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Peopled by larger-than-life heroes and villains, charged with towering questions of good and evil, *Atlas Shrugged* is Ayn Rand's magnum opus: a philosophical revolution told in the form of an action thriller—nominated as one of America's best-loved novels by PBS's *The Great American Read*. Who is John Galt? When he says that he will stop the motor of the world, is he a destroyer or a liberator? Why does he have to fight his battles not against his enemies but against those who need him most? Why does he fight his hardest battle against the woman he loves? You will know the answer to these questions when you discover the reason behind the baffling events that play havoc with the lives of the amazing men and women in this book. You will discover why a productive genius becomes a worthless playboy...why a great steel industrialist is working for his own destruction...why a composer gives up his career on the night of his triumph...why a beautiful woman who runs a transcontinental railroad falls in love with the man she has sworn to kill. *Atlas Shrugged*, a modern classic and Rand's most extensive statement of Objectivism—her groundbreaking philosophy—offers the reader the spectacle of human greatness, depicted with all the poetry and power of one of the twentieth century's leading artists.

In this important work, Dr. Felipe Fierro offers a comprehensive view on the subject of *Introduction to the Study of Law*, in which he revives the use of Gnoseology, Philosophy, History and Logic as Auxiliary Sciences; and exposes how the abandonment of such has contributed to the exponential growth of Skepticism and Relativism, currently prevailing in the legal world. The above, through extensive

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experience in teaching Law from the Aristotelian-Thomistic platform, based on the elementary assumption that we must first prove the existence of the object of study, and contrast main legal branches in topics such as: what is Law?, why is Science?, what are Law, Justice, Facultative rights and the Common Good?; supported by extensive and select bibliography. In addition, the being, nature, concept, essence and properties of the sources, fundamentals and classification are described. But important elements such as knowledge, order, principles, Jurisprudence, and Natural law, fundamental legal concepts, the legislative process, the Constitution, interpretation and others are not absent. Morality and Legal Law are obligatory markers, which although considered in their own field, are not excluded, but different as to object and method. Predominantly, Justice is exposed as one of the great values of the Law, and main theories in order to offer future lawyers the basis regarding the current Science of Law and its significance.

WITH A FEATURETTE, SCENES FROM THE FILM, MOVIE STILLS, AND MORE! IN THEATERS FEBRUARY 5, 2016!
Starring Benjamin Walker, Teresa Palmer, Maggie Grace, Alexandra Daddario and Tom Welling #1 New York Times bestseller Nicholas Sparks turns his unrivaled talents to a new tale about love found and lost, and the choices we hope we'll never have to make. Travis Parker has everything a man could want: a good job, loyal friends, even a waterfront home in small-town North Carolina. In full pursuit of the good life - boating, swimming , and regular barbecues with his good-natured buddies -- he holds the vague conviction that a serious relationship with a woman would only cramp his style. That is, until Gabby Holland moves in next door. Spanning the eventful years of young love, marriage and family, THE CHOICE ultimately confronts us with the most heartwrenching question of all: how far would you go to keep the hope of love

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alive?

Discover an extraordinary tale of innocence, friendship and the horrors of war. 'Some things are just sitting there, minding their own business, waiting to be discovered. Like America. And other things are probably better off left alone' Nine-year-old Bruno has a lot of things on his mind. Who is the 'Fury'? Why did he make them leave their nice home in Berlin to go to 'Out-With' ? And who are all the sad people in striped pyjamas on the other side of the fence? The grown-ups won't explain so Bruno decides there is only one thing for it - he will have to explore this place alone. What he discovers is a new friend. A boy with the very same birthday. A boy in striped pyjamas. But why can't they ever play together? 'A small wonder of a book' Guardian BACKSTORY: Read an interview with the author JOHN BOYNE and learn all about the Second World War in Germany.

