

Click Work Anytime Live Anywhere Uncommon Sense Entrepreneurial Secrets Of A Dotcom Millionaire

Whether you have just a few minutes to dedicate to exercising or are looking for a daily routine, 7 Minutes to Fit has a plan that will work for you! Rooted in scientific research about the benefits of high intensity interval training, this book features 50 illustrated interval circuits that only require a chair and your body weight to complete. Award-winning personal trainer Brett Klika provides step-by-step explanations of basic exercise movements paired with helpful illustrations so you can get started moving your way to a healthier, more energized body. With circuits devoted to full body, arms, legs, and core, 7 Minutes to Fit is all you need for a quick and effective workout.

Never has there been music production software that so closely emulates the human mind and the demand for delivering music through a computer than Live. With an imaginative design and a forward-thinking mission, Ableton continues their legacy with Live 9, a software package that drives music production to the cutting edge while squarely meeting the needs of the composer, producer, performer, songwriter, DJ, and beyond. With such a progressive approach to its development, some of you may feel a bit disoriented or even intimidated at first sight of Live's unconventional design, especially those of you coming from a traditional Digital Audio Workstation (DAW) background. If you are new to DAWs, DJ style programs, or software music production in general, then you'll soon be right at home with the "parallel concept" of Live's Session and Arrangement Views. For the rest of you, you'll have to rethink your approach to composing, arranging and producing music just a bit; but it will be a worthwhile adjustment. That is why this book has been written: to help reinvent the experienced software-based music producer and to unleash the new user. The goal here is to build and cultivate a strong understanding of Live 9's concepts and to provide material that will engage all DAW users alike. With this goal in mind, at the end of each reading you should feel that your current skills and knowledge base have been elevated to the next level. For the current Ableton Live user – yes, you - there is plenty here to unlock! After all, there is still a little "new user" inside us all. Now it is time to learn how to Create, Produce and Perform with Live 9 – all you have to do is decide what your needs are, because it's all here. First published in 2013. Routledge is an imprint of Taylor & Francis, an informa company.

Beberapa tahun terakhir ini kita dikejutkan dengan perubahan-perubahan bisnis yang sangat luar biasa. Semua berawal dari teknologi; mulai dari tutupnya beberapa pusat perbelanjaan karena kehadiran toko online, taksi online yang meruntuhkan taksi tradisional, hingga pembayaran secara digital melalui aplikasi yang menggantikan transaksi tunai. Hal ini menuntut semua perusahaan, dari yang berskala kecil hingga multinasional, untuk bersaing lebih ketat dalam meraih pasar. Digital Marketing Concept akan mengungkapkan tiga elemen penting dalam konsep digital marketing. Semua aktivitas digital marketing yang Anda lakukan hanya akan memperbesar atau meningkatkan ketiga hