

Barking Up The Wrong Tree The Surprising Science Behind Why Everything You Know About Success Is Mostly Wrong

Depression can feel like a downward spiral, pulling you into a vortex of sadness, fatigue, and apathy. In *The Upward Spiral*, neuroscientist Alex Korb demystifies the intricate brain processes that cause depression and offers a practical and effective approach to getting better. Based on the latest research in neuroscience, this book provides dozens of straightforward tips you can do every day to rewire your brain and create an upward spiral towards a happier, healthier life. Whether you suffer from depression or just want a better understanding of the brain, this book offers an engaging and informative look at the neuroscience behind our emotions, thoughts, and actions. The truth is that there isn't one big solution to depression, but there are numerous simple steps you can take to alter brain activity and chemistry. Some are as easy as relaxing certain muscles to reduce anxiety, or getting more sunlight to improve your mood. Small steps in the right direction can have profound effects—giving you the power to become your best self as you literally reshape your brain, one small change at a time.

Synopsis coming soon.....

In the twelfth Cupcake Bakery Mystery from New York Times bestselling author Jenn McKinlay, the Fairy Tale Cupcake crew follows the clever crumb trail of a killer who's anything but cookie-cutter. Life is all sugar and spice for the Fairy Tale Cupcake bakers--Melanie Cooper is engaged to the delectable Joe DeLaura, Angie Harper and her husband Tate are savoring married life, and the bakery is bustling with happy customers. Until one of their most valued cupcake connoisseurs ends up dead. Local glass artist and cupcake lover Rene Fischer-Klein has always suffered from a wide variety of health issues. In an effort to cheer her up, her doting husband, Peter, brings her a four-pack of her favorite cupcakes every week. But when the police discover that Rene has been poisoned, there's no sugarcoating the fact that the last things she ate were the bakery's signature pumpkin spice cupcakes! With their lives and bakery at stake, it's up to Mel and Angie to find out who poisoned their artist friend and why, before their future is frosted for good.

In a moving example of unconditional love in difficult times, Gregory Boyle, the Jesuit priest and New York Times bestselling author of *Tattoos on the Heart*, shares what working with gang members in Los Angeles has taught him about faith, compassion, and the enduring power of kinship. In his first book, *Tattoos on the Heart: The Power of Boundless Compassion*, Gregory Boyle introduced us to Homeboy Industries, the largest gang-intervention program in the world. Critics hailed that book as an “astounding literary and spiritual feat” (*Publishers Weekly*) that is “destined to become a classic of both urban reportage and contemporary spirituality” (*Los Angeles Times*). Now, after the successful expansion of Homeboy Industries, Boyle returns with *Barking to the Choir* to reveal how compassion is transforming the lives of gang members. In a nation deeply divided and plagued by poverty and violence, *Barking to the Choir* offers a snapshot into the challenges and joys of life on the margins. Sergio, arrested at age nine, in a gang by age twelve, and serving time shortly thereafter, now works with the substance-abuse team at Homeboy to help others find sobriety. Jamal, abandoned by his family when he tried to attend school at age seven, gradually finds forgiveness for his schizophrenic mother. New father Cuco, who never knew his own dad, thinks of a daily adventure on which to take his four-year-old son. These former gang members uplift the soul and reveal how bright life can be when filled with unconditional love and kindness. This book is guaranteed to shake up our ideas about God and about people with a glimpse at a world defined by more compassion and fewer barriers. Gently and humorously, *Barking to the Choir* invites us to find kinship with one another and re-convinces us all of our own goodness.

Mojo is the moment when we do something that's purposeful, powerful, and positive and the rest of the world recognizes it. This book is about that moment--and how we can create it in our lives, maintain it, and recapture it when we need it. In his follow-up to the New York Times bestseller *What Got You Here Won't Get You There*, #1 executive coach Marshall Goldsmith shares the ways in which to get--and keep--our Mojo. Our professional and personal Mojo is impacted by four key factors: identity (who do you think you are), achievement (what have you done lately?), reputation (who do other people think you are--and what have you've done lately?), and acceptance (what can you change--and when do you need to just "let it go"?). Goldsmith outlines the positive actions leaders must take, with their teams or themselves, to initiate winning streaks and keep them coming. Mojo is: that positive spirit--towards what we are doing--now--that starts from the inside--and radiates to the outside. Mojo is at its peak when we are experiencing both happiness and meaning in what we are doing and communicating this experience to the world around us. The Mojo Toolkit provides fourteen practical tools to help you achieve both happiness and meaning--not only in business, but in life.

