

15 Minutes To A Better Interview What I Wish Every Job Candidate Knew

Do you ever feel like a hamster, spinning on a wheel in an endless loop and getting nowhere when it comes to your health and fitness? Are you working out regularly and cutting calories but seeing no real improvements? Does it feel like you will never lose those last 10 or 20 pounds? Or do you feel as if you simply don't have the time required to lose the fat and get into shape? Imagine if you could have the blueprint for the most efficient form of exercise to keep your body healthy and fit and an eating plan to satisfy hunger, taste, and health. Well, now you can. The best part? It will only require 15 minutes of exercise, twice a week, paired with a controlled-carb diet, and on the average, you will lose 10 pounds of fat within five weeks. It's hard to believe, but it works—and 15 Minutes to Fitness: Dr. Ben's SMaRT plan for total Fitness will not only show you how to do it but also explain why it works. If this sounds like just another "new exercise secret," please be assured that it is most certainly not. The foundation of this program is based on years of study, observation, and practice, and it has delivered real, measurable results in the overwhelming majority of those who have tried it. Dr. Vincent "Ben" Bocchicchio has spent the last 40 years in the fitness and health field, and as he approaches 70, people are still shocked to hear that he only spends 14 minutes twice a week on working out. But it's true. With only 7 percent body fat, he is often asked what the secret is and if there's a "magic bullet." The answer would be that the magic bullet is knowledge. And now with this book you will understand why genetically our bodies require simple and limited exercise exposure and how you can follow this optimal pattern yourself. The fact is that as humans we are hard-wired to exercise our bodies in very specific ways to reap the highest level of health benefits. I will provide the simple scientific argument for why my combination of high intensity exercise and controlled carbohydrate eating is the most effective means for burning fat, so that you can better understand exactly why this works. Exercise and diet are the two most powerful tools available for attaining high levels of health and function, and 15 Minutes to Fitness will show you just how little it actually takes to achieve a maximum response. Exploring the fundamental principles of his "Less Doing" philosophy, a TEDx speaker, efficiency consultant and achievement architect gives readers the essential tools and techniques for streamlining their workload, being more efficient in their day-to-day activities and making everything in life easier. Original.

What if you got outside every day, and what if you could get your kids to come along? It sounds modest, but the effects, as dynamic outdoor spokesperson Rebecca Cohen herself can testify, are profound. This inspiring collection of activities gives families an idea for every day of the year, requiring little planning, no expertise and relatively little resources (time, cash, or patience!), no matter where they live. Simple and inspiring, this book is bursting with hundreds of easy ways to get your family out into nature a little bit every day.

Fighting Forward is the empowering anthem you need to take the next small step to a better life. At the darkest point of a life-altering depression, Hannah Brencher took a silver marker and labeled a composition book "Fight Song." In that little notebook, she poured hope-filled truths and affirmations, knowing that one day, she--and you--would need a reminder to stay in the fight. Drawn from those glow-in-the-dark words, Fighting Forward is your empowering invitation to show up, claim hope, and take back your life one small win at a time. Popular blogger, viral TED Talk speaker, and founder of The World Needs More Love Letters, Hannah shares personal stories of developing daily rhythms and sustainable faith in a culture of hustle. With a heap of hope for those who long to move from anxiety and fear into action steps, the power-ballad essays in this book will encourage you to savor the milestones you've already reached, root yourself in the next small step, welcome healthy routines into your day, and apply grace like sunscreen in the process of your own becoming. Fighting Forward champions the truth that each song starts with a single note. With trust and a little time, each note and every small step adds up to a victorious anthem of showing up to this life and staying in the fight to become who God made you to be.

Presents a convenient and effective workout designed to tone the body in a short period of time, offering a program that utilizes sequential movements that provide a simultaneous aerobic, strength-training, and core workout.

D'Arcy must cope with the death of her father and the fact that he committed suicide.

As Stella Wright's Nantucket candle store thrives, her knack for solving mysteries burns equally bright—especially when a Halloween haunted house uncovers evidence of a centuries-old murder . . . When Stella's friend inherits a creaky, abandoned home in Nantucket, she knows it's the perfect setting for the town's annual Halloween fundraiser. A deserted, boarded-up building on the property—once used as a candle-making shop—adds to the creepy ambiance. But as Stella explores the shack's dilapidated walls, she discovers a terrible secret: the skeleton of a Quaker woman, wrapped in blood-soaked clothing and hidden deep within a stone hearth . . . While police investigate, Stella wastes no time asking for help from friends with long ties to Nantucket's intricate history. The key to the murder may lie within a scorching 18th century love triangle that pit two best friends against one another over a dubious man. But before the case is solved, another life will be claimed—leaving Stella to wonder who in Nantucket is friend, and who is foe . . . Praise for Murder's No Votive Confidence "A charming mystery with believable, likeable characters. Check it out." —Suspense Magazine

Presents an assortment of short exercise routines which take only fifteen minutes per day and includes workouts for different fitness levels, with some moves targeting specific body parts.

Raised to be the "perfect" wife, Victoria has spent her days maintaining her impeccable outward appearance and her nights mingling with the rich and entitled. When her engagement to Scott ended, Victoria thought she'd be rid of him and his circle of friends forever, but a chance encounter with Brock will change not only the way she sees him, but the way she sees herself. Brock is a man who's happy and content with his life. A surrogate parent to his now-adult brothers, he spends his days running the company he built himself and his nights playing in his brothers' local band. When he runs into Victoria in the bar after a show, sparks unexpectedly fly, and he's interested in seeing where it goes. But can the man who's happy with his life, convince the woman who always wants more, to give him a shot with only 15 Minutes on the clock?

Roll out the red carpet of success for you, the one you care for and any who join your circle of care. It doesn't matter when or where the story happened; when you're telling it, you will "go there." If your time is spent telling a great story, it's a great way to spend time, anytime. This book empowers professional or family caregivers of those with Alzheimer's and other dementias. Tryn Rose Seley shares her caregiving strategies that lead her and the ones she cares for back to solid ground every day. You'll find ideas that turn a stressful or regular day into an extraordinary one, sparking creativity and gratitude on this path of caregiving.

A single father and head of a successful Philadelphia psychiatric care unit sees his life begin to crumble when a teen patient is implicated in a murder and the doctor himself is wrongly accused of sexual harassment. By the best-selling author of Keep Quiet.

"Organized" and "artist" don't usually go together. Creative types are more often seen as sensitive, melodramatic, eccentric, misunderstood,

and the like. To labels like this, Sam Bennett says, "Congratulations! You're an artist." And through The Organized Artist Company, she has coached hundreds of artists to overcome procrastination, lack of focus, and time-sucking habits so that they can get their art done and out into the world. Bennett explains why "procrastination is genius in disguise" and then prescribes dozens of wonderfully revelatory exercises. From "My Heroes" lists to "Could Do" lists (because To-Do lists make Bennett belligerent) to recognizing who you should not talk to about your project and when research has created Analysis Paralysis, each of these actions requires only a 15-minute commitment. But while quickly accomplished, each shifts the reader's thinking and prompts the kind of insights that have the power to turn underperforming geniuses into accomplished artists"--

YouTube workout video star Zuzka Light presents her long-awaited debut fitness book, with a 30-day fitness regime of powerful, effective 15-minute workouts. Filming first from a tiny basement in Prague, and eventually settling in Los Angeles, Zuzka Light has single-handedly ushered in the YouTube fitness revolution. Viewers love Light for her short, ferociously effective workouts and her in-the-trenches, never-give-up positive attitude—and she's racked up more than half a billion views to prove it. Now, finally, comes 15 Minutes to Fit, Light's hotly anticipated debut, with a 30-day fitness plan guaranteed to burn fat and build ripped muscles. Based on innovative high-intensity interval training, the workouts in 15 Minutes to Fit are designed to be done anywhere, anytime (no fancy gym equipment necessary), in just 15 minutes a day. This book takes the guesswork out of the workout, providing: • A 30-day workout plan to whip your body into shape—in 15 minutes a day or less • A companion meal plan, with delicious and healthful recipes for each day • Step-by-step photographs throughout to illustrate proper form for the workouts • Quick facts on health and nutrition to help readers separate fact from fiction • Support and motivation from Light, who overcame many obstacles to become the female face of fitness As Light says, "Give me 15 minutes a day and I'll give you a badass body." Coauthored by New York Times–bestselling author Jeff O'Connell, 15 Minutes to Fit is the book legions of fans have been waiting for.

Men love shortcuts. If there's a way to accomplish a job quicker and more efficiently, they're all for it. That goes for work and working out. Now, new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism—his fat-burning furnace—as a workout lasting more than twice as long. All it takes is 15 minutes to achieve lifelong results—and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes. The Men's Health Big Book of 15-Minute Workouts contains fast-paced circuit training and interval workouts that boost calorie burn, build muscle, and fry belly fat in half the time of regular workouts. Readers can choose from at-home, body-weight-only workouts and total-body barbell programs to exercises that target major muscle groups—the chest, arms, legs, and back—and sport-specific workouts. Other highlights include: - a special section of 15-minute core workouts to build a rock-hard six-pack - an eating plan with delicious meals that take 15 minutes or less to prepare - workouts for the office or when you're traveling and can't make it to the gym - hundreds of tips from America's best trainers, nutritionists, and exercise scientists

What I Wish Every Job Candidate Knew 15 Minutes to a Better Interview CreateSpace

Self-Help/ Health/ Spirituality -Celina Stenger 's (Cecelia G. Davis) compelling story of the many near-deaths she survived proved positive that what did not kill her made her stronger. The many incredible close calls she survived would have killed a lesser person. Learn how she uncovered her strength and power and became even stronger through each near-death experience. Read about her two guardian angels that have protected her throughout her lifetime. Her story of survival and hope will enthrall and inspire you.

This book is about making changes to your life in small increments—specifically fifteen minute increments. Because small changes compounded over time yield great rewards.

FROM THE CREATOR OF THE UK'S NO.1 SELF-HELP PODCAST, WITH OVER 5 MILLION DOWNLOADS Would you like to feel happier and more fulfilled... ..but struggle to find time in your life to focus on yourself? What if, with only a few minutes each day, you could find the secret to happiness? For decades, Richard Nicholls has been helping people find happiness. Through his number one hit podcast, Motivate Yourself, and in practice as a registered psychotherapist, he specialises in offering effective solutions to real-life problems. Now, in his first book, Richard shares short, simple exercises, no longer than 15 minutes, to integrate into your day that are proven to help with happiness and wellbeing. He cuts through the myths and misconceptions created by self-help guides and looks at the science behind what works and what doesn't when it comes to making ourselves happy. Richard's innovative approach shows you exactly how the smallest of changes to our thoughts, lifestyle and interaction with others can dramatically improve your life forever. Find your happier self and be the best you can be with Richard Nicholls.

Do you ever find yourself wondering...what do women want? If that's ever crossed your mind, you may have just found your answer. Relationships are an investment. But how do you make the most of that investment? Within these pages are a few methods you may find useful. You can learn how to keep your lady happy, while gaining the mental and emotional satisfaction you both crave. In 15 Minutes More you will discover: How a woman perceives everything around her & why it's different than you think. What the important aspects of a relationship are to a woman. When you should stroke her ego, and when to get more physical. Why a relationship is more than physical. It will help you to understand how different perceptions, reactions, and communication styles can unlock the doors to a richer relationship.

