

provide supportive postoperative care. New to this edition is a chapter focusing on anesthesia in greater depth than any of the previous editions. Written by well-known OMS educators James R. Hupp, and Edward Ellis III, and Myron R. Tucker, this book is a valuable reference for dentistry and dental hygiene students alike! UPDATED! Chapter, Contemporary Implant Dentistry, includes new and updated implant surgical techniques and virtual planning. UPDATED! Chapter, Treatment of Complex Implant Cases, features new and updated cases requiring more complex treatment, including bone augmentation surgery in combination with implants. UPDATED! Coverage of Management of Sinus Disease updated outline of the fundamental principles for evaluation and treatment of the patient with sinus disease, including endoscopic therapy. UPDATED! Coverage of Management of Medication-related Osteonecrosis of the Jaw outlines the fundamental principles for evaluation and treatment of the patient. UPDATED! Facial Cosmetic Surgery chapter is organized by nonsurgical and surgical procedures, covering popular procedures such as dermal fillers, botox, facial resurfacing, browlift and forehead procedures, blepharoplasty, rhinoplasty, and rhytidectomy. UPDATED! Content on implants, new instruments, and the latest technology help you treat your patients more effectively. Basic techniques of evaluation, diagnosis, and medical management described in enough detail to facilitate immediate clinical application. Excellent instrumentation chapter covers a wide variety of instruments and tray set-ups that OMS surgeons use. Complex Exodontia chapter describes techniques for surgical tooth extraction, including the principles of flap design, development, management, and suturing, as well as open extraction of single- and multi-rooted teeth, multiple extractions, and concomitant alveoloplasty. Hundreds of detailed, close-up photographs of intraoperative sites clarify textual descriptions Coverage of complex OMS procedures give you a basic understanding of what you will face later in advanced OMS cases. NEW! Chapter, Anesthesia in Dentistry focuses on anesthesia in greater depth than any of the previous editions including local anesthesia and nitrous oxide sedation.

Continuing its tradition of providing students with a thorough review of ancient Greek and Roman rhetorical theory and practices, *A Synoptic History of Classical Rhetoric* is the premier text for undergraduate courses and graduate seminars in the history of rhetoric. Offering vivid examples of each classical rhetor, rhetorical period, and source text, students are led to understand rhetoric's role in the exchange of knowledge and ideas. Completely updated throughout, Part I of this new edition integrates new research and expanded footnotes and bibliographies for students to develop their own scholarship. Part II offers eight classical texts for reading, study, and criticism, and includes discussion questions and keys to the text in Part I.

This report is part of WHO's response to the 49th World Health Assembly held in 1996 which adopted a resolution declaring violence a major and growing public health problem across the world. It is aimed largely at researchers and practitioners including health care workers, social workers, educators and law enforcement officials.

Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting—and often amusing—story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, *The 5am Club* will walk you through: How great geniuses,

business titans and the world's wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed "Insider-only" tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully, *The 5am Club* is a work that will transform your life. Forever.

Lean Thinking was launched in the fall of 1996, just in time for the recession of 1997. It told the story of how American, European, and Japanese firms applied a simple set of principles called 'lean thinking' to survive the recession of 1991 and grow steadily in sales and profits through 1996. Even though the recession of 1997 never happened, companies were starving for information on how to make themselves leaner and more efficient. Now we are dealing with the recession of 2001 and the financial meltdown of 2002. So what happened to the exemplar firms profiled in *Lean Thinking*? In the new fully revised edition of this bestselling book those pioneering lean thinkers are brought up to date. Authors James Womack and Daniel Jones offer new guidelines for lean thinking firms and bring their groundbreaking practices to a brand new generation of companies that are looking to stay one step ahead of the competition.

