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Now publishing in a fully revised, updated and expanded fourth edition, Psychology of Physical Activity is the most authoritative, engaging and up-to-date introduction to exercise psychology currently available.

The HeART of Laser-Focused Coaching: A Revolutionary Approach to Masterful Coaching
2019-09-25 Marion Franklin What would it mean for your coaching if you got right to the heart of the matter - every time? You can. Learn rarely taught tips and concepts that will immediately elevate your coaching while avoiding the common pitfalls. New and experienced coaches alike will benefit greatly from the detailed strategies and wisdom shared from Marion's years of experience. -Cheryl Richardson, NYTimes Bestselling author of Take Time for Your Life Marion Franklin, the Coach's Coach, has been training and mentoring coaches for more than 20 years. Every student she has mentored or taught who sought ACC, PCC, or MCC has gotten their credential using the material in this book designed for all levels of coaches. No matter where you are in your coaching journey, this book has something for you. This book is different because it: Includes brilliant tools for beginner-to-seasoned coaches Offers advanced techniques for developing powerful questions without any lists Provides principles of human behavior that help you quickly identify what's really going on Contains the 25 Themes that underlie every coaching situation and make coaching and questioning much simpler Shares a step-by-step, easy to follow, way to create a shift in perspective Presents 17 strategies that clients unknowingly use that actually work against, not for them Begin using even one or two of the concepts and principles in this book and notice your coaching immediately elevate to a new level. Your clients will notice the difference You will experience this innovative approach to masterful coaching with two full laser-coaching sessions with commentary - much like eavesdropping in on the mind of a master coach. Marion shares unprecedented concepts that

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will help new coaches and even the most experienced coaches gain new insights and ideas, including a deeper understanding of what they already know. Automatically improve your coaching by applying one rarely known principle. Never feel stuck around what question to ask. Feel more confident by quickly identifying what's really going on. Know exactly what to listen for in every conversation. Discover a simple "2 inquiry" approach that instantly enables you to deepen your curiosity. This book will not only boost your confidence and mastery as a coach, it will enable you to produce sustained results for your clients. I designed this book to not only show you what laser-focused coaching looks, sounds, and feels like, but to show you HOW TO coach for permanent, life-altering change. When using the Laser-Focused approach, you'll be able to: avoid getting seduced by the story ask questions that get right to the heart of the matter have the client do all of the summary know how to create the shift and what to do afterwards recognize the client's underlying pattern and know how to address it and so much more The HeART of Laser-Focused Coaching -- A revolutionary, unprecedented approach makes coaching easier while also enhancing your ability to help clients create deep and profound change. Transform your coaching into something so powerful and life-changing that your coaching consistently flows and becomes effortless.

Coaching Skills for Leaders in the Workplace
2013-10-10 Jackie Arnold This book provides instruction on the requirements for the Institute of Leadership and Management coaching & mentoring qualifications levels 5-7. As a leader, senior manager or executive, you are often required to act as a coach or mentor for your staff. This book will enable you to set up coaching programmes that can make a significant difference to staff retention and motivation. It will give you the knowledge and skills you need to encourage your staff to grow so that you

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can get on with your own essential leadership role. In this book you'll discover how to: - become an effective leader and coach *distinguish between coaching and mentoring - establish the right coaching climate *develop effective communication skills - set up the first coaching session *present a business case for coaching ...and much more. You'll also find out the various coaching models available and equip yourself with useful tools and exercises that you can employ in your coaching sessions.

Contents: List of figures and tables; Acknowledgements; Introduction; 1. What is Coaching?; 2. Become an effective leader and coach; 3. Internal and external coaching; 4. The differences between coaching and mentoring; 5. Establishing the right climate; 6. Coaching Models; 7. Coaching tools and exercises; 8. Effective communication skills; 9. Analysing communications to identify meaning; 10. Respecting others' worldviews and motivating your coachees; 11. Overcoming barriers to coaching and mentoring; 12. Understanding the role of power and authority; 13. Setting up the first session; 14. Presenting a business case for coaching; 15. Coaching supervision and super-vision; 16. Co-Coaching and team coaching; 17. Organisational approaches to coaching; Appendix 1: Sample forms and competences; Appendix 2: Controlling costs; Appendix 3: Case studies and evidence to support the value of coaching; Useful resources; Index

Motivation 2013 Brian Tracy Features twenty-one methods managers can use to increase the effectiveness of their employees.

Developing Coaching Skills 2021-06-16 Dietmar Sternad Learn how to coach effectively-and help others unlock their potential! Do you plan to become a professional coach? Do you want to enhance your coaching skills to become a better coach or leader? Or do you just want to know more about how coaching works to help improve the lives of others? With this concise coaching textbook, you will quickly learn the main principles and tools of executive coaching and life coaching. Key features: A compact yet comprehensive overview of how coaching works Over 200 powerful coaching questions that you can apply right away Master all phases of the coaching process Conduct effective

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coaching conversations in a goal- and solution-oriented way Develop essential coaching skills (e.g. questioning, active listening, goal setting, giving constructive feedback, coaching for performance, dealing with emotions, and supporting behavior change) Tried and tested coaching tools Best-practice insights into how experienced coaches work Practical coaching exercises for developing your own coaching skills Free bonus learning materials on the companion website Developing Coaching Skills is essential reading for aspiring and practicing coaches, as well as for leaders and students of coaching. Learn what effective coaching really means, make coaching a habit, and bring out the best in other people!

The VIP Principle 2015-05-04 Michelle Pascoe WOW Your VIP Guests And Boost Your Business Whether you run a casino, resort, club, hotel, restaurant or conference centre, it has never been harder to compete for your guests' dollar. How can your business cater to all of its highest-paying guests if they are from different generations and cultures, each with their own languages and high expectations? The VIP Principle is your answer. Inside, you will learn the best strategies that business veterans Michelle Pascoe and David Staughton have collected over a combined 50 years to help you continuously improve your guest experience. Inside, you will discover easy-to-implement ways to: • Measure guest satisfaction to find your strengths and weaknesses • Gather competitor intelligence • Create a workplace of high-quality values and ethics • Develop team-oriented leaders that impress your guests • Satisfy current VIP guests and identify future ones • Prioritise improvements based on your guests' needs • Use entertainment, dining and décor to fill your venue all year long The VIP Principle is a sure bet to keep your best guests coming back—and bringing their friends.

Cisco Certified DevNet Associate DEVASC 200-901 Official Cert Guide 2020-10-07 Chris Jackson This is the eBook edition of the Cisco Certified DevNet Associate DEVASC 200-901 Official Cert Guide. This eBook does not include access to the companion website with practice exam that comes with the print edition. Access to

the video mentoring is available through product registration at Cisco Press; or see the instructions in the back pages of your eBook. Trust the best-selling Official Cert Guide series from Cisco Press to help you learn, prepare, and practice for exam success. They are built with the objective of providing assessment, review, and practice to help ensure you are fully prepared for your certification exam. Master Cisco Certified DevNet Associate DEVASC 200-901 exam topics Assess your knowledge with chapter-opening quizzes Review key concepts with exam preparation tasks Learn from more than two hours of video mentoring Cisco Certified DevNet Associate DEVASC 200-901 Official Cert Guide presents you with an organized test preparation routine through the use of proven series elements and techniques. "Do I Know This Already?" quizzes open each chapter and enable you to decide how much time you need to spend on each section. Exam topic lists make referencing easy. Chapter-ending Exam Preparation Tasks help you drill on key concepts you must know thoroughly. Cisco Certified DevNet Associate DEVASC 200-901 Official Cert Guide focuses specifically on the objectives for the Cisco Certified DevNet Associate DEVASC exam. Four leading Cisco technology experts share preparation hints and test-taking tips, helping you identify areas of weakness and improve both your conceptual knowledge and hands-on skills. Material is presented in a concise manner, focusing on increasing your understanding and retention of exam topics. Well regarded for its level of detail, assessment features, comprehensive design scenarios, , this official study guide helps you master the concepts and techniques that will enable you to succeed on the exam the first time. The official study guide helps you master all the topics on the Cisco Certified DevNet Associate DEVASC 200-901 exam, including: Software Development and Design Understanding and Using APIs Cisco Platforms and Development Application Deployment and Security Infrastructure and Automation Network Fundamentals

Weight Loss for People Who Feel Too Much
2013-01-01 Colette Baron-Reid Here's the truth: Other people's drama is making you fat. You're a good person. You feel for other people's troubles and challenges. Heck, you're probably the go-to

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person for a whole list of people when the going gets tough! But is your caring nature keeping you out of the best shape of your life? Break the cycle and be the loving person you are—without letting other people's drama keep you from being a hot mamma! Weight Loss for People Who Feel Too Much focuses on the keys to weight loss for sensitive people. With a simple, practical program, bestselling author and internationally renowned intuitive counselor Colette Baron-Reid shows you how to release the extra pounds and create a new, healthy relationship with your body, your weight, and food. This 4-step, 8-week program will show you how to finally let go of what's weighing you down, physically and emotionally. You will learn how to:

- Reverse empathy overload and establish healthy boundaries
- Avoid the "noisy" trigger foods that lead to autopilot eating
- Deal with challenging situations and avoid your detours, from procrastination to perfectionism, that sabotage the success you deserve

This book is your guide to having a new healthy, loving relationship with your food and your feelings. It's the end to other people's drama—and the beginning to the body (and life) you deserve!

The Facts of Business Life 2012-10-09 Bill McBean
IF YOU BELIEVE THAT: Being your own boss can be a great career choice Success is what you decide it is Doing what you have a passion and talent for can be very profitable Monetary risk, hard work, and new ideas should be financially rewarded Understanding the business basics every successful owner focuses on—and in what order—would be beneficial Success works for you only after you've worked for it Marketplace battles are won before they are played Knowing what owning a business is really like would make ownership success a lot easier Change can create great opportunities Knowing when to exit a business is as important a life and business decision as becoming an entrepreneur in the first place THEN THE FACTS OF BUSINESS LIFE IS FOR YOU! Written by a successful business owner with four decades of experience, The Facts of Business Life is full of real-world concepts that owners must use and embrace if they want to become and stay successful. This multiple award-winning book has been endorsed by some of America's top business

leaders, like Steve Forbes and Ken Fisher, and has been recognized as “one of the best five business books of the year” and “a must read for entrepreneurs or those wanting to be one.” McBean begins with clear explanations and real-life examples of the seven Facts of Business Life that every successful business owner knows and executes consistently, including exactly what they are as well as how and when to use them. He then goes on to show how those facts impact on the five levels every successful business passes through, from “Ownership and Opportunity” to “Moving On When It’s Time to Go,” explaining that while the facts themselves remain the same, as a business becomes successful and moves through its life cycle, the way they are applied must change to fit changing circumstances. But there are even more reasons why this breakthrough business book is a must read, including: Its principles are based on the author’s own experience in starting and running successful businesses in a variety of industries. It shows that the most successful businesspeople create profitable opportunities rather than wait for them to present themselves. It enables readers to analyze the likelihood of their own success based on the characteristics most successful owners have. It reveals the #1 priority for all owners and their employees, and why every owner needs to continually focus on it (Hint: it’s not being profitable). It emphasizes that becoming successful is no guarantee that success will last, and that success itself can be a trap that eventually leads to failure. It shows that a business’s culture isn’t just a mission statement but also the processes created to operate the business and the employees who implement them. It discusses the steps that must be taken even before a business is started to increase the odds of its becoming a lasting success. It covers every step in a business’ life cycle, including the last one, showing that the best time to exit a business is when you don’t have to, and that unless you pick that time, someone else will. **MANY BUSINESS BOOKS INCREASE THEIR READERS’ KNOWLEDGE—THE FACTS OF BUSINESS LIFE NOT ONLY INCREASES THAT KNOWLEDGE, IT SHOWS YOU HOW TO TURN IT INTO PROFITS.**

Jump-Starting Boys 2013-06-17 Pam Withers
Everyone knows that boys are falling behind in

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education. Largely left out of the discussion are parents of boys, who are most aware that their bright, eager sons hit an invisible wall somewhere near fourth grade, after which they become disengaged, discouraged, and disaffected. There are dozens of books on underachieving boys, but most parents brave enough to lift one off the shelf are instantly intimidated by the footnotes, graphs, case studies, and academic-speak addressed almost entirely to educators. What about the average guilt-ridden, frustrated mother or father of an underachieving boy? *Jump-Starting Boys* is the first book on the market that empowers parents, helping them reclaim the duties and rewards of raising their children and navigate the influences of school and media. Filled with reassurance and support, the authors turn fear and guilt into can-do confidence. Through easy tips and action list sidebars, this is the most practical, readable book on the topic.

Agile Coaching 2009 Rachel Davies "Agile Coaching" is all about working with people to create great teams. Readers learn how to build a team that produces great software and has fun doing it. The authors share their personal coaching stories, giving insights into what works and what to avoid.

Drive 2011-04-05 Daniel H. Pink The New York Times bestseller that gives readers a paradigm-shattering new way to think about motivation from the author of *When: The Scientific Secrets of Perfect Timing* Most people believe that the best way to motivate is with rewards like money—the carrot-and-stick approach. That’s a mistake, says Daniel H. Pink (author of *To Sell Is Human: The Surprising Truth About Motivating Others*). In this provocative and persuasive new book, he asserts that the secret to high performance and satisfaction—at work, at school, and at home—is the deeply human need to direct our own lives, to learn and create new things, and to do better by ourselves and our world. Drawing on four decades of scientific research on human motivation, Pink exposes the mismatch between what science knows and what business does—and how that affects every aspect of life. He examines the three elements of true motivation—autonomy, mastery, and purpose—and offers smart and surprising techniques for putting

these into action in a unique book that will change how we think and transform how we live.

Cisco CyberOps Associate CBROPS 200-201 Official Cert Guide 2020-08-06 Omar Santos Cisco CyberOps Associate CBROPS 200-201 Official Cert Guide is Cisco's official, comprehensive self-study resource for this exam. Designed for all exam candidates, it covers every exam objective concisely and logically, with extensive teaching features that promote retention and understanding. You'll find: Pre-chapter quizzes to assess knowledge upfront and focus your study more efficiently Foundation topics sections that explain concepts and configurations, and link theory to practice Key topics sections calling attention to every figure, table, and list you must know Exam Preparation sections with additional chapter review features Final preparation chapter providing tools and a complete final study plan A customizable practice test library This guide offers comprehensive, up-to-date coverage of all CBROPS #200-201 topics related to: Security concepts Security monitoring Host-based analysis Network intrusion analysis Security policies and procedures

Nyxia 2017-09-12 Scott Reintgen "A high-octane thriller . . . Nyxia grabs you from the first line and never lets go." —Marie Lu, #1 New York Times bestselling author of Warcross Every life has a price in this sci-fi thriller—the first in a trilogy—that has the nonstop action of The Maze Runner and the high-stakes space setting of Illuminae. What would you be willing to risk for a lifetime of fortune? Emmett Atwater isn't just leaving Detroit; he's leaving Earth. Why the Babel Corporation recruited him is a mystery, but the number of zeroes on their contract has him boarding their lightship and hoping to return to Earth with enough money to take care of his family. Forever. Before long, Emmett discovers that he is one of ten recruits, all of whom have troubled pasts and are a long way from home. Now each recruit must earn the right to travel down to the planet of Eden—a planet that Babel has kept hidden—where they will mine a substance called Nyxia that has quietly become the most valuable material in the universe. But Babel's ship is full of secrets. And Emmett will face the ultimate choice:

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win the fortune at any cost, or find a way to fight that won't forever compromise what it means to be human. "The 100 meets Illuminae in this high-octane sci-fi thriller." —Bustle AND DON'T MISS NYXIA UNLEASHED!

CCNP and CCIE Enterprise Core ENCOR 350-401 Official Cert Guide 2019 Bradley Edgeworth Trust the best-selling Official Cert Guide series from Cisco Press to help you learn, prepare, and practice for exam success. Built with the objective of providing assessment, review, and practice, they help to ensure you are fully prepared for your certification exam. CCNP Enterprise Core ENCORE 300-401 Official Cert Guide from Cisco Press enables you to succeed on the exam the first time and is the only self-study resource approved by Cisco. Well regarded for its level of detail, study plans, assessment features, challenging review questions, and exercises, this official study guide helps you master the concepts and techniques that ensure your exam success.

Policy & Politics in Nursing and Health Care - E-Book 2020-01-28 Diana J. Mason Learn how to influence policy and become a leader in today's changing health care environment. Featuring analysis of cutting-edge healthcare issues and first-person insights, Policy & Politics in Nursing and Health Care, 8th Edition continues to be the leading text on nursing action and activism. Approximately 150 expert contributors present a wide range of topics in policies and politics, providing a more complete background than can be found in any other policy textbook on the market. This expanded 8th edition helps you develop a global understanding of nursing leadership and political activism, as well as the complex business and financial issues that drive many actions in the health system. Discussions include the latest updates on conflict management, health economics, lobbying, the use of media, and working with communities for change. With these innovative insights and strategies, you will be prepared to play a leadership role in the four spheres in which nurses are politically active: the workplace, government, professional organizations, and the community. Comprehensive coverage of healthcare policies and politics provides a broader understanding of nursing

leadership and political activism, as well as complex business and financial issues. Key Points at the end of chapters helps you review important, need-to-know lesson content. Taking Action essays include personal accounts of how nurses have participated in politics and what they have accomplished. Expert authors make up a virtual Nursing Who's Who in healthcare policy, sharing information and personal perspectives gained in the crafting of healthcare policy. NEW! The latest information and perspectives are provided by nursing leaders who influenced health care reform, including the Affordable Care Act. NEW! Added information on medical marijuana presents both sides of this ongoing debate. NEW! More information on health care policy and the aging population covers the most up-to-date information on this growing population. NEW! Expanded information on the Globalization of Nursing explores international policies and procedures related to nursing around the world. NEW! Expanded focus on media strategies details proper etiquette when speaking with the press. NEW! Expanded coverage of primary care models and issues throughout text. NEW! APRN and additional Taking Action chapters reflect the most recent industry changes. NEW! Perspectives on issues and challenges in the government sphere showcase recent strategies and complications.

My Life with Deth 2014-07-08 David Ellefson A cofounder and the bassist of the heavy metal band Megadeth shares his uplifting and empowering memoir about overcoming addiction and dedicating his life to God.

Your Best Year Ever 2023-11-14 Michael Hyatt We all want to live a life that matters. But too often we find ourselves overwhelmed by the day-to-day. Our big goals get pushed to the back burner--and then, more often than not, they get forgotten. It doesn't have to be that way! This is the year you finally close the gap between reality and your dreams. In this new, fully revised and updated edition of Your Best Year Ever, Michael Hyatt shares a powerful, proven, research-driven system for setting and achieving your goals. You'll learn how to design your best year ever by discovering what's holding you back, how to overcome past setbacks, how to set

and pursue worthy goals without quitting, what to do when you feel stuck, and much more. If you're tired of not seeing progress in your personal, intellectual, professional, relational, or financial goals, it's time for you to have your best year ever!

Sometimes You Win--Sometimes You Learn 2013-10-08 John C. Maxwell #1 New York Times bestselling author John C. Maxwell believes that any setback, whether professional or personal, can be turned into a step forward when you possess the right tools to turn a loss into a gain. Drawing on nearly fifty years of leadership experience, Dr. Maxwell provides a roadmap for winning by examining the eleven elements that constitute the DNA of learners who succeed in the face of problems, failure, and losses. 1. Humility - The Spirit of Learning 2. Reality - The Foundation of Learning 3. Responsibility - The First Step of Learning 4. Improvement - The Focus of Learning 5. Hope - The Motivation of Learning 6. Teachability - The Pathway of Learning 7. Adversity - The Catalyst of Learning 8. Problems - The Opportunities of Learning 9. Bad Experiences - The Perspective for Learning 10. Change - The Price of Learning 11. Maturity - The Value of Learning Learning is not easy during down times, it takes discipline to do the right thing when something goes wrong. As John Maxwell often points out--experience isn't the best teacher; evaluated experience is.

The Ten-Minute Inservice 2013-02-20 Todd Whitaker Quick, easy, specific steps that make a difference in teaching and learning Busy school leaders need an easy-to-apply resource to increase teacher effectiveness quickly and efficiently. This book shows principals and staff developers how to improve teaching school-wide through high-impact inservices lasting only ten minutes--incorporated easily into weekly staff meetings. Written by popular education consultants Todd Whitaker and Annette Breaux, this important book offers 40 teacher-tested, mini-workshops that can improve teaching in every classroom. The book covers a range of topics, from behavior challenges and parent engagement to motivating students and making lessons meaningful. Offers school leaders a proven plan to help every teacher improve on a weekly basis by conducting simple 10-minute inservice workshops

Offers staff developers, new teacher induction coordinators, mentors, and Professional Learning Communities ideas for effective training sessions Each of the 40 mini-training sessions offered include tips on how to introduce the topic, sample scripts to follow, and implementation activities to ensure lasting learning Whitaker and Breaux are bestselling education authors with a proven track record improving teacher effectiveness This handy resource contains a simple and effective method for improving teacher effectiveness school wide.

The Ideal Problem Solver 1993 John Bransford Provocative, challenging, and fun, The Ideal Problem Solver offers a sound, methodical approach for resolving problems based on the IDEAL (Identify, Define, Explore, Act, Look) model. The authors suggest new strategies for enhancing creativity, improving memory, criticizing ideas and generating alternatives, and communicating more effectively with a wider range of people. Using the results of laboratory research previously available only in a piece-meal fashion or in scientific journals, Bransford and Stein discuss such issues as Teaming new information, overcoming blocks to creativity, and viewing problems from a variety of perspectives.

Analog Circuit Design 2011-09-26 Bob Dobkin Analog circuit and system design today is more essential than ever before. With the growth of digital systems, wireless communications, complex industrial and automotive systems, designers are challenged to develop sophisticated analog solutions. This comprehensive source book of circuit design solutions will aid systems designers with elegant and practical design techniques that focus on common circuit design challenges. The book's in-depth application examples provide insight into circuit design and application solutions that you can apply in today's demanding designs. Covers the fundamentals of linear/analog circuit and system design to guide engineers with their design challenges Based on the Application Notes of Linear Technology, the foremost designer of high performance analog products, readers will gain practical insights into design techniques and practice Broad range of topics, including power management tutorials, switching regulator design,

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linear regulator design, data conversion, signal conditioning, and high frequency/RF design Contributors include the leading lights in analog design, Robert Dobkin, Jim Williams and Carl Nelson, among others

Sales Management. Simplified. 2015-10-21 Mike Weinberg Packed with examples and anecdotes, Sales Management. Simplified. offers a proven formula for prospecting, developing, and closing deals—in your time, on your terms. Why do sales organizations fall short? Every day, expert consultants like Mike Weinberg are called on by companies to find the answer - and it's one that may surprise you. Typically, the issue lies not with the sales team but with how it is being led. Through their attitude and actions, senior executives and sales managers unknowingly undermine performance. Weinberg tells it straight by calling out the problems plaguing sales forces and the costly mistakes made by even the best-intentioned sales managers. The good news is that with the right guidance, results can be transformed. In Sales Management. Simplified., Weinberg teaches managers how to: Implement a simple framework for sales leadership Foster a healthy, high-performance sales culture Conduct productive meetings Put the right people in the right roles Retain top producers and remediate underperformers Point salespeople at the proper targets Blending blunt, practical advice with funny stories from the field, Sales Management. Simplified. delivers the tools every sales manager needs to succeed. Managing sales doesn't have to be complicated, and the solution starts with you!

Word Judge for Clubs and Tournaments 2019-07-12 Maliha Mendoza Mahmood The Official Word List of the Superscrabble Club includes words from A to Z containing 2 thru 21 letters long, playable in standard Scrabble(c) (15x15 grid, from 2- to 15-letter words) and Super Scrabble(c) (21x21 grid, from 2- to 21-letter words) validated and playable in Super Scrabble(c) and standard Scrabble(c) games worldwide.

Pinfluence 2012-06-08 Beth Hayden How to effectively use Pinterest to market your business, product, or service Pinterest, the rapidly

growing social networking site that allows users to post and share images and videos on "pinboards" (a collection of "pins," usually with a common theme), is providing businesses and savvy entrepreneurs with a new platform to market their products and services. And, as with any new platform, learning what works best and what doesn't when it comes to marketing can be a challenge. Pinfluence is a complete guide to Pinterest marketing that will teach you how to effectively raise awareness for your brand, product, or service, drive traffic from Pinterest to your website, and connect with current and potential customers. You will learn: How to create a powerful Pinterest profile, your Pinterest brand strategy, set up boards, pin and repin images, and get into conversations in the Pinterest user interface. Pinterest marketing techniques, including great content creation, how to optimize websites and blogs for pinning, and how to start growing your followers. How to integrate Pinterest with other social media tools (including Facebook, Twitter, and blogs) and how to track trends and monitor conversation on Pinterest. Advanced Pinterest marketing techniques, including how to grow your audience, how to use the Pinterest iPhone app, advice for special types of businesses (B2B companies and nonprofits), and how to make your pins and boards "sticky" so they capture public attention and influence people to change their behavior. Pinterest copyright issues Pinfluence is for anyone who wants to join the likes of companies like Whole Foods, Gilt, West Elm and others, and harness the marketing power of Pinterest to grow their business.

Turn the Ship Around! 2013-05-16 L. David Marquet "One of the 12 best business books of all time.... Timeless principles of empowering leadership." – USA Today "The best how-to manual anywhere for managers on delegating, training, and driving flawless execution." —FORTUNE Since Turn the Ship Around! was published in 2013, hundreds of thousands of readers have been inspired by former Navy captain David Marquet's true story. Many have applied his insights to their own organizations, creating workplaces where everyone takes responsibility for his or her actions, where followers grow to become leaders, and where happier teams drive dramatically better results.

