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KEY=EVERYTHING - MARKS NICKOLAS

Attitude is Everything Rev Ed

10 Life-Changing Steps to Turning Attitude into Action

Harper Collins Mega-successful motivational speaker profiled in the Wall Street Journal, Keith Harrell shows how to put good attitude to work to get ahead in all aspects of life Keith Harrell has been taking the corporate lecture circuit—and the media—by storm, and is poised to take his place among the motivational greats of the world. At six feet six inches, 43-year-old Harrell has the charisma of Tony Robbins, the intellect of Stephen Covey and the looks of Stedman Graham. He regularly inspires Fortune 500 companies with a 100% satisfaction rate. His message is simple yet powerful: Attitude, whether positive or negative, has the power to impact on an organization's or individual's success. Harrell teaches readers techniques for maintaining a powerful positive attitude in order to get ahead in life.

Attitude is Everything for Success

Hay House, Inc Everyone desires success and is capable of achieving it. Having what you truly desire begins with adopting a winning attitude. By positively channeling your attitude and thoughts, using empowering language, and taking action, you'll be sufficiently equipped to successfully accomplish any goal. Attitude Is Everything for Success contains morsels of wisdom and easy-to-learn tools to help you along your journey. The key to your success is your attitude for it determines the quality of your life. For 40 consecutive days, start and end each day with one of the 40 key words for successful living and be amazed at the results. Or when you find yourself feeling rushed and needing to focus your thoughts, flip to a word and gain inspiration and encouragement as you repeat the affirmations, meditate on the quotes, reflect on the anecdotes, and act on the directives that accompany each word. Attitude Is Everything for Success is designed to reprogram your attitude, lift your spirits, and keep you on course.

Attitude is Everything

Transform Attitude Into Action in 10 Steps

Keith Harrell has taken the corporate lecture circuit and the media by storm and is poised to take his place among the great motivational greats of the world. His message is simple, yet powerful: attitude, whether positive or negative, has the power to impact on an organisation's or an individual's success. In this all-new book, Harrell offers an enlightening, inspiring and practical guide for gaining control of your career and your life by ridding yourself of negative attitudinal baggage, building positive attitudes, and then turning them into actions to help you to achieve your dreams.

Never Eat Alone

And Other Secrets to Success, One Relationship at a Time

Penguin UK An updated and expanded edition of the runaway bestseller Never Eat Alone by Keith Ferrazzi Proven advice on networking for success: over 400,000 copies sold. As Keith Ferrazzi discovered early in life, what distinguishes highly successful people from everyone else is the way they use the power of relationships - so that everyone wins. His form of connecting to the world around him is based on generosity and he distinguishes genuine relationship-building from the crude, desperate glad-handling usually associated with 'networking'. In Never Eat Alone, Ferrazzi lays out the specific steps - and inner mindset - he uses to reach out to connect with the thousands of colleagues, friends, and associates on his Rolodex, people he has helped and who have helped him. He then distills his system of reaching out to people into practical, proven principles. Keith Ferrazzi is founder and CEO of Ferrazzi Greenlight, a marketing and sales consulting company. He is the author of the #1 New York Times bestseller Who's Got Your Back and has been a contributor to Inc., the Wall Street Journal, and Harvard Business Review. Previously, he was CMO of Deloitte Consulting and at Starwood Hotels & Resorts, and CEO of YaYa media. He lives in Los Angeles and New York.

Notes From A Friend

A Quick and Simple Guide to Taking Charge of Your Life

Simon and Schuster NOTES FROM A FRIEND is a concise and easy-to-understand guide to the most powerful and life-changing tools and principles that make Anthony Robbins an international leader in peak performance. Based on the concepts and stories in the bestselling AWAKEN THE GIANT WITHIN and UNLIMITED POWER, Anthony Robbins shows us how quick and simple it can be to take charge of your life. 'Vintage Tony Robbins...It distils the complexity of human potential movement into one single but powerful idea' JAMES REDFIELD, THE CELESTINE PROPHECY 'Tony's warmth, passion, and commitment will inspire you to truly master your life and touch others in the process' KENNETH BLANCHARD, PH.D., AUTHOR OF THE ONE MINUTE MANGER