What is the secret of talent? How do we unlock it? This groundbreaking work provides readers with tools they can use to maximize potential in themselves and others. Whether you're coaching soccer or teaching a child to play the piano, writing a novel or trying to improve your golf swing, this revolutionary book shows you how to grow talent by tapping into a newly discovered brain mechanism. Drawing on cutting-edge neurology and firsthand research gathered on journeys to nine of the world's talent hotbeds—from the baseball fields of the Caribbean to a classical-music academy in upstate New York—Coyle identifies the three key elements that will allow you to develop your gifts and optimize your performance in sports, art, music, math, or just about anything. • **Deep Practice** Everyone knows that practice is a key to success. What everyone doesn't know is that specific kinds of practice can increase skill up to ten times faster than conventional practice. • **Ignition** We all need a little motivation to get started. But what separates truly high achievers from the rest of the pack? A higher level of commitment—call it passion—born out of our deepest unconscious desires and triggered by certain primal cues. Understanding how these signals work can help you ignite passion and catalyze skill development. • **Master Coaching** What are the secrets of the world's most effective teachers, trainers, and coaches? Discover the four virtues that enable these “talent whisperers” to fuel passion, inspire deep practice, and bring out the best in their students. These three elements work together within your brain to form myelin, a microscopic neural substance that adds vast amounts of speed and accuracy to your movements and thoughts. Scientists have discovered that myelin might just be the holy grail: the foundation of all forms of greatness, from Michelangelo's to Michael Jordan's. The good news about myelin is that it isn't fixed at birth; to the contrary, it grows, and like anything that grows, it can be cultivated and nourished. Combining revelatory analysis with illuminating examples of regular people who have achieved greatness, this book will not only change the way you think about talent, but equip you to reach your own highest potential.

'The Bears' Holiday' is a story about the fun to be had on a summer holiday, and the risks to be avoided. Papa Bear teaches Small Bear sensible rules about safety on the beach and in the water - but he's not always good at following his own rules

New York Times bestselling author Jenn McKinlay returns to Bluff Point, Maine, where one woman finds love with the help of an adorable golden retriever. **LOVE IS A FOUR-LEGGED WORD.** Carly DeCusati returned home to Bluff Point, Maine, with her tail between her legs. But she's determined to get her life back on track—and that means finding new homes for the elderly golden retriever and overly talkative parrot she inherited before her old life fell apart. Enter physical therapist and hot one-night stand James Sinclair. James doesn't care that Carly doesn't do relationships. He is determined to win her heart, promising to help her with the pets if she'll just give him the time of day. Carly agrees to date the irresistible James, and, for the first time in years, she's dreaming of a happily ever after. But James has secrets, and if he can't open up to Carly, their future could go to the dogs...

“An enthusiastic, example-rich argument for innovating in a particular way—by deliberately experimenting and taking small exploratory steps in novel directions. Light, bright, and packed with tidy anecdotes” (*The Wall Street Journal*). What do Apple CEO Steve Jobs, comedian Chris Rock, prize-winning architect Frank Gehry, and the story developers at Pixar films all have in common? Bestselling author Peter Sims found

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that rather than start with a big idea or plan a whole project in advance, they make a methodical series of little bets, learning critical information from lots of little failures and from small but significant wins. Reporting on a fascinating range of research, from the psychology of creative blocks to the influential field of design thinking, Sims offers engaging and illuminating accounts of breakthrough innovators at work, and a whole new way of thinking about how to navigate uncertain situations and unleash our untapped creative powers.

Wall Street Journal Bestseller Much of the advice we've been told about achievement is logical, earnest...and downright wrong. In *Barking Up the Wrong Tree*, Eric Barker reveals the extraordinary science behind what actually determines success and most importantly, how anyone can achieve it. You'll learn:

- Why valedictorians rarely become millionaires, and how your biggest weakness might actually be your greatest strength
- Whether nice guys finish last and why the best lessons about cooperation come from gang members, pirates, and serial killers
- Why trying to increase confidence fails and how Buddhist philosophy holds a superior solution
- The secret ingredient to "grit" that Navy SEALs and disaster survivors leverage to keep going
- How to find work-life balance using the strategy of Genghis Khan, the errors of Albert Einstein, and a little lesson from Spider-Man

By looking at what separates the extremely successful from the rest of us, we learn what we can do to be more like them—and find out in some cases why it's good that we aren't. *Barking Up the Wrong Tree* draws on startling statistics and surprising anecdotes to help you understand what works and what doesn't so you can stop guessing at success and start living the life you want.