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Marquet was a Naval Academy graduate and an experienced officer when selected for submarine command. Trained to give orders in the traditional model of "know all-tell all" leadership, he faced a new wrinkle when he was shifted to the Santa Fe, a nuclear-powered submarine. Facing the high-stress environment of a sub where there's little margin for error, he was determined to reverse the trends he found on the Santa Fe: poor morale, poor performance, and the worst retention rate in the fleet. Almost immediately, Marquet ran into trouble when he unknowingly gave an impossible order, and his crew tried to follow it anyway. When he asked why, the answer was: "Because you told me to." Marquet realized that while he had been trained for a different submarine, his crew had been trained to do what they were told—a deadly combination. That's when Marquet flipped the leadership model on its head and pushed for leadership at every level. Turn the Ship Around! reveals how the Santa Fe skyrocketed from worst to first in the fleet by challenging the U.S. Navy's traditional leader-follower approach. Struggling against his own instincts to take control, he instead achieved the vastly more powerful model of giving control to his subordinates, and creating leaders. Before long, each member of Marquet's crew became a leader and assumed responsibility for everything he did, from clerical tasks to crucial combat decisions. The crew became completely engaged, contributing their full intellectual capacity every day. The Santa Fe set records for performance, morale, and retention. And over the next decade, a highly disproportionate number of the officers of the Santa Fe were selected to become submarine commanders. Whether you need a major change of course or just a tweak of the rudder, you can apply Marquet's methods to turn your own ship around.

Climate Change and Indigenous Peoples in the United States 2014-04-05 Julie Koppel Maldonado With a long history and deep connection to the Earth's resources, indigenous peoples have an intimate understanding and ability to observe the impacts linked to climate change. Traditional ecological knowledge and tribal experience play a key role in developing future scientific solutions for adaptation to the impacts. The book explores climate-related issues for indigenous communities

in the United States, including loss of traditional knowledge, forests and ecosystems, food security and traditional foods, as well as water, Arctic sea ice loss, permafrost thaw and relocation. The book also highlights how tribal communities and programs are responding to the changing environments. Fifty authors from tribal communities, academia, government agencies and NGOs contributed to the book. Previously published in *Climatic Change*, Volume 120, Issue 3, 2013.

Nothing to Lose, Everything to Gain 2013-03-26
Ryan Blair Like many entrepreneurs, Ryan Blair had no formal business education. But he had great survival instincts, tenacity, and, above all, a "nothing to lose" mindset. His middle-class childhood ended abruptly when his abusive father succumbed to drug addiction and abandoned the family. Blair and his mother moved to a rough neighborhood, and soon he was in and out of juvenile detention, joining a gang just to survive. Then his mother fell in love with a successful entrepreneur who took Ryan under his wing. With his mentor's guidance, Blair started his first company, 24/7 Tech, at age twenty-one. He has since created and sold several companies for hundreds of millions of dollars. This is an inspirational guide full of powerful stories and lessons and a road map for entrepreneurial success.

The Art and Science of Training 2016-12-01 Elaine Biech There are more similarities than differences between how artists and scientists work. Both ask countless questions. Both search in earnest for answers. Both are dedicated to reaching the best results. Not so different from today's trainers, are they? Elaine Biech, one of the most highly regarded names in talent development, has set out to identify the perfect blend of content mastery and audience insight. The result is this highly informative book. *The Art and Science of Training* presents the science for learning and development, but it also emphasizes that training success lies in knowing what to do when things don't go as planned. Discover how top facilitators always put learners first, even when faced with exceptions to the rule—the unwilling learner, the uninformed supervisor, the inappropriate delivery medium, or the unmanageable performance challenge. And

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learn why you must understand people, not only content, to ensure consistently exceptional learning experiences. Science is both a body of knowledge and a process. Art is the expression of creativity and imagination. Where they intersect is the best way to help others learn and grow.

Emergent Strategy 2017-03-20 adrienne maree brown In the tradition of Octavia Butler, here is radical self-help, society-help, and planet-help to shape the futures we want. Change is constant. The world, our bodies, and our minds are in a constant state of flux. They are a stream of ever-mutating, emergent patterns. Rather than steel ourselves against such change, *Emergent Strategy* teaches us to map and assess the swirling structures and to read them as they happen, all the better to shape that which ultimately shapes us, personally and politically. A resolutely materialist spirituality based equally on science and science fiction: a wild feminist and afro-futurist ride! adrienne maree brown, co-editor of Octavia's *Brood: Science Fiction from Social Justice Movements*, is a social justice facilitator, healer, and doula living in Detroit.

The Muscle and Strength Pyramid: Training 2019-03-24 Andy Morgan Navigating the available fitness information online can be confusing and time-consuming at best, and a minefield of misinformation at worst. One inherent problem is that information online is always presented as supremely important and as the next 'big thing,' without context or any understanding of priorities. Enter *The Muscle and Strength Pyramid* books. The foundational concept of these books is understanding priorities and context, so you can take all the pieces of the puzzle and fit them together into an actionable plan. * Six sample routines to get you started quickly Six programs for novice, intermediate, and advanced-level bodybuilders and strength-focussed athletes. * Break through those training plateaus With our full progression guidelines and examples, you'll never be left frustrated and wondering what to do next. * Learn how to tailor your own programming for faster results Our quick-start programming guide will show you how to apply all the principles that go into program design. The chief author of the books, Dr. Eric Helms, has not only the academic

understanding of training and nutrition as an active researcher but also extensive practical experience. He has been a personal trainer, powerlifting and bodybuilding coach since 2005, helping hundreds bridge the gap between science and practice to reach their goals. In addition, he has the minds of Andrea Valdez, and Andy Morgan to ensure the concepts are communicated clearly and effectively and no stone is left unturned. Andrea is a lifelong athlete with extensive coaching experience and her Masters in Exercise Physiology, and Andy is a successful writer and consultant for body composition change with a unique grasp of how to communicate topics to diverse groups, as he produces content for both the Japanese and English speaking fitness communities. Together, they bring you The Muscle and Strength Training Pyramid, the hierarchical, comprehensive, evidence-based guide that is a must-have for every serious lifter or trainer.

The 10X Rule 2011-04-26 Grant Cardone Achieve "Massive Action" results and accomplish your business dreams! While most people operate with only three degrees of action—no action, retreat, or normal action—if you're after big goals, you don't want to settle for the ordinary. To reach the next level, you must understand the coveted 4th degree of action. This 4th degree, also known as the 10 X Rule, is that level of action that guarantees companies and individuals realize their goals and dreams. The 10 X Rule unveils the principle of "Massive Action," allowing you to blast through business clichés and risk-aversion while taking concrete steps to reach your dreams. It also demonstrates why people get stuck in the first three actions and how to move into making the 10X Rule a discipline. Find out exactly where to start, what to do, and how to follow up each action you take with more action to achieve Massive Action results. Learn the "Estimation of Effort" calculation to ensure you exceed your targets Make the Fourth Degree a way of life and defy mediocrity Discover the time management myth Get the exact reasons why people fail and others succeed Know the exact formula to solve problems Extreme success is by definition outside the realm of normal action. Instead of behaving like everybody else and settling for average results, take Massive Action with The 10 X Rule, remove luck and chance from your business

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equation, and lock in massive success.

The Disappearing Spoon 2010-07-12 Sam Kean From New York Times bestselling author Sam Kean comes incredible stories of science, history, finance, mythology, the arts, medicine, and more, as told by the Periodic Table. Why did Gandhi hate iodine (I, 53)? How did radium (Ra, 88) nearly ruin Marie Curie's reputation? And why is gallium (Ga, 31) the go-to element for laboratory pranksters?* The Periodic Table is a crowning scientific achievement, but it's also a treasure trove of adventure, betrayal, and obsession. These fascinating tales follow every element on the table as they play out their parts in human history, and in the lives of the (frequently) mad scientists who discovered them. THE DISAPPEARING SPOON masterfully fuses science with the classic lore of invention, investigation, and discovery—from the Big Bang through the end of time. *Though solid at room temperature, gallium is a moldable metal that melts at 84 degrees Fahrenheit. A classic science prank is to mold gallium spoons, serve them with tea, and watch guests recoil as their utensils disappear.

Profit from the Positive: Proven Leadership Strategies to Boost Productivity and Transform Your Business, with a foreword by Tom Rath DIGITAL AUDIO 2013-08-02 Margaret H. Greenberg You're constantly challenged to grow your business, increase productivity, and improve quality—all while reducing or keeping budgets flat. So what's a manager to do? You've streamlined processes. You've restructured. You've sought customer and employee feedback. You've tried everything. Now, try something that works. Profit from the Positive is a practical, groundbreaking guide for business leaders, managers, executive coaches, and human resource professionals. Whether you lead three employees or 3,000, this book shows you how to increase productivity, collaboration, and profitability using the simple yet powerful tools from the new field of Positive Psychology. Featuring case studies of some of the most forward-thinking and successful companies today—Google, Zappos, and Amazon, to name a few—Profit from the Positive provides over two dozen evidence-based tools you can apply immediately. Learn how to: Set habits, not just goals

Recognize the Achoo! effect Stop asking the wrong questions Hire for what's not on the resume Turn strengths into a team sport Preview, don't just review, performance The best part? These strategies don't cost a dime to implement! Trained by Dr. Martin Seligman, who is known as the father of Positive Psychology, Margaret Greenberg and Senia Maymin translate the scientific research and make it accessible to the business world.

Light, Gesture & Color 2014 Jay Maisel "Jay puts his amazing insights and learning from a lifetime behind the lens into a book that communicates the three most important aspects of street photography ... This isn't a book about f-stops or ISOs. It's about seeing. It's about being surrounded by the ordinary and learning to find the extraordinary. It's about training your mind, and your eyes, to see and capture the world in a way that delights, engages, and captivates your viewers ... your key to opening another level of understanding, appreciation, wonder and creativity as you learn to express yourself, and your view of the world, through your camera"--Publisher's description.

Sell 100+ Homes a Year 2017-12-27 Krista Lynn Mashore Whether you've been in real estate for 18 days or 18 years, if you haven't achieved the success you really want, you need to read this book. You entered real estate for the upside: interesting work, flexible hours, and the potential to make good money, right? But the median gross income for the 1.2 million REALTORS(R) in the United States is just over \$42,000 per year! That's about \$21 per hour (if you only work 40 hours per week) with no paid vacation, no paid sick leave, and rarely any company health insurance plan. Is this what you signed up for? You're a goal-setter and a go-getter. You work hard and you're smart. You've learned the business and put long hours into it. Yet, it still seems like a struggle. Always chasing your next client, listing, or commission check. Spending weekends and evenings on work, not with family. Getting tossed around by a market you can't control. You've done everything you've been taught, but it's still not enough. What's the secret? Doing things differently than you've ever been taught. Krista Mashore says, "I've been in the Top 1% of all Realtors nationally for 15 years, not because I'm smarter or work harder

than everyone else. It's because I research and implement specific techniques that catapult me to where I am." In this book, Krista Mashore will give you step by step instructions and show you how to: - Close over 90% of your listing presentations before you even walk in the door. - Generate legitimate leads while you sleep. - Use the secrets of Fortune 500 companies to build an active and loyal client base. - Use socialized marketing to gain your community's respect and become the go-to Community Market Leader(R) in your area. - Make over 100 deals per year (or whatever your goal is) using the power of social media and technology. - Create a business model that fits your desired lifestyle and gives you true time flexibility. - Build a sustainable business with a consistent, reliable income stream- no matter what the market is doing! "If you implement even 50% of what I recommend in this book, I know your business will at least double within the first eighteen months." - Krista Mashore Based in Northern California, Realtor(R) Krista Mashore sold 69 homes in her first year and has personally sold over 100 homes every year since. On track to sell 200 homes this year, Krista now also coaches and trains brokers and agents throughout the U.S. on cutting edge real estate techniques and technologies.

CCNA Security 210-260 Official Cert Guide 2015-09-01 Omar Santos Trust the best selling Official Cert Guide series from Cisco Press to help you learn, prepare, and practice for exam success. They are built with the objective of providing assessment, review, and practice to help ensure you are fully prepared for your certification exam. -- Master Cisco CCNA Security 210-260 Official Cert Guide exam topics --Assess your knowledge with chapter-opening quizzes --Review key concepts with exam preparation tasks This is the eBook edition of the CCNA Security 210-260 Official Cert Guide. This eBook does not include the companion CD-ROM with practice exam that comes with the print edition. CCNA Security 210-260 Official Cert Guide presents you with an organized test-preparation routine through the use of proven series elements and techniques. "Do I Know This Already?" quizzes open each chapter and enable you to decide how much time you need to spend on each section. Exam topic lists make referencing

easy. Chapter-ending Exam Preparation Tasks help you drill on key concepts you must know thoroughly. CCNA Security 210-260 Official Cert Guide focuses specifically on the objectives for the Cisco CCNA Security exam. Networking Security experts Omar Santos and John Stuppi share preparation hints and test-taking tips, helping you identify areas of weakness and improve both your conceptual knowledge and hands-on skills. Material is presented in a concise manner, focusing on increasing your understanding and retention of exam topics. Well regarded for its level of detail, assessment features, comprehensive design scenarios, and challenging review questions and exercises, this official study guide helps you master the concepts and techniques that will enable you to succeed on the exam the first time. The official study guide helps you master all the topics on the CCNA Security exam, including --Networking security concepts --Common security threats --Implementing AAA using IOS and ISE --Bring Your Own Device (BYOD) --Fundamentals of VPN technology and cryptography --Fundamentals of IP security -- Implementing IPsec site-to-site VPNs -- Implementing SSL remote-access VPNs using Cisco ASA --Securing Layer 2 technologies -- Network Foundation Protection (NFP) --Securing the management plane on Cisco IOS devices -- Securing the data plane --Securing routing protocols and the control plane --Understanding firewall fundamentals --Implementing Cisco IOS zone-based firewalls --Configuring basic firewall policies on Cisco ASA --Cisco IPS fundamentals -- Mitigation technologies for e-mail- and web-based threats --Mitigation technologies for endpoint threats

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Talking with My Mouth Full 2012-02-21 Gail Simmons When Top Chef judge Gail Simmons first graduated from college, she felt hopelessly lost. All her friends were going to graduate school, business

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school, law school . . . but what was she going to do? Fortunately, a family friend gave her some invaluable advice-make a list of what you love to do, and let that be your guide. Gail wrote down four words: Eat. Write. Travel. Cook. Little did she know, those four words would become the basis for a career as a professional eater, cook, food critic, magazine editor, and television star. Today, she's the host of Top Chef: Just Desserts, permanent judge on Top Chef, and Special Projects Director at Food & Wine magazine. She travels all over the world, eats extraordinary food, and meets fascinating people. She's living the dream that so many of us who love to cook and eat can only imagine. But how did she get there? Talking with My Mouth Full follows her unusual and inspiring path to success, step-by-step and bite-by-bite. It takes the reader from her early years, growing up in a household where her mother ran a small cooking school, her father made his own wine, and family vacation destinations included Africa, Latin America, and the Middle East; through her adventures at culinary school in New York City and training as an apprentice in two of New York's most acclaimed kitchens; and on to her time spent assisting Vogue's legendary food critic Jeffrey Steingarten, working for renowned chef Daniel Boulud, and ultimately landing her current jobs at Food & Wine and on Top Chef. The book is a tribute to the incredible meals and mentors she's had along the way, examining the somewhat unconventional but always satisfying journey she has taken in order to create a career that didn't even exist when she first started working toward it. With memorable stories about the greatest (and worst) dishes she's eaten, childhood and behind-the-scenes photos, and recipes from Gail's family and her own kitchen, Talking with My Mouth Full is a true treat.

Stretching Your Boundaries 2014-01 Al Kavadlo

Texts and Lessons for Teaching Literature 2013 Harvey Daniels Contains over sixty-five texts, with thirty-seven step-by-step Common Core-correlated lessons with reproducible texts.

Psychology of Physical Activity 2021-04-11 Stuart Biddle Now publishing in a fully revised, updated and expanded fourth edition, Psychology of Physical

Activity is the most authoritative, engaging and up-to-date introduction to exercise psychology currently available. It is essential reading for all students working in exercise and health sciences.

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where skyscrapers soared above the clouds and hoverboards glided through the neon-lit streets, a young inventor named Kai stumbled upon a forgotten laboratory. Within its dusty confines, he unearthed a device that allowed glimpses into parallel dimensions, setting off a chain of events that would unravel the fabric of his reality.

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