The God Who Is There

Finding Your Place in God's Story

Baker Books It can no longer be assumed that most people--or even most Christians--have a basic understanding of the Bible. Many don't know the difference between the Old and New Testament, and even the more well-known biblical figures are often misunderstood. It is getting harder to talk about Jesus accurately and compellingly because listeners have no proper context with which to understand God's story of redemption. In this basic introduction to faith, D. A. Carson takes seekers, new Christians, and small groups through the big story of Scripture. He helps readers to know what they believe and why they believe it. The companion leader's guide helps evangelistic study groups, small groups, and Sunday school classes make the best use of this book in group settings.

Communities in Action

Pathways to Health Equity

National Academies Press In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. **Communities in Action: Pathways to Health Equity** seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

The E-Myth Contractor

Why Most Contractors' Businesses Don't Work and What to Do About It

Harper Collins With **The E-Myth Contractor**, Michael E. Gerber launches a series of books that apply the E-Myth to specific types of small businesses. The first is aimed at contractors. This book reveals a radical new mind-set that will free contractors from the tyranny of an unprofitable, unproductive routine. With specific tips on topics as crucial as planning, money and personnel management, **The E-Myth Contractor** teaches readers how to: Implement the ingenious turnkey system of management—a means of creating a business prototype that reflects the business owner's unique set of talents and replicating and distributing them among employees and customers. Recognize and manage the four forms of money—income, profit, flow and equity. Harness the power of change to expand the company. The book also provides help on a larger level, leading readers towards becoming business visionaries by relinquishing tactical work and embracing strategic work, by letting go to gain control. Once put into action, Gerber's revolutionary ideas promise not only to help contractors build successful businesses, but successful lives as well.

Hypnosis for Beginners

Reach New Levels of Awareness & Achievement

Llewellyn Worldwide Introduces the concept of hypnosis, describes exercises designed to teach basic techniques, and discusses regression and self-regression

Dealing with People You Can't Stand, Revised and Expanded Third Edition: How to Bring Out the Best in People at Their Worst

McGraw Hill Professional The classic guide to bringing out the best in people at their worst—updated with even more can't-standable people! **Dealing with People You Can't Stand** has been helping good people deal with bad behavior in a positive, professional way for nearly two decades. Unfortunately, as the world becomes smaller and time more compressed, new difficult people are being made all the time. So Kirschner and Brinkman have updated their global bestseller to help you wring positive results from even the most twisted interactions you're likely to experience today. Learn how to get things done and get along when you're dealing with people who have the uncanny ability to sabotage, derail, and interfere with your plans, needs, and wants. Learn how to: Use sophisticated listening techniques to unlock the doors to people's minds, hearts, and deepest needs Apply "take-charge" skills that turn conflict into cooperation by reducing the differences between people Transform the destructive behavior of Tanks, Snipers, Know-It-Alls, Whiners, Martyrs, Meddlers, and other difficult types of people This enhanced eBook includes features you won't find in the print edition, including: 7 comic book style presentations embedded with audio that depict different scenarios of dealing with toxic personalities—illustrating tips and strategies for making the best of the situation 16 entertaining and engaging videos showing how to resolve conflict situations with demonstrated positive and negative strategies Link to the **Lens-of-Understanding Self-Assessment** you can complete to evaluate your relationships with people in your life Access to a 27-minute audio of the authors explaining on how to change your overall attitude, so you can use the tools in the book even more effectively Whether you're dealing with a coworker trying to take credit for your work, a distant family member who knows no personal bounds, or a loud cell phone talker on line at the grocery store, **Dealing with People You Can't Stand** gives you the tools for bringing out the best in people at their worst.

The Secret Code of Success

7 Hidden Steps to More Wealth and Happiness

Harper Collins Americans spend more than \$11 billion a year on self-help products—everything from books to diet pills to career coaches to seminars. So why—with all this time, money, and energy being spent—are so few people living the life they really want? Why are millions of smart, talented, motivated people still going through life with one foot on the brake? Here's the real Secret: You don't need any more how-to-succeed information to reach your full potential. The problem isn't lack of motivation or lack of information. The real problem is that most people focus on the "how-to" aspects of success taught by traditional self-help programs, without coming to terms with what productivity expert Noah St. John calls your "head trash"—the subconscious, emotional roadblocks that prevent people from acting on their real hopes, dreams, and ambitions. In this groundbreaking book, based on work with thousands of clients around the world, Noah St. John has created a remarkable, step-by-step approach that helps you achieve long-term happiness, success, and wealth. In **The Secret Code of Success**, you will learn how to: Eliminate the causes of self-sabotage and fear of success Allow yourself to make more money Remove stress while dramatically increasing personal productivity Improve relationships with coworkers, family, and friends Experience enhanced feelings of happiness, connection, and love **The Secret Code of Success** shows that, when it comes to success, the conscious mind is exactly the wrong place to start. It's only when we first conquer the self-sabotage of our subconscious (which accounts for 90 percent of our behavior) that we can truly begin to enjoy a life filled with success. This insight is at the core of **The Secret Code of Success** and leads to Noah's revolutionary 7-step method for eliminating these psychological obstacles. True financial freedom and personal success is possible at last! **The Secret Code of Success** shows you how to get your foot off the brake and start living the life you deserve.

The Traveler's Gift

Seven Decisions that Determine Personal Success

Thomas Nelson *Coming Soon the Continuation of David Ponder's Story in The Traveler's Summit* What makes the difference between failure and success? A New York Times, Wall Street Journal, USA Today, and Publisher's Weekly bestseller, The Traveler's Gift offered a modern-day parable of one man's choices. Only a few months ago, David Ponder was a successful executive. Now he's a desperate man. In times of great uncertainty, we need divine wisdom. Many of the greatest minds in history overcame personal struggles and adversity, and they emerged the stronger for it. What guidance would iconic heroes, such as Abraham Lincoln, King Solomon, and Anne Frank, give us today in our ever-changing climate of world events? Join David Ponder in The Traveler's Summit on his incredible journey to discover the Seven Decisions for Success that can turn any life around, no matter how hopeless a situation may seem. The Traveler's Gift became required reading for some of America's high schools and a "life skills" tool for members of several college sports teams as well as some MLB and NFL franchises. Discover with David Ponder that attitude makes the difference between success and failure.

The Power of Focus Tenth Anniversary Edition

How to Hit Your Business, Personal and Financial Targets with Absolute Confidence and Certainty

Health Communications, Inc. This special 10th anniversary edition of an enduring classic provides a crystal clear picture of why focus is even more vital today in determining future success.

Wake Up Happy

The Dream Big, Win Big Guide to Transforming Your Life

Simon and Schuster Michael Strahan distills the wisdom he's gleaned from his childhood years in Europe, where he grew up as the youngest child in a tight-knit community on a military base, his time with the NFL where his sheer discipline and willpower made him a Hall-of-Fame, legendary football player, and his broadcast career, which puts him in contact with the heartland of America every morning.

Get Out of Your Own Way

Overcoming Self-Defeating Behavior

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

Positive Thinking Every Day

An Inspiration For Each Day of the Year

Simon and Schuster Compiling the wisdom of nine books—including international bestseller The Power of Positive Thinking—this timeless classic provides readers with a daily message of inspiration and affirmation from Norman Vincent Peale. Norman Vincent Peale's philosophy of positive thinking has had an unprecedented influence on millions of people throughout the world. Now, the wisdom of nine books—including The Power of Positive Thinking—can be found within these pages. Timeless in their message, invaluable in the course of daily life, Dr. Peale's classic books provide inspiration when you most need it and lead the way to a fuller, happier, more satisfying life. With a new introduction by Dr. Peale, Positive Thinking Every Day will help make your every day the best it can possibly be.

