

5 3 1 The Simplest And Most Effective Training System For Raw Strength Jim Wendler

The success of the 5/3/1 Method has been nothing short of extraordinary. For the past year, the response towards this simple but brutally effective training system has been overwhelming. This is because it works. And works for just about anyone willing to put in the discipline and work that getting stronger requires. Elite level lifters to absolute beginners have all used the 5/3/1 Method; the basic tenets of strength training have and will never change. Big exercises, constant progress, and personal records will never go out of style. High school and college coaches are now using the 5/3/1 with their athletes with amazing success; it is easy to track, implement and will inspire any team to push for themselves to the limit. Powerlifters use this program, for both raw meets and geared meets.

Did you know that by age 65...10% of Americans will be DEAD 23% will be BROKE, and 37% will be DEAD BROKE? Meanwhile, others are taking charge of their lives. They are unseen, unheard, and unafraid. They are "The Neighborhood Millionaires." This is the book that will keep you from becoming another statistic and give you a path to financial security.

The most user-friendly system for anyone interested in building quality strength and muscle. An in depth look at the principles used by Johnny Pain of the famed Greyskull Barbell Club to construct hordes of strong, capable beasts around the globe.

This program has helped thousands of men build their best bodies ever. Will YOU be next? What if you could build that hot "Hollywood body" without having your life revolve around it? What if you didn't have to starve yourself, put in long hours at the gym, or do grueling cardio sessions that turn your stomach? What if you could eat all of the foods you actually like and do muscle-building workouts that you actually enjoy? Imagine waking up every morning, looking in the mirror, and feeling downright excited by your reflection. Imagine being able to proudly wear the clothes you really want to wear and take them off with confidence. Well, you can have all of these things, and it's not nearly as difficult or complicated as you probably think. The Year One Challenge for Men is a workout journal companion to the bestselling men's fitness book Bigger Leaner Stronger, and it contains a full year's worth of workouts neatly organized so you can record, track, and review your progress toward the body you've always wanted. With this program, you can add 15 to 25 pounds of lean muscle to your frame while also shedding handfuls of unwanted body fat and doubling or even tripling your whole-body strength. And that's just year one! So, if you're ready to build lean muscle and lose stubborn fat faster than you ever thought possible, scroll up, buy this journal today and start your journey to a bigger, leaner, and stronger you!

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• More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated into 35 languages • Voted Top 100 Business Book of All Time on Goodreads People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH — LESS AND MORE. In The ONE Thing, you'll learn to * cut through the clutter * achieve better results in less time * build momentum toward your goal* dial down the stress * overcome that overwhelmed feeling * revive your energy * stay on track * master what matters to you The ONE Thing delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

Intelligent readers who want to build their own embedded computer systems-- installed in everything from cell phones to cars to handheld organizers to refrigerators-- will find this book to be the most in-depth, practical, and up-to-date guide on the market. Designing Embedded Hardware carefully steers between the practical and philosophical aspects, so developers can both create their own devices and gadgets and customize and extend off-the-shelf systems. There are hundreds of books to choose from if you need to learn programming, but only a few are available if you want to learn to create hardware. Designing Embedded Hardware provides software and hardware engineers with no prior experience in embedded systems with the necessary conceptual and design building blocks to understand the architectures of embedded systems. Written to provide the depth of coverage and real-world examples developers need, Designing Embedded Hardware also provides a road-map to the pitfalls and traps to avoid in designing embedded systems. Designing Embedded Hardware covers such essential topics as: The principles of developing computer hardware Core hardware designs Assembly language concepts Parallel I/O Analog-digital conversion Timers (internal and external) UART Serial Peripheral Interface Inter-Integrated Circuit Bus Controller Area Network (CAN) Data Converter Interface (DCI) Low-power operation This invaluable and eminently useful book gives you the practical tools and skills to develop,

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build, and program your own application-specific computers.

Results from national and international assessments indicate that school children in the United States are not learning mathematics well enough. Many students cannot correctly apply computational algorithms to solve problems. Their understanding and use of decimals and fractions are especially weak. Indeed, helping all children succeed in mathematics is an imperative national goal. However, for our youth to succeed, we need to change how we're teaching this discipline. *Helping Children Learn Mathematics* provides comprehensive and reliable information that will guide efforts to improve school mathematics from pre--kindergarten through eighth grade. The authors explain the five strands of mathematical proficiency and discuss the major changes that need to be made in mathematics instruction, instructional materials, assessments, teacher education, and the broader educational system and answers some of the frequently asked questions when it comes to mathematics instruction. The book concludes by providing recommended actions for parents and caregivers, teachers, administrators, and policy makers, stressing the importance that everyone work together to ensure a mathematically literate society.

Starting Strength: Basic Barbell Training is the new expanded version of the book that has been called "the best and most useful of fitness books." It picks up where *Starting Strength: A Simple and Practical Guide for Coaching Beginners* leaves off. With all new graphics and more than 750 illustrations, a more detailed analysis of the five most important exercises in the weight room, and a new chapter dealing with the most important assistance exercises, *Basic Barbell Training* offers the most complete examination in print of the most effective way to exercise.

Ten laws of simplicity for business, technology, and design teach readers how to need less but get more.

There are many reasons to be curious about the way people learn, and the past several decades have seen an explosion of research that has important implications for individual learning, schooling, workforce training, and policy. In 2000, *How People Learn: Brain, Mind, Experience, and School: Expanded Edition* was published and its influence has been wide and deep. The report summarized insights on the nature of learning in school-aged children; described principles for the design of effective learning environments; and provided examples of how that could be implemented in the classroom. Since then, researchers have continued to investigate the nature of learning and have generated new findings related to the neurological processes involved in learning, individual and cultural variability related to learning, and educational technologies. In addition to expanding scientific understanding of the mechanisms of learning and how the brain adapts throughout the lifespan, there have been important discoveries about influences on learning, particularly sociocultural factors and the structure of learning environments. *How People Learn II: Learners, Contexts, and Cultures* provides a much-needed update incorporating insights gained from this research over the past decade. The book expands on the foundation laid out in the 2000 report and takes an in-depth look at the constellation of influences that affect individual learning. *How People Learn II* will become an indispensable resource to understand learning throughout the lifespan for educators of students and adults.

Get complete instructions for manipulating, processing, cleaning, and crunching datasets in Python. Updated for Python 3.6, the second

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edition of this hands-on guide is packed with practical case studies that show you how to solve a broad set of data analysis problems effectively. You'll learn the latest versions of pandas, NumPy, IPython, and Jupyter in the process. Written by Wes McKinney, the creator of the Python pandas project, this book is a practical, modern introduction to data science tools in Python. It's ideal for analysts new to Python and for Python programmers new to data science and scientific computing. Data files and related material are available on GitHub. Use the IPython shell and Jupyter notebook for exploratory computing Learn basic and advanced features in NumPy (Numerical Python) Get started with data analysis tools in the pandas library Use flexible tools to load, clean, transform, merge, and reshape data Create informative visualizations with matplotlib Apply the pandas groupby facility to slice, dice, and summarize datasets Analyze and manipulate regular and irregular time series data Learn how to solve real-world data analysis problems with thorough, detailed examples

"I couldn't recommend this more highly. Scott explains the basic of investing in simple English. It's solid advice; the kind you rarely get from the talking heads on TV, radio, and the rest of the media. Scott backs it all up with good solid research; this is not his opinion, it's facts, but presented in a way that your Grandmother could understand." - Dr. Barry H. Kaplan, EA, CFP, Chief Investment Officer, Cambridge Wealth Counsel Are you worried and stressed out about not having enough money to retire? Do you have fear of losing your money? Are you unsure of how to build wealth for the long term? Or maybe you've been thinking of investing for quite some time now, and you just don't know how to get started. The whole thing seems too complex and overwhelming. This conversational and action oriented book is for people who want to get started investing (or are thinking about it), but have never understood why or how - no matter your age or how much money you have to invest. Investing has always been made out to be difficult for you, and you think you couldn't do it yourself, much less retire rich. Every time you think about it, you get overwhelmed and afraid of making a costly mistake. You know the drill. You get ready to do something - maybe on your own or in your employer's retirement plan. Then ... You find yourself lost in all the jargon and get-rich-quick schemes. You have no idea what to do. After some time, you give up and just let whatever money you have sit in a savings account earning no interest. Or worse - you ask somebody else to do it for you and trust it will turn out ok (hint - it won't). There are TONS of myths, misconceptions, and flat-out lies out there about how difficult it is to build wealth. 99 Minute Millionaire busts those myths and challenges everything you've been told about investing. This book contains proven solutions that every new and experienced investor needs to know - no matter what financial challenges you face. 99 Minute Millionaire Gives You The Path To Building Wealth Why many investors fail, and how you can ensure you don't How you can make the most money with very little work Important decisions every investor should be aware of 14 common and costly mistakes investors make How to manage your money like a pro The truth about financial advisors and investing professionals And much more! Follow the advice given in this book and by the end, after putting what I have to say into action, you will be a better investor than most professionals. Best of all, the rest of your life doesn't have to be put on hold to do it either! This book shows you how you can continue to spend most of your time doing what you love instead of struggling to manage your money. Before your buy the book, I have one question for you: What's stopping you from taking 99 minutes to improve the quality of your finances and put you on the path to financial freedom? Scroll to the top and click the "buy now" button and you will become a great investor-- and have your money make you more money.

