Israeli Solution*, Caroline Glick, senior contributing editor to the *Jerusalem Post*, examines the history and misconceptions behind the two-state policy, most notably: - The huge errors made in counting the actual numbers of Jews and Arabs in the region. The 1997 Palestinian Census, upon which most two-state policy is based, wildly exaggerated the numbers of Palestinians living in the West Bank and Gaza. - Neglect of the long history of

**Palestinian anti-Semitism, refusal to negotiate in good faith, terrorism, and denial of Israel's right to exist. - Disregard for Israel's stronger claims to territorial sovereignty under international law, as well as the long history of Jewish presence in the region. - Indifference to polling data that shows the Palestinian people admire Israeli society and governance. Despite a half-century of domestic and international terrorism, anti-semitism, and military attacks from regional neighbors who reject its right to exist, Israel has thrived as the Middle East's lone democracy. After a century spent chasing a two-state policy that hasn't brought the Israelis and Palestinians any closer to peace, The Israeli Solution offers an alternative path to stability in the Middle East based on Israeli sovereignty over Judea and Samaria. From the bestselling co-author of Chicken Soup for the Soul comes a revolutionary programme to help you cut back or quit drinking entirely - on your own and in the privacy of your own home. Existing established published resources have utterly failed to help most alcoholics. Only a tiny percentage of those with alcohol abuse issues ever receive any sort of treatment, including Alcoholics Anonymous, which provides a dated programme of recovery that many find difficult to accept or practical to implement. There has also been no dramatic decline in alcoholism over time, suggesting that we are desperately in need of a fresh approach. The 30-Day Sobriety Solution offers the answer to anyone who feels their drinking has become unmanageable. Inspired by Canfield's work in self-esteem and success training and developed into a programme by Dave Andrews, it integrates positive psychology, neurolinguistic programming, cognitive therapy, meditation, positive self-talk and the correction of negative self-perceptions, amongst numerous other techniques. At the core of this programme are the two concepts of a no alcohol '30-Day Reboot', with the option of a non-abstinence track after the first 30 days. This is a model of sobriety that you can achieve in the privacy of your own home in only a few minutes a day. WALL STREET JOURNAL BESTSELLER • USA TODAY BESTSELLER The most scientifically rigorous, results-driven cookbook and nutrition program on the planet, featuring over 75 recipes designed specifically to prevent Alzheimer's disease, and protect and enhance your amazing brain. Awarding-winning neurologists Dean Sherzai, MD and Ayesha Sherzai, MD have spent decades studying neuro-degenerative disease as Co-Directors of the Alzheimer's Prevention Program at Loma Linda University Hospital. Together, they created a targeted nutrition program with one goal in mind: to prevent Alzheimer's disease, dementia, and cognitive decline in their patients. The results have been astounding. It starts by implementing their "Neuro Nine" foods into your diet every single day. In just thirty days, and with the help of clear guidelines and 75+ easy and delicious meals you'll find in this book, The 30-Day Alzheimer's Solution, you can boost the power of your brain, protect it from illness, and jumpstart total body health, including weight loss and improved sensory ability and mobility. The 30-Day Alzheimer's Solution is the first action-oriented cookbook for preventing Alzheimer's disease and delivering results like improved mental agility, short- and long-term memory, sharpness, and attention. Let this be the first 30 days of the rest of your life. Mole thinks the moon is the most beautiful thing he's ever seen, so he sets about retrieving it, but bringing down the moon is not as easy as he thinks! Walker Books have**

collaborated with King Rollo Films to create this animated DVD packaged with the picture book. From the "Marie Kondo of paper" comes a simple and accessible guide to paper management. Americans are drowning in paper. We keep stacks of it on the kitchen counter, stash it in drawers, and store file cabinets full of documents that we never even look at. Studies show that fully 85 percent of the paper in our lives can be tossed--but which 85 percent? And how do we organize and manage the 15 percent that remains? With *The Paper Solution*, founder of Organize365 Lisa Woodruff delivers a proven, step-by-step guide for what to shred, what to save, and how to sort what's left behind. With her method, you'll learn: • What documents you must absolutely hold on to • Which papers you can dispose of today • How to ditch your bulky filing cabinets and make your vital documents accessible and portable And at the heart of it all is the Sunday Basket: a box that sits on your counter and corrals those stray bills, forms, coupons, and scraps into an easy-to-use paper-management system. The Sunday Basket will become your new weekly habit--one that leads to less paper, less stress, and more time to spend on the things (and people) that matter most. Arnie the talking doughnut is delighted to be Mr. Bing's new pet "doughnut-dog." So when Mr. Bing starts rolling gutter balls during a big bowling tournament, Arnie suspects foul play and sets out to solve the mystery. Illustrations. Provides specific information on how to transform schools into results-oriented professional learning communities, describing the best practices that have been used by schools nationwide. The Videos on DVD containing short videos clips of Michael Sullivan III working key book examples. Chapter Test Prep Videos (also included) provide fully worked solutions to the Chapter Test exercises that students want to review. The Chapter Test Prep videos are available within MyMathLab(R) and on YouTube(TM) (search for Sullivan, College Algebra, 9e and click on Channel). One million. That's how many new ideas the Toyota organization receives from its employees every year. These ideas come from every level of the organization - from the factory floors to the corporate suites. And organizations all over the world want to learn how they do it. Now Matthew May, Senior Advisor to the University of Toyota, reveals how any company can create an environment of every day innovation and achieve the elegant solutions found only on the far side of complexity. A tactical guide for team-based innovation, *THE ELEGANT SOLUTION* delivers the formula to the three principles and ten practices that drive business creativity. Innovation isn't just about technology - it's about value, opportunity and impact. When a company embeds a real discipline around the pursuit of perfection, the sky is the limit. Dozens of case studies (from Toyota and other companies) illustrate the power and universality of these concepts; a unique 'clamshell strategy' prepares managers to ensure organizational success. At once a thought-shaper, a playmaker, and a taskmaster, *THE ELEGANT SOLUTION* is a practical field manual for everyone in corporate life. For the first time in science education, the subject of multiple solution methods is explored in book form. While a multiple method teaching approach is utilized extensively in math education, there are very few journal articles and no texts written on this topic in science. Teaching multiple methods to science students in order to solve quantitative word problems is important for two reasons. First it challenges the practice by teachers that one