You Now Have Time to Train a Dog! All it takes is 15 minutes! This expanded second edition shows dog owners proven, effective tips for training any dog in just minutes a day. You don't need special skills or expensive equipment and you don't need hour upon hour of free time. Short simple training sessions work best. Teaching any dog basic obedience skills can be done just about anywhere and will work on dogs of all ages and breeds. Repetition and consistency are the keys to making dogs behave. This expanded edition not only provides proven tips anyone can use, it also includes an expanded chapter on canine nutrition and information on traveling with your pet. Take the drudgery out of training, keep the training fun for both you and the dog and watch the amazing results in as little as 15 minutes each day.

It only takes five minutes to start changing your life. For good. Everyone wants to be healthy. But thanks to the unceasing distractions in modern life, virtually everyone also struggles to maintain this priority. And thanks to a flood of conflicting opinions and complicated programs, figuring out how to be healthy can be overwhelming. But what if all it took to make a real difference was five minutes of your day? If you've ever struggled to prioritize your health, or started an intensive plan only to stop days, weeks, or months later, it's not your fault—behavioral science shows that most plans simply aren't built to last.? Already a #1 bestseller in the UK, Feel Better in 5 outlines a daily five-minute plan that is easy to follow, easy to maintain, and requires minimum willpower. From Dr. Rangan Chatterjee, a pioneer in the emerging field of progressive medicine and star of BBC's Doctor in the House, Feel Better in 5 draws on his 20 years of experience, including real-life

case studies from his medical practice, to identify simple, effective strategies that will help you become healthier, happier, and less stressed. Inside, discover:

- A strength workout that you can do anywhere
- Gut-boosting snacks you can eat on the go
- Yoga moves to relax and stay supple
- Breathing exercises to calm the mind

To get healthy and stay that way, you need a program that doesn't force you to shape your life around its demands. *Feel Better in 5* gives you a program that shapes itself around your life. It is your daily five-minute prescription for a happier, healthier you.

You CAN Interview Better in 15 Minutes - Let a Hiring Manager Teach You How Stop Making Mistakes Candidates Make Over and Over Again - Do You Want the Job? Learn from my 20 years of interviewing and hiring people just like you, across multiple Fortune 500 companies. You're qualified for the job - it should be yours. Let me show you what goes through the head of the interviewer so you can use it to your advantage. An advantage others won't have. I've captured a highly condensed set of recommendations in this book that will put you in the very small set of interviewees that will stand above other candidates. Whether you are seeking an entry level or an experienced management position these recommendations will give you the edge. I see "bad" behaviors across all levels of interviews, without candidates even being aware of what they are doing that prevents them from being hired. You don't need to memorize 101 interview questions and answers. You need actual experiences from the other side of the table to guide you. Listen to Hiring Managers - Is the book you're reading now written by the person who decides to hire you, or by someone else involved in the process such as a recruiter or human resources role? If so their guidance may get you an interview, but won't give you insight into what goes through the manager's head. Scroll up and grab your copy today. Learn how to bring your BEST self to the job interview! Cover Design by Melody Simmons of eBookindiecovers

How do you cope when you wake up one day and learn that your son is a heroin addict? No one is immune to crisis, regardless of the details. Yet, even without challenges, everyday life can push us to the edge. I experienced both-and figured out the only way to deal with it was 15 minutes at a time. During my crisis, a system evolved, one that worked for everything, and still does, to this day. Join me-I'll teach you. We'll laugh (yes, laugh!), learn, and make life better-15 minutes at a time. Mary Fran Bontempo

NEW YORK TIMES BESTSELLER "I come from a family forged by tragedies and bound by a remarkable, unbreakable love," Hunter Biden writes in this deeply moving memoir of addiction, loss, and survival. When he was two years old, Hunter Biden was badly injured in a car accident that killed his mother and baby sister. In 2015, he suffered the devastating loss of his beloved big brother, Beau, who died of brain cancer at the age of forty-six. These hardships were compounded by the collapse of his marriage and a years-long battle with drug and alcohol addiction. In *Beautiful Things*, Hunter recounts his descent into substance abuse and his tortuous path to sobriety. The story ends with where Hunter is today—a sober married man with a new baby, finally able to appreciate the beautiful things in life.