The Art of War is an enduring classic that holds a special place in the culture and history of East Asia. An ancient Chinese text on the philosophy and politics of warfare and military strategy, the treatise was written in 6th century B.C. by a warrior-philosopher now famous all over the world as Sun Tzu. Sun Tzu's teachings remain as relevant to leaders and strategists today as they were to rulers and military generals in ancient times. Divided into thirteen chapters and written succinctly, The Art of War is a must-read for anybody who works in a competitive environment.

After you have read The Spirits' Book, you will no longer have any reason to fear death. The Spirits' Book will provide you with the answers to nearly all the questions you may have with regards to the origin, nature and destiny of each and every soul on earth – and those of other worlds as well. It also addresses the issues of God, creation, moral laws and the nature of spirits and their relationships with humans. The book contains answers that were dictated to mediums by

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highly evolved spirits who love God. The Spirits' Book is the initial landmark publication of a Doctrine that has made a profound impact on the thought and view of life of a considerable portion of humankind since the first French edition was published in 1857.

#1 NEW YORK TIMES BESTSELLER • The game-changing author of *Tribe of Mentors* teaches you how to reach your peak physical potential with minimum effort. “A practical crash course in how to reinvent yourself.”—Kevin Kelly, *Wired*

Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The *4-Hour Body* is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each):

- How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails
- How to prevent fat gain while bingeing over the weekend or the holidays
- How to sleep 2 hours per day and feel fully rested
- How to produce 15-minute female orgasms
- How to triple testosterone and double sperm count
- How to go from running 5 kilometers to 50 kilometers in 12 weeks
- How to reverse “permanent” injuries
- How to pay for a beach

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vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what *The 4-Hour Body* delivers.

The best-selling authors of *It Starts With Food* outline a scientifically based, step-by-step guide to weight loss that explains how to change one's relationship with food for better habits, improved digestion and a stronger immune system. 150,000 first printing.

Data science libraries, frameworks, modules, and toolkits are great for doing data science, but they're also a good way to dive into the discipline without actually understanding data science. In this book, you'll learn how many of the most fundamental data science tools and algorithms work by implementing them from scratch. If you have an aptitude for mathematics and some programming skills, author Joel Grus will help you get comfortable with the math and statistics at the core of data science, and with hacking skills you need to get started as a data scientist. Today's messy glut of data holds answers to questions no one's even thought to ask. This book provides you with the know-how to dig those answers out. Get a crash course in Python Learn the basics of linear algebra, statistics, and probability—and understand how and when they're used in data science Collect, explore, clean, munge, and manipulate data Dive into the fundamentals of machine learning Implement models such as k-nearest Neighbors, Naive Bayes, linear and logistic regression, decision

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trees, neural networks, and clustering Explore recommender systems, natural language processing, network analysis, MapReduce, and databases Who was the enigma the world knows as Christopher Columbus . . . and why has his true identity been covered up for centuries? When an aged scholar is found mysteriously dead in his hotel room, Thomas Noronha, expert cryptographer and professor of history, is called upon to finish the man's unresolved investigation. In the course of unraveling the puzzles and cryptograms shrouding his late predecessor's work, Thomas discovers a code that will set him on a breathtaking race across the globe—from Lisbon to Rio to New York and Jerusalem—as he is drawn into one of the greatest mysteries of all time, a shocking revelation that will alter everything we've always believed about one of the world's most celebrated adventurers.

American Psychiatric Association The original DSM TM. On paper, Coach Rob Mendez sounds like any other football coach on any other field across America: passionate, authoritative, knowledgeable. But he's unlike any other coach you know--in fact, he's probably unlike any other person you know. Born with an extraordinarily rare condition called tetra-Amelia syndrome, Rob has no arms or legs. He moves with the assistance of a custom-made, motorized wheelchair that he operates with his back and shoulders. Many people look at Rob and see limitation, yet Rob sees opportunity: Opportunity to pursue his passion for football. Opportunity to change the way people perceive physical disability. Opportunity to serve as a role model for the

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hundreds of kids he's coached over the years. Told with both humor and frankness, *Who Says I Can't?* takes readers on Rob's incredible journey, from his birth to loving parents who wanted to afford him every chance for happiness, to the emotional and physical hurdles he faced while seeking independence, to receiving the Jimmy V Award for Perseverance at the ESPY Awards in 2019. Each day, Coach Rob rolls onto the field and shows his players that dreams are achievable when you show up, do the work, and believe in yourself. And after reading this book you, too, will believe that anything is possible.

