

An Apple A Day Memoir Of Love And Recovery From Anorexia Emma Woolf

The health and fitness expert presents a comprehensive lifestyle approach to weight control based on the principles of intermittent fasting, explaining how to burn body fat while maintaining energy, focus, and a positive attitude.

The Little Green Man In The Red Apple Tree and other short poems for kids (and anybody who once was). A collection of more than thirty funny and amusing stories of tall tales with illustrations by the author.

A woman suffering from anorexia struggles to understand the cause of her eating disorder and, more importantly, becomes determined to stop starving and start living. I haven't tasted chocolate for over ten years and now I'm walking down the street unwrapping a Kit Kat . . . Remember when Kate Moss said, "Nothing tastes as good as skinny feels"? She's wrong: chocolate does. At the age of thirty-three, after ten years of hiding from the truth, Emma Woolf finally decided it was time to face the biggest challenge of her life. Addicted to hunger, exercise, and control, she was juggling a full-blown eating disorder with a successful career, functioning on an apple a day. Having met the man of her dreams, and wanting a future and a baby together, she decided it was time to stop starving and start living. Honest, hard-hitting, and spoken from the heart, An Apple a Day is a manifesto for the modern generation to stop starving and start living.

"The Iliad of the Iraq war" (Tim Weiner)--a gut-wrenching, beautiful memoir of the consequences of war on the psyche of a young man. Eat the Apple is a daring, twisted, and darkly hilarious story of American youth and masculinity in an age of continuous war. Matt Young joined the Marine Corps at age eighteen after a drunken night culminating in wrapping his car around a fire hydrant. The teenage wasteland he fled followed him to the training bases charged with making him a Marine. Matt survived the training and then not one, not two, but three deployments to Iraq, where the testosterone, danger, and stakes for him and his fellow grunts were dialed up a dozen decibels. With its kaleidoscopic array of literary forms, from interior dialogues to infographics to prose passages that read like poetry, Young's narrative powerfully mirrors the multifaceted nature of his experience. Visceral, ironic, self-lacerating, and ultimately redemptive, Young's story drops us unarmed into Marine Corps culture and lays bare the absurdism of 21st-century war, the manned-up vulnerability of those on the front lines, and the true, if often misguided, motivations that drove a young man to a life at war. Searing in its honesty, tender in its vulnerability, and brilliantly written, Eat the Apple is a modern war classic in the making and a powerful coming-of-age story that maps the insane geography of our times.

The Apple Tree is a unique coloring book for children that contains 25 pen-on-hand spacious works of art. It truly is a unique world Freddy M.M. has created using thick lines and an intriguing theme of "life around the apple tree."

Write. Print. Share. It's your life the way you want to share it. Whether your intentions are to "one day" get around to setting your affairs in order, to purposefully share your wisdom with loved ones, or to discover a little more about yourself -- this book is for you.

www.PracticalMemoir.com Filled with thought-provoking questions and activities, Practical Memoir is a canvas for your experiences, reminisces, photos, clippings, doodles and sketches. Personalize it to reflect your unique character. Then, when you are ready to share your Practical Memoir, choose from a number of print formats and order as many copies as you need, just for your loved ones. Your memoir is private - the only copies of it are the ones you order. Most importantly, the format makes it practical even for the busiest people. When you present this book as a gift, you are saying, "Your life is important to me. Please share your story with me." Aspiring autobiography and

memoir writers could start with this book and add additional memoir/writing/how-to books as needed to hone their writing skills. This book is meant as a practical method of shaping a legacy for those who love you. What readers are saying: "Practical Memoir isn't only a must-read; it's a must-do." "Inspired questions, deep thoughts -- things I never thought to ask my dad. He said it's the best gift I have ever given to him. "Cool and hip...it's like someone took the idea of memoir writing out of the last century and made it de rigueur for this century." ..".hope this book spreads like wildfire! I want to read what each of my sisters and friends write in the section about Mischief & Mayhem!" For busy parents, scrapbookers, genealogy and ancestry enthusiasts, aspiring memoir authors...this book covers topics from favorite web sites to using SWOT analysis in your personal life to reflecting upon the biggest problems you have faced, how you solved them, and what you learned. It's a book you will pick up again and again, and the author thought ahead to included copies of some of the most popular questionnaires. If you are writing an autobiography or memoir, preparing your last or final wishes, thinking about your legacy or just wanting to make sure you are not forgotten by your kids or kids' kids, this would be a sure-thing for you. As additional readers say, "what a great idea - preserving my memory on my terms. We hope we see Memoir Clubs springing up all over the world where people take the whole purpose of shaping your legacy while also planning for your eventual end with a proactive nature." This book hopes to make memoir writing a practical - and common - task for people of all ages.

She emerged as innocent as any newborn. The party of starbursts and sparkles came to a standstill. In awe, millions of heavenly beings paused. Shine Star, Princess of the Universe, was the most precious and rare of all creations. As an expression of perfect happiness, thus was the king's daughter born. A magical love story unfolds in Vikrant Malhotra's wondrous debut, *The Stories of Goom'pa: Book One*. Meet Goom'pa. He is a Poofy, a small furry creature who resides on Earth in a place called Palidon, on the edge of the Miron National Forest. His world is a quiet one-until he spies Shine Star, a glorious star in the sky and the daughter of Prime Ray, the king of the universe. Enchanted by her elegance, Goom'pa knows he is willing to do anything to win the love of this celestial beauty. As the two meet and fall in love, Shine Star's father worries about his only daughter. Exploiting that concern is the Star Lord, Rath, who wants nothing more than to wrestle control of the universe away from Prime Ray. Will Goom'pa and Shine Star find a way to be together? Or will Rath's evil plan doom them all?

NATIONAL BESTSELLER Now with an additional story. Every now and then, right in the middle of an ordinary day, a woman kicks up her heels and commits a small act of liberation. What would you do if you could shed the "shoulds" and do, say—and eat—whatever you really desired? Go AWOL from Weight Watchers and spend an entire day eating every single thing you want? Start a dating service for people over fifty to reclaim the razzle-dazzle in your life—or your marriage? Seek comfort in the face of aging, look for love in the midst of loss, find friendship in the most surprising of places? In these beautiful, funny stories, Elizabeth Berg takes us into the heart of the lives of women who do all these things and more—confronting their true feelings, desires, and joys along the way.

Confused by conflicting exercise and nutrition "information?" Frustrated by too many sizes in your closet? Determined to "not quit this time" - but not sure how? *Go Forward: 28 Days to Eat, Move, and Enjoy Life God's Way* will help you understand what God's Word teaches about exercise, nutrition, stress management, sleep, and other health topics. But understanding what to do is only the first step. Through this book you will also begin the second step: practicing how to make a habit for a lifetime. Broken into topical sections, you are encouraged to learn at your own pace and areas of interest. Scripture study is central to growing in your health, so several references and ample space is provided to write what God teaches you. Whether you are starting your health journey for the first time or the fiftieth time, you will find your footing here. If you are ready for the health and energy you need to accomplish your God-given dreams, if you want to find your unique path and

fulfill your potential, then it is time to Go Forward!

Midge and Moo are best friends. They came home from the hospital together when Midge was just two days old. They do everything together. When Mommy says, "Stop right there! You are tracking in mud all over the floor." Midge tells Moo, "Bad Moo! You got mud all over the floor!" Midge learns what it is like to have a partner in crime, a best friend, and someone who is there for you no matter what. Snuggle up with your little one and spend the day with Midge and Moo. Part of the Adventures of Midge and Moo series.

"I haven't tasted chocolate for over ten years and now I'm walking down the street unwrapping a Kit Kat. Remember when Kate Moss said, 'Nothing tastes as good as skinny feels'? She's wrong: chocolate does." For Christmas I'm giving myself a fresh start. I have to get some extra pounds of weight under my belt; I want to make next year the year that everything changes. At the age of 32, Emma Woolf decided to face the biggest challenge of her life: to let go of her addiction to hunger, exercise and control, and finally beat anorexia. Having met the man of her dreams (and wanting a future and a baby together), she decided it was time to stop starving and start living. And as if that wasn't enough pressure, Emma also agreed to chart her progress in a weekly column for The Times. Honest, hard-hitting and yet romantic, 'An Apple a Day' is a compelling and life-affirming true story of love and recovery.

Spot the difference is an amazing activity that boosts your child's fine-ground perception. Fine-ground perception is the skill that would allow children to see in-between the negative spaces. This makes it possible to locate hidden objects, which is an important element to learning math and reading. Don't forget to checkout with a copy of this activity book today!

From wise maxims originating with the Old Testament and other ancient texts to relatively modern gems coined by poets, writers, or philosophers, "An Apple a Day" takes a close look at why these sayings have stood the test of time.

Your answer is always within your question. Dr. Fuller teaches you to ask the right question for your diet & body image success.

Encourage your child to play hidden pictures in order to encourage object constancy skills, which fuels the ability to determine pictures based on their features. This means that regardless of how an artist interprets an apple, your child will also recognize it as an apple. So what are you waiting for? Play hidden pictures today!

Sy Middleton, a teenager living in Manhattan, enters a secret world when he is initiated into Earth-tribe and becomes a Triber. In the Middle Realm, Tribers from Earth-, Fire-, Air- and Water-tribe train to enhance their powers and compete in monthly Lunar Festivals. The Zodiac Council has protected the Lower and Middle Realms from the Darkforce for thousands of years, but the balance of power has shifted, placing humanity at risk. The Darkforce has stolen the Book of Dreams. Sy and his friend Joshua Ryderson embark on a quest to find it...

NEW YORK TIMES BESTSELLER USA TODAY BESTSELLER Amazon, Apple, Facebook, and Google are the four most influential companies on the planet. Just about everyone thinks they know how they got there. Just about everyone is wrong. For all that's been written about the Four over the last two decades, no one has captured their power and staggering success as insightfully as Scott Galloway. Instead of buying the myths these companies broadcast, Galloway asks fundamental questions. How did the Four infiltrate our lives so completely that they're almost impossible to avoid (or boycott)? Why does the stock market forgive them for sins that would destroy other firms? And as they race to become the world's first trillion-dollar company, can anyone challenge them? In the same irreverent style that has made him one of the world's most celebrated business professors, Galloway deconstructs the strategies of the Four that lurk beneath their shiny veneers. He shows how they manipulate the fundamental emotional needs that have driven us since our ancestors lived in caves, at a speed and scope others can't match. And he reveals how you can apply the lessons of their ascent to your own business or career. Whether you want

to compete with them, do business with them, or simply live in the world they dominate, you need to understand the Four.

It's fall, and the days are getting cooler. As the leaves begin to change color, the apple trees are heavy with fruit and ready for the harvest. It's time to go apple picking! Join us on a visit to the apple orchard to learn all about apples: how they grow, the best way to pick them, and how to make delicious apple cider.

Eat salmon. It's full of good omega-3 fats. Don't eat salmon. It's full of PCBs and mercury. Eat more veggies. They're full of good antioxidants. Don't eat more veggies. The pesticides will give you cancer. Forget your dinner jacket and put on your lab coat: you have to be a nutritional scientist these days before you sit down to eat—which is why we need Dr. Joe Schwarcz, the expert in connecting chemistry to everyday life. In *An Apple a Day*, he's taken his thorough knowledge of food chemistry, applied it to today's top food fears, trends, and questions, and leavened it with his trademark lighthearted approach. The result is both an entertaining revelation of the miracles of science happening in our bodies every time we bite into a morsel of food, and a telling exploration of the myths, claims, and misconceptions surrounding our obsession with diets, nutrition, and weight. Looking first at how food affects our health, Dr. Joe examines what's in tomatoes, soy, and broccoli that can keep us healthy and how the hundreds of compounds in a single food react when they hit our bodies. Then he investigates how we manipulate our food supply, delving into the science of food additives and what benefits we might realize from adding bacteria to certain foods. He clears up the confusion about contaminants, examining everything from pesticide residues, remnants of antibiotics, the dreaded trans fats, and chemicals that may leach from cookware. And he takes a studied look at the science of calories and weighs in on popular diets.