From one of America's most popular short story writers and an Academy Award nominee: the O. Henry Award-winning tale that inspired the movie *The Hunt*. A subject of mysterious rumors and superstition, the deserted Caribbean Island was shrouded in an air of peril. To Sanger Rainsford, who fell off a yacht and washed up on its shores, the abandoned isle was a welcome paradise. But unknown to the big-game hunter, a predator lurked in its lush jungles—one more dangerous than any he had ever encountered: a human. First published in 1924, this suspenseful tale "has inspired serial killers, films and stirred controversy in schools. A century on, the story continues to thrill" (*The Telegraph*). "[A] tense, relentless story of man-against-man adventure, in which the hunter Sanger Rainsford learns, at the hands of General Zaroff, what it means to be hunted." —*Criterion*

Totem and Taboo: Resemblances Between the Mental Lives of Savages and Neurotics is a collection of four essays first published in the journal *Imago* (1912–13) employing the application of psychoanalysis to the fields of archaeology, anthropology, and the study of religion.

The ocean covers 70 percent of the Earth's surface, and is essential for life on our planet – even for those of us who live nowhere near the sea! It provides us all with food and other materials that we need, regulates our climate and provides half of the oxygen we breathe. The ocean also offers us various means of transport and opportunities for recreation. People have long thought that the ocean was so wide and bountiful that it would go on supplying our needs forever, but this is not the case: human activities are causing significant damage to life in the ocean. People are often unaware of the problems created by this heavy reliance, as few of us have the opportunity to look

beneath the surface of the sea and see the damage that our actions have caused. This is where the Ocean Challenge Badge comes in: let it take you on a journey to discover the ocean! It is packed with activities to help you learn about how the ocean works, the creatures that live in it, and just how important it is in our everyday lives. You will also discover how YOU can play a role in protecting our ocean for future generations. We hope you will be inspired to take the challenge and celebrate our ocean. So dive in and begin your aquatic discoveries!

The #1 New York Times bestseller. Over 2 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to:

- make time for new habits (even when life gets crazy);
- overcome a lack of motivation and willpower;
- design your environment to make success easier;
- get back on track when you fall off course; ...and much more.

Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

The Great Gatsby (1925) is a novel by F. Scott Fitzgerald. Published at the height of Fitzgerald's career as a leading writer of American fiction, *The Great Gatsby* was reviewed poorly by contemporary critics, but has since been recognized as a groundbreaking work for its vision of American decadence and decay. Adapted into several influential films and adored by generations of readers and writers, *The Great Gatsby* is not only Fitzgerald's crowning achievement, but one of the finest novels ever written. Nick Carraway is a young veteran and Yale graduate who moves to New York in search of work. He rents a bungalow on Long Island next door to the extravagant mansion of Jay Gatsby, a magnanimous millionaire with a mysterious past. There, he reconnects with his

distant cousin Daisy and her husband Tom Buchanan, a flagrant philanderer who brings Nick to the city in order to spend time with Myrtle, his impoverished mistress. Soon, he receives an invitation to a party at the Gatsby mansion, where he gets terribly drunk and meets his neighbor, who swears they served together in the Great War. As time goes by, the two begin a tenuous friendship bolstered by stories of the war and a mutual fondness for alcohol. When Nick discovers that Gatsby and Daisy have a complicated history with one another, he starts to question not only the nature of his neighbor's kindness, but his own desire to make it big in New York. The Great Gatsby is a tragic tale of ambition and romance set in the Roaring Twenties, a decade born from war and lost to economic disaster. With a beautifully designed cover and professionally typeset manuscript, this new edition of F. Scott Fitzgerald's *The Great Gatsby* is a classic work of American literature reimagined for modern readers.

With the help of industrialist Andrew Carnegie, the author of this remarkable book spent two decades interviewing hundreds of people renowned for their wealth and achievement. Napoleon Hill's all-time bestseller in the personal success field offers priceless advice on positive thinking and overcoming adversity by distilling the collective wisdom of Henry Ford, Thomas Edison, John D. Rockefeller, and other successful figures from the worlds of finance, industry, and the arts.

Growing rich, Hill explains, is about far more than just making money. "Whatever the mind can conceive and believe," he asserts, "it can achieve with positive mental attitude." Hill outlines 13 principles of success involving goal setting, developing entrepreneurial thinking, and exercising effective leadership. A must for any reader of *The Secret*, this guide will transform the way you think about time, money, and relationships, setting your feet on the path to financial freedom. Continuing their tradition of sensitivity, comprehensiveness, currency, and candor, Crooks and Baur offer thorough coverage of all major topics incorporated into every section, including sexual health issues; the very latest research, new stories about the experiences of real people from the "Authors' Files;" and a writing style that is warm, direct, and non-judgmental.

The efficiency, effectiveness, and transparency of public financial management in Latin America is critical for the supervision of public resources, fiscal stability, and sustainable economic development. In recent years, the countries of Latin America have embraced reforms in public financial management and have made many important advances; however, many challenges remain. This book brings together the knowledge and experiences of IMF and IDB staff and representatives from 16 governments in the region to document these reforms, and examines the experiences and lessons learned. It is a valuable resource for those looking at issues in public financial management.

Florida Real Estate Sales Associate Pre-License Course - Class Manual 12th Edition

From #1 bestselling author John Green and now a major motion picture starring Shailene Woodley, Ansel Elgort, and Laura Dern! "The greatest romance story of

this decade.? —Entertainment Weekly #1 New York Times Bestseller #1 Wall Street Journal Bestseller #1 USA Today Bestseller #1 International Bestseller Despite the tumor-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at Cancer Kid Support Group, Hazel's story is about to be completely rewritten. From John Green, #1 bestselling author of *Turtles All the Way Down*, *The Fault in Our Stars* is insightful, bold, irreverent, and raw. It brilliantly explores the funny, thrilling, and tragic business of being alive and in love.

Book two in the blockbuster *Maze Runner* series that spawned a movie franchise and ushered in a worldwide phenomenon! This special movie tie-in edition includes an eight-page full-color insert with photos from the film. And don't miss *The Fever Code*, the highly-anticipated series conclusion that finally reveals the story of how the maze was built! Thomas was sure that escape from the Maze would mean freedom for him and the Gladers. But *WICKED* isn't done yet. Phase Two has just begun. The Scorch. The Gladers have two weeks to cross through the Scorch—the most burned-out section of the world. And *WICKED* has made sure to adjust the variables and stack the odds against them. There are others now. Their survival depends on the Gladers' destruction—and they're determined to survive. Friendships will be tested. Loyalties will be broken. All bets are off. *The Maze Runner* and *Maze Runner: The Scorch Trials* are now major motion pictures featuring the star of MTV's *Teen Wolf*, Dylan O'Brien; Kaya Scodelario; Aml Ameen; Will Poulter; and Thomas Brodie-Sangster. The third movie, *Maze Runner: The Death Cure*, will hit screens in 2018. Also look for James Dashner's edge-of-your-seat *MORTALITY DOCTRINE* series! Praise for the *Maze Runner* series: A #1 New York Times Bestselling Series A USA Today Bestseller A Kirkus Reviews Best Teen Book of the Year An ALA-YASLA Best Fiction for Young Adults Book An ALA-YALSA Quick Pick "[A] mysterious survival saga that passionate fans describe as a fusion of *Lord of the Flies*, *The Hunger Games*, and *Lost*." —EW "Wonderful action writing—fast-paced...but smart and well observed." —Newsday "[A] nail-biting must-read." —Seventeen "Breathless, cinematic action." —Publishers Weekly "Heart pounding to the very last moment." —Kirkus Reviews "Exclamation-worthy." —Romantic Times "James Dashner's illuminating prequel [*The Kill Order*] will thrill fans of this *Maze Runner* [series] and prove just as exciting for readers new to the series." —Shelf Awareness, Starred "Take a deep breath before you start any James Dashner book." —Deseret News