One of the world's most experienced political leaders, Nicola Sturgeon was elected First Minister of Scotland in November 2014. In this selection of her speeches she discusses such diverse matters as education, human rights, equality, infrastructure, food banks, and the European Union.

"*Barking Up a Dead Horse*" aims to: Challenge mental assumptions and build a radically honest, yet common language for engaging new prospects and existing clients. The end result being... -Finding more of the right prospects & making them clients faster. -Creating a fundamental, radical shift in the traditional buyer-seller dynamic. -Increasing retention & maximizing the human potential of your people. Tom Batchelder specializes in coaching progressive business leaders in the areas of sales excellence and life success. He has over 17 years experience in sales, management, entrepreneurship, and coaching. Working with Fortune 500(r) organizations and emerging small businesses, Tom helps clients control their sales process, shorten selling cycles and effectively increase profit margins.

It's a piece of cake! Amelia Bedelia + Good Friends = Super Fun Stories to Read and Share The second book in a new arc in the bestselling Amelia Bedelia chapter book series featuring young Amelia Bedelia and her friends! Are Amelia Bedelia and her friends barking up the wrong tree? Recess just got super exciting. Amelia Bedelia and her friends are on the playground when they hear a strange noise coming from a nearby tree. It's a tiny kitten stuck on a high branch! It's up to Amelia Bedelia and her friends to figure out how to rescue the kitten and, once they do, to find the little cat a purr-fect new home! A funny chapter book series about friendship perfect for fans of Ivy + Bean and Clementine. The Amelia Bedelia books have sold more than 35 million copies since we first met the iconic character in 1963! Includes "Two Ways to Say It," Amelia Bedelia's guide to the idioms used in the story. Illustrated in black and white throughout.

From the New York Times bestselling author of *The Cupcake Bakery Mysteries* comes the start of a series about a library where the mysteries refuse to stay in the fiction section... Lindsey is getting into her groove as the director of the Briar Creek Public Library when a New York editor visits town, creating quite a buzz. Lindsey's friend Beth wants to sell the editor her children's book, but Beth's boyfriend, a famous author, gets in the way. When they go to confront him, he's found murdered—and Beth is the prime suspect. Lindsey has to act fast—before they throw the book at the wrong person.

Watch a video Watch a Fox News segment on The Longevity Project. This landmark study--which Dr. Andrew Weil calls "a remarkable achievement with surprising conclusions"--upends the advice we have been told about how to live to a healthy old age. We have been told that the key to longevity involves obsessing over what we eat, how much we stress, and how fast we run. Based on the most extensive study of longevity ever conducted, The Longevity Project exposes what really impacts our lifespan—including friends, family, personality, and work. Gathering new information and using modern statistics to study participants across eight decades, Dr. Howard Friedman and Dr. Leslie Martin bust myths about achieving health and long life. For example, people do not die from working long hours at a challenging job—many who worked the hardest lived the longest. Getting and staying married is not the magic ticket to long life, especially if you're a woman. And it's not the happy-go-lucky ones who thrive—it's the prudent and persistent who flourish through the years. With questionnaires that help you determine where you are heading on the longevity spectrum and advice about how to stay healthy, this book changes the conversation about living a long, healthy life.

Keen to turn your disobedient dog into the perfect pooch? Tired of man's best friend ending up in the doghouse? Why not take an informative and entertaining walk on the wild side, with *Dog Logic*, a unique view of the world, one that is both canine created and related. Whether your best friend is a blue blood or a bitser, *Dog Logic* has them licked. Should you let sleeping dogs lie, exactly who is top dog and can you teach old dogs new tricks? *Dog Logic* helps get you on the right scent and ensures you're not barking up the wrong tree. And who better to take you on a journey deep into the canine world, but a member of the pack himself; Sox, the quintessential Aussie cattle dog and four legged philosopher. With 20 chapters covering issues from barking, beds and biting, to worrisome walks and everything in between, Sox offers his humorous but practical advice on resolving your doggy dilemmas. Supported with terrific tips from humans in the know, each chapter provides both canine and two legged advice that is fun, uplifting and relevant. As a RSPCA puppy who overcame a difficult start to life, Sox is proof that a dog from the wrong side of the pound can achieve greatness. As the creative canine consultant to *Dog Logic*, Sox is no stranger to fame having written a regular full page column in *bark!* Australia magazine. Combining the creative genius of Sox the Philosophical Pooch, and his human assistant, Robyn Osborne, *Dog Logic* is the must have book for anyone searching for the ideal canine companion.