There is a serious problem with our modern fruits and vegetables! The produce we feed our family members is far less healthy now than at any other time in human history! Does that statement bother you? It should! How and why did this happen? What can we do about it? Most importantly, how can you ensure that you are feeding your family the most healthy, most nutritious fruits and vegetables possible? If you are going to grow a tomato in your garden anyway why not grow the healthiest, most phytonutrient-rich tomato packed with the most lycopene and antioxidants possible? Are you planning to grow lettuce? Why not grow the lettuce that packs the most nutrition into every leaf? These simple questions are at the very heart of the author's concept of "Phytonutrient Gardening." In this first book in a series of three, Joe Urbach, creator and publisher of the popular website www.GardeningAustin.com and creator of The Phytonutrient Blog answers those questions and more while providing gardeners with a wealth of information including which specific varieties of your favorites to grow to get the biggest nutritional bang for your gardening buck! Filled with fascinating details about the state of modern produce and backed by state-of-the-art research and scientific testing, this useful book will change your life by changing how you look at produce. Read just a few pages and you will change the way you garden, the way you buy groceries, the way you store your produce and even the way you cook your meals! Changes all for the better! Leading to a healthier, more active and longer life!

Everything you need to know to look after yourself to bring about and maintain perfect health, prosperity, wealth, happiness, quality of life and longevity. It reveals that we are, without realising, not doing enough or the right things to protect our health and prosperity which is equally extremely damaging to nature, wildlife, oceans, sea-life, fresh springs, waterways and air, and us. The Book by Linde utilises new and ancient knowledge from around the world, over the millennia identifying what changes we need to make to enhance every aspect of our lives with simple solutions for almost every situation. It is your most powerful contribution to protecting, nurturing and saving our planet. In summary, 'THE BOOK' Consists of Six Chapters which incorporates a summary within each one: Lifestyle; Food & Nutrition; Medical Care; Mind; Water;

and Now Live the final chapter which you can cast your eye over first as it is a synopsis of the complete works. It is highly recommend to read from cover to cover but, it is packed with valuable information to just use as a Reference Manual on a day to day basis. Teaches you how to look after your body and mind to ultimately prevent illness, but also to help regain and maintain perfect health; Provides countless number of practical, realistic & simple tips to easily adopt into your day to day lifestyle improving quality of life, saving time & money and gaining longevity; Fuses together specialised areas in health & mind, lifestyle & environment under one cover; Identifies our day to day toxic exposures that we are unaware of and provides successful resolutions; Gives you complete fundamental knowledge and awareness, to use your courage to take responsibility for your life enhancing your health, prosperity and happiness; Provides you with ancient knowledge and practices to new, from science including quantum physics, to philosophy, psychology, and important detail on nutrition, exercise, energies and medicine; Is very current, answering all the conflicting hype about diets, the next super food or the bad effects of conventional drugs or sugar that are in the media weekly, even daily; For more information please visit www.thebookbook.co.uk

Emily Elizabeth is on the hunt for the perfect apple. But Clifford is too small to pick apples! How can he help?