"Highly informative and remarkably entertaining." —Elle From forest trails in Korea, to islands in Finland, to eucalyptus groves in California, Florence Williams investigates the science behind nature's positive effects on the brain. Delving into brand-new research, she uncovers the powers of the natural world to improve health, promote reflection and innovation, and strengthen our relationships. As our modern lives shift dramatically indoors, these ideas—and the answers they yield—are more urgent than ever. By spending only 15-minutes a week, a busy couple can gain deeper understanding of each other and learn practical new techniques to strengthen their relationship.

Every day, business people bore listeners with presentations that ramble on, make no clear points, and fail to address the audiences' key concerns. This book lays out a plan for ridding the world of lousy presentations. Learn how to:

- Create "rifle shot" presentations that hit the mark and satisfy listeners.
- Answer questions in a way that inspires confidence.
- Deliver messages in a style that makes you look and sound like a leader.
- Overcome fear of public speaking.

Fit exercise into your busy life with quick, gentle yoga programs. Do you struggle to find time for regular yoga practice? Stress no more: these four 15-minute programs for beginners offer the flexibility and ease of use that busy lifestyles demand. At home, with just a mat and a few household items, ease tension, increase vitality, and get the flexible body you've always wanted by regularly practicing these 15-minute routines. Clear, step-by-step photographs paired with easy-to-follow instructions explain exactly what to do in each asana, and at the end of each 15-minute program there's an at-a-glance summary of the routine. *15 Minute Gentle Yoga* will inspire you to make yoga part of your weekly routine, so you soon reap the benefits of enhanced health and wellness.

Expert writing advice from the editor of the Boston Globe best-seller, *The Writer's Home Companion* Dissertation writers need strong, practical advice, as well as someone to assure them that their struggles aren't unique. Joan Bolker, midwife to more than one hundred dissertations and co-founder of the Harvard Writing Center, offers invaluable suggestions for the graduate-student writer. Using positive reinforcement, she begins by reminding thesis writers that being able to devote themselves to a project that truly interests them can be a pleasurable adventure. She encourages them to pay close attention to their writing method in order to discover their individual work strategies that promote productivity; to stop feeling fearful that they may disappoint their advisors or family members; and to tailor their theses to their own writing style and personality needs. Using field-tested strategies she assists the student through the entire thesis-writing process, offering advice on choosing a topic and an advisor, on disciplining one's self to work at least fifteen minutes each day; setting short-term deadlines, on revising and defing the thesis, and on life and publication after the dissertation. Bolker makes writing the dissertation an enjoyable challenge.

The meaning of life is only minutes away... · Do you feel like your life is going nowhere? · Do you struggle to get out of bed each morning? · Do you want your life be meaningful but don't know where to start? *Find Your Purpose in 15 Minutes* delivers a handy tool to help you discover your ideal life purpose in a matter of minutes. This short book will give you:

- A definition for purpose that is easy to understand
- A simple template to write out your ideal purpose statement
- A 15-minute exercise that creates your best purpose step-by-step
- An ideal purpose that feels profoundly significant and unique to you

More than ever, people all over the world are feeling disillusioned and disempowered. In Western countries many of us are fortunate to have plenty of material comforts, but statistics show that we are unhappier than we have ever been. We are told that finding our purpose, our WHY, can help us feel less miserable and lost. However, it seems like it would be a long and arduous task to figure it out. This keeps us STUCK, as we know we can't go on living without a meaningful purpose BUT we are not sure how to find one. This easy-to-read

book will not only guide you to find your purpose but also show you how to LIVE it - incorporate your newfound purpose seamlessly into your life and effortlessly stay the course. Finding my purpose in 15 minutes has helped me to structure my life better, say 'no' to the unimportant and feel renewed energy when a perfect project comes my way. This book will also help YOU:

- understand your true self better
- rediscover buried desires and drivers
- know the direction to follow to get what you want
- lead and inspire others to live life on their own terms
- wake up each morning with a sense of excitement and zest for life
- feel like you are living the life you were meant to live, one with meaning and true joy

Follow the quick and robust method to find your purpose and then spring out of bed every morning with renewed enthusiasm for living, not just existing. You won't need to spend hours searching for information all over the Internet. You will have a clear direction and won't be confused by conflicting advice. In less than a couple of hours, Find Your Purpose in 15 Minutes will give you the exact blueprint to writing your own purpose in a way that feels like you have known it all along. As one of the early volunteers of this tool said: "This is very insightful and I wish I had done it a long time ago. It's comforting and liberating at the same time. It makes all the noise fall away and provides that clarity we are always looking to find." What's stopping you from being the happy, energized and successful person you always thought you would be? There is a light inside of you that has been dimmed for far too long. Let the world see you shine. To add some much-needed simplicity, freedom and joy back into your life, buy this book today.

The #1 New York Times bestseller. Over 3 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.

Packed with startling revelations, this inside look at the secret side of the Cold War exposes just how close America came to total annihilation During the Cold War, a flight crew had 15 minutes to get their nuke-laden plane in the air from the moment Soviet bombers were detected—15 minutes between the earliest warning of an incoming nuclear strike and the first flash of an enemy warhead. This is the chilling true story of the incredibly risky steps our military took to protect us from that scenario, including:

- Over two thousand loaded bombers that crossed American skies. They sometimes crashed and at least nine times resulted in nuclear weapons being accidentally dropped
- A system that would use timers and rockets to launch missiles even after everyone was dead
- Disastrous atmospheric nuclear testing including the horrific runaway bomb—that fooled scientists and put thousands of men in uniform in the center of a cloud of hot fallout
- A plan to use dry lake beds to rebuild and launch a fighting force in the aftermath of nuclear war

Based on formerly classified documents, military records, press accounts, interviews and over 10 years of research, 15 Minutes is one of the most important works on the atom bomb ever written.

By the end of primary school, pupils are expected to write using varied sentence structures. This practical guide provides a straightforward way of teaching pupils to use a range of sentence structures when writing, whatever their ability.

One of Andy Warhol's superstars recalls the birth of an art movement—and the death of an icon In this audacious tell-all memoir, Ultra Violet, born Isabelle Collin Dufresne, relives her years with Andy Warhol at the Factory and all of the madness that accompanied the sometimes-violent delivery of pop art. Starting with her botched seduction of the "shy, near-blind, bald, gay albino" from Pittsburgh, Ultra Violet installs herself in Warhol's world, becoming his muse for years to come. But she does more than just inspire; she also watches, listens, and remembers, revealing herself to be an ideal tour guide to the "assembly line for art, sex, drugs, and film" that is the Factory. Famous for 15 Minutes drips with juicy details about celebrities and cultural figures in vignettes filled with surreptitious cocaine spoons, shameless sex, and insights into perhaps the most recognizable but least intimately known artist in the world. Beyond the legendary artist himself are the throngs of Factory "regulars"—Billy Name, Baby Jane Holzer, Brigid Polk—and the more transient celebrities who make appearances—Bob Dylan, Jane Fonda, Jimi Hendrix, John Lennon. Delightfully bizarre and always entertaining, filled with colorful scenes and larger-than-life personalities, this dishy page-turner is shot through with the author's vivid imagery and piercing observations of a cultural idol and his eclectic, voyeuristic, altogether riveting world.

Based on the wildly successful Women's Health Big Book of Exercises, this portable handbook offers readers step-by-step instructions (and color photos) on how to perfectly execute the best fat-torching, muscle-toning exercises ever choreographed. This essential workout guide is for any woman--from beginner to expert--who wants to lose weight fast, build strength, and tone those terrible trouble spots, namely the belly, butt, and thighs. Complete with fast, effective workouts for home use or to take to the gym, this easy-to-tote package gives readers access to their favorite routines wherever they go. The guidebook details "main moves" for targeting each major muscle group and then shows readers variations that make the moves more challenging and effective. Other highlights:

- The best new exercise to firm flabby arms
- The ultimate circuit for a swimsuit ready body
- The fastest cardio workout of all time
- Plus, 10 new workouts and an exercise log to track progress from start to finish

This shape-up manual bulges with hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers. Best of all, it'll help readers shape a body that will ensure a longer, healthier, happier lifetime.