Being around assholes, whether at work or elsewhere, can damage performance and affect wellbeing—having one asshole in a team has been shown to reduce performance by 30 to 40 percent, and research shows that rudeness spreads like a common cold. In *The Asshole Survival Guide*, Stanford professor Robert Sutton offers practical advice on identifying and tackling any kind of asshole—based on research into groups from uncivil civil servants to French bus drivers, and 8,000 emails that he has received on asshole behaviour. With expertise and humour, he provides a cogent and methodical game-plan to fight back. First, he sets out the asshole audit, to find out what kind of asshole needs dealing with, and asshole detection strategies. Then he reveals field-tested, sometimes surprising techniques, from asshole avoidance and asshole taxes, to mind-tricks and the art of love bombing. Finally, he explains the dangers of asshole blindness—when the problem might be yours truly.

A manual for building a faster brain and a better you! *The Little Book of Talent* is an easy-to-use handbook of scientifically proven, field-tested methods to improve skills—your skills, your kids' skills, your organization's skills—in sports, music, art, math, and business. The product of five years of reporting from the world's greatest talent hotbeds and interviews with successful master coaches, it distills the daunting complexity of skill development into 52 clear, concise directives. Whether you're age 10 or 100, whether you're on the sports field or the stage, in the classroom or the corner office, this is an essential guide for anyone who ever asked, "How do I get better?" Praise for *The Little Book of Talent* "The Little Book of Talent should be given to every graduate at commencement, every new parent in a delivery room, every executive on the first day of work. It is a guidebook—beautiful in its simplicity and backed by hard science—for nurturing excellence."—Charles Duhigg, bestselling author of

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The Power of Habit “It’s so juvenile to throw around hyperbolic terms such as ‘life-changing,’ but there’s no other way to describe The Little Book of Talent. I was avidly trying new things within the first half hour of reading it and haven’t stopped since. Brilliant. And yes: life-changing.”—Tom Peters, co-author of In Search of Excellence

A romance bookstore owner finds her own happily ever after with a single dad in a new romance series from the New York Times bestselling author of Every Dog Has His Day. Ryder Copeland is an accomplished architect and one heck of a father...not to mention tall and sexy. He's everything a hero should be, and Lord knows, Maisy Kelly has read enough of her great-aunt Eloise's romance novels to recognize one when she sees one. But like all fairy tales, Maisy can't help but wonder if this Prince Charming is too good to be true... Ryder is drawn to the shy, curly haired professor who hires him to convert the Victorian house she's inherited from her aunt into a romance bookstore. Attracted to a woman for the first time since his divorce, Ryder finds himself wishing for a future with Maisy that he knows is impossible. Ryder has never wavered from his plan to leave the small town of Fairdale, North Carolina, so he can give his daughter the life she deserves. But suddenly he's not so sure. And the closer he gets to Maisy, the harder it's going to be to walk away...

The New Science of Cause and Effect. As humans, our instinct is to ask the questions “why” and “what if?” As you go about your day, you might ask yourself, “If I take this aspirin, will my headache go away?” or “What did I eat that made my stomach hurt?” You might even ask questions about the past too like, “What if I left my house just a few minutes earlier, would I have made my flight?” Whenever we ask questions like these, we are dealing with cause and effect relationships, or how certain factors lead to various results. In the scientific community, “Correlation is not causation” has been the mantra chanted by scientists for more than a century, prohibiting causal talk in many classrooms and scientific studies. Today, however, we have gone through a Causal Revolution instigated by author Judea Pearl and his colleagues. Through The Book of Why, Pearl shows us how his work in causal relationships will allow us to explore the world in more ways than one. It also shows us that the key to artificial intelligence is human thought and creating machines that can determine causes and effects. As you read, you’ll learn how the human brain is the most advanced tool in the world, how misunderstood data can lead to protests of the smallpox vaccine, and how controlled experiments have been around for as long as humans. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries.