This book is a short introduction to classical field theory, most suitable for undergraduate students who have had at least intermediate-level courses in electromagnetism and classical mechanics. The main theme of the book is showcasing role of fields in mediating action-at-a-distance interactions. Suitable technical machinery is developed to explore at least some aspect of each of the four known fundamental forces in nature. Beginning with the physically-motivated introduction to field theory, the text covers the relativistic formulation of

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electromagnetism in great detail so that aspects of gravity and the nuclear interaction not usually encountered at the undergraduate level can be covered by using analogies with familiar electromagnetism. Special topics such as the behavior of gravity in extra, compactified dimensions, magnetic monopoles and electromagnetic duality, and the Higgs mechanism are also briefly considered.

"This book is the first volume of a two-volume textbook for undergraduates and is indeed the crystallization of a course offered by the author at the California Institute of Technology to undergraduates without any previous knowledge of number theory. For this reason, the book starts with the most elementary properties of the natural integers. Nevertheless, the text succeeds in presenting an enormous amount of material in little more than 300 pages."—MATHEMATICAL REVIEWS

This is said to be the 'Age of the Customer' where business battles will be won through differentiated customer experience. There is a huge need for customer experience professionals, as well as aspiring customer centric companies, to learn and apply the winning principles of delivering great customer experience. This Customer Experience Design Book is written to help individuals and organizations get fundamental understanding of the customer experience domain through interactive exercises and illustrations. The book also provides guidance to those who want to become an Internationally Certified Customer Experience Professional (CCXP), the accreditation provided by CXPA after a thorough assessment. Ultimately, this book is a unique resource that is designed to help individuals and organizations across the globe raise the bar of customer experience.

The Simplest Baby Book in the World is the illustrated grab-and-do guide for a new generation of first-time parents who want their information quick, concise, and practical. It makes raising a baby simpler by curating and distilling all the first-year baby basics down to their essentials. You will quickly and easily find simple solutions and have proven techniques at your fingertips when you need them the most whether it's 2 a.m. or 2 p.m.

C++ is a powerful, highly flexible, and adaptable programming language that allows software engineers to organize and process information quickly and effectively. But this high-level language is relatively difficult to master, even if you already know the C programming language. The new second edition of "Practical C++ Programming is a complete introduction to the C++ language for programmers who are learning C++. Reflecting the latest changes to the C++ standard, this new edition takes a useful down-to-earth approach, placing a strong emphasis on how to design clean, elegant code. In short, to-the-point chapters, all aspects of programming are covered including style, software engineering, programming design, object-oriented design, and debugging. It also covers common mistakes and how to find (and avoid) them. End of chapter exercises help you ensure you've mastered the material. Steve Oualline's clear, easy-going writing style and hands-on approach to learning make "Practical C++ Programming a nearly painless way to master this complex but powerful programming language.

Hard math for elementary school is a math enrichment textbook, providing ideas to provide children with lessons that are harder, deeper, and more fun. It has chapters to supplement most textbook topics as well as chapters on topics, such as making polyhedra out of marshmallows and toothpicks, that make the book more fun and develop higher reasoning skills.