"The Varieties of Religious Experience is certainly the most notable of all books in the field of the psychology of religion and probably destined to be the most influential [one] written on religion in the twentieth century," said Walter Houston Clark in *Psychology Today*. The book was an immediate bestseller upon its publication in June 1902. Reflecting the pluralistic views of psychologist-turned-philosopher William James, it posits that individual religious experiences, rather than the tenets of organized religions, form the backbone of religious life. James's discussion of conversion, repentance, mysticism, and hope of reward and fears of punishment in the hereafter--as well as his observations on the religious experiences of such diverse thinkers as Voltaire, Whitman, Emerson, Luther, Tolstoy, and others--all support his thesis. "James's

characteristic humor, his ability to put down the pretentious and to be unpretentious, and his willingness to take some risks in his choices of anecdotal data or provocative theories are all apparent in the book," noted Professor Martin E. Marty. "A reader will come away with more reasons to raise new questions than to feel that old ones have been resolved."

#1 NEW YORK TIMES BESTSELLER • Now a major motion picture directed by Steven Spielberg. "Enchanting . . . Willy Wonka meets The Matrix."—USA Today • "As one adventure leads expertly to the next, time simply evaporates."—Entertainment Weekly A world at stake. A quest for the ultimate prize. Are you ready? In the year 2045, reality is an ugly place. The only time Wade Watts really feels alive is when he's jacked into the OASIS, a vast virtual world where most of humanity spends their days. When the eccentric creator of the OASIS dies, he leaves behind a series of fiendish puzzles, based on his obsession with the pop culture of decades past. Whoever is first to solve them will inherit his vast fortune—and control of the OASIS itself. Then Wade cracks the first clue. Suddenly he's beset by rivals who'll kill to take this prize. The race is on—and the only way to survive is to win. **NAMED ONE OF THE BEST BOOKS OF THE YEAR** BY Entertainment Weekly • San Francisco Chronicle • Village Voice • Chicago Sun-Times • iO9 • The AV Club "Delightful . . . the grown-up's Harry Potter."—HuffPost "An addictive read . . . part intergalactic scavenger hunt, part romance, and all heart."—CNN "A most excellent ride . . . Cline stuffs his novel with a cornucopia of pop culture, as if to wink to the reader."—Boston Globe "Ridiculously fun and large-hearted . . . Cline is that rare writer who can translate his own dorky enthusiasms into prose that's both hilarious and compassionate."—NPR "[A] fantastic page-turner . . . starts out like a simple bit of fun and winds up feeling like a rich and plausible picture of future friendships in a world not too distant from our own."—iO9

The bestselling young adult non-fiction book on sexuality and gender! Lesbian. Gay. Bisexual. Transgender. Queer. Intersex. Straight. Curious. This book is for everyone, regardless of gender or sexual preference. This book is for anyone who's ever dared to wonder. This book is for YOU. This candid, funny, and uncensored exploration of sexuality and what it's like to grow up LGBTQ also includes real stories from people across the gender and sexual spectrums, not to mention hilarious illustrations. Inside this revised and updated edition, you'll find the answers to all the questions you ever wanted to ask, with topics like: Stereotypes—the facts and fiction Coming out as LGBT Where to meet people like you The ins and outs of gay sex How to flirt And so much more! You will be entertained. You will be informed. But most importantly, you will know that however you identify (or don't) and whomever you love, you are exceptional. You matter. And so does this book. This book is for: LGBTQIA+ teens, tweens, and adults Readers looking to learn more about the LGBTQIA+ community Parents of gay kids and other LGBT youth Educators looking for advice about the LGBTQIA+ community Praise for This Book is Gay: A Guardian Best Book of the Year 2018 Garden State Teen Book Award Winner "The book every LGBT person would have killed for as a teenager, told in the voice of a wise best friend. Frank, warm, funny, USEFUL."—Patrick Ness, New York Times bestselling author "This egregious gap has now been filled to a fare-thee-well by Dawson's book."—Booklist ***STARRED REVIEW***

Updated with a new foreword and revised text, a twentieth anniversary release of a top-selling reference counsels women on how to end destructive cycles of co-dependence

and misogyny, in a guide that shares case histories of women who have ended or improved relationships with emotionally unavailable, addicted, or unfaithful partners. Reprint. 50,000 first printing.