Modern Recording Techniques

CRC Press As the most popular and authoritative guide to recording Modern Recording Techniques provides everything you need to master the tools and day to day practice of music recording and production. From room acoustics and running a session to mic placement and designing a studio Modern Recording Techniques will give you a really good grounding in the theory and industry practice. Expanded to include the latest digital audio technology the 7th edition now includes sections on podcasting, new surround sound formats and HD and audio. If you are just starting out or looking for a step up in industry, Modern Recording Techniques provides an in depth excellent read- the must have book

Life is Good

The Book

Simon and Schuster Entertaining yet profound, easygoing yet powerful, this engaging book reveals how to tap into the hidden power of optimism. Beginning with their upbringing in working class Boston and following the arc of their lives from postgrad wanderlust to the birth of a small business, Bert and John use their experiences to illuminate the ten superpowers on which optimism is founded - from humor and compassion to gratitude and authenticity. Capturing their buoyant, community-focused outlook and supplementing with top-ten lists and the company's iconic stick-figure illustrations, this book doesn't preach. Instead, it offers lighthearted, practical self-help that will inspire and empower readers to embrace their lives with delight and daring.

The 7 Mindsets to Live Your Ultimate Life

An Unexpected Blueprint for an Extraordinary Life

Ultimate Life Media

Unlimited

A Three-Step Plan for Achieving Your Dreams

Harmony Books The celebrity fitness trainer on "The Biggest Loser" discusses how to address the psychological aspects of fitness endeavors, sharing a three-part motivational program for overcoming mental obstacles.

Life's Greatest Lessons

20 Things That Matter

Simon and Schuster With more than a quarter million copies sold, award-winning teacher Hal Urban outlines twenty lessons that answer timeless questions about how to make the most of your life. Life's Greatest Lessons is a wise, wonderful book. In it, Hal Urban, a parent and an award-winning teacher, presents twenty principles that are as deeply rooted in common sense as they are in compassion. The topics, gathered from a lifetime of teaching both children and adults, span a wide range of readily understood concepts, including attitudes about money, understanding the real meaning of "success," and the importance of having fun. The book will help you find the best—in the world, in others, and in yourself. Classic in its simplicity and enduring in its appeal, Life's Greatest Lessons helps us all rediscover that the desire to live a good life is timeless.

Neonatal Hematology

Pathogenesis, Diagnosis, and Management of Hematologic Problems

Cambridge University Press Neonatal hematology is a fast-growing field, and the majority of sick neonates will develop hematological problems. This is an essential guide to the pathogenesis, diagnosis and management of hematologic problems in the neonate. Guidance is practical, including blood test interpretation, advice on transfusions and reference ranges for hematological values. Chapters have been thoroughly revised according to the latest advances in the field for this updated third edition. Topics discussed include erythrocyte disorders, platelet disorders, leukocyte disorders, immunologic disorders and hemostatic disorders. Coverage of oncological issues has been expanded to two separate chapters on leukemia and solid tumors, making information more easily accessible. Approaches to identifying the cause of anemia in a neonate are explained, with detailed algorithms provided to aid clinicians in practice. Covering an important hematologic niche with an ever increasing amount of specialized knowledge, this book is a valuable resource for hematologists, neonatologists and pediatricians.

The Woman Code

Powerful Keys to Unlock Your Life

Simon and Schuster A powerful, no-nonsense guide for women that provides them the keys to unlock a fulfilling life. Every woman lives by a code, whether she realizes it or not. It informs how she treats others and herself, how much she expects of herself, and how far she is willing to go in order to find success. But is the code we're living by truly helping us create the lives of purpose and fulfillment we desire? Or are we sacrificing the deeper things for mere achievement? In this inspiring book—updated with new insights from the profound economic and societal shifts that have changed our world with the advent of the global pandemic—Sophia A. Nelson calls women to live out a powerful life code that will lead them to purposeful and successful lives. With the wisdom that comes from experience, Nelson reveals to women: The true meaning of "having it all" How to take better care of their minds, bodies, and souls How to discover new reserves of strength The importance of having courageous conversations to build relationships How to achieve professional excellence without compromising their values How to find lasting love and purpose in life beyond their accomplishments How to navigate the sisterhood of women, to build collaboration rather than competition How to heal from past hurts, rejection, and life's inevitable storms The Woman Code is a way of living, of navigating life's challenges, and of interacting positively with other women. It's a way of pursuing our dreams and our deepest desires. It reveals a universal and timeless set of principles of the mind, body, and spirit that help women balance the demands of work, home, family, and friendship. The Woman Code not only calls on women to practice purpose in their lives, it shows them how to do it with grace.

177 Mental Toughness Secrets of the World Class

The Thought Processes, Habits and Philosophies of the Great Ones

NEW EDITION: Is it possible for a person of average intelligence and modest means to ascend to the throne of the world class? The answer is YES! Not only is it possible - it's being done everyday. This book shows you how. Some of the Mental Toughness Secrets You Will Learn: Champions Lead Through Facilitated Introspection The World Class Compartmentalize Their Emotions The World Class Are Ferociously Cooperative The Great Ones Possess Supreme Self Confidence The World Class Embrace Metacognition The World Class Are Coachable Champions Know Why They Are Fighting The World Class Operate From Love and Abundance School Is Never Out For The Great Ones Champions Are Interdependent The Great Ones Are Bold Champions Are Zealots For Change The Great Ones Dont Give BackThey Just Give Champions Are Masters Of Mental Organization The Great Ones Only Negotiate Win-Win Deals Champions Seek Balance Champions Believe In Honesty The Great Ones Arent Afraid To Suffer Read more at <http://www.mentaltoughnesssecrets.com>

Network Aesthetics

University of Chicago Press Even as "network" has become a contemporary keyword, its overuse has limited its analytic usefulness. In the enthusiasm that orbits the concept, the network is too easily taken up as a term that we should already know. Patrick Jagoda claims that we do not, in fact, know networks, in part because of their very ubiquity and variety. His book shows how a range of popular aesthetic forms mediate our experience of networks and yield up greater insight into this critical concept. Each chapter of "Network Aesthetics" considers how a different contemporary genre makes sense of decentralized network structure, from fiction, film, and television to popular videogames such as Introversion's "Uplink," experimental games such as Jason Rohrer's "Between," and emergent transmedia storytelling forms such as "Alternate Reality Games." Jagoda wants to show that network aesthetics, in all of these cases, are not simply the quality of a genre; more substantively, they are a critical corollary to an era in which interconnection has become a key cultural framework. "Network Aesthetics" cuts through the clichés of sublime interconnection and illuminates the ordinary, lived aspects of networked life.

Live Your Dreams

Powerful Strategies for Attaining Your Greatest Goals

Createspace Independent Pub Live Your Dreams: Powerful Strategies for Attaining Your Greatest Goals, shows ordinary people how to attain their extraordinary dreams. Matt Byron teaches how you can accomplish your dreams by developing a specific strategy, leveraging technology and using creativity. At 32 years old, Byron has developed specific and effective strategies to achieve his personal dreams: running a marathon, producing an independent film, and sailing from the Caribbean to Maine. In his professional work as a corporate strategy consultant, Byron advised private equity firms, university deans, and Fortune 500 executives. He helped provide solutions to obstacles measured in hundreds of millions dollars. From his personal and professional successes, he has developed methods to strategically attain great goals. Byron has enjoyed many extraordinary opportunities. Yet, he comes from an average background. He teaches you the strategies needed for attaining similar results. Live Your Dreams, will transform you into a juggernaut and arm you with powerful tools to actualize your boldest dreams. It will motivate you to live your best life, and help you seize great opportunities.

Bad Bug Book

Foodborne Pathogenic Microorganisms and Natural Toxins Handbook

Createspace Independent Publishing Platform The Bad Bug Book 2nd Edition, released in 2012, provides current information about the major known agents that cause foodborne illness. Each chapter in this book is about a pathogen—a bacterium, virus, or parasite—or a natural toxin that can contaminate food and cause illness. The book contains scientific and technical information about the major pathogens that cause these kinds of illnesses. A separate "consumer box" in each chapter provides non-technical information, in everyday language. The boxes describe plainly what can make you sick and, more important, how to prevent it. The information provided in this handbook is abbreviated and general in nature, and is intended for practical use. It is not intended to be a comprehensive scientific or clinical reference. The Bad Bug Book is published by the Center for Food Safety and Applied Nutrition (CFSAN) of the Food and Drug Administration (FDA), U.S. Department of Health and Human Services.

Fish Nutrition

Elsevier Fish Nutrition aims to present the state of knowledge of basic and applied nutritional requirements of fishes. Most of the information found in this book involves salmonids, their nutrition, and metabolism of nutrients. This is in view of the fact that more research has been done and completed with this fish. Although applied fish nutrition is a very broad field, this book focuses on some of its aspects. These include the classes of nutrients and requirements for several types of fishes. This book comprises of 11 chapters. The first few chapters deal with the general nutrient requirements of fishes. Then, other chapters discuss calorie and energy as well as micro- and macronutrient needs and requirements. The following chapters deal with the non-nutrient components of the diet, or those that influence the characteristics of food products including texture, odor, flavor, and color. Other topics covered are enzymes and systems of intermediary metabolism (Chapter 6); feed formulation and evaluation (Chapter 7); and salmonid husbandry techniques (Chapter 9). Nutritional fish diseases are also discussed in this book. Some of these diseases include thyroid tumor, gill disease, anemia, lipid liver degeneration, and visceral granuloma. In Chapter 11, the relationship of nutrition and pathology is given emphasis. This chapter also tackles the diet and general fish husbandry. This topic is very important, because an adequate diet for fish husbandry is the foundation of fish farming.

Resilience

Hard-Won Wisdom for Living a Better Life

Houghton Mifflin Harcourt The Navy SEAL, humanitarian and best-selling author of The Heart and the Fist draws on ancient wisdom and personal experience to counsel readers on how to promote personal resilience and overcome obstacles through positive action. 100,000 first printing.

Marine Physiology Down East: The Story of the Mt. Desert Island Biological Laboratory

Springer This volume offers a comprehensive history of the Mount Desert Island Biological Laboratory (MDIBL), one of the major marine laboratories in the United States and a leader in using marine organisms to study fundamental physiological concepts. Beginning with its founding as the Harpswell Laboratory of Tufts University in 1898, David H. Evans follows its evolution from a teaching facility to a research center for distinguished renal and epithelial physiologists. He also describes how it became the site of major advances in cytokinesis, regeneration, cardiac and vascular physiology, hepatic physiology, endocrinology and toxicology, as well as studies of the comparative physiology of marine organisms. Fundamental physiological concepts in the context of the discoveries made at the MDIBL are explained and the social and administrative history of this renowned facility is described.

Treasury of Quotes

The Treasury of Quotes by Jim Rohn - a must for every library! A magnificent, blockbuster book that is a collection of over 365 quotes on 60 topics gathered from Jim Rohn's personal journals, seminars and books. These quotes reflect over 37 years of experience in business, sharing ideas and affecting lives. Topics include: Goals, America, Success, Desire, Business, Wealth, Leadership, Discipline, Personal Development, Time Management, Communications, Fundamentals and more!

An Attitude of Gratitude

Hay House, Inc In this heartfelt memoir, motivational speaker and life coach Keith D. Harrell writes passionately about the lessons he's learned from his parents, grandmother, teachers, coaches, mentors, and friends as he overcame stuttering to become one of the nation's top-ranked professional speakers. Tall, skinny and shy, Harrell painfully learned on his first day of school that he couldn't talk like the other students. Embarrassed by the kids' teasing and feeling dejected, he ran home during recess, where he was met by an understanding mom who wouldn't allow him to remain discouraged. The lesson Harrell gained from this experience and imparts to his readers is: God specializes in originals. He doesn't make junk! Each chapter in this heartfelt book begins with a quote from the Bible and concludes with a touching and insightful life lesson. Harrell's story encompasses his years of speech therapy, the awkwardness of being a foot or two taller than his elementary-school teachers, his father's tough love, the anguish of his parents' divorce, gaining confidence through playing basketball—and eventually being scouted by the NBA and then watching his dream evaporate. He goes on to recount the trials he underwent in the corporate world as he sought out his true passion, and how he built a fledgling business into a million-dollar enterprise, eventually receiving enormous acclaim as a professional speaker. Harrell's faith in God and unflagging attitude propelled him to success as he enthusiastically tackled each obstacle that beset him along his path. In *An Attitude of Gratitude*, he presents this story as an inspiring source of encouragement for anyone who has ever experienced setbacks and wants to learn how to become better equipped to handle each challenge as it arises.

The Soul of Abraham Lincoln

University of Illinois Press Modern secularists have been reluctant to recognize Abraham Lincoln's deep spirituality, in spite of the fact that he was often known as Father Abraham and has been described as one of the most deeply religious presidents the country has ever seen. Yet for all of his familiarity with the Bible, his invocation of Providence, and of the Almighty, he did not actively participate in a church or lend his name and authority to a denomination. After more than fifty years of hagiographic and contradictory accounts of Abraham Lincoln's life, William Barton stepped boldly into the bedlam of claims and counterclaims about Lincoln's religion. Armed with an enormous collection of Lincoln materials and his own strict evidentiary rules, Barton worked to avoid partisan politicking over Lincoln's legacy and instead to simply lay bare the facts.

I Could Do Anything If I Only Knew what it was

Discover what You Really Want, and how to Get it

This is a perfect book for new college graduates or anyone sick and tired of languishing in a dead-end job or relationship - yet reluctant to make drastic life changes due to uncertainty about what would actually inspire them. Barbara helps peel away the layers to reveal hopes and aspirations and overcome the barriers to success and happiness. Whether you're looking to make improvements in your job or personal life, Sher will teach you how to determine what your goals are and how to successfully reach them.

Data and Goliath: The Hidden Battles to Collect Your Data and Control Your World

W. W. Norton & Company "Bruce Schneier's amazing book is the best overview of privacy and security ever written."—Clay Shirky "Bruce Schneier's amazing book is the best overview of privacy and security ever written."—Clay Shirky Your cell phone provider tracks your location and knows who's with you. Your online and in-store purchasing patterns are recorded, and reveal if you're unemployed, sick, or pregnant. Your e-mails and texts expose your intimate and casual friends. Google knows what you're thinking because it saves your private searches. Facebook can determine your sexual orientation without you ever mentioning it. The powers that surveil us do more than simply store this information. Corporations use surveillance to manipulate not only the news articles and advertisements we each see, but also the prices we're offered. Governments use surveillance to discriminate, censor, chill free speech, and put people in danger worldwide. And both sides share this information with each other or, even worse, lose it to cybercriminals in huge data breaches. Much of this is voluntary: we cooperate with corporate surveillance because it promises us convenience, and we submit to government surveillance because it promises us protection. The result is a mass surveillance society of our own making. But have we given up more than we've gained? In *Data and Goliath*, security expert Bruce Schneier offers another path, one that values both security and privacy. He brings his bestseller up-to-date with a new preface covering the latest developments, and then shows us exactly what we can do to reform government surveillance programs, shake up surveillance-based business models, and protect our individual privacy. You'll never look at your phone, your computer, your credit cards, or even your car in the same way again.

The Memory Book

The Classic Guide to Improving Your Memory at Work, at School, and at Play

Ballantine Books Unleash the hidden power of your mind It's there in all of us. A mental resource we don't think much about. Memory. And now there's a way to master its power. . . . Through Harry Lorayne and Jerry Lucas's simple, fail-safe memory system, you can become more effective, more imaginative, and more powerful at work, at school, in sports, and at play. • Read with speed and greater understanding. • File phone numbers, data, figures, and appointments right in your head. • Send those birthday and anniversary cards on time. • Learn foreign words and phrases with ease. • Shine in the classroom and shorten study hours. • Dominate social situations: Remember and use important personal details. Begin today. The change in your life will be unforgettable