'An absorbing love letter to the English apple tree...lyrical and joyful' - TLS 'A delightful book' - Sunday Times Shortlisted for the Andr Simon Food and Drink Book Award 2016 A Radio 4 Book of the Week 'Wonderful, revelatory ... very moving' - Sheila Dillon, BBC Radio 4 'His ability to laugh at himself, openness to wonder and willingness to go wherever the search takes him make Brown an engaging writer and The Apple Orchard an entertaining journey' - Mail on Sunday Taking us through the seasons in England's apple-growing heartlands, this magical book uncovers the stories and folklore of our most familiar fruit. 'An orchard is not a field. It's not a forest or a copse. It couldn't occur naturally; it's definitely cultivated. But an orchard doesn't override the natural order: it enhances it, dresses it up. It demonstrates that man and nature together can - just occasionally - create something more beautiful and (literally) more fruitful than either could alone. The vivid brightness of the laden trees, studded with jewels, stirs some deep race memory and makes the heart leap. Here is bounty, and excitement.'

Revealing the real Steve Jobs, the mother of his first child paints an intimate portrait of an idealistic young man who was driven to change the world, who denied his own child and who mistook power for love. 100,000 first printing.

Get best selling author Maria Holmes' 30 favorite vegetarian slow cooker recipes! Vegetarian Slow Cooker Recipe Book: 30 Easy Set It & Forget It Meals is the first book written by Maria Holmes, a home cook with a passion for preparing simple and delicious meals for her family and friends. Over the past few months, Maria's family has been trying to convince her to share her love for, and knowledge of, cooking. After much persuasion, Maria decided to write her first cookbook. This brand new best selling vegetarian slow cooker recipe book is a compilation of 30 delicious, healthy and easy to prepare meat-free crockpot meals. Each of these recipes have been prepared by Ms. Holmes herself and tested on not only her family, but countless food connoisseurs who gave these meals two thumbs up for pleasant flavors, fragrant aromas, great textures and amazing colors. The book has a great introduction to vegetarian slow cooking and the recipes are divided into six chapters. In the introduction, readers will learn the benefits of slow cooking and the keys to preparing successful slow-cooker meals. You will also discover useful guidelines to help you adapt your favorite slow cooker recipes to meet your own individual tastes. Other useful advice includes how to choose the perfect slow cooker recipes and how to add the ingredients into the slow cooker to ensure that your recipes come out picture-perfect and delicious every time. The last part of the introduction includes clear, step-by-step instructions and helpful tips for cooking dried beans in a slow cooker. But Chapter 1 through Chapter 6 is where you will find all the delectably tasty and healthy vegetarian slow cooker recipes. Even if you are not a vegetarian, you will find that these delicious recipes can please everyone's palates. So, here is the

list of those vegetarian slow cooker recipes that are waiting for you to enjoy: - Chapter 1: Soups - Chapter 2: Beans - Chapter 3: Chilies - Chapter 4: Potatoes - Chapter 5: Rices - Chapter 6: Desserts In conclusion, Vegetarian Slow Cooker Recipe Book: 30 Easy Set it & Forget It Meals by Maria Holmes is the ultimate choice for anyone who wishes to prepare easy set it and forget vegetarian slow cooker meals.

Are you awed by the smell of flowers or the busy buzz of the bees? Are you awed by the all of the snow or the rustle of the trees? In The Book of Awe, readers are reminded to take a minute and see the beauty in the everyday things around them.