1984 is George Orwell's terrifying vision of a totalitarian future in which everything and everyone is slave to a tyrannical regime lead by The Party. Winston Smith works for the Ministry of Truth in London, chief city of Airstrip One. Big Brother stares out from every poster, the Thought Police uncover every act of betrayal. When Winston finds love with Julia, he discovers that life does not have to be dull and deadening, and awakens to new possibilities. Despite the police helicopters that hover and circle overhead, Winston and Julia begin to question the Party; they are drawn towards conspiracy. Yet Big Brother will not tolerate dissent - even in the mind. For those with original thoughts they invented Room 101. . .

A Deleuzian reading of Whitehead and a Whiteheadian reading of Deleuze open the possibility of a critical aesthetics of contemporary culture. In *Without Criteria*, Steven Shaviro proposes and explores a philosophical fantasy: imagine a world in which Alfred North Whitehead takes the place of Martin Heidegger. What if Whitehead, instead of Heidegger, had set the agenda for postmodern thought? Heidegger asks, "Why is there something, rather than nothing?" Whitehead asks, "How is it that there is always something new?" In a world where everything from popular music to DNA is being sampled and recombined, argues Shaviro, Whitehead's question is the truly urgent one. *Without Criteria* is Shaviro's experiment in rethinking postmodern theory, especially the theory of aesthetics, from a point of view that hearkens back to Whitehead rather than Heidegger. In working through the ideas of Whitehead and Deleuze, Shaviro also appeals to Kant, arguing that certain aspects of Kant's thought pave the way for the philosophical "constructivism" embraced by both Whitehead and Deleuze. Kant, Whitehead, and Deleuze are not commonly grouped together, but the juxtaposition of them in *Without Criteria* helps to shed light on a variety of issues that are of concern to contemporary art and media practices.

First major biography of this true revolutionary thinker. A masterful work offering remarkable scholarship, insight, and humor.

In the same right-to-the-point, no-nonsense style that was a hallmark of *Positioning*, this sequel squares off against critical marketing challenges such as how to make sure your message gets through in an era of information overload.

The classic conception of human transcendental consciousness assumes its self-supporting existential status within the horizon of life-world, nature and earth. Yet this assumed absoluteness does not entail the nature of its powers, neither their constitutive force. This latter call for an existential source reaching beyond the generative life-world network. Transcendental consciousness, having lost its absolute status (its point of reference) it is the role of the logos to lay down the harmonious positioning in the cosmic sphere of the all, establishing an original foundation of phenomenology in the primogenital onto-poiesis of life. ?

A one-page tool to reinvent yourself and your career The global bestseller *Business Model Generation* introduced a unique visual way to summarize and creatively brainstorm any business or product idea on a single sheet of paper. *Business Model You* uses the same powerful one-page tool to teach readers how to draw "personal business models," which reveal new ways their skills can be adapted to the

changing needs of the marketplace to reveal new, more satisfying, career and life possibilities. Produced by the same team that created Business Model Generation, this book is based on the Business Model Canvas methodology, which has quickly emerged as the world's leading business model description and innovation technique. This book shows readers how to: Understand business model thinking and diagram their current personal business model Understand the value of their skills in the marketplace and define their purpose Articulate a vision for change Create a new personal business model harmonized with that vision, and most important, test and implement the new model When you implement the one-page tool from Business Model You, you create a game-changing business model for your life and career.