Routledge Handbook of Contemporary Vietnam

Routledge Vietnam is one of Southeast Asia's most dynamic but least understood countries, and interest in the country has surged in recent years. The *Routledge Handbook of Contemporary Vietnam* is a comprehensive resource that looks at the social, political, economic and cultural aspects of Vietnam today. Following an introduction that highlights major changes that have unfolded in the country in the last two decades, the book is divided into 4 thematic parts: Domestic Politics Economy Social institutions and social change Culture and social change In the political field, chapters address key developments in Vietnam's mainline political institutions, from the Communist Party and the country's formally-representative system of councils and assemblies, to the role of the military and public security. It also looks at the rise of political competition that has unfolded in the country. In the economic section, the Handbook probes the development and transformation of Vietnam's economic institutions and its implications with respect to patterns of economic growth, industrialization and agrarian change. Parts 3 and 4 discuss the profound changes that Vietnam has experienced across all major social fields, including the education, health and legal sectors, the mass media, family life, gender and ethnic relations, and key media and artistic fields. Written by an international team of scholars, the Handbook provides a cutting edge analysis on Vietnam's rapidly-changing engagement with the world. It is an invaluable interdisciplinary reference book of interest to students and academics of Southeast Asian Studies, as well as policymakers, analysts and anyone wishing to learn more about contemporary Vietnam.

Stem Cell Therapy: A Rising Tide: How Stem Cells Are Disrupting Medicine and Transforming Lives

Neil H Riordan Stem cells are the repair cells of your body. When there aren't enough of them, or they aren't working properly, chronic diseases can manifest and persist. From industry leaders, sport stars, and Hollywood icons to thousands of everyday, ordinary people, stem cell therapy has helped when standard medicine failed. Many of them had lost hope. These are their stories. Neil H Riordan, author of *MSC: Clinical Evidence Leading Medicine's Next Frontier*, the definitive textbook on clinical stem cell therapy, brings you an easy-to-read book about how and why stem cells work, and why they're the wave of the future.

The Attitude Is Everything Workbook

Strategies and Tools for Developing Personal and Professional Success

Harper Collins In this companion to Attitude Is Everything, mega-successful motivational speaker Keith Harrell gives you practical, step-by-step guidance on putting a good attitude to work in order to get ahead in life. Keith Harrell has taken his place among the motivational greats of the world. Regularly inspiring Fortune 500 companies with a 100 percent satisfaction rate, his message is simple yet powerful: attitude, whether positive or negative, has the power to impact on an organization's or individual's success. Based on his successful Attitude Is Everything, this workbook is the essential guide to transforming Harrell's strategies into success. In a series of clear step-by-step exercises and instructions, Harrell teaches readers techniques for maintaining a powerful positive attitude in order to get ahead in life.

Quiet

The Power of Introverts in a World That Can't Stop Talking

Penguin UK SUSAN CAIN'S NEW BOOK, BITTERSWEET, IS AVAILABLE TO PRE-ORDER NOW A SUNDAY TIMES AND NEW YORK TIMES BESTSELLER, THIS BOOK WILL CHANGE HOW YOU SEE INTROVERTS - AND YOURSELF - FOREVER. Our lives are driven by a fact that most of us can't name and don't understand. It defines who our friends and lovers are, which careers we choose, and whether we blush when we're embarrassed. That fact is whether we're an introvert or an extrovert. The most fundamental dimension of personality, at least a third of us are introverts, and yet shyness, sensitivity and seriousness are often seen as a negative. Some of the world's most talented people are introverts - without them we wouldn't have the Apple computer, the theory of relativity and Van Gogh's sunflowers. In Quiet, Susan Cain shows how society misunderstands and undervalues introverts while giving them the tools to better understand themselves and take full advantage of their strengths. Passionately argued, superbly researched, and filled with real stories, whether an introvert or extrovert, this book will change how you see human beings for good. ***** 'I can't get Quiet out of my head. It is an important book - so persuasive and timely and heartfelt it should inevitably effect change in schools and offices' Jon Ronson, The Guardian 'Susan Cain's Quiet has sparked a quiet revolution . . . Perhaps rather than sitting back and asking people to speak up, managers and company leaders might lean forward and listen' Megan Walsh, The Times 'Maybe the extrovert ideal is no longer as powerful as it was; perhaps it is time we all stopped to listen to the still, small voice of calm' Daisy Goodwin, The Sunday Times