

Smartcuts Shane Snow Pdf

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The Inner Game of Tennis - W. Timothy Gallwey 2010-06-30

Master your game from the inside out! With more than 800,000 copies sold since it was first published thirty years ago, this phenomenally successful guide has become a touchstone for hundreds of thousands of people. Not just for tennis players, or even just for athletes in general, this handbook works for anybody who wants to improve his or her performance in any activity, from playing music to getting ahead at work. W. Timothy Gallwey, a leading innovator in sports psychology, reveals how to • focus your mind to overcome nervousness, self-doubt, and distractions • find the state of “relaxed concentration” that allows you to play at your best • build skills by smart practice, then put it all together in match play Whether you're a beginner or a pro, Gallwey's engaging voice, clear examples, and illuminating anecdotes will give you the tools you need to succeed. “Introduced to *The Inner Game of Tennis* as a graduate student years ago, I recognized the obvious benefits of [W. Timothy] Gallwey's teachings. . . . Whether we are preparing for an inter-squad scrimmage or the National Championship Game, these principles lie at the foundation of our program.”—from the Foreword by Pete Carroll

The Barefoot Investor for Families - Scott Pape 2018-09-01

Discover the ten things your kids need to know about money before they

leave home. Forget chore charts, guesswork and parenting guilt: you won't find any of that in this road map for raising hard-working, generous and financially confident kids of all ages. In the same easy-to-read style that made *The Barefoot Investor* a phenomenal success, *Barefoot Investor for Families*, published in 2018, is aimed at parents who want to teach their kids the value of a buck. In this #1 bestseller that has sold more than 270,000 copies, Scott Pape has taken the ten money milestones kids need to nail . . . and laid them out for you in a simple, step-by-step plan. Over the course of ten hilarious, poignant and sometimes downright crazy 'Barefoot Money Meals', you'll get the skinny on: The simple pocket money strategy that takes just three minutes a week The kitchen challenge that 'breaks the brat' and shows kids how good they've got it Helping your teen land their first job (even with zero experience) The \$453 329 gift to your child that won't cost you a cent How to boost your kids into the property market with the 'Barefoot Ladder' strategy Along the way, you'll meet proud mums and dads-Aussie families from all walks of life-who've used this exact plan to give their kids life-changing money skills. If you're a parent, grandparent, uncle, aunty or have children in your life, whether they're two or twenty-two, it's never too early or too late to start.

[Shark Tank Jump Start Your Business](#) - Michael Parrish DuDell

2013-11-05

From the ABC hit show "Shark Tank," this book-filled with practical advice and introductions from the Sharks themselves-will be the ultimate resource for anyone thinking about starting a business or growing the one they have. Full of tips for navigating the confusing world of entrepreneurship, the book will intersperse words of wisdom with inspirational stories from the show. Throughout the book, readers will learn how to: Determine whether they're compatible with the life of a small business owner, shape a marketable idea and craft a business model around it, plan for a launch, run a business without breaking the bank (or burning themselves out), create a growth plan that will help them handle and harness success, and pitch an idea or business plan like a pro. Responding to the fans' curiosity about past show contestants, readers will also find approximately 10 "Where Are They Now" boxes in which they learn what happened to some of the most asked-about and/or most popular guests ever to try their luck in front of the Sharks-and what they learned in the process.

The Creative Curve - Allen Gannett 2018-06-12

Big data entrepreneur Allen Gannett overturns the mythology around creative genius, and reveals the science and secrets behind achieving breakout commercial success in any field. We have been spoon-fed the notion that creativity is the province of genius -- of those favored, brilliant few whose moments of insight arrive in unpredictable flashes of divine inspiration. And if we are not a genius, we might as well pack it in and give up. Either we have that gift, or we don't. But Allen shows that simply isn't true. Recent research has shown that there is a predictable science behind achieving commercial success in any creative endeavor, from writing a popular novel to starting up a successful company to creating an effective marketing campaign. As the world's most creative people have discovered, we are enticed by the novel and the familiar. By understanding the mechanics of what Gannett calls "the creative curve" - the point of optimal tension between the novel and the familiar - everyone can better engineer mainstream success. In a thoroughly entertaining book that describes the stories and insights of everyone

from the Broadway team behind Dear Evan Hansen, to the founder of Reddit, from the Chief Content Officer of Netflix to Michelin star chefs, Gannett reveals the four laws of creative success and identifies the common patterns behind their achievement.

Dream Teams - Shane Snow 2018-06-05

Award-winning entrepreneur and journalist Shane Snow reveals the counterintuitive reasons why so many partnerships and groups break down--and why some break through. The best teams are more than the sum of their parts, but why does collaboration so often fail to fulfill this promise? In *Dream Teams*, Snow takes us on an adventure through history, neuroscience, psychology, and business, exploring what separates groups that simply get by together from those that get better together. You'll learn: * How ragtag teams--from soccer clubs to startups to gangs of pirates--beat the odds throughout history. * Why DaimlerChrysler flopped while the Wu-Tang Clan succeeded, and the surprising factor behind most failed mergers, marriages, and partnerships. * What the Wright Brothers' daily arguments can teach us about group problem solving. * Pioneering women in law enforcement, unlikely civil rights collaborators, and underdog armies that did the incredible together. * The team players behind great social movements in history, and the science of becoming open-minded. Provocative and entertaining, *Dream Teams* is a landmark work that will change the way we think about people, progress, and collaboration.

Primed to Perform - Neel Doshi 2015-10-06

The revolutionary book that teaches you how to use the cutting edge of human psychology to build high performing workplace cultures. Too often, great cultures feel like magic. While most leaders believe culture is critical to success, few know how to build one, or sustain it over time. What if you knew the science behind the magic—a science so predictive and powerful that you could transform your organization? What if you could use cutting edge psychology to unlock people's innate desire to innovate, experiment, and adapt? In *Primed to Perform*, Neel Doshi and Lindsay McGregor show you how to do just that. The result: higher sales, more loyal customers, and more passionate employees. *Primed to*

Perform explains the counter-intuitive science behind great cultures, building on over a century of academic thinking. It shares the simple, highly predictive new measurement tool—the Total Motivation (ToMo) Factor—that enables you to measure the strength of your culture, and track improvements over time. It explores the authors' original research into how Total Motivation leads to higher performance in iconic companies, from Apple to Starbucks to Southwest Airlines. Most importantly, it teaches you to build great cultures, using a systematic and sustainable approach. High performing cultures can't be left to chance. Organizations must create systems that shape and maintain them. Whether you're a five-person team or a startup, a school, a nonprofit or a mega-institution, *Primed to Perform* shows you how.

Indistractable - Nir Eyal 2019-09-10

"Indistractable provides a framework that will deliver the focus you need to get results." —James Clear, author of *Atomic Habits* "If you value your time, your focus, or your relationships, this book is essential reading. I'm putting these ideas into practice." —Jonathan Haidt, author of *The Righteous Mind* National Bestseller Winner of the Outstanding Works of Literature (OWL) Award Included in the Top 5 Best Personal Development Books of the Year by Audible Included in the Top 20 Best Business and Leadership Books of the Year by Amazon Featured in The Amazon Book Review Newsletter, January 2020 Goodreads Best Science & Technology of 2019 Finalist You sit down at your desk to work on an important project, but a notification on your phone interrupts your morning. Later, as you're about to get back to work, a colleague taps you on the shoulder to chat. At home, screens get in the way of quality time with your family. Another day goes by, and once again, your most important personal and professional goals are put on hold. What would be possible if you followed through on your best intentions? What could you accomplish if you could stay focused? What if you had the power to become "indistractable?" International bestselling author, former Stanford lecturer, and behavioral design expert, Nir Eyal, wrote *Silicon Valley's handbook for making technology habit-forming*. Five years after publishing *Hooked*, Eyal reveals distraction's Achilles' heel in his

groundbreaking new book. In *Indistractable*, Eyal reveals the hidden psychology driving us to distraction. He describes why solving the problem is not as simple as swearing off our devices: Abstinence is impractical and often makes us want more. Eyal lays bare the secret of finally doing what you say you will do with a four-step, research-backed model. *Indistractable* reveals the key to getting the best out of technology, without letting it get the best of us. Inside, Eyal overturns conventional wisdom and reveals: • Why distraction at work is a symptom of a dysfunctional company culture—and how to fix it • What really drives human behavior and why "time management is pain management" • Why your relationships (and your sex life) depend on you becoming indistractable • How to raise indistractable children in an increasingly distracting world Empowering and optimistic, *Indistractable* provides practical, novel techniques to control your time and attention—helping you live the life you really want.

Effortless - Greg McKeown 2021-04-27

NEW YORK TIMES BESTSELLER • A Times (UK) Best Book of the Year • From the author of the million-copy-selling *Essentialism* comes an empowering guide to achieving your goals. It all starts with a simple principle: Not everything has to be so hard. "In a world beset by burnout, Greg McKeown's work is essential."—Daniel H. Pink, author of *When, Drive, and To Sell Is Human* "At a time when fear, uncertainty, and our ever-growing list of responsibilities have come to feel like much too much to handle, *Effortless* couldn't be timelier, or more necessary."—Eve Rodsky, author of *Fair Play* Do you ever feel like: • You're teetering right on the edge of burnout? • You want to make a higher contribution, but lack the energy? • You're running faster but not moving closer to your goals? • Everything is so much harder than it used to be? As high achievers, we've been conditioned to believe that the path to success is paved with relentless work. That if we want to overachieve, we have to overexert, overthink, and overdo. That if we aren't perpetually exhausted, we're not doing enough. But lately, working hard is more exhausting than ever. And the more depleted we get, the more effort it takes to make progress. Stuck in an endless loop of "Zoom, eat, sleep,

repeat,” we’re often working twice as hard to achieve half as much. Getting ahead doesn’t have to be as hard as we make it. No matter what challenges or obstacles we face, there is a better way: instead of pushing ourselves harder, we can find an easier path. Effortless offers actionable advice for making the most essential activities the easiest ones, so you can achieve the results you want, without burning out. Effortless teaches you how to:

- Turn tedious tasks into enjoyable rituals
- Prevent frustration by solving problems before they arise
- Set a sustainable pace instead of powering through
- Make one-time choices that eliminate many future decisions
- Simplify your processes by removing unnecessary steps
- Make relationships easier to maintain and manage

• And much more

The effortless way isn't the lazy way. It's the smart way. It may even be the only way. Not every hard thing in life can be made easy. But we can make it easier to do more of what matters most.

Little Bets - Peter Sims 2011-04-19

“An enthusiastic, example-rich argument for innovating in a particular way—by deliberately experimenting and taking small exploratory steps in novel directions. Light, bright, and packed with tidy anecdotes” (The Wall Street Journal). What do Apple CEO Steve Jobs, comedian Chris Rock, prize-winning architect Frank Gehry, and the story developers at Pixar films all have in common? Bestselling author Peter Sims found that rather than start with a big idea or plan a whole project in advance, they make a methodical series of little bets, learning critical information from lots of little failures and from small but significant wins. Reporting on a fascinating range of research, from the psychology of creative blocks to the influential field of design thinking, Sims offers engaging and illuminating accounts of breakthrough innovators at work, and a whole new way of thinking about how to navigate uncertain situations and unleash our untapped creative powers.

Bluefishing - Steve Sims 2017-10-17

Whether it’s climbing Everest, launching a business, applying for a dream job, or just finding happiness in everyday life, Steve Sims, founder of the luxury concierge service, Bluefish, reveals simple and effective ways to sharpen your mind, gain a new perspective, and achieve your

goals. From helping a client get married in the Vatican, to charming and connecting with business mogul Elon Musk, Bluefish founder Steve Sims is known to make the impossible possible. Now, in his first book, he shares tips, techniques, and principles to break down any door and step onto whatever glamorous stage awaits you. By following Steve’s succinct yet insightful advice—as well as inspiration gleaned from the moving stories of others—you, too, can transform your life and achieve the impossible.

Decoding Greatness - Ron Friedman 2021-06-15

The game-changing approach to success that will transform the way you master new skills and generate creative ideas. Learn how to work like top performers and use reverse engineering to unlock your full potential. ‘An eye-opening, fast-paced read that will transform the way you approach your next project.’ Shawn Achor

For generations, we've been taught there are two ways to succeed - either from talent or through practice. In *Decoding Greatness*, award-winning social psychologist Ron Friedman illuminates a powerful third path - one that has quietly launched icons in a wide range of fields, from artists, writers, and chefs, to athletes, inventors and entrepreneurs: reverse engineering. To reverse engineer is to decode what works for others and learn how to apply those same methods and strategies to develop your own unique ideas and projects. Exploring what lies behind the success of top performers - from Agatha Christie to Andy Warhol, Barack Obama to Serena Williams, and many more - you will learn from the best. Combined with groundbreaking research on pattern recognition, skill acquisition, motivation, performance and creativity, this book is a practical guide to achieving success within any field. *Decoding Greatness* provides a new way of thinking and working, and through unforgettable stories and strategies, you will learn how to improve your skills and spark break-through ideas. And once you have learned this formula, you can apply it to anything.

The Pathfinder - Nicholas Lore 2012-01-03

DO YOU JUMP OUT OF BED EVERY MORNING AND RUSH TO A JOB YOU LOVE? Or is the work you once enjoyed now just a way to pay the bills? Perhaps you're even doubting your career choice altogether. Let

The Pathfinder guide you to a more engaging, fulfilling work life. Based on breakthrough techniques developed by Rockport Institute, an innovative and award-winning career-counseling network that has changed the lives of over 10,000 people, The Pathfinder offers invaluable advice and more than 100 self-tests and diagnostic tools that will help you choose an entirely new career -- or view a current job from a new, more positive perspective. You'll learn: * How to design your new career direction step by step so that it fits your talents, personality, needs, goals, values, and is, at the same time, practical and attainable * How to deal successfully with the "yeah but" voices in your head that keep you going back to the same old ill-fitting job, day after day * How to land the perfect job in your new field, plus tips on writing a really exceptional résumé, personal marketing, and networking (even for those who hate to network) Whether you're a seasoned professional in search of a career change or a beginner just entering the working world, you want to make the right choices from the beginning. No matter where you are in your journey, if you want work to be more of a dance than a drag, The Pathfinder will expertly coach you through the process of designing a career you will love.

Smartcuts - Shane Snow 2016-09-06

Begging for Change - Robert Egger 2010-07-06

You are a good person. You are one of the 84 million Americans who volunteer with a charity. You are part of a national donor pool that contributes nearly \$200 billion to good causes every year. But you wonder: Why don't your efforts seem to make a difference? Fifteen years ago, Robert Egger asked himself this same question as he reluctantly climbed aboard a food service truck for a night of volunteering to help serve meals to the homeless. He wondered why there were still people waiting in line for soup in this day and age. Where were the drug counselors, the job trainers, and the support team to help these men and women get off the streets? Why were volunteers buying supplies from grocery stores when restaurants were throwing away unused fresh food every night? Why had politicians, citizens, and local businesses allowed

charity to become an end in itself? Why wasn't there an efficient way to solve the problem? Robert knew there had to be a better way. In 1989, he started the D.C. Central Kitchen by collecting unused food from local restaurants, caterers, and hotels and bringing it back to a central location where hot, nutritious meals were prepared and distributed to agencies around the city. Since then, the D.C. Central Kitchen has been named one of President Bush Sr.'s Thousand Points of Light and has become one of the most respected and emulated nonprofit agencies in the world, producing and distributing more than 4,000 meals a day. Its highly successful 12-week job-training program equips former homeless transients and drug addicts with culinary and life skills to gain employment in the restaurant business. In *Begging for Change*, Robert Egger looks back on his experience and exposes the startling lack of logic, waste, and ineffectiveness he has encountered during his years in the nonprofit sector, and calls for reform of this \$800 billion industry from the inside out. In his entertaining and inimitable way, he weaves stories from his days in music, when he encountered legends such as Sarah Vaughan, Mel Torme, and Iggy Pop, together with stories from his experiences in the hunger movement -- and recently as volunteer interim director to help clean up the beleaguered United Way National Capital Area. He asks for nonprofits to be more innovative and results-driven, for corporate and nonprofit leaders to be more focused and responsible, and for citizens who contribute their time and money to be smarter and more demanding of nonprofits and what they provide in return. Robert's appeal to common sense will resonate with readers who are tired of hearing the same nonprofit fund-raising appeals and pity-based messages. Instead of asking the "who" and "what" of giving, he leads the way in asking the "how" and "why" in order to move beyond our 19th-century concept of charity, and usher in a 21st-century model of change and reform for nonprofits. Enlightening and provocative, engaging and moving, this book is essential reading for nonprofit managers, corporate leaders, and, most of all, any citizen who has ever cared enough to give of themselves to a worthy cause.

Make Change Work for You - Scott Steinberg 2015-01-06

Finding the courage to embrace change and take chances is the only way to succeed. Business, culture, and competitive landscapes have fundamentally changed, but basic principles and best practices for succeeding and future-proofing both yourself and your organization haven't. With a mix of compelling stories, research from the social sciences and psychology, and real-world insights, *Make Change Work for You* shows readers how to reignite their career, rekindle their creativity, and fearlessly innovate their way to success by providing the tools needed to master uncertainty and conquer every challenge they'll face in life or business. *Make Change Work for You* opens with an overview of the most common factors that lead to self-defeating behaviors, including fear of failure, embarrassment, underperformance, rejection, confrontation, isolation, and change itself. Using a simple four-part model, Steinberg guides readers to understand and better respond to the challenges that change can bring: Focus: Define the problem and come to understand it objectively. Engage: Interact with the challenge and try a range of solutions. Assess: Review the response(s) generated by your tactics. React: Adjust your strategy accordingly. And, finally, the book shows readers how to develop the vital personal and professional skills required to triumph in the "new normal" by understanding and engaging in the 10 new habits that highly successful people share: 1. Play the Odds 2. Embrace Tomorrow Today 3. Seek Constant Motion 4. Lead, Don't Follow 5. Never Stop Learning 6. Create Competitive Advantage 7. Connect the Dots 8. Pick Your Battles 9. Set and Align Your Priorities 10. Always Create Value

Dream Teams - Shane Snow 2018-06-05

Award-winning entrepreneur and journalist Shane Snow reveals the counterintuitive reasons why so many partnerships and groups break down--and why some break through. The best teams are more than the sum of their parts, but why does collaboration so often fail to fulfill this promise? In *Dream Teams*, Snow takes us on an adventure through history, neuroscience, psychology, and business, exploring what separates groups that simply get by together from those that get better together. You'll learn: * How ragtag teams--from soccer clubs to startups

to gangs of pirates--beat the odds throughout history. * Why DaimlerChrysler flopped while the Wu-Tang Clan succeeded, and the surprising factor behind most failed mergers, marriages, and partnerships. * What the Wright Brothers' daily arguments can teach us about group problem solving. * Pioneering women in law enforcement, unlikely civil rights collaborators, and underdog armies that did the incredible together. * The team players behind great social movements in history, and the science of becoming open-minded. Provocative and entertaining, *Dream Teams* is a landmark work that will change the way we think about people, progress, and collaboration.

Smartcuts - Shane Snow 2014-09-09

Serial entrepreneur and journalist Shane Snow delves into the reasons why some people and some organizations are able to achieve incredible things in implausibly short time frames, showing how each of us can use these "smartcuts" to rethink convention and accelerate success. Why do some companies attract millions of customers in mere months while others flop? How did Alexander the Great, YouTube phenom Michelle Phan, and Tonight Show host Jimmy Fallon dash to the top in less time than it takes most of us to get a midlevel promotion? How do high-growth businesses, world-class heart surgeons, and underdog marketers beat the norm? Like computer hackers, a handful of innovators in every era use lateral thinking to find better routes to stunning accomplishments. Throughout history, the world's biggest successes have been achieved by those who refuse to follow the expected course and buck the norm. *Smartcuts* is about bucking the norm. In it, Snow shatters common wisdom about success, revealing how conventions like "paying dues" prevent progress, why kids shouldn't learn multiplication tables, and how, paradoxically, it's easier to build a huge business than a small one. *Smartcuts* tells the stories of innovators who dared to work differently and lays out practical takeaways for the rest of us. It's about applying entrepreneurial and technological concepts to success, and how, by emulation, we too can leapfrog competitors, grow businesses, and fix society's problems faster than we think.

Million Dollar Consulting by Alan Weiss (Summary) - QuickRead

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Top tips from the world's definitive business coach. Wouldn't it be great to have an expert business coach in your pocket? Somebody whose advice is so great, people will pay millions of dollars to receive it? Well, thanks to the updated fourth edition of 1992 guidebook Million Dollar Consulting, that advice is now yours! Updated to reflect the business concerns of the modern world, Million Dollar Coaching is your guide to success. Packed with actionable top tips for attracting clients and cultivating best practices, Weiss' consulting guide will show you how to become a million-dollar consultant yourself.

Mind Hacking - John Hargrave 2017-09-12

Presents a twenty-one-day, three-step training program to achieve healthier thought patterns for a better quality of life by using the repetitive steps of analyzing, imagining, and reprogramming to help break down the barriers, including negative thought loops and mental roadblocks.

The Storytelling Edge - Shane Snow 2018-01-15

"A terrific and timely book that makes a compelling case for fundamentally rethinking how your business communicates. Recommended!" —Jay Baer, founder of Convince & Convert and author of Hug Your Haters "Once upon a time, storytelling was confused with talking at people. Not anymore. Shane and Joe are your narrators in a journey that will transform how you talk to other human beings to be more believable, relevant, compelling and unforgettable." —Brian Solis, experience architect, digital anthropologist, best-selling author "Shane Snow and Joe Lazauskas spend the overwhelming majority of their time thinking, writing, and theorizing about brand storytelling - so you don't have to. They're smart and they know this topic inside out (and sideways). Read their book. While I can't guarantee you'll rise to Shane and Joe's ridiculously obsessive level, you will be infinitely better prepared to tell your own brand's story. Promise!" —Rebecca Lieb, Analyst, Author & Advisor "The Contently team understands the power of story, and how to craft and spread a great narrative, like no other. In an

era where brand, design, and mission are a competitive advantage for every business, Contently underscores the importance of stories and how they transform companies and industries." —Scott Belsky, Entrepreneur, Investor, & Author (Founder of Behance, bestselling author of Making Ideas Happen) "I can't think of a better way to illustrate the power of story telling than by telling great stories. This book should be required reading not just by those with content in their titles, but by anyone in Marketing AND Sales. Then, when you're done, give it to your CEO to read... but make sure you get it back, because I guarantee you'll refer to it more than once." —Shawna Dennis, Senior Marketing Leader

"Neuroscience, algorithms, illustrations, personal anecdotes and good, old-fashioned empathy: This entertaining and informative tome journeys to the core of how we communicate and pushes us, as marketers and humans, to do it better, "speeding the reader through and leaving us wanting more." —Ann Hynek, VP of global content marketing at Morgan Stanley Transform your business through the power of storytelling. Content strategists Joe Lazauskas and Shane Snow offer an insider's guide to transforming your business—and all the relationships that matter to it—through the art and science of telling great stories. Smart businesses today understand the need to use stories to better connect with the people they care about. But few know how to do it well. In *The Storytelling Edge*, the strategy minds behind Contently, the world renowned content marketing technology company, reveal their secrets that have helped award-winning brands to build relationships with millions of advocates and customers. Join as they dive into the neuroscience of storytelling, the elements of powerful stories, and methodologies to grow businesses through engaging and accountable content. With *The Storytelling Edge* you will discover how leaders and workers can craft the powerful stories that not only build brands and engage customers, but also build relationships and make people care—in work and in life.

The SEWA Project Management Model - Dr Rashid Alleem
2020-11-30

This book contains a treasury of lessons and techniques that will benefit

project teams of any experience level. The lessons in this book are easy to read, understand, and apply—and they will help you not only survive but also thrive in today's project management world. It can also help you avoid the kinds of mistakes that will derail you.

Rework - Jason Fried 2010-03-09

Rework shows you a better, faster, easier way to succeed in business. Most business books give you the same old advice: Write a business plan, study the competition, seek investors, yadda yadda. If you're looking for a book like that, put this one back on the shelf. Read it and you'll know why plans are actually harmful, why you don't need outside investors, and why you're better off ignoring the competition. The truth is, you need less than you think. You don't need to be a workaholic. You don't need to staff up. You don't need to waste time on paperwork or meetings. You don't even need an office. Those are all just excuses. What you really need to do is stop talking and start working. This book shows you the way. You'll learn how to be more productive, how to get exposure without breaking the bank, and tons more counterintuitive ideas that will inspire and provoke you. With its straightforward language and easy-is-better approach, Rework is the perfect playbook for anyone who's ever dreamed of doing it on their own. Hardcore entrepreneurs, small-business owners, people stuck in day jobs they hate, victims of "downsizing," and artists who don't want to starve anymore will all find valuable guidance in these pages.

The Physics of CT Dosimetry - Robert L. Dixon 2019-03-26

This book explores the physics of CT dosimetry and provides practical guidance on best practice for medical researchers and practitioners. A rigorous description of the basic physics of CT dosimetry is presented and illustrates flaws of the current methodology. It also contains helpful (and rigorous) shortcuts to reduce the measurement workload for medical physicists. The mathematical rigor is accompanied by easily-understood physical explanations and numerous illustrative figures. Features: Authored by a recognised expert in the field and award-winning teacher Includes derivations for tube current modulation and variable pitch as well as stationary table techniques Explores

abnormalities present in dose-tracking software based on CTDI and presents methods to correct them

Mastery - Robert Greene 2013-10-29

From the bestselling author of *The 48 Laws of Power* and *The Laws of Human Nature*, a vital work revealing that the secret to mastery is already within you. Each one of us has within us the potential to be a Master. Learn the secrets of the field you have chosen, submit to a rigorous apprenticeship, absorb the hidden knowledge possessed by those with years of experience, surge past competitors to surpass them in brilliance, and explode established patterns from within. Study the behaviors of Albert Einstein, Charles Darwin, Leonardo da Vinci and the nine contemporary Masters interviewed for this book. The bestseller author of *The 48 Laws of Power*, *The Art of Seduction*, and *The 33 Strategies of War*, Robert Greene has spent a lifetime studying the laws of power. Now, he shares the secret path to greatness. With this seminal text as a guide, readers will learn how to unlock the passion within and become masters.

The Art of People - Dave Kerpen 2016-03-15

What does it take to win success and influence? Some people think that in today's hyper-competitive world, it's the tough, take-no-prisoners type who comes out on top. But in reality, argues New York Times bestselling author Dave Kerpen, it's actually those with the best people skills who win the day. Those who build the right relationships. Those who truly understand and connect with their colleagues, their customers, their partners. Those who can teach, lead, and inspire. In a world where we are constantly connected, and social media has become the primary way we communicate, the key to getting ahead is being the person others like, respect, and trust. Because no matter who you are or what profession you're in, success is contingent less on what you can do for yourself, but on what other people are willing to do for you. Here, through 53 bite-sized, easy-to-execute, and often counterintuitive tips, you'll learn to master the 11 People Skills that will get you more of what you want at work, at home, and in life. For example, you'll learn: · The single most important question you can ever ask to win attention in a

meeting · The one simple key to networking that nobody talks about · How to remain top of mind for thousands of people, everyday · Why it usually pays to be the one to give the bad news · How to blow off the right people · And why, when in doubt, buy him a Bonsai A book best described as “How to Win Friends and Influence People for today’s world,” The Art of People shows how to charm and win over anyone to be more successful at work and outside of it.

15 Questions About Social Media - Massimo Moruzzi 2016-03-14
#NOT a real book (Just a screed) Does all the hype surrounding social media make sense? Isn't it time that somebody tried to deconstruct all this bullshit? What are social media? Are they the same websites we used to call social networks? Why did we start calling them social media? What is social media marketing? Are companies doing it right? Does it make sense to send your website visitors to Twitter and Facebook? Do people really want to "engage" with brands? Do companies really want to have "conversations" with their customers? What is the value of a Facebook "like"? What is "organic reach"? What happens now that the free lunch is over? - - - The 15 Questions: 1. What are social networks? 2. What are social media? 3. What is social media marketing? 4. Are companies doing it right? 5. Why are companies sending people over to social media? 6. Does it make sense? 7. Do people really want to engage with brands? 8. Do companies really want to engage with their companies? 9. Are social media useful for customer service? 10. What is the value of a Facebook “like”? 11. What does “earned media” mean? 12. What is “organic reach”? 13. Is the free lunch over? 14. What happens now? 15. What is the dumbest social media stunt ever? - - - Download it now: it's a smart 15 minutes' read.

[Eat Move Sleep](#) - Tom Rath 2013-10-08

Once in a while, a book comes along that changes how you think, feel, and act every day. In *Eat Move Sleep*, #1 New York Times bestselling author Tom Rath delivers a book that will improve your health for years to come. While Tom’s bestsellers on strengths and well-being have already inspired more than 5 million people in the last decade, *Eat Move Sleep* reveals his greatest passion and expertise. Quietly managing a

serious illness for more than 20 years, Tom has assembled a wide range of information on the impact of eating, moving, and sleeping. Written in his classic conversational style, *Eat Move Sleep* features the most proven and practical ideas from his research. This remarkably quick read offers advice that is comprehensive yet simple and often counterintuitive but always credible. *Eat Move Sleep* will help you make good decisions automatic — in all three of these interconnected areas. With every bite you take, you will make better choices. You will move a lot more than you do today. And you will sleep better than you have in years. More than a book, *Eat Move Sleep* is a new way to live.

Superconductors - Derek Loudermilk 2018-07-03

The steady career path is a thing of the past: disruption is here to stay. You need to be able to keep learning, growing and reinventing yourself to stay valuable in the midst of this change. Those who succeed in this new world will be the ones who have skills that are always in demand and cannot be replaced. Creativity, charisma, confidence, constant learning, storytelling, adaptability and tribe building are the keys to having a thriving professional life and turning ideas into reality. *Superconductors* is your treasure trove of exclusive interviews and hands-on self-development exercises to inspire you and push you into action. Derek Loudermilk brings together some of the best minds to coach you on every skill, including entrepreneurs, podcasters, venture capitalist experts, human behaviour hackers, journalists and digital storytellers. Michael Margolis, Vanessa Van Edwards, Derek Muller, Jason Zook, Linda Rottenburg are just some of the people giving you original insights and advice to help you form your own path. If you're ambitious and you want to carve your place in this chaotic, but exciting, new world of work then you need to be a superconductor: you need to have the creative energy, the ability to build great networks and the charisma to make big things happen. Whether you want to live as a digital nomad, an entrepreneur or be a formidable force in your chosen industry, *Superconductors* gives you the unique insight and hands-on tools to be the best you can be.

Motors for Makers - Matthew Scarpino 2015-11-26

The First Maker-Friendly Guide to Electric Motors! Makers can do amazing things with motors. Yes, they're more complicated than some other circuit elements, but with this book, you can completely master them. Once you do, incredible new projects become possible. Unlike other books, *Motors for Makers* is 100% focused on what you can do. Not theory. Making. First, Matthew Scarpino explains how electric motors work and what you need to know about each major type: stepper, servo, induction, and linear motors. Next, he presents detailed instructions and working code for interfacing with and controlling servomotors with Arduino Mega, Raspberry Pi, and BeagleBone Black. All source code and design files are available for you to download from motorsformakers.com. From start to finish, you'll learn through practical examples, crystal-clear explanations, and photos. If you've ever dreamed of what you could do with electric motors, stop dreaming...and start making! Understand why electric motors are so versatile and how they work Choose the right motor for any project Build the circuits needed to control each type of motor Program motor control with Arduino Mega, Raspberry Pi, or BeagleBone Black Use gearmotors to get the right amount of torque Use linear motors to improve speed and precision Design a fully functional electronic speed control (ESC) circuit Design your own quadcopter Discover how electric motors work in modern electric vehicles--with a fascinating inside look at Tesla's patents for motor design and control!

The Other "F" Word - John Danner 2015-03-04

Leverage the power of failure in your organization Nobody wants to fail, but failure is a fact of life. Most of us treat it as a regrettable, even shameful, event best overlooked. In truth, failure can be a game-changing strategic resource that can help you and your organization achieve the greater success you crave. *The Other "F" Word* shows how successful leaders and teams are putting failure to work every day - to re-engage employees, spark innovation and accelerate growth. Authors Danner and Coopersmith - with their rare blend of senior-level executive experience, global advising, teaching acumen and cross-discipline perspective - share these valuable new practices, and show how they can

improve results across your organization. Based on exclusive interviews with prominent leaders and insightful examples from their own in-depth work, the book features a practical seven-stage framework to liberate failure as a force to advance your leadership agenda. After all, everyone creates and confronts failure on a daily basis. Why not use it to your advantage? *The Other "F" Word* shows you how to: Start an open, productive conversation about failure across your organization Reduce the fear of failure that stifles initiative, creativity and engagement Anticipate, prepare for and respond to failure, so you can leverage it when it happens Harness failure as a catalyst to drive innovation, improve performance and strengthen culture Failure's like gravity - pervasive and powerful. Whether you're a leader or team member of a startup, a growing business, or an established enterprise, failure is today's lesson for tomorrow. Let *The Other "F" Word* show you how to apply this lesson and take your company where it needs to go.

The Humor Code - Peter McGraw 2015-04-28

Part road-trip comedy and part social science experiment, a scientist and a journalist travel the globe to discover the secret behind what makes things funny, questioning countless experts, including Louis C.K., along the way.

How To Sell Your Way Through Life - Napoleon Hill 2009-12-15

TIMELESS WISDOM from the ORIGINAL PHILOSOPHER of PERSONAL SUCCESS "No matter who you are or what you do, you are a salesperson. Every time you speak to someone, share an opinion or explain an idea, you are selling your most powerful asset . . . you! In *How to Sell Your Way Through Life*, Napoleon Hill shares valuable lessons and proven techniques to help you become a true master of sales." —Sharon Lechter, Coauthor of *Think and Grow Rich: Three Feet from Gold*; Member of the President's Advisory Council on Financial Literacy "These proven, time-tested principles may forever change your life." —Greg S. Reid, Coauthor of *Think and Grow Rich: Three Feet from Gold*; Author of *The Millionaire Mentor* "Napoleon Hill's *Think and Grow Rich* and *Laws of Success* are timeless classics that have improved the lives of millions of people, including my own. Now, we all get the chance to savor more of

his profound wisdom in *How to Sell Your Way Through Life*. It is a collection of simple truths that will forever change the way you see yourself." —Bill Bartmann, Billionaire Business Coach and Bestselling Author of *Bailout Riches* (www.billbartman.com) Napoleon Hill, author of the mega-bestseller *Think and Grow Rich*, pioneered the idea that successful individuals share certain qualities, and that examining and emulating these qualities can guide you to extraordinary achievements. Written in the depths of the Great Depression, *How to Sell Your Way Through Life* explores a crucial component of Achievement: your ability to make the sale. Ringing eerily true in today's uncertain times, Hill's work takes a practical look at how, regardless of our occupation, we must all be salespeople at key points in our lives. Hill breaks down concrete instances of how the Master Salesman seizes advantages and opportunities, giving you tools you can use to effectively sell yourself and your ideas. Featuring a new Foreword from leadership legend Ken Blanchard, this book is a classic that gives you one beautifully simple principle and the proven tools to make it work for you.

Product Mastery - Geoff Watts 2021-09

Scrum is the most successful framework for agile product development and much has been written about how to follow the Scrum process but the key to success is in the leadership skills of the product owner. *Product Mastery* explores the traits of the best product owners offering an insight into the difference between good and great product ownership and explaining how the best product owners are DRIVEN to be successful. In a follow up to the hugely successful *Scrum Mastery*, Geoff Watts shares more enlightening case studies on how to be: Decisive with incomplete information. Ruthless about maximizing value and minimizing risk. Informed about your product's domain. Versatile in your leadership style. Empowering of project stakeholders. Negotiable while you pursue your vision. This is essential reading for anyone involved in an agile product development effort. Geoff Watts has been a thought leader in the agile development space for many years and his books, training and coaching have helped thousands of teams across the world deliver better products more effectively. Geoff is the author of *Scrum Mastery*:

From Good to Great *Servant-Leadership* and *The Coach's Casebook: Mastering The Twelve Traits That Trap Us*, a winner of the 2016 International Book Awards. "Product Mastery is a great book to read if you want to understand how a great Product Owner works. Whether you are hiring a Product Owner or want to be a great Product Owner, the insights that Geoff Watts shares in this book should be your guide." --Jeff Sutherland, Co-Creator of Scrum and author of *Scrum: The Art of Doing Twice The Work in Half the Time* "Geoff has done a great job at distilling the soft skills product owners need to succeed. His new book is packed with practical advice to advance your skills and become a truly great product owner." - Roman Pichler, Author of *Strategize and Agile Product Management with Scrum*.