Diabetes is all about sugar. And for the millions of people worldwide who live with one of the two forms of the disease, diabetes also is all about understanding causes, symptoms, treatments, and the importance of diet and exercise. Among medical conditions, few diseases have been shown to affect every part of the person. Diabetes claims that reputation, making knowledge the best medicine for thriving with – not just surviving – this common mind and body health challenge. A diagnosis of diabetes may send shivers through the patient, ripples that reach out to family, friends, associates, acquaintances, and folks who'll someday cross paths – personally or professionally. Diabetes For Dummies speaks to anyone who wants to know what the disease will mean in their own or someone else's experience, from the first moment when the word darts out of the doctor's mouth through all the ups and down of a long and satisfying life. This down-to-earth, compassionate guide gives you the nitty-gritty on ways to Prevent and manage diabetes Choose the best treatment plan Find the right practitioner Build a support team Stick to an effective diet program Locate additional help online A healthy supply of knowledge and insight can help you face the facts of diabetes, a major medical condition surrounded by myth and personal opinion – some well-founded and some, well, fabricated. Diabetes For Dummies explores the real deal on Working through your initial reaction to a diagnosis of diabetes. Knowing what whether you have type 1 or type 2. Battling short- and long-term complications. Monitoring your glucose. Managing the disease with diet and exercise. Helping your child or parent handle his or her own diabetes. Cooking up diabetes-friendly meals with tasty recipes. By following the rules of good diabetic care, you actually can be healthier than people without diabetes who smoke, overeat, under-exercise, or combine these and other unhealthy habits. This friendly resource will move beyond the "bad" news sensed at diagnosis to a good start at staying fit and feeling great!

"This is not a book about charismatic visionary leaders. It is not about visionary product concepts or visionary products or visionary market insights. Nor is it about just having a corporate vision. This is a book about something far more important, enduring, and substantial. This is a book about visionary companies." So write Jim Collins and Jerry Porras in this groundbreaking book that shatters myths, provides new insights, and gives practical guidance to those who would like to build landmark companies that stand the test of time. Drawing upon a six-year research project at the Stanford University Graduate School of Business, Collins and Porras took eighteen truly exceptional and long-lasting companies -- they have an average age of nearly one hundred years and have outperformed the general stock market by a factor of fifteen since 1926 -- and studied each company in direct comparison to one of its top

competitors. They examined the companies from their very beginnings to the present day -- as start-ups, as midsize companies, and as large corporations. Throughout, the authors asked: "What makes the truly exceptional companies different from other companies?" What separates General Electric, 3M, Merck, Wal-Mart, Hewlett-Packard, Walt Disney, and Philip Morris from their rivals? How, for example, did Procter & Gamble, which began life substantially behind rival Colgate, eventually prevail as the premier institution in its industry? How was Motorola able to move from a humble battery repair business into integrated circuits and cellular communications, while Zenith never became dominant in anything other than TVs? How did Boeing unseat McDonnell Douglas as the world's best commercial aircraft company -- what did Boeing have that McDonnell Douglas lacked? By answering such questions, Collins and Porras go beyond the incessant barrage of management buzzwords and fads of the day to discover timeless qualities that have consistently distinguished out-standing companies. They also provide inspiration to all executives and entrepreneurs by destroying the false but widely accepted idea that only charismatic visionary leaders can build visionary companies. Filled with hundreds of specific examples and organized into a coherent framework of practical concepts that can be applied by managers and entrepreneurs at all levels, *Built to Last* provides a master blueprint for building organizations that will prosper long into the twenty-first century and beyond.

Perfect for readers of *How God Changes Your Brain*, two researchers present over thirty brain exercises to help readers generate happiness and success, in business and in life. "This remarkable book translates state-of-the art neuroscience into practical techniques that rapidly promote personal transformation. If you want to double your happiness and your income, start using these powerful brain-changing exercises today!" ?John Assaraf, New York Times bestselling author and CEO of NeuroGym Adapted from a business school course they created for professionals, bestselling author Mark Waldman and Chris Manning present simple brain exercises, based on the latest neuroscience research, to guide readers to improvement in all parts of life, from work to home, from how we think to how we feel. Their promise is to help people create more "wealth" in their lives, defined as the combination of money, happiness, and success. Using the latest research studied by two experts in their field, the book presents both the scientific background and sets of "NeuroWisdom" exercises that will help people reduce neurological stress and increase happiness, motivation, and productivity. The "worry" centers of the brain are turned off and the optimism circuits are turned on. Work becomes more pleasurable and creativity is increased, enabling the brain to anticipate and solve problems more efficiently. From the cutting edge of brain science to real-world solutions, these exercises help readers gain the wisdom that leads to greater fulfillment.

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