A step-by-step instruction manual helps dog owners train their dogs in fifteen minutes per day, including key commands such as "sit," "come," "down," and "quiet," and includes a chapter devoted to canine nutrition and recommended Web sites and periodicals for dog owners. Original.

What if you could upgrade your brain in 15 minutes a day? Let Elizabeth Ricker, an MIT and Harvard-trained brain researcher

turned Silicon Valley technologist, show you how. Join Ricker on a wild and edifying romp through the cutting-edge world of neuroscience and biohacking. You'll encounter Olympic athletes, a game show contestant, a memory marvel, a famous CEO, and scientists galore. From Ricker's decade-long quest, you will learn: ? The brain-based reason so many self-improvement projects fail . . . But how a little-known secret of Nobel Prize winning scientists could finally unlock success ? Which four abilities—both cognitive and emotional—can predict success in work and relationships . . . and a new system for improving all four ? Which seven research-tested tools can supercharge mental performance. They range from low-tech (a surprising new mindset) to downright futuristic (an electrical device for at-home brain stimulation) Best of all, you will learn to upgrade your brain with Ricker's 20 customizable self-experiments and a sample, 12-week schedule. Ricker distills insights from dozens of interviews and hundreds of research studies from around the world. She tests almost everything on herself, whether it's nicotine, video games, meditation, or a little-known beverage from the Pacific islands. Some experiments fail hilariously—but others transform her cognition. She is able to sharpen her memory, increase her attention span, boost her mood, and clear her brain fog. By following Ricker's system, you'll uncover your own boosts to mental performance, too. Join a growing, global movement of neurohackers revolutionizing their careers and relationships. Let this book change 15 minutes of your day, and it may just change the rest of your life!

Discover the 15-Minute Miracle! Puppies bring great joy to our lives, but they also present us with special challenges. Everyone wants a well-behaved dog that is a joy to be around, but who has time for training a puppy? You do - and if you do it right, it will only take 15 minutes of your time each day. Kevin Michalowski's formula for a great puppy is a proven winner for time strapped pet owners. He teaches us that dog training is all about short, effective sessions. His plan is so simple and easy that anyone can follow it. This book is a must-have for anyone who is thinking about getting a puppy. It is packed with great, practical information to help you get ready for your new dog to help you with all the basic training lessons. You'll discover how to: • Prepare yourself - mentally and physically - for getting a dog • Pick the right puppy for your lifestyle - includes a quick-reference breed guide • Housebreak your dog that easy way, thanks to the crate and the schedule • Teach the four basic commands: Sit, Come, Heel and Down • Cure problems such as chewing, jumping and aggression • Monitor your dog's health and give it a happy life Your puppy will become your best friend - and with just 15 minutes of training per day, he can also become the well-behaved dog of your dreams.

Foreword by Jennifer Lawrence. Expert celebrity trainer Dalton Wong and health writer Kate Faithfull-Williams show that by taking 15 minutes – that's just 1% of your day – you can change your body and mind for life. The Feelgood Plan is packed with positive ideas to help you tune in to what really makes your body feel great, from highly effective do-anywhere 15 minute workouts that make you look and feel younger, to healthier versions of all your favourite foods. Whenever you feel tired or stressed out, Dalton and Kate's down-to-earth tips will get you back on track. As well as a 12-week plan that puts all your healthy intentions into action, The Feelgood Plan is packed with practical advice and interactive quizzes to help you conquer cravings, emotional eating, and find a way to fit exercise into even the most jam-packed diary.

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