Questions Are the Answer - Hal Gregersen 2018-11-13

2018 Nautilus Book Awards Silver Winner What if you could unlock a better answer to your most vexing problem—in your workplace, community, or home life—just by changing the question? Talk to creative problem-solvers and they will often tell you, the key to their success is asking a different question. Take Debbie Sterling, the social entrepreneur who created GoldieBlox. The idea came when a friend complained about too few women in engineering and Sterling wondered aloud: "why are all the great building toys made for boys?" Or consider Nobel laureate Richard Thaler, who asked: "would it change economic theory if we stopped pretending people were rational?" Or listen to Jeff Bezos whose relentless approach to problem solving has fueled Amazon's exponential growth: "Getting the right question is key to getting the right answer." Great questions like these have a catalytic quality—that is, they dissolve barriers to creative thinking and channel the pursuit of solutions into new, accelerated pathways. Often, the moment they are voiced, they have the paradoxical effect of being utterly surprising yet instantly obvious. For innovation and leadership guru Hal Gregersen, the power of questions has always been clear—but it took some years for the follow-on question to hit him: If so much depends on fresh questions, shouldn't we know more about how to arrive at them? That sent him on a research quest ultimately including over two hundred interviews with creative

thinkers. Questions Are the Answer delivers the insights Gregersen gained about the conditions that give rise to catalytic questions—and breakthrough insights—and how anyone can create them.

Accelerate - Nicole Forsgren PhD 2018-03-27

Winner of the Shingo Publication Award Accelerate your organization to win in the marketplace. How can we apply technology to drive business value? For years, we've been told that the performance of software delivery teams doesn't matter—that it can't provide a competitive advantage to our companies. Through four years of groundbreaking research to include data collected from the State of DevOps reports conducted with Puppet, Dr. Nicole Forsgren, Jez Humble, and Gene Kim set out to find a way to measure software delivery performance—and what drives it—using rigorous statistical methods. This book presents both the findings and the science behind that research, making the information accessible for readers to apply in their own organizations. Readers will discover how to measure the performance of their teams, and what capabilities they should invest in to drive higher performance. This book is ideal for management at every level.

Think Like a Rocket Scientist - Ozan Varol 2020-04-14

* One of Inc.com's "6 Books You Need to Read in 2020 (According to Bill Gates, Satya Nadella, and Adam Grant)"* Adam Grant's # 1 pick of his top 20 books of 2020* One of 6 Groundbreaking Books of Spring 2020 (according to Malcolm Gladwell, Susan Cain, Dan Pink, and Adam Grant). A former rocket scientist reveals the habits, ideas, and strategies that will empower you to turn the seemingly impossible into the possible. Rocket science is often celebrated as the ultimate triumph of technology. But it's not. Rather, it's the apex of a certain thought process -- a way to imagine the unimaginable and solve the unsolvable. It's the same thought process that enabled Neil Armstrong to take his giant leap for mankind, that allows spacecraft to travel millions of miles through outer space and land on a precise spot, and that brings us closer to colonizing other planets. Fortunately, you don't have to be a rocket scientist to think like one. In this accessible and practical book, Ozan Varol reveals nine simple strategies from rocket science that you can use to make your own giant

leaps in work and life -- whether it's landing your dream job, accelerating your business, learning a new skill, or creating the next breakthrough product. Today, thinking like a rocket scientist is a necessity. We all encounter complex and unfamiliar problems in our lives. Those who can tackle these problems -- without clear guidelines and with the clock ticking -- enjoy an extraordinary advantage. Think Like a Rocket Scientist will inspire you to take your own moonshot and enable you to achieve liftoff.

Empower - David Passiak 2016-11-22

The first comprehensive look at the collaborative economy and autonomous world. Featuring visionary entrepreneurs and bestselling authors such as Adam Grant, Brad Feld, Shane Snow, Alex Bogusky, Douglas Rushkoff, Rita McGrath, and Martin Ford; as well as leaders of the collaborative economy movement including Robin Chase, Chelsea Rustrum, Neal Gorenflo, Antonin Leonard, and Arun Sundararajan

The Path of Least Resistance - Robert Fritz 2014-05-16

The Path of Least Resistance: Learning to Become the Creative Force in Your Own Life, Revised and Expanded discusses how humans can find inspiration in their own lives to drive creative process. This book discusses that by understanding the concept of structure, we can reorder the structural make-up of our lives; this idea helps clear the way to the path of least resistance that will lead to the manifestation of our most deeply held desires. This text will be of great use to individuals who seek to use their own lives as the driving force of their creative process.

Swoosh - J. B. Strasser 1993-04-28

The unauthorized national-best-selling sensation revealing the absorbing story of the rise, fall, and recovery of Nike, by a former employee and a Los Angeles Times reporter.

Business Is Combat - James D. Murphy 2010-11-02

Whether you're engaging in supersonic jet combat at 48,000 feet or entering a tough sales battle with a cutthroat competitor, the goal is the same: absolute victory. In Business is Combat, former F-15 pilot James D. Murphy, an expert in both business and combat strategy, offers a full-scale training course in military techniques that have made the United

States Air Force the most advanced air-combat force in the world. From nurturing teamwork to maintaining focus to planning and executing each new mission, Murphy offers advice that's practical as well as thrilling.

Whatever your mission, whatever your battle, Business Is Combat provides a blueprint for the kind of success every warrior seeks -- absolute victory.