From Old Testament proverbs to modern phrases like "the best things in life are free," An Apple a Day takes a fun look at expressions that "have stood the test of time." Read through from start to finish or search through the list of hundreds of the most common proverbs, arranged from A to Z for easy reference. You'll learn about each proverb's surprising origins, why some are valid and others are not, the derivation and meanings behind them, and their relevance in today's society. Includes entries like: Two heads are better than one: Like the less-familiar "Four eyes see better than two," this proverb extols the benefits of having someone else help you make up your mind—and it's a view that goes back to at least the fourteenth century. But while it is always useful to have a second opinion (A sounding board? Someone else to blame?) it might also be worth bearing in mind the disadvantages of design or decision-making by committee: something that really pleases no one. So whereas two heads may well be better than one, three could be a crowd. Laughter is the best medicine: This idea is an ancient one and is found in, appropriately, the book of Proverbs: "A merry heart doeth good like a medicine: but a broken spirit drieth the bones." It has prompted a surprising amount of research, with the result that some scientists claim that laughter has the same benefits as a mild workout—it stretches muscles, sends more oxygen to the tissues, and generally makes you feel healthier. One study even claims that laughing heartily for 10-15 minutes burns 50 calories. But let's pause for thought here. The world may laugh with you over a joke or a rerun of Seinfeld, but if you make a habit of laughing heartily for 10-15 minutes for no apparent reason, the world is going to think you are nuts and cross the street to avoid you. It may be worth striving for a happy medium. An apple a day keeps the doctor away: A common British folk saying, this is one of the few proverbs that can be taken at face value. All it means is that apples are good for you. The Romans knew this and so did the Anglo-Saxons, who listed the crabapple as one of the nine healing plants given to the world by the god Woden. They probably didn't know, as we now do, that apples contain fiber, antioxidants, and sundry vitamins and minerals that help to prevent osteoporosis, heart disease, and various forms of cancer. But they did know that they were cooling, cleansing, and soothing, whether taken as a natural diuretic or applied externally to inflammations. An anonymous medieval text called The Haven of Health recommended eating an apple to "relieve your feelings" if you were going to bed alone, while Ayurvedic medicine says that apples cure headaches and promote vitality. So the jury is out on whether or not apples are good for your sex life, but they are certainly good for pretty much everything else. Guaranteed to amuse and inform, this is the perfect gift for any language lover. Make this and all of the Reader's Digest Version books a permanent fixture on your eReader, and you'll have instant access to searchable knowledge. Whether you need homework help or want to win that trivia game, this series is the trusted source for fun facts.

Twenty Four Hours a Day Softcover (24 Hours)

An inspirational and handy book of consciousness and love. Bring it with you on your daily journey for happiness everywhere you go.

#1 New York Times Bestseller From Liane Moriarty, the #1 New York Times bestselling author of Big Little Lies and Nine Perfect Strangers, comes Apples Never Fall, a novel that looks at marriage, siblings, and how the people we love the most can hurt us the deepest. The Delaney family love one another dearly—it's just that sometimes they want to murder each other . . . If your mother was missing, would you

tell the police? Even if the most obvious suspect was your father? This is the dilemma facing the four grown Delaney siblings. The Delaneys are fixtures in their community. The parents, Stan and Joy, are the envy of all of their friends. They're killers on the tennis court, and off it their chemistry is palpable. But after fifty years of marriage, they've finally sold their famed tennis academy and are ready to start what should be the golden years of their lives. So why are Stan and Joy so miserable? The four Delaney children—Amy, Logan, Troy, and Brooke—were tennis stars in their own right, yet as their father will tell you, none of them had what it took to go all the way. But that's okay, now that they're all successful grown-ups and there is the wonderful possibility of grandchildren on the horizon. One night a stranger named Savannah knocks on Stan and Joy's door, bleeding after a fight with her boyfriend. The Delaneys are more than happy to give her the small kindness she sorely needs. If only that was all she wanted. Later, when Joy goes missing, and Savannah is nowhere to be found, the police question the one person who remains: Stan. But for someone who claims to be innocent, he, like many spouses, seems to have a lot to hide. Two of the Delaney children think their father is innocent, two are not so sure—but as the two sides square off against each other in perhaps their biggest match ever, all of the Delaneys will start to reexamine their shared family history in a very new light.

The Author's Book Journal is a must have for anyone writing a book or a novel. It easily lets you keep track of events and characters in your chapters. There are dedicated pages for 100 chapters, plus main character profiles, secondary characters profiles and also pages to note reference research sources, acknowledgements, quotes, notes, prologue, epilogue, back cover blurb, beta readers, ARC reviews, publishing details, author details. You also have some extra pages at the back for making notes on ideas for your next book. Keep all your book information in one handy place. Journal size 7x10 inches.