specific method should be used when solving problems. Secondly, it calls into question the belief that multiple methods would confuse students and retard their learning. Using a case study approach and informed by research conducted by the author, this book claims that providing students with a choice of methods as well as requiring additional methods as a way to validate results can be beneficial to student learning. A close reading of the literature reveals that time spent on elucidating concepts rather than on algorithmic methodologies is a critical issue when trying to have students solve problems with understanding. It is argued that conceptual understanding can be enhanced through the use of multiple methods in an environment where students can compare, evaluate, and verbally discuss competing methodologies through the facilitation of the instructor. This book focuses on two very useful methods: proportional reasoning (PR) and dimensional analysis (DA). These two methods are important because they can be used to solve a large number of problems in all of the four academic sciences (biology, chemistry, physics, and earth science). This book concludes with a plan to integrate DA and PR into the academic science curriculum starting in late elementary school through to the introductory college level. A challenge is presented to teachers as well as to textbook writers who rely on the single-method paradigm to consider an alternative way to teach scientific problem solving.

The six foundational principles of a Dynamic Culture are universal and unchanging. In *The Culture Solution*, business consultant and New York Times bestselling author of *The Dream Manager* and *Off Balance* presents the six enduring principles of a Dynamic Culture in a way that is both intensely practical and inspiring. If you want to . . . grow your business; attract, grow, and retain top talent; learn the key to hiring in the 21st century; teach every person in your organization that they have a role to play in making the culture better today than it was yesterday . . . this book is for you and every person on your team. From bestselling author and mental toughness expert Jason Selk comes a mind-training regimen for reframing every problem into an opportunity for productive action. The most common cause of failing to reach our professional and personal goals is hardwired in us: Humans instinctively focus on problems. Over millennia, our very survival relied on our ability to be alert to any potential dangers that could threaten our existence. But today this negativity bias significantly limits our potential and increases stress, pressure, and underperformance. The one characteristic all phenomenally successful people share is mental toughness. Mentally tough people are better at making decisions more quickly and with better results. They possess the uncanny ability to control what goes on between their ears. Instead of allowing their minds to focus on their problems when adversity strikes, the most successful people have learned to direct their thoughts in a systematic manner that produces positive emotions and productive actions: they have a Relentless Solution Focus. In this book, top performance coach Dr. Jason Selk—former Director of Mental Training for the World Series champions St. Louis Cardinals—and his colleague Dr. Ellen Reed provide the insight, tools, and proven step-by-step framework for you to do the same. When you have Relentless Solution Focus, you think better. Your decisions garner positive results. You take action and follow through—every time. And when you do get off track, you get back on with less effort and less drama. Weakness

shrinks and strength grows, creating confidence and momentum, taking you and your team to higher levels of performance and achievement. Nick Ortner, founder of the Tapping World Summit and best-selling filmmaker of *The Tapping Solution*, is at the forefront of a new healing movement. In his upcoming book, *The Tapping Solution*, he gives readers everything they need to successfully start using the powerful practice of tapping – or Emotional Freedom Techniques (EFT). Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. Because of tapping's proven success in healing such a variety of problems, Ortner recommends to try it on any challenging issue. In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. In a friendly voice, he lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Ortner opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will see real-life stories of healing ranging from easing the pain of fibromyalgia to overcoming a fear of flying. The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want. In this “powerful personal story woven with a rich analysis of what we all seek” (Sergey Brin, cofounder of Google), Mo Gawdat, Chief Business Officer at Google's [X], applies his superior logic and problem solving skills to understand how the brain processes joy and sadness—and then he solves for happy. In 2001 Mo Gawdat realized that despite his incredible success, he was desperately unhappy. A lifelong learner, he attacked the problem as an engineer would: examining all the provable facts and scrupulously applying logic. Eventually, his countless hours of research and science proved successful, and he discovered the equation for permanent happiness. Thirteen years later, Mo's algorithm would be put to the ultimate test. After the sudden death of his son, Ali, Mo and his family turned to his equation—and it saved them from despair. In dealing with the horrible loss, Mo found his mission: he would pull off the type of “moonshot” goal that he and his colleagues were always aiming for—he would share his equation with the world and help as many people as possible become happier. In *Solve for Happy* Mo questions some of the most fundamental aspects of our existence, shares the underlying reasons for suffering, and plots out a step-by-step process for achieving lifelong happiness and enduring contentment. He shows us how to view life through a clear lens, teaching us how to dispel the illusions that cloud our thinking; overcome the brain's blind spots; and embrace five ultimate truths. No matter what obstacles we face, what burdens we bear, what trials we've experienced, we can all be content with our present situation and optimistic about the future.



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