

## Better And Faster The Proven Path To Unstoppable Ideas

In today's information-laden world, time is valuable. With the aid of this invaluable book, users can save time and achieve more as they learn how to use proven techniques to not only be able to read faster, but recall far more, giving them a tremendous advantage in a competitive world.

Describes patterns of opportunity that drive success, explaining how to find business ideas inspired by single or multiple trends.

ONE OF AMAZON'S BEST BUSINESS BOOKS OF 2018 ONE OF THE FINANCIAL TIMES BUSINESS BOOKS OF THE MONTH ON RELEASE ONE OF BUSINESS INSIDER'S BEST BUSINESS BOOKS TO READ THIS SUMMER A guide to the early morning habits that boost your productivity and relax you—featuring interviews with leaders like Arianna Huffington, General Stanley McChrystal, Marie Kondo, and more. Marie Kondo performs a quick tidying ritual to quiet her mind before leaving the house. The president of Pixar and Walt Disney Animation Studios, Ed Catmull, mixes three shots of espresso with three scoops of cocoa powder and two sweeteners. Fitness expert Jillian Michaels doesn't set an alarm, because her five-year-old jolts her from sleep by jumping into bed for a cuddle every morning. Part instruction manual, part someone else's diary, the authors of *My Morning Routine* interviewed sixty-four of today's most successful people, including three-time Olympic gold medalist Rebecca Soni, Twitter cofounder Biz Stone, and General Stanley McChrystal—and offer timeless advice on creating a routine of your own. Some routines are all about early morning exercise and spartan living; others are more leisurely and self-indulgent. What they have in common is they don't feel like a chore. Once you land on the right routine, you'll look forward to waking up. This comprehensive guide will show you how to get into a routine that works for you so that you can develop the habits that move you forward. Just as a Jenga stack is only as sturdy as its foundational blocks, the choices we make throughout our day depend on the intentions we set in the morning. Like it or not, our morning habits form the stack that our whole day is built on. Whether you want to boost your productivity, implement a workout or meditation routine, or just learn to roll with the punches in the morning, this book has you covered.

Shawn Stevenson is a health expert with a background in biology and kinesiology who has helped thousands of people worldwide to improve their health, through his private work as well as his #1 Nutrition and Fitness podcast on iTunes. In his work, Shawn brings a well-rounded perspective to the perennial question: how can we feel better? In investigating complex health issues such as weight loss, chronic fatigue and hormone imbalance, Shawn realised that many health problems start with one criminally overlooked aspect of our routine - sleep. In *Sleep Smarter* Shawn explores the little-known and even less-appreciated facts about sleep's influence on every part of our life. Backed by the latest scientific research and packed with personal anecdotes and tips from leaders in the field of sleep research, this book depicts the dangers of insufficient sleep - from weight retention to memory loss to bad sex to increased risk of disease. In his clear, personable and relatable style Shawn offers 21 simple, immediately applicable ways for readers to take their well-being into their own hands and improve their sleep now

NEW YORK TIMES BESTSELLER • The author of *The Power of Habit* and “master of the life hack” (GQ) explores the fascinating science of productivity and offers real-world takeaways to apply your life, whether you're chasing peak productivity or simply trying to get back on track. “Duhigg melds cutting-edge science, deep reporting, and wide-ranging stories to give us a fuller, more human way of thinking about how productivity actually happens.”—Susan Cain, author of *Quiet* In *The Power of Habit*, Pulitzer Prize-winning journalist Charles Duhigg explained why we do what we do. In *Smarter Faster Better*, he applies the same relentless curiosity and rich storytelling to how we can improve at the things we do. At the core of *Smarter Faster Better* are eight key concepts—from motivation and goal setting to focus and decision making—that explain why some people and companies get so much done. Drawing on the latest findings in neuroscience, psychology, and behavioral economics—as well as the experiences of CEOs, educational reformers, four-star generals, FBI agents, airplane pilots, and Broadway songwriters—this book reveals that the most productive people, companies, and organizations don't merely act differently. They view the world, and their choices, in profoundly different ways. *Smarter Faster Better* is a story-filled exploration of the science of productivity, one that can help us learn to succeed with less stress and struggle—and become smarter, faster, and better at everything we do.

The world's most trusted guide for leaders in transition Transitions are a critical time for leaders. In fact, most agree that moving into a new role is the biggest challenge a manager will face. While transitions offer a chance to start fresh and make needed changes in an organization, they also place leaders in a position of acute vulnerability. Missteps made during the crucial first three months in a new role can jeopardize or even derail your success. In this updated and expanded version of the international bestseller *The First 90 Days*, Michael D. Watkins offers proven strategies for conquering the challenges of transitions—no matter where you are in your career. Watkins, a noted expert on leadership transitions and adviser to senior leaders in all types of organizations, also addresses today's increasingly demanding professional landscape, where managers face not only more frequent transitions but also steeper expectations once they step into their new jobs. By walking you through every aspect of the transition scenario, Watkins identifies the most common pitfalls new leaders encounter and provides the tools and strategies you need to avoid them. You'll learn how to secure critical early wins, an important first step in establishing yourself in your new role. Each chapter also includes checklists, practical tools, and self-assessments to help you assimilate key lessons and apply them to your own situation. Whether you're starting a new job, being promoted from within, embarking on an overseas assignment, or being tapped as CEO, how you manage your transition will determine whether you succeed or fail. Use this book as your trusted guide.

Uses Howard Gardner's theory of multiple intelligences to accommodate and develop a wide range of learning styles 11 units designed for verbal, logical, visual, kinesthetic, musical, interpersonal, intrapersonal, and naturalist learners Easy-to-use lessons that will enhance students' study skills and habits in any subject area Material that emphasizes self-understanding and growth, across the range of learning styles Additional activities that include role-playing, memorizing, letter writing, team games, and more Materials that is designed to help any student make the most productive use of both classroom and home-study time

Are you one of the millions of people out there who feel like they've read everything there is to read on fitness and have spent an enormous amount of time and money trying to get fit—and still failed? Until you know how your body really works and reacts to physical activity, you may never succeed. Eric Heiden, M.D., and Massimo Testa, M.D., two preeminent sports physicians who know the training needs of beginners as intimately as those of elite athletes, want to fix this problem. They know there has been an entire field of training science and medicine that has never been translated for the general public—until now. In a program that is designed for everyday people, Heiden and Testa bring us *Faster, Better, Stronger*, a customized, science-based program designed to guide you into a lifelong fitness habit, giving you step-by-step instructions on how to make the most of your body through exercise—physically, mentally, biomechanically, and nutritionally. In Part I, the doctors detail the solid science behind your body's responses to exercise. They share the same philosophy and medical expertise they have shared with world-class athletes and give scientific “secrets” in several areas of fitness: the prescriptive aspects of exercise; the biology of movement; the importance of fueling your body with the right food and water; what rest really accomplishes; and motivation. They also debug and clarify some all-too-often misunderstood medical and biological truths about training, and offer you ways to find your hidden talents and strengths. These doctors know that the luxuries of time and access are significant factors in getting fit, and thus Part II helps you design your own unique, individualized exercise program no matter your age, ability, experience, or schedule. Once you have assessed your current fitness level, the doctors guide you through assembling blocks of activities into a twelve-week program that will get you started on the road to lifelong health.

Detailed summary and analysis of The Power of Habit.

Debunks the "nice guy syndrome," the need to please others at one's own expense with the hope of receiving happiness, love, and fulfillment, and offers advice for how to rediscover oneself, revive one's sex life, and build better relationships with others.

Learn how Direct Selling has empowered millions of people to enjoy the 31 essential elements for a good life. This book is full of ideas, skills, tools and solutions that will enlighten, inspire and empower you to build your dream life. Get tools that you can instantly apply to enhance your success and quality of life. There are solutions and breakthrough ideas that will propel you faster to the life you aspire to live. It's like wisdom of a lifetime brought to you in an easy to understand and simple to apply format. Achieve More, Succeed Faster will teach you how to: - Create financial freedom and passive income - Make a 5 step Masterplan to help you achieve your goal - Enjoy lasting happiness and fulfillment - Earn millions while doing what you love to do - Help others to fulfil their dreams - Change habits and break old patterns of behavior - Build a life that is spiritually uplifting - Be a great leader and magnify your influence - Build an empowering circle of friends - Rise faster in your career - Build a new empowering mindset - Be resilient and maintain composure in the face of difficulties This book is also recommended for people who are not into the Direct Selling business but want to understand the real nitty-gritty of this business.

The chief people officer at FranklinCovey outlines anecdotal and practical recommendations for how organizations of any size or type can create a competitive advantage by building effective relationships.

"In the next ten years, every knowledge worker on earth will become one of two things: invaluable or obsolete. No matter the industry, the pace of progress and new information is faster today than ever before in human history--and it's accelerating exponentially. In this new reality, how can we possibly hope to keep up?? How can we learn, unlearn, and relearn fast enough to stay relevant in the world to come? In The Only Skill That Matters, Jonathan Levi unveils a powerful, neuroscience-based approach to reading faster, remembering more, and learning more effectively. You'll master the ancient techniques being used by world record holders and competitive memory athletes to unlock the incredible capacity of the human brain. You'll learn to double or triple your reading speed, enhance your focus, and optimize your cognitive performance. Most importantly, you'll be empowered to confidently approach any subject--from technical skills, to names and faces, to foreign languages, and even speeches--and learn it with ease."--Publisher's description.

Recall more, ace tests, be more productive, and remember every little detail - with techniques from scientists and memory champions. Your brain doesn't want you to remember everything - it's more work! Overcome your brain's instincts with advanced memory tactics to kick your memory into shape and become smarter, faster, and better. Never forget anything - from grocery lists to interview answers. Improve Your Memory is a no-nonsense guide that breaks down human memory down from a biological, psychological, and practical standpoint. You won't just learn advanced memory strategies, you'll learn why they work and why you forget. However, this book's goal is singular: to improve memory performance no matter the context, so it is full of actionable tactic after tactic after tactic to make "I forgot" a phrase that you have forgotten. Cure forgetful & absent-minded mistakes - without endless rehearsal. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with dozens of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Discover how photographic memory really works. \*How, why, and the speed at which we forget information. \*How your body's state impacts your memory's capabilities. \*The infamous Memory Palace technique used by memory champions worldwide. \*Curious phenomena of the memory, such as amnesia, and what it means for you. Turn your mind into a focused steel trap and do away with reminder post-its. \*How mnemonics are much more than acronyms. \*The Von Restorff and Zeigarnik Effects and how they impact memory. \*The science of spaced repetition. \*Why your brain prefers visual imagery over anything else. Memory is the key to learning, improvement, focus, and performance. How will your life benefit from a stronger memory without having to rehearse and recite for hours a day? You'll learn better. You'll create new habits quicker and understand concepts more easily. Your job or academic performance will improve, and so will your social life. You'll be able to tell stories new and old easily and never run out of things to say. The annoying feeling of imminent recall will be a thing of the past. Your life will become less stressful and more relaxed because you'll be confident everything is taken care of and accounted for. Develop an elephant's memory by clicking the BUY NOW button at the top of this page.

A strategy for changing attitudes about personal finances covers such topics as getting out of debt, the dangers of cash advances and keeping spending within income limits.

Still wondering how some people can remember information in great detail? In Photographic Memory, you won't just learn about the concept of photographic memory but you'll also discover the secret to expanding your retention capacity. Learn more about how your memory works and what makes a person remember things clearly. If you are one of those people who still memorize things through repeating them over and over until retained, then it's time to get rid of that old habit and discover a range of various memory tricks and techniques in this book. You'll be able to practice every technique through the exercises included in each method. To have a glimpse of the important knowledge you'll potentially learn once you read this book, here's an overview: Simplified discussion on how the mind makes, stores and remembers a memory The photographic memory and how it is different from eidetic memory Significance of creative thinking and visualization as a platform to achieve extraordinary memory How peg systems work including the special systems that are specifically developed to memorize numbers Tips and tricks to remember names better How emotions can be used to easily remember information How to organize and visualize information through mind mapping The concept of the palace method and how to construct your own memory palace to be able to store and retrieve information in an instant It's time



to step up your memorization skill and discover the things you need to maximize and expand your retention capacity.

Praise for Look At More "Andy Stefanovich is a masterful storyteller and a true 'curator of inspiration.' Look At More gives you a dose of Andy's adrenaline and creative can-do spirit, and it provides you with a powerful how-to guide for inspiring workplace innovation that lasts."—Beth Comstock, chief marketing officer, GE "Andy Stefanovich has always exhorted his clients to 'look at more stuff, think about it harder.' With this inspired and inspiring book, he shares dozens upon dozens of ways to put that principle to work. Look At More offers a way to real business transformation." —Daniel H. Pink, author, *A Whole New Mind* and *Drive* "Andy offers the reader a unique insight into what it really takes to create innovation within the structure of a corporate environment today. Andy doesn't think outside the box. He blows it up and starts again, helping large corporations think and behave like start-ups." —Duncan Wardle, vice president, Creative Inc., Disney Company "Andy Stefanovich delivers a host of innovative approaches to transform you and your business. The addictive narrative, while informative and actionable, is as creative as he wants us all to be."—Ivy Ross, executive vice president, marketing, Gap Brand at Gap Inc. "Look At More gives business leaders a practical and comprehensive framework to build, maintain, and most importantly inspire innovation not only at work but in all parts of life."—Stew Friedman, Wharton professor and author, *Total Leadership*

*Develop the Skills to Learn Anything Faster, Easier, and More Effectively* Written by the creators of the #1 bestselling course of the same name, this book will teach you how to "hack" your learning, reading, and memory skills, empowering you to learn everything faster and more effectively. *What Would You Do If You Could Learn Anything 3 Times Faster?* In our rapidly changing and information-driven society, the ability to learn quickly is the single most important skill. Whether you're a student, a professional, or simply embarking on a new hobby, you are forced to grapple with an every-increasing amount of information and knowledge. We've all experienced the frustration of an ever-growing reading list, struggling to learn a new language, or forgetting things you learned in even your favorite subjects. *This Book Will Teach You 3 Major Skills: Speed reading with high (80%+) comprehension and understanding* Memory techniques for storing and recalling vast amounts of information quickly and accurately Developing the cognitive infrastructure to support this flood of new information long-term However, the SuperLearning skills you'll learn in this course are applicable to many aspects of your every day life, from remembering phone numbers to acquiring new skills or even speaking new languages. *Anyone Can Develop Super-Learning Skills* This course is about improving your ability to learn new skills or information quickly and effectively. We go far beyond the kinds of "speed reading" (or glorified skimming) you may have been exposed to, diving into the actual cognitive and neurological factors that make learning easier and more successful. We also give you advanced memory techniques to grapple with the huge loads of information you'll soon be able to process. "This book should be the go-to reference for anyone looking to upgrade their mind's firmware!" -Benny Lewis, Language Learning Expert *Learn How to Absorb and Retain Information in a Whole New Way - A Faster, Better Way* The Authors' Proprietary Method for Teaching Speed Reading & Memory Improvement You may have even taken a normal speed reading course in the past, only to realize that you didn't retain anything you read. The sad irony is that in order to properly learn things like speed reading skills and memory techniques in the past, you had to read dozens of books and psychological journals to decode the science behind it. Or, you had to hire an expensive private tutor who specializes in SuperLearning. That's what I did. And it changed my life. Fortunately, my co-authors (experts and innovators in the fields of superlearning, memory improvement, and speed reading) agreed to help me transform their materials into the first ever digital course. Over 25,000 satisfied students later, we have transformed our course into a book you can enjoy anywhere. Our teaching methodology relies heavily on at-home exercises. The chapters themselves are only part of what you're buying. You will be practicing various exercises and assignments on a regular basis over the course a 7 week schedule. In addition to the lectures, there are hours of supplemental video and articles which are considered part of the curriculum. "This vital book contains all the tools needed to learn, memorize, and reproduce anything you want with the joy that ease brings. Don't take another class until you've read it!" -Dr. Anthony Metivier, Author & Memory Expert If you wish to improve memory and concentration, learn more effectively, read faster, and learn the techniques of memory champions - look no further! An awesome read that will push the limits of your brain. Levi does an incredible job of guiding you through, to bring your brain from average to UNSTOPPABLE!" -Nelson Dellis, 4-Time USA Memory Champion

*Are You Only Making A Fraction Of The Income You Could And Should Be Making?* Has finding a steady, predictable and reliable way of getting new customers been a constant struggle? Are you tired of always "grinding it out..." with almost ZERO results to show for all your gut busting effort... with no end in sight? Just *Sell The Damn Thing* shows you how to accelerate your company's growth and how do it in a way that makes a lot of money FAST. Through stories from his 30 years as a serial entrepreneur plus dozens of practical tips, Dan shows you the fastest and most effective way to get a FLOOD of new customers, build your business and make the highest possible profits... WITHOUT... - Giving away free stuff - Complicated multi-step funnels - Endless auto responder sequences - Surveys - Content marketing - Social media - Blogging - And all the other "grunt work" driving you crazy and producing little to no money! If you desire to achieve all your goals and finally realize the "dream lifestyle" that you got into business for in the first place... then this is the book for you.

*Bigger Faster Stronger (BFS)* is the premier performance program for high school and college sports. BFS and the book *Bigger Faster Stronger* have led teams to more than 500 state championships, and that was just the warm up. Now in its third edition, *Bigger Faster Stronger* is ready for the next generation of athletes and the next level of performance. Inside, you'll find training guidelines for in-season and off-season weight training, as well as the latest strategies for breaking through plateaus, developing peak strength, and increasing power, flexibility, speed, and agility. You'll learn the proper exercise techniques for the big four lifts, as well as multiple variations and safety protocols. You'll also find recommendations for integrating new equipment, athlete monitoring systems, and other technology into your program to ensure maximum effectiveness and performance gains. *Bigger Faster Stronger* can accommodate any sport and every level of competition. Safe, effective, and relied on by thousands of athletes, coaches, and administrators, it is the proven performance program you can trust.