This book is uniquely original and can be personalized with any girl's name. How fun is that? Think of the possibilities: baby or shower gifts, birthdays, a special something from grandma, and more. You can purchase the book as shown, using Faith in the title, or personalize it to suit your specific needs. Simply contact us at eStoryTime.com BEFORE placing your Amazon order and we'll take care of the rest. After contacting us, you'll still need to order the book through Amazon, so we'll send you a direct link to use when placing your order. It will assure the book is personalized with the name you've requested. We've taken the worry out of the process and your child will be thrilled with the final product. Who doesn't like to see their name on the cover or hear it related throughout the story? The author, Melissa Ryan, is the mother of five children and knows the importance of reading to your little ones. It instills a love of books and fosters an active imagination in the youngest of readers. Help start them on a path of discovery with Melissa's stories. The tale of Faith is perfect for bedtime, especially when unleashing the child's wonder by using her own name. This is a book that can be enjoyed over and over again, and will be remembered long after the last page is read and the lights turned out. Faith's Hiccup-ups Day is beautifully written and will hold your child's attention while you share this delightful tale. Tag along with Faith as she giggles, HIC's, and jumps her way through a day with the hiccup-ups. See the silly things her family suggests to solve her problem. It's a day filled with enough fun for everyone. Faith will capture your heart, and the moments spent reading it together will build fond memories that will be cherished throughout the years. Your little girls grow up all too fast; make lasting impressions while you can. This is just one of several books offered by Melissa in her ever-expanding children's book series. You'll learn to love and appreciate the extra attention that goes into each volume. Special care is taken to keep the child's heart at the center of each story, helping them build character and learn something along the way. Encourage that special child in your life to embrace what is truly unique, and sometimes funny, about their developing personalities. Spend a few minutes with Faith on her I-Didn't-Do-It kind of day and make bedtime special, while you create a binding relationship with the power of reading...you'll look back in awe at the foundations you've built. Please

customize and purchase this book for a special little girl in your life today. Tags: personalized children's books, personalized gifts, personalized baby gifts, personalized, bedtime stories, bedtime story, Faith, 1st birthday gifts

For more than twenty years, management expert Bruce Tulgan has been asking, “What are the most difficult challenges you face when it comes to managing people?” Regardless of industry or job title, managers cite the same core issues—27 recurring challenges: the superstar whom the manager is afraid of losing, the slacker whom the manager cannot figure out how to motivate, the one with an attitude problem, and the two who cannot get along, to name just a few. It turns out that when things are going wrong in a management relationship, the common denominator is almost always unstructured, low substance, hit-or-miss communication. The real problem is that most managers are “managing on autopilot” without even realizing it—until something goes wrong. And if you are managing on autopilot, then something almost always does. The 27 Challenges Managers Face shows exactly how to break the vicious cycle and gain control of management relationships. No matter what the issue, Tulgan shows that the fundamentals are all you need. The very best managers hold ongoing one-on-one conversations that make expectations clear, track performance, offer feedback, and hold people accountable. For every workplace problem—even the most awkward and difficult—The 27 Challenges Managers Face shows how to tailor conversations to solve situations familiar to every manager. Tulgan offers clear approaches for turning around bad attitudes, reducing friction and conflict, improving low performers, retaining top performers, and even addressing your own personal burnout. The 27 Challenges Managers Face is an indispensable resource for managers at all levels, one anyone managing anyone will want to keep on hand. One challenge at a time, you’ll see how the most effective managers use the fundamentals of management to proactively resolve (nearly) any problem a manager could face.

An Apple a Day A Memoir of Love and Recovery from Anorexia Catapult

"A family spends a day at an apple orchard"--

In her debut, Ashley Garcia explores themes of love, feminism, and struggling with mental illness as a young woman in today's era. Is This Poetry is a collection of poetry that takes the reader on a three year journey that weaves through the murky waters of early womanhood that will resonate through generations.

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