"Mackenzie Harris fled her hometown of Bluff Point, Maine, seven years ago after being left at the altar and seeking solace in the arms of her best friend's off-limits brother. When she returns for her best friend's wedding, Gavin is hoping to pick up where they left off with the help of a stray puppy"--

The Fairy Tale Cupcake crew must discover the truth behind a death sprinkled with suspicion before Mel and Joe can say "I do", in the thirteenth Cupcake Bakery Mystery from New York Times bestselling author Jenn McKinlay. Life is sweet and business is booming at the Fairy Tale Cupcakes bakery--and the fact that Mel and Joe are getting married is the icing on the cake. Their reception will be held at the swanky resort where Oz works as the pastry chef. The wedding planning is all fun-fetti and games until Mel and Joe meet the head chef at the resort who has been making Oz's life miserable. When the eccentric chef insults Mel's bakery, Oz gets into a blowout argument with the culinary prima donna. Things turn extra sour when the chef is murdered, and Oz is the police's main suspect. As the countdown to the wedding day begins, Mel, Joe, and the rest of the Fairy Tale Cupcake crew must sift through clues to catch the real killer and clear Oz's name before their wedding plans are totally battered and baked. Offers entries for over six thousand idioms, including seven hundred new to this edition, and provides background information, additional cross-references, and national variants.

A 2018 Caldecott Honor book There was a cat who lived alone. Until the day a new cat came . . . And so a story of friendship begins, following the two cats through their days, months, and years until one day, the older cat has to go. And he doesn't come back. This is a poignant story, told in measured text and bold black-and-white illustrations about the act of moving on.

Carry this book in your back pocket. Let it become your faithful friend that nudges you, at every point in your journey, to unlock your potential. No matter where you are in life--searching for happiness, working toward a goal, longing for a better relationship, or feeling content and settled--focusing on your character strengths adds a whole new dimension. Recent research shows that when you understand and activate your positive personality traits, you become more resilient, manage stress better, and find greater fulfillment in life. In The Power of Character Strengths: Appreciate and Ignite Your Positive Personality, you'll be expertly guided by leading authorities through your 24 strengths. You'll soon see all the ways these strengths are your best-kept secret for boosting your well-being. Discover how to appreciate what's best in you and champion strengths in the people you care about most. As a bonus, you'll practice putting your strengths into action with Strengths Builder, an easy-to-learn, four-step, research-backed program. Your adventure lies ahead, and The Power of Character Strengths is your must-have resource for building your best life!

Zak George is a new type of dog trainer. A dynamic YouTube star and Animal Planet personality with a fresh approach, Zak helps you to tailor train to your dog's unique traits and energy level--leading to quicker results and a much happier pet. Packed with everything you need to know to raise and care for your dog, this book will help you communicate and bond with one another in a way that makes training easier, more rewarding, and--most of all--fun!

Following the tremendous success of her first book, a nonfiction work on housekeeping that became a surprise bestseller, Cheryl Mendelson brings to her debut novel the same intensely readable style that made Home Comforts so popular. In the spirit of Anthony Trollope, she roots her story very much in a specific time and place—1999, in an old-fashioned New York City neighborhood that’s becoming rapidly gentrified—and the enormously engaging result resembles a twentieth-century version of The Way We Live Now. Anne and Charles Braithwaite have spent their entire married life in a sedate old apartment building in Morningside Heights, a northern Manhattan neighborhood filled with intellectual, artistic souls like themselves, who thrive on the area’s abundant parks, cultural offerings, and reasonably priced real estate. The Braithwaites, musicians with several young children, are at the core of a circle of friends who make their living as writers, psychiatrists, and professors. But as the novel opens, their comfortable life is being threatened as a buoyant economy sends newly rich Wall Street types scurrying northward in search of good investments and more space. At the same time, the Braithwaites weather the difficult love lives of their friends, and all of the characters confront their fears that the institutions and social values that have until now provided them with meaning and stability—science, religion, the arts—are in increasing decline. Though the group clings to the rituals and promises of such institutions, the Braithwaites’ imminent departure sends shock waves through their community. As the family contemplates the impossible—a move to the suburbs—their predicament represents the end of a cultured kind of city life that middle-class families can

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no longer afford. This intelligent and captivating social chronicle is the first of a trilogy of novels about Morningside Heights; readers sure to be drawn in by Mendelson's habit-forming prose have much more to look forward to.