"Surging sea levels are inundating the coasts." "Hurricanes and tornadoes are becoming fiercer and more frequent." "Climate change will be an economic disaster." You've heard all this presented as fact. But according to science, all of these statements are profoundly misleading. When it comes to climate change, the media, politicians, and other prominent voices have declared that "the science is settled." In reality, the long game of telephone from research to reports to the popular media is corrupted by misunderstanding and misinformation. Core questions—about the way the climate is responding to our influence, and what the impacts will be—remain largely unanswered. The climate is changing, but the why and how aren't as clear as you've probably been led to believe. Now, one of America's most distinguished scientists is clearing away the fog to explain what science really says (and doesn't say) about our changing climate. In *Unsettled: What Climate Science Tells Us, What It Doesn't, and Why It Matters*, Steven Koonin draws upon his decades of experience—including as a top science advisor to the Obama administration—to provide up-to-date insights and expert perspective free from political agendas. Fascinating, clear-headed, and full of surprises, this book gives readers the tools to both understand the climate issue and be savvier consumers of science media in general. Koonin takes readers behind the headlines to the more nuanced science itself, showing us where it comes from and guiding us through the implications of the evidence. He dispels popular myths and unveils little-known truths: despite a dramatic rise in greenhouse gas emissions, global temperatures actually decreased from 1940 to 1970. What's more, the models we use to predict the future aren't able to accurately describe the climate of the past, suggesting they are deeply flawed. Koonin also tackles society's response to a changing climate, using data-driven analysis to explain why many proposed "solutions" would be ineffective, and discussing how alternatives like adaptation and, if necessary, geoengineering will ensure humanity continues to prosper. *Unsettled* is a reality check buoyed by hope, offering the truth about

climate science that you aren't getting elsewhere—what we know, what we don't, and what it all means for our future.

Discover your soul's birthright to peace, purpose, and prosperity Are you seeking to embrace more abundance and love into your being but finding it hard to do in the noise and muck of daily life? Through her inspiring collection of ancient wisdom, personal stories, and sage advice, entrepreneur, VIP coach, and motivational speaker Danette May offers guidance for finding your path through life's wilderness of self-doubt and hesitation. Her candid reflection delves into what it takes to have a truly fulfilling life. Danette's abundance actions need only small, manageable nuggets of time and attention in order for you to manifest more self-love, stronger spiritual connection, increased health, and better relationships. Open your mind, listen to your heart, and follow your soul's guideposts for reaching your dreams and desires.

Get started on the keto diet with the original guide to triggering ketosis with a low carb, high fat healthy eating plan Low-carb is all the rage, but unlike the fad diets, the ketogenic diet is scientifically proven to change how the brain gets energy and the body dissolves fat. Studies have shown that the ketogenic diet's program—a high in fat, moderate in protein and very low in carbs approach—guarantees you'll lose weight by: Powerfully suppressing appetite Effectively stabilizing blood sugar Naturally enhancing mood Dramatically reducing fat storage The Ketogenic Diet includes a quick-start guide to rapid weight loss, a surefire plan to eliminate carbs and fat-burning advice that works. Using the recipes and tips in this book, you will learn to avoid trigger foods, gauge the difference between good and bad fats, and steer clear of nutrient-poor carbs.

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.

The Challenge Built to Last, the defining management study of the nineties, showed how great companies triumph over time and how long-term sustained performance can be engineered into the DNA of an enterprise from the very beginning. But what about the company that is not born with great DNA? How can good companies, mediocre companies, even bad companies achieve enduring greatness? The Study For years, this question preyed on the mind of Jim Collins. Are there companies that defy gravity and convert long-term mediocrity or worse into long-term superiority? And if so, what are the universal distinguishing characteristics that cause a company to go from good to great? The Standards Using tough benchmarks, Collins and his research team identified a set of elite companies that made the leap to great results and sustained those results for at least fifteen years. How great? After the leap, the good-to-great companies generated cumulative stock returns that beat the general stock market by an average of seven times in fifteen years, better than twice the results delivered by a composite index of the world's greatest companies, including Coca-Cola, Intel, General Electric, and Merck. The Comparisons The research team contrasted the good-to-great companies with a carefully selected set of comparison companies that failed to make the leap from good to great. What was different? Why did one set of companies become truly great performers while the other set remained only good? Over five years, the team analyzed the histories of all twenty-eight companies in the study. After sifting through mountains of data and thousands of pages of interviews, Collins and his crew discovered the key determinants of greatness -- why some companies make the leap and others don't. The Findings The findings of the Good to Great study will surprise many readers and shed light on virtually every area of management strategy and practice. The findings include: Level 5 Leaders: The research team was shocked to discover the type of leadership required to achieve greatness. The Hedgehog Concept (Simplicity within the Three Circles): To go from good to great requires transcending the curse of competence. A Culture of Discipline: When you combine a culture of discipline with an ethic of entrepreneurship, you get the magical alchemy of great results. Technology Accelerators: Good-to-great companies think differently about the role of technology. The Flywheel and the Doom Loop: Those who launch radical change programs and wrenching restructurings will almost certainly fail to make the leap. "Some of the key concepts discerned in the study," comments Jim Collins, "fly in the face of our modern business culture and will, quite frankly, upset some people." Perhaps, but who can afford to ignore these findings?

From three design partners at Google Ventures, a unique five-day process--called the sprint--for solving tough problems using design, prototyping, and testing ideas with customers.

In seven life-changing chapters, packed with three powerful lessons each, you'll discover not only how to get better results, but also how to get them at a strategically accelerated rate."

?Buy the Paperback version of this book and get the ebook version included for FREE? Do you wish you could accelerate your learning abilities and improve your memory instantly? Do you want to effortlessly stay focused and absorb info like a human sponge? If you answered YES to any of those questions, then the solution is right in front of you. Scientifically-proven methods for accelerated learning to save your valuable time How to Learn Faster is not a boring textbook - it's a simple yet effective guidebook for your journeys in learning. It will help you to use your brain to its fullest potential by showing you the most effective methods, the pitfalls you must avoid, and the habits you must develop. Not only is this book an essential learning tool, it is also going to give you insight into how your brain works with easy to understand explanations and tips that anyone can naturally work into their day-to-day life. It will also give you the skills you need to strengthen your brain, improve your memory and achieve all your learning goals. Here's Just a Quick Preview of What You'll Learn in this Book: \* How to hack your belief system and convince yourself that you CAN be a fast learner \* Four different types of learners and how to find out which one is yours. \* The reading mistakes you are probably committing right now and what to do about them. \* How to double your reading speed within just a few days. \* Surprising facts about your brain and memory and how to make your brain work for you. \* The learning techniques that are proven to work - such as mind-mapping, link method, and method of Loci. \* Top strategies for taking better notes for effective learning. \* How to develop laser-like focus and greater concentration. \* The secret no one ever tells you about memory retention. \* How to use the superpower of spaced repetition. \* Daily habits you must cultivate to develop unlimited memory. \* And much, much more! Learning



how to learn is one of the most valuable skills you will ever possess. It unlocks everything you want in life: better grades, better career development, better relationships, and most important of all - the life you truly want. So, Are You Ready to Reach Your Brain's Potential and Become a Learning Machine? If you are, then simply scroll up and click the BUY NOW button, and be prepared to 10X your learning abilities now. ?Buy the Paperback version of this book and get the ebook version included for FREE?

You already know that job hunting can be difficult. It can be tough in a good job market. In a bad job market, it can be brutal. You get rejection after rejection. You're constantly faced with the Black Hole of job hunting: You complete applications, post resumes and make contacts, but get no response at all. It can be hard to keep going, and many job hunters have periods of doing far too little - and even slowing down just when they need to speed up. And sometimes it's hard to know what kind of effort to make. Should you make more phone calls? Use more social networking sites? Find more job boards? Make more contacts? A professional career coach could assist you with all of this. However, many job hunters are unemployed and not in a position to hire a coach. A PROVEN SYSTEM But now, there's another solution. Rather than hunker down alone in a home office, you can do your job hunting as part of a Job Search Work Team. Team members do not need to be experts, since they're using a proven system - one that's been successfully used by a 300-office global career services company for over 20 years. Job Search Work Teams have helped thousands of job hunters find great new jobs faster. Team Up! shows you the university research that explains why and how these teams are so successful. And the book tells you exactly what to do to join, start or lead one of these teams. Teams have been shown to shorten job searches by 20%. That could cut a five-month search to four months, and save you a full month's salary. ENDORSED BY EXPERIENCED CAREER PROFESSIONALS Career professionals who have used Job Search Work Teams are enthusiastic about their value for job hunters. On the first two pages of Team Up!, you'll see endorsements from people with a combined total of 200 years experience as professional career coaches. On the back cover of the book, you'll see endorsements from leaders of church, synagogue and nonprofit programs that use these teams. In that kind of program, teams are usually led by the job hunters themselves. The teams have proven successful when led by professional leaders, volunteer workers, or team members. But however they're led, it's important that all team members understand exactly how they work and what to do in meetings to help make every member's search more effective, more comfortable and faster. Team Up! explains the whole thing, step-by-step, telling you exactly how you can start, join or lead one of these teams. JOB SEARCH WORK TEAMS OFFER: \*\*\* A comfortable, supportive weekly meeting that's focused on making every team member's job search more effective this week than it was last week. \*\*\* Networking assistance, since every member has two dozen eyes and ears on the lookout for job leads and job market information -- not just two. \*\*\* An advisory group to answer questions, enumerate options, and provide objective advice. \*\*\* A simple progress measurement system that allows job hunters to answer three key questions: (1) "Before you start getting job interviews, how do you know whether you're making progress? (2) How much progress did you make this week? (3) Which of your efforts are producing the progress? TEAM UP! TELLS YOU: +++ How to join an existing Job Search Work Team. +++ How to start your own team if there isn't one near you. +++ How to ensure that every weekly team meeting is safe, comfortable and highly productive for everyone in the room. +++ How to use teams in church, synagogue or community job search assistance programs. +++ How to make your job search more effective - even if you decide not to join a Job Search Work Team. The book is written for career professionals as well as job hunters. It includes a message for career coaches and a complete manual/workbook. It is not available as an e-book because it is in 8 1/2 by 11 inch format and includes numerous full- and two-page graphics that cannot be viewed on those device

The hottest trend spotter in North America reveals powerful strategies for thriving in any economic climate. The ultimate business survival guide for all those looking to change the world.

Better and FasterThe Proven Path to Unstoppable IdeasCurrency

"Make sure your students follow your instructions." That sounds like a straightforward instruction, but in fact, it's fairly abstract. What does a teacher actually have to do to make sure students are following? Even the leader delivering this direction may not know, and the first-year teacher almost certainly doesn't. The vast majority of teachers are only observed one or two times per year on average—and even among those who are observed, scarcely any are given feedback as to how they could improve. The bottom line is clear: teachers do not need to be evaluated so much as they need to be developed and coached. In Get Better Faster: A 90-Day Plan for Coaching New Teachers, Paul Bambrick-Santoyo shares instructive tools of how school leaders can effectively guide new teachers to success. Over the course of the book, we break down the most critical actions leaders and teachers must enact to achieve exemplary results. Designed for coaches as well as beginning teachers, Get Better Faster is an integral coaching tool for any school leader eager to help their teachers succeed. It's the book's focus on the actionable—the practice-able—that drives effective coaching. By practicing the concrete actions and micro-skills listed here, teachers will markedly improve their ability to lead a class, producing a steady chain reaction of future teaching success. Though focused heavily on the first 90 days of teacher development, it's possible to implement this work at any time. New and old teachers alike can benefit from the guidance of Get Better Faster and close their existing instructional gaps. Packed with practical training tools, including agendas, presentation slides, a coach's guide, handouts, planning templates, and 35 video clips of real teachers at work, Get Better Faster will teach you: The core principles of coaching: Go Granular, Make Feedback More Frequent, Top action steps to launch a teacher's development in an easy-to-read scope and sequence guide The four phases of skill building: Phase 1 (Pre-Teaching): Dress Rehearsal Phase 2: Instant Immersion Phase 3: Getting into Gear Phase 4: The Power of Discourse

You don't have anything to prove. Too many of us walk through life feeling as if we don't measure up. We always seem to thirst for more. We think if we could only work harder or be better, we could be enough. But the truth is, we will never be enough. And thankfully, we don't have to be. In this 8-session study, Jennie Allen walks through key passages in the Book of John to demonstrate how only Jesus is enough. We don't have to prove anything because Jesus has already proven everything. Discover how our thirsty hearts can only be quenched by the living water. Features: - Leader helps to guide questions and discussions within small groups Seven weeks of personal study segments to complete between eight weeks of group sessions Five days of study within each week of personal study Benefits: - Learn to take hold of what has already been given to you in Christ - Stop trying to prove yourself because Jesus has already proven everything - Look to Jesus for your satisfaction - Overflow with Christ's abundance, and bring life to others - Remind yourself of who you are in Christ with Scripture - Grow in biblical literacy with this exploration of the Gospel of John

From the physician behind the wildly popular NutritionFacts website, How Not to Die reveals the groundbreaking scientific

evidence behind the only diet that can prevent and reverse many of the causes of disease-related death. The vast majority of premature deaths can be prevented through simple changes in diet and lifestyle. In *How Not to Die*, Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of NutritionFacts.org, examines the fifteen top causes of premature death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure, and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives. The simple truth is that most doctors are good at treating acute illnesses but bad at preventing chronic disease. The fifteen leading causes of death claim the lives of 1.6 million Americans annually. This doesn't have to be the case. By following Dr. Greger's advice, all of it backed up by strong scientific evidence, you will learn which foods to eat and which lifestyle changes to make to live longer. History of prostate cancer in your family? Put down that glass of milk and add flaxseed to your diet whenever you can. Have high blood pressure? Hibiscus tea can work better than a leading hypertensive drug—and without the side effects. Fighting off liver disease? Drinking coffee can reduce liver inflammation. Battling breast cancer? Consuming soy is associated with prolonged survival. Worried about heart disease (the number 1 killer in the United States)? Switch to a whole-food, plant-based diet, which has been repeatedly shown not just to prevent the disease but often stop it in its tracks. In addition to showing what to eat to help treat the top fifteen causes of death, *How Not to Die* includes Dr. Greger's Daily Dozen—a checklist of the twelve foods we should consume every day. Full of practical, actionable advice and surprising, cutting-edge nutritional science, these doctor's orders are just what we need to live longer, healthier lives.

Each of us has the potential to learn French, read French books, and speak French fluently. How do some people become fluent faster than others? Is it a specific "language learning gene" that those people possess? No. It's the tools and techniques that make learning easier and more enjoyable. *How to Learn French in a Year* outlines the step-by-step process you need to take to go from stumbling your way through conversation, to mastering the four core language skills—read, write, listen, and speak. From the minute you begin using the tools and techniques outlined in *How to Learn French in a Year* you'll be addicted to the process. You'll discover: How to avoid some of the most common mistakes people make when learning French. Three simple ingredients needed to become fluent in French. How to finally pronounce French words in a way that sounds like a native. How to avoid going crazy while trying to understand French grammar. The little-known method polyglots use that'll help you learn French words—and never forget them! How to create a virtual immersion environment. The best resources to help you become an even better French speaker. And more... Whether you're just starting out on your journey to learn French, or whether you're not making much progress in your efforts to learn the language, *How to Learn French in a Year* will work as your secret weapon to conquer this language once and for all.

The #1 New York Times bestseller. Over 3 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving—every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits—whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

With growing market pressures, transaction values, and information density, practitioners need to begin approaching M&A in a more innovative, efficient and collaborative way. This book looks at how Agile, the project management technique, can be scaled and implemented to improve the entire lifecycle of M&A while increasing value and closing deals faster.

From Amos Schwartzfarb, serial entrepreneur and veteran Managing Director of Techstars Austin comes the elemental, essential, and effective strategy that will help any startup identify, build, and grow their customers from day 1. Most startups fail because they can't grow revenue early or quickly enough. Startup CEOs will tell you their early missteps can be attributed to not finding their product market fit early enough, or at all. Founders overspend time and money trying to find product-market fit and make false starts, follow the wrong signals, and struggle to generate enough revenue to scale and raise funding. And all the while they never really knew who their customers were, what product they really needed, and why they needed it. But it doesn't have to be this way, and founders don't need to face it alone. Through expert guidance and experienced mentorship, every startup can avoid these pitfalls. The ultimate guide for building and scaling any startup sales organization, *Sell More Faster* shares the proven systems, methods, and lessons from Managing Director of Techstars Austin and sales expert Amos Schwartzfarb. Hear from founders of multi-million-dollar companies and CEOs who learned firsthand with Techstars, the leading mentorship-driven startup accelerator and venture capital firm that has invested in and mentored thousands of companies, collectively representing billions of dollars in funding and market cap. Schwartzfarb, and the Techstars Worldwide Network of more than 10,000 mentors do one thing better than anyone: help startup entrepreneurs succeed. They know how to sell, how to hire people who know how to sell, and how to use sales to gain venture funding—and now you can, too. *Sell More Faster* delivers the critical strategies and guidance necessary to avoid and manage the hazards all startups face and beat the odds. This valuable resource delivers: A comprehensive playbook to identify product market direction and product market fit Expert advice on building a diverse sales team and how to identify, recruit, and train the kinds of team members you need Models and best practices for sales funnels, pricing, compensation, and scaling A roadmap to create a repeatable and measurable path to find product-market fit Aggregated knowledge from Techstars leaders and industry experts *Sell More Faster* is an indispensable guide for entrepreneurs seeking product-market fit, building their sales team, developing a growth strategy, and chasing accelerated, sustained selling success.