This accessible textbook is the only introduction to linguistics in which each chapter is written by an expert who teaches courses on that topic, ensuring balanced and uniformly excellent coverage of the full range of modern linguistics. Assuming no prior

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knowledge the text offers a clear introduction to the traditional topics of structural linguistics (theories of sound, form, meaning, and language change), and in addition provides full coverage of contextual linguistics, including separate chapters on discourse, dialect variation, language and culture, and the politics of language. There are also up-to-date separate chapters on language and the brain, computational linguistics, writing, child language acquisition, and second-language learning. The breadth of the textbook makes it ideal for introductory courses on language and linguistics offered by departments of English, sociology, anthropology, and communications, as well as by linguistics departments.

"When I was losing weight, Liz was more than my coach; she was my rock, and I couldn't have done it without her. She just got it, because she'd been through it herself (and helped about a million other people through it, too). Target 100 is Liz in book form—smart, supportive, and full of practical, simple solutions. Liz changed my life and my whole concept of dieting—and now can change, yours too." —Jessica Simpson

When did weight loss get so complicated? Today, it feels like there are a million different apps, tools, workouts, and eating plans designed to help you lose weight. Some promise success via drastic, unlivable restrictions, others are so complex they turn losing weight into a second job. In Target 100, celebrity weight-loss coach Liz Josefsberg shows you don't have to be a slave to your weight-loss program. You don't have to count every gram of every nutrient and every calorie you eat at every meal. Believe it or not, weight loss can be simple. It can even be . . . fun. A 15-year veteran of the weight-loss industry and who lost—and kept off—65 pounds herself, Liz has accrued a high-profile clientele. She helped Oscar-winner Jennifer Hudson lose weight and transform her life and coached Jessica Simpson to shed over 50 pounds of baby weight (twice!). But along with the likes of Charles Barkley and Katie Couric, Josefsberg has also coached thousands of others, everyone from stay-at-home moms to office jockeys. Along the way, she's learned what works—and what doesn't—when it comes to lasting weight loss, and she's ready to share her secrets with the rest of us. Target 100 streamlines the weight-loss process into six easy-to-follow guidelines and shows you how to adjust them to fit your lifestyle, personalizing the program so that it works for you. Josefsberg offers tips, worksheets, and powerful insights to help you fine-tune a range of weight-related behaviors, from battling stress to getting more sleep, setting the stage for permanent, long-term weight loss. Instead of counting calories, you'll learn how simple changes come together to jumpstart your health and wellbeing, such as:

- Drinking 100 ounces of water a day
- Exercising for 100 minutes a week
- Adding 100 minutes of Sleep a week
- De-Stressing for 100 minutes a week
- And more!

Warm and no-nonsense, encouraging and informative, Target 100 is a holistic and revolutionary wellness book with a simple message: You don't need to be perfect to lose weight, or transform yourself into someone you're not. You can lose weight for good, with the world's simplest weight loss program.

Training Circular (TC) 3-21.76 uses joint terms where applicable. Selected joint and Army terms and definitions appear in both the glossary and the text. Terms for which TC 3-21.76 is the proponent publication (the authority) are italicized in the text and are marked with an asterisk (*) in the glossary. Terms and definitions for which TC 3-21.76 is the proponent publication are boldfaced in the text. For other definitions shown in the text, the term is italicized and the number of the proponent publication follows the

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definition. The principal audience for TC 3-21.76 are U.S. Army Rangers and combat arms units. Commanders and staffs of Army headquarters serving as joint task force or multinational headquarters should also refer to applicable joint or multinational doctrine concerning the range of military operations and joint or multinational forces. Trainers and educators throughout the Army will also use this publication.

Celebrate the thirtieth anniversary of the Newbery Honor-winning survival novel *Hatchet* with a pocket-sized edition perfect for travelers to take along on their own adventures. This special anniversary edition includes a new introduction and commentary by author Gary Paulsen, pen-and-ink illustrations by Drew Willis, and a water resistant cover. *Hatchet* has also been nominated as one of America's best-loved novels by PBS's *The Great American Read*. Thirteen-year-old Brian Robeson, haunted by his secret knowledge of his mother's infidelity, is traveling by single-engine plane to visit his father for the first time since the divorce. When the plane crashes, killing the pilot, the sole survivor is Brian. He is alone in the Canadian wilderness with nothing but his clothing, a tattered windbreaker, and the hatchet his mother had given him as a present. At first consumed by despair and self-pity, Brian slowly learns survival skills—how to make a shelter for himself, how to hunt and fish and forage for food, how to make a fire—and even finds the courage to start over from scratch when a tornado ravages his campsite. When Brian is finally rescued after fifty-four days in the wild, he emerges from his ordeal with new patience and maturity, and a greater understanding of himself and his parents.

Bestselling author Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, *The Absolutely True Diary of a Part-Time Indian*, which is based on the author's own experiences, coupled with poignant drawings by Ellen Forney that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he was destined to live. With a forward by Markus Zusak, interviews with Sherman Alexie and Ellen Forney, and four-color interior art throughout, this edition is perfect for fans and collectors alike.

"The CAFE is an acronym for Comprehension, Accuracy, Fluency, and Expanding Vocabulary. The book provides a framework and system for teaching reading through these core components, and guides readers through the process of responsive teaching"--

This is the last of three major volumes which present a comprehensive treatment of the theory of the main classes of special functions from the point of view of the theory of group representations. This volume deals with q -analogs of special functions, quantum groups and algebras (including Hopf algebras), and (representations of) semi-simple Lie groups. Also treated are special functions of a matrix argument, representations in the Gel'fand-Tsetlin basis, and, finally, modular forms, theta-functions and affine Lie algebras. The volume builds upon results of the previous two volumes, and

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presents many new results. Subscribers to the complete set of three volumes will be entitled to a discount of 15%.

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The second edition of a bestselling textbook, *Using R for Introductory Statistics* guides students through the basics of R, helping them overcome the sometimes steep learning curve. The author does this by breaking the material down into small, task-oriented steps. The second edition maintains the features that made the first edition so popular, while updating data, examples, and changes to R in line with the current version. See *What's New in the Second Edition*: Increased emphasis on more idiomatic R provides a grounding in the functionality of base R. Discussions of the use of RStudio helps new R users avoid as many pitfalls as possible. Use of knitr package makes code easier to read and therefore easier to reason about. Additional information on computer-intensive approaches motivates the traditional approach. Updated examples and data make the information current and topical. The book has an accompanying package, *UsingR*, available from CRAN, R's repository of user-contributed packages. The package contains the data sets mentioned in the text (`data(package="UsingR")`), answers to selected problems (`answers()`), a few demonstrations (`demo()`), the errata (`errata()`), and sample code from the text. The topics of this text line up closely with traditional teaching progression; however, the book also highlights computer-intensive approaches to motivate the more traditional approach. The authors emphasize realistic data and examples and rely on visualization techniques to gather insight. They introduce statistics and R seamlessly, giving students the tools they need to use R and the information they need to navigate the sometimes complex world of statistical computing.

A bestselling modern classic—both poignant and funny—about a boy with autism who sets out to solve the murder of a neighbor's dog and discovers unexpected truths about himself and the world. Nominated as one of America's best-loved novels by PBS's *The Great American Read* Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow. This improbable story of Christopher's quest to investigate the suspicious death of a neighborhood dog makes for one of the most captivating, unusual, and widely heralded novels in recent years.

This book is intended for anyone who wants to know about the 5 Whys and how to use them. The Five Whys tool is considered as the number one tool in ease of use in recognizing the truth of the problems and revealing its causing secrets, as it is considered a complement to many quality tools and systems. Although, there are few who can explain it well, and some even talk about it as if nothing. If you are a student, worker, manager, nurse, teacher, unemployed or anything else and you encounter problems and want to solve them from their roots in an easy and effective way, then this

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book will help you put your feet on the route of knowledge. As a help, I added templates to help you sort ideas and find causes. When I wrote this work, I tried to keep away from prolonged unhelpful explanation or the use of theorizing. I relied on my accumulated experience over more than 20 years in the field of quality to summarize this topic in an easy, smooth and possibly new way. In this book, you will learn about: - Definition of the problem.- How to represent the problem as a tree.- Learn about the Five Whys.- Types of the Five Whys: simple, tree, in an organization.- When to use each type or method.- Detailed usage steps.- When to stop asking questions.- How to know that you have reached the root of the problem.- Attributes that the problem-solving persons should have.- How to benefit you as a leader.- How to benefit you in your job.- Rocket and the fly theory in dealing with problems.- Examples, exercises, models, etc

During the 2016 presidential election, America's election infrastructure was targeted by actors sponsored by the Russian government. *Securing the Vote: Protecting American Democracy* examines the challenges arising out of the 2016 federal election, assesses current technology and standards for voting, and recommends steps that the federal government, state and local governments, election administrators, and vendors of voting technology should take to improve the security of election infrastructure. In doing so, the report provides a vision of voting that is more secure, accessible, reliable, and verifiable.

"Using the mathematician's method of analyzing life and exposing the hard-won insights of the academic community to the layman, minus the jargon ... Ellenberg pulls from history as well as from the latest theoretical developments to provide those not trained in math with the knowledge they need"--

Ancient tradition suggests that this world-weary lament is the work of Solomon in old age. Casting its eye over the transient nature of life, the book questions the striving for wisdom and the truth, choosing instead to espouse the value of living for the moment. The text is introduced by Doris Lessing.

Describes the LISP programming language, and covers basic procedures, data, and modularity.

"Prealgebra is designed to meet scope and sequence requirements for a one-semester prealgebra course. The text introduces the fundamental concepts of algebra while addressing the needs of students with diverse backgrounds and learning styles. Each topic builds upon previously developed material to demonstrate the cohesiveness and structure of mathematics. Prealgebra follows a nontraditional approach in its presentation of content. The beginning, in particular, is presented as a sequence of small steps so that students gain confidence in their ability to succeed in the course. The order of topics was carefully planned to emphasize the logical progression throughout the course and to facilitate a thorough understanding of each concept. As new ideas are presented, they are explicitly related to previous topics."--BC Campus website.

"In the dark, bewildering, trap-infested jungle of misinformation and opaque riddles that is the world of investment, JL Collins is the fatherly wizard on the side of the path, offering a simple map, warm words of encouragement and the tools to forge your way through with confidence.

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You'll never find a wiser advisor with a bigger heart." -- Malachi Rempen: Filmmaker, cartoonist, author and self-described ruffian This book grew out of a series of letters to my daughter concerning various things-mostly about money and investing-she was not yet quite ready to hear. Since money is the single most powerful tool we have for navigating this complex world we've created, understanding it is critical. "But Dad," she once said, "I know money is important. I just don't want to spend my life thinking about it." This was eye-opening. I love this stuff. But most people have better things to do with their precious time. Bridges to build, diseases to cure, treaties to negotiate, mountains to climb, technologies to create, children to teach, businesses to run. Unfortunately, benign neglect of things financial leaves you open to the charlatans of the financial world. The people who make investing endlessly complex, because if it can be made complex it becomes more profitable for them, more expensive for us, and we are forced into their waiting arms. Here's an important truth: Complex investments exist only to profit those who create and sell them. Not only are they more costly to the investor, they are less effective. The simple approach I created for her and present now to you, is not only easy to understand and implement, it is more powerful than any other. Together we'll explore: Debt: Why you must avoid it and what to do if you have it. The importance of having F-you Money. How to think about money, and the unique way understanding this is key to building your wealth. Where traditional investing advice goes wrong and what actually works. What the stock market really is and how it really works. Why the stock market always goes up and why most people still lose money investing in it. How to invest in a raging bull, or bear, market. Specific investments to implement these strategies. The Wealth Building and Wealth Preservation phases of your investing life and why they are not always tied to your age. How your asset allocation is tied to those phases and how to choose it. How to simplify the sometimes confusing world of 401(k), 403(b), TSP, IRA and Roth accounts. TRFs (Target Retirement Funds), HSAs (Health Savings Accounts) and RMDs (Required Minimum Distributions). What investment firm to use and why the one I recommend is so far superior to the competition. Why you should be very cautious when engaging an investment advisor and whether you need to at all. Why and how you can be conned, and how to avoid becoming prey. Why I don't recommend dollar cost averaging. What financial independence looks like and how to have your money support you. What the 4% rule is and how to use it to safely spend your wealth. The truth behind Social Security. A Case Study on how this all can be implemented in real life. Enjoy the read, and the journey! Offers five classic Dr. Seuss tales, including the popular story featuring a rainy day visit by the Cat in the Hat.

This book covers elementary discrete mathematics for computer science and engineering. It emphasizes mathematical definitions and proofs as well as applicable methods. Topics include formal logic notation, proof methods; induction, well-ordering; sets, relations; elementary graph theory; integer congruences; asymptotic notation and growth of functions; permutations and combinations, counting principles; discrete probability. Further selected topics may also be covered, such as recursive definition and structural induction; state machines and invariants; recurrences; generating functions.

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