Increase your fluency of English through the mastery of common English idioms and expressions. All Native English-speakers use a large number of proverbs and colloquial expressions in their daily conversations. These common sayings, which evolved over the centuries, are like "codes" that reveal the cultural values and attitudes of the speakers. To obtain complete fluency in the English language it is necessary to be familiar with these expressions and know how and when to use them. With a user-friendly format, *The Cheater's Guide to Speaking English like a Native* is a shortcut to achieving that goal.

This handbook brings together the latest thinking on the scientific study of closeness and intimacy from some of the most active and widely recognized relationship scholars in social and clinical psychology, communication studies, and related disciplines. Each contributing author defines their understanding of the meaning of closeness and intimacy; summarizes existing research and provides an overview of a theoretical framework; presents new ideas, applications, and previously unstated theoretical connections; and provides cross-references to other chapters to further integrate the material. *The Handbook of Closeness and Intimacy* will be of interest to researchers, practitioners, and students from social, clinical, and developmental psychology; family studies; counseling; and communication.

A collection of Peanuts cartoons featuring Snoopy.

A Gallup study found that 50% of resigning employees did so "to get away from their manager...." The ones who don't quit become disengaged; creating a negative work environment costing U.S. companies billions in lost productivity each year. Leaders in the 21st century need to understand that technical skills are not enough to be an effective manager. They need to be able to demonstrate Tactical Empathy to create a more productive environment. This book introduces readers to the fundamentals of Hostage Negotiator-Leadership (HNL) which has, as its foundation, Tactical Empathy. Inside, you'll learn 12 simple-to-execute skills that, if applied immediately, will have you operating at a level higher than most. *Ego, Authority, Failure* was written for leaders who want actionable techniques to build trust-based influence in order to motivate and inspire. It also shares cautionary tales for those in denial about the damage their ego and authority has on their organization.

Cesar Millan—nationally recognized dog expert—helps you see the world through the eyes of your dog so you can finally eliminate problem behaviors. From his appearances on *The Oprah Winfrey Show* to his roster of celebrity clients to his reality television series, Cesar Millan is America's most sought-after dog-behavior expert. But Cesar is not a trainer in the traditional sense—his expertise lies in his unique ability to comprehend dog psychology. Tracing his own amazing journey from a clay-walled farm in Mexico to the celebrity palaces of Los Angeles, Cesar recounts how he learned what makes dogs tick. In *Cesar's Way*, he shares this wisdom, laying the groundwork for you to have stronger, more satisfying relationships with your canine companions. Cesar's formula for a contented and balanced dog seems impossibly simple: exercise, discipline, and affection, in that order. Taking readers through the basics of dog psychology and behavior, Cesar shares the inside details of some of his most fascinating cases, using them to illustrate how common behavior issues develop and, more important, how they can be corrected. You'll learn:

- What your dog really needs may not be what you're giving him
- Why a dog's natural pack instincts are the key to your happy relationship
- How to relate to your dog on a canine level
- There are no "problem breeds," just problem owners
- How to choose a dog who's right for you and your family
- The difference between discipline and punishment
- And much more!

Filled with fascinating anecdotes about Cesar's longtime clients, and including forewords by the president of the International Association of Canine Professionals and Jada Pinkett Smith, this is the only book you'll need to forge a stronger, more rewarding connection with your four-legged companion.

PLEASE NOTE: This is a summary, analysis and review of the book and not the original book. "Barking Up the Wrong Tree" is an entertaining look at what makes people successful. Using information gained over nine years from his website of the same name, the author examines research and statistics to uncover what behaviors and attitudes lead to success. This SUMOREADS Summary & Analysis offers supplementary material to "Barking Up the Wrong Tree" to help you distill the key takeaways, review the book's content, and further understand the writing style and overall themes from an editorial perspective. Whether you'd like to deepen your understanding, refresh your memory, or simply decide whether or not this book is for you, SUMOREADS Summary & Analysis is here to help. Absorb everything you need to know in under 20 minutes! What does this SUMOREADS Summary & Analysis Include? An Executive Summary of the original book Editorial Review Key takeaways & analysis Brief chapter summaries A short bio of the the author Original Book Summary Overview Barking Up the Wrong Tree is an entertaining read. It is full of funny, quirky, inspiring and unusual stories, which keep the reader entertained from beginning to end. Each memorable story has a point to make, and leads on to researched advice on how to make the most of your life. The book is full of unconventional advice, which draws from research and statistics presented in an easy-to-digest format. BEFORE YOU BUY: The purpose of this SUMOREADS Summary & Analysis is to help you decide if it's worth the time, money and effort reading the original book (if you haven't already). SUMOREADS has pulled out the essence-but only to help you ascertain the value of the book for yourself. This analysis is meant as a supplement to, and not a replacement for, "Barking Up the Wrong Tree."

New York Times bestselling author Jenn McKinlay returns to Bluff Point, Maine, where one woman finds love with the help of an adorable golden retriever. *LOVE IS A FOUR-LEGGED WORD*. Carly DeCusati returned home to Bluff Point, Maine, with her tail between her legs. But she's determined to get her life back on track--and that means finding new homes for the elderly golden retriever and overly talkative parrot she inherited before her old life fell apart. Enter physical therapist and hot one-night stand James Sinclair. James doesn't care that Carly doesn't do relationships. He is determined to win her heart, promising to help her with the pets if she'll just give him the time of day. Carly agrees to date the irresistible James, and, for the first time in years, she's dreaming of a happily ever after. But James has secrets, and if he can't open up to Carly, their future could go to the dogs...

Most of us at some point in our lives will be struck by major traumas such as the sudden death of a loved one, a debilitating disease, assault, or a natural disaster. Resilience refers to the ability to 'bounce back' after encountering difficulty. This book provides a guide to building emotional, mental and physical resilience by presenting ten factors to help anyone become more resilient to life's challenges. Specific resilience factors such as facing fear, optimism, and social support are described through the experiences and personal reflections of highly resilient survivors. These survivors also describe real-life methods for practicing and benefiting from the resilience factors. As resilience is the complex product of genetic, psychological, biological, social, and spiritual factors, the authors investigate resilience from multiple scientific perspectives. They synthesize the latest literature on the topic, describe their own research on resilience, and quote from their interviews with highly resilient people.

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Paralleling the human senses, the author explores the secret lives of various plants, from the colors they see to whether or not they really like classical music to their ability to sense nearby danger.

Barking Up the Wrong Tree The Surprising Science Behind Why Everything You Know About Success Is (Mostly) Wrong HarperCollins

**** #8 on The Wall Street Journal best-selling business book list for September 13, 2014**** Given the abundance of commercially available energy-saving technologies, talented technologists to apply them, and even generous rebates to help finance them, why in the world aren't more efficiency projects approved? Based on twenty years of experience influencing efficiency decision-making in more than three billion square feet of properties, this author concludes that many more projects would be approved if energy professionals were actually trained to "sell" rather than simply "promote" efficiency. Energy efficiency products, services and programs all require effective selling. Professional sales skills make you more successful at advancing any energy efficiency initiative, regardless of your role in the process. Moreover, you need to think of yourself as a sales professional even if your job title does not include the word "sales." This book contains more than 80 short essays, each of which examines a unique aspect of efficiency-focused professional selling. Many originally appeared on Jewell Insights, the Efficiency Sales Professional Institute's daily email and smartphone blog that offers drip-irrigation reinforcement of concepts borrowed from the award-winning, weeklong Efficiency Sales Professional Certificate Boot Camp. As of this writing, more than one thousand energy professionals had benefited from this training. Hundreds of testimonials confirm the link between efficiency-focused professional selling and increased sales success: higher closing ratios, shorter sales cycles, deeper retrofits, and more. So what does efficiency-focused professional selling look like? 1) The confidence to reframe the benefits of efficiency so that they can be measured with the yardsticks that prospects are already using to measure their success 2) A 15-second elevator pitch that is precisely tuned to a particular prospect's values 3) A one-page narrative proposal delineating efficiency targets, the rationale for change, financial projections, status, and action steps for moving forward 4) A one-page financial summary that offers a clear and compelling treatment of both "popular" and "proper" metrics 5) An ability and willingness to sell utility-cost-financial, non-utility-cost financial, and non-financial benefits 6) An ability to recognize and replace myths with the math and motivation that get projects approved. Whether you are a manufacturer, specifying engineer, contractor, utility program manager or account executive, third-party program implementer, eco-entrepreneur or any other energy-related professional or job-seeker, you are sure to benefit from the insights provided in this book."

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