Soon to be an original series starring Rosamund Pike as Moiraine! Robert Jordan's #1 New York Times bestselling epic fantasy series, *The Wheel of Time*®, continues as Rand al'Thor and his companions set out to retrieve a powerful magical artifact from The Dark One's Shadowspawn in *The Great Hunt*. For centuries, gleemen have told the tales of *The Great Hunt of the Horn*. So many tales about each of the Hunters, and so many Hunters to tell of... Now the Horn itself is found: the Horn of Valere long thought only legend, the Horn which will raise the dead heroes of the ages. And it is stolen. In pursuit of the thieves, Rand al'Thor is determined to keep the Horn out of the grasp of The Dark One. But he has also learned that he is The Dragon Reborn—the Champion of Light destined to stand against the Shadow time and again. It is a duty and a destiny that requires Rand to uncover and master magical capabilities he never imagined he possessed. Since its debut in 1990, *The Wheel of Time*® has captivated millions of readers

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around the globe with its scope, originality, and compelling characters. The last six books in series were all instant #1 New York Times bestsellers, and *The Eye of the World* was named one of America's best-loved novels by PBS's *The Great American Read*. *The Wheel of Time*® New Spring: The Novel #1 *The Eye of the World* #2 *The Great Hunt* #3 *The Dragon Reborn* #4 *The Shadow Rising* #5 *The Fires of Heaven* #6 *Lord of Chaos* #7 *A Crown of Swords* #8 *The Path of Daggers* #9 *Winter's Heart* #10 *Crossroads of Twilight* #11 *Knife of Dreams* By Robert Jordan and Brandon Sanderson #12 *The Gathering Storm* #13 *Towers of Midnight* #14 *A Memory of Light* By Robert Jordan *Warrior of the Altai* By Robert Jordan and Teresa Patterson *The World of Robert Jordan's The Wheel of Time* By Robert Jordan, Harriet McDougal, Alan Romanczuk, and Maria Simons *The Wheel of Time Companion* By Robert Jordan and Amy Romanczuk *Patterns of the Wheel: Coloring Art Based on Robert Jordan's The Wheel of Time* At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

If you think you're funny, buy this book! Whether you dream of becoming a star . . . A better public speaker . . . A more effective communicator . . . A funnier, happier human being . . . You can learn to leave 'em laughing! David Letterman learned to do it. Jay Leno learned to do it. Roseanne Barr learned to do it. So can you! Now successful stand-up comic Judy Carter—who went from teaching high school to performing in Las Vegas, Atlantic City, Lake Tahoe, and on over 45 major TV shows—gives you the same hands-on, step-by-step instruction she's

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taught to students in her comedy workshops. She shows you how to do it: create an act, perform it, make money with it, or apply it to everyday life. Discover:

- The formulas for creating comedy material
- How to find your own style
- The three steps to putting your act together
- Rehearsal do's and don'ts
- What to do if you bomb
- Ways to punch up your everyday life with humor

The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset “Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”—Bill Gates, GatesNotes

After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual,

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applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own. Although we have been successful in our careers, they have not turned out quite as we expected. We both have changed positions several times—for all the right reasons—but there are no pension plans vesting on our behalf. Our retirement funds are growing only through our individual contributions. Michael and I have a wonderful marriage with three great children. As I write this, two are in college and one is just beginning high school. We have spent a fortune making sure our children have received the best education available. One day in 1996, one of my children came home disillusioned with school. He was bored and tired of studying. “Why should I put time into studying subjects I will never use in real life?” he protested. Without thinking, I responded, “Because if you don't get good grades, you won't get into college.” “Regardless of whether I go to college,” he replied, “I'm going to be rich.”

The Choice (Movie Tie-In) Grand Central Publishing
In this brilliant work, the most influential philosopher since Sartre suggests that such vaunted reforms as the abolition of torture and the emergence of the modern penitentiary have merely shifted the focus of punishment from the prisoner's body to his soul.

Originally written in 1938 but never published due to its controversial nature, an insightful guide reveals the seven principles of good that will allow anyone to triumph over the obstacles that must be faced in reaching personal goals.

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The book, *Beyond Good & Evil*, is written by a philosopher, Friedrich Nietzsche (15th October 1844 – 25th August, 1900). He was a German philosopher. He was a composer, poet, writer, and philologist also. Although he started his career as a philologist then he switched over to philosophy. He became the youngest person ever to hold the chair of Classical Philology at the University of Basel. But due to his health problem he couldn't continue. In the book, Nietzsche has criticized the past philosophers due to lacking in their critics quality and also their accepting dogmatic concepts blindly. It narrates about leaving traditional morality, which the author subjects to a destructive critique. He suggests fearless confrontation against the perilous condition of modern individual. It is a comprehensive overview of Nietzsche's mature philosophy. Nietzsche asks the question, "What compels us to assume there exists any essential antithesis between 'true' and 'false'?" He discusses the complexities of the German soul. He praises France as "the seat of Europe's most spiritual and refined culture and the leading school of taste." In prophetic statement, Nietzsche proclaims that "the time for petty politics is the things of past; the very next century will bring with it the struggle for mystery over the whole earth.

A revolutionary guidebook to achieving peace of mind by seeking the roots of human behavior in character and by learning principles rather than just practices. Covey's method is a pathway to wisdom and power.

#1 New York Times Bestseller Winner of the 2014 Living Now Book Award for Inspirational Memoir "An

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enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation." —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. *10% Happier* takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

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The captivating third book in Kiera Cass's #1 New York Times bestselling Selection series *America Singer* searches for her happily ever after in this swoon-worthy YA dystopian romance, perfect for readers who loved Veronica Roth's *Divergent*, Lauren Oliver's *Delirium*, or Renée Ahdieh's *The Wrath & the Dawn*. Entering the Selection changed America Singer's life in ways she never could have imagined. Since she arrived at the palace, America has struggled with her feelings for her first love, Aspen—and her growing attraction to Prince Maxon. Now she's made her choice . . . and she's prepared to fight for the future she wants. Don't miss *The Betrothed*, a glittering royal romance sure to captivate Kiera Cass's legion of loyal readers and lovers of courtly intrigue alike!

"Sixteen-year-old America Singer is living in the caste-divided nation of Illéa, which formed after the war that destroyed the United States. America is chosen to compete in the Selection--a contest to see which girl can win the heart of Illéa's prince--but all she really wants is a chance for a future with her secret love, Aspen, who is a caste below her"--

"Now a major motion picture! Includes full-color movie photos and exclusive content!"--Dust jacket.

This Guide to the BPM CBOK(TM) provides a basic reference document for all practitioners. The primary purpose of this guide is to identify and provide an overview of the Knowledge Areas that are generally

recognized and accepted as good practice. The Guide provides a general overview of each Knowledge Area and provides a list of common activities and tasks associated with each Knowledge Area. It also provides links and references to other sources of information which are part of the broader BPM Common Body of Knowledge.

Every so often a love story captures our hearts and becomes more than just a story - it becomes an experience to treasure and to share. The Notebook is such a book. It is a celebration of a passion both ageless and timeless, a tale of laughter and tears, and makes us believe in true love all over again. At thirty-one, Noah Calhoun is rebuilding his life on the coast after the horrors of World War II, but he is haunted by images of the girl he lost more than a decade earlier. Allie Nelson is about to marry into wealth and security, but she cannot stop thinking about the boy who stole her heart years ago. And so begins an extraordinary tale of a love so strong it turns tragedy into strength and endures everything . . .

. 2014 marks the 10th anniversary of the film adaptation of The Notebook starring Ryan Gosling and Rachel McAdams. This new edition includes gorgeous colour photographs from the film, author Q & A, discussion questions and an exclusive chapter from The Longest Ride, the new Nicholas Sparks novel.

An examination of the ways in which the

unconscious mind shapes everyday life traces recent scientific advances to reveal the pivotal role of the subliminal mind in influencing experiences and relationships. By the author of *The Drunkard's Walk*. 100,000 first printing.

The New York Times bestselling debut book of poetry from Lana Del Rey, *Violet Bent Backwards Over the Grass*. “*Violet Bent Backwards Over the Grass* is the title poem of the book and the first poem I wrote of many. Some of which came to me in their entirety, which I dictated and then typed out, and some that I worked laboriously picking apart each word to make the perfect poem. They are eclectic and honest and not trying to be anything other than what they are and for that reason I’m proud of them, especially because the spirit in which they were written was very authentic.” —Lana Del Rey

Lana’s breathtaking first book solidifies her further as “the essential writer of her times” (*The Atlantic*). The collection features more than thirty poems, many exclusive to the book: *Never to Heaven*, *The Land of 1,000 Fires*, *Past the Bushes*, *Cypress Thriving*, *LA Who Am I to Love You?*, *Tessa DiPietro*, *Happy*, *Paradise Is Very Fragile*, *Bare Feet on Linoleum*, and many more. This beautiful hardcover edition showcases Lana’s typewritten manuscript pages alongside her original photography. The result is an extraordinary poetic landscape that reflects the unguarded spirit of its creator.

Violet Bent Backwards Over the Grass is also brought to life in an unprecedented spoken word audiobook which features Lana Del Rey reading fourteen select poems from the book accompanied by music from Grammy Award–winning musician Jack Antonoff.

This is one of the first bestseller self-help books. Its intention is to enable you to make friends quickly and easily, help you to win people to your way of thinking, increase your influence,

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your prestige, your ability to get things done, as well as enable you to win new clients, new customers. Twelve Things This Book Will Do For You: Get you out of a mental rut, give you new thoughts, new visions, new ambitions. Enable you to make friends quickly and easily. Increase your popularity. Help you to win people to your way of thinking. Increase your influence, your prestige, your ability to get things done. Enable you to win new clients, new customers. Increase your earning power. Make you a better salesman, a better executive. Help you to handle complaints, avoid arguments, keep your human contacts smooth and pleasant. Make you a better speaker, a more entertaining conversationalist. Make the principles of psychology easy for you to apply in your daily contacts. Help you to arouse enthusiasm among your associates. Dale Carnegie (1888–1955) was an American writer and lecturer and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking, and interpersonal skills. Born into poverty on a farm in Missouri, he was the author of *How to Win Friends and Influence People* (1936), a massive bestseller that remains popular today.

Simulations never existed as a book before it was "translated" into English. Actually it came from two different book covers written at different times by Jean Baudrillard. The first part of *Simulations*, and most provocative because it made a fiction of theory, was "The Procession of Simulacra." It had first been published in *Simulacre et Simulations* (1981). The second part, written much earlier and in a more academic mode, came from *L'Echange Symbolique et la Mort* (1977). It was a half-earnest, half-parodical attempt to "historicize" his own conceit by providing it with some kind of genealogy of the three orders of appearance: the Counterfeit attached to the classical period; Production for the industrial era; and Simulation, controlled by the code. It was Baudrillard's

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version of Foucault's Order of Things and his ironical commentary of the history of truth. The book opens on a quote from Ecclesiastes asserting flatly that "the simulacrum is true." It was certainly true in Baudrillard's book, but otherwise apocryphal. One of the most influential essays of the 20th century, Simulations was put together in 1983 in order to be published as the first little black book of Semiotext(e)'s new Foreign Agents Series. Baudrillard's bewildering thesis, a bold extrapolation on Ferdinand de Saussure's general theory of general linguistics, was in fact a clinical vision of contemporary consumer societies where signs don't refer anymore to anything except themselves. They all are generated by the matrix. In effect Baudrillard's essay (it quickly became a must to read both in the art world and in academe) was upholding the only reality there was in a world that keeps hiding the fact that it has none. Simulacrum is its own pure simulacrum and the simulacrum is true. In his celebrated analysis of Disneyland, Baudrillard demonstrates that its childish imaginary is neither true nor false, it is there to make us believe that the rest of America is real, when in fact America is a Disneyland. It is of the order of the hyper-real and of simulation. Few people at the time realized that Baudrillard's simulacrum itself wasn't a thing, but a "deterrence machine," just like Disneyland, meant to reveal the fact that the real is no longer real and illusion no longer possible. But the more impossible the illusion of reality becomes, the more impossible it is to separate true from false and the real from its artificial resurrection, the more panic-stricken the production of the real is.

Twenty years ago, America Singer entered the Selection and won Prince Maxon's heart. Now the time has come for Princess Eadlyn to hold a Selection of her own. Eadlyn doesn't expect her Selection to be anything like her parents' fairy-tale love story.

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Major New York Times bestseller Winner of the National Academy of Sciences Best Book Award in 2012 Selected by the New York Times Book Review as one of the ten best books of 2011 A Globe and Mail Best Books of the Year 2011 Title One of The Economist's 2011 Books of the Year One of The Wall Street Journal's Best Nonfiction Books of the Year 2011 2013 Presidential Medal of Freedom Recipient Kahneman's work with Amos Tversky is the subject of Michael Lewis's The Undoing Project: A Friendship That Changed Our Minds In the international bestseller, Thinking, Fast and Slow, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best Book Award and the Los Angeles Times Book Prize and selected by The New York Times Book Review as one of the ten best books of 2011, Thinking, Fast and Slow is destined to be a classic.

NEW YORK TIMES BESTSELLER • This instant classic

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explores how we can change our lives by changing our habits. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal • Financial Times In The Power of Habit, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, The Power of Habit contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author “Sharp, provocative, and useful.”—Jim Collins “Few [books] become essential manuals for business and living. The Power of Habit is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good.”—Financial Times “A flat-out great read.”—David Allen, bestselling author of Getting Things Done: The Art of Stress-Free Productivity “You’ll never look at yourself, your organization, or your world quite the same way.”—Daniel H. Pink, bestselling author of Drive and A Whole New Mind “Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change.”—The New York Times Book Review

Why are some people more successful than others? Self-confidence! What one great goal would you set if you knew you could not fail? What wonderful things would you want to do with your life if you were guaranteed success in anything you attempted? Your level of self-confidence determines the

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size of the goals you set, the energy and determination that you focus on achieving them, and the amount of persistence you apply to overcoming every obstacle. In this powerful, practical book based on work with more than 5 million executives, entrepreneurs, sales professionals, and ambitious people in more than sixty countries, you learn how to develop unshakable self-confidence in every area of your life. The Power of Self-Confidence explains how to increase your "mental fitness" by thinking like top performers in every field. Little by little, you build up and maintain ever-higher levels of self-confidence in everything you do. Self-confidence allows you to move out of your comfort zone and take risks without any guarantees. With step-by-step guidance, author Brian Tracy will help you build the foundations of lifelong self-confidence. You discover how to determine what you really want, and unleash your personal powers to accomplish it. You'll learn how to: Clarify and live consistently with your values to become the very best person you could possibly be Set clear goals and make written plans to accomplish them Commit yourself to mastery in your chosen field and to lifelong personal improvement Program your subconscious mind to respond in a positive and constructive way to every problem or difficulty Minimize your weaknesses and maximize your strengths for higher achievement Develop high levels of courage and incredible persistence Become unstoppable, irresistible, and unafraid in every area of your life through the power of unshakable self-confidence. Become a person of action, overcome any obstacle, and scale any height. With your newfound unshakable self-confidence, you will accomplish every goal you can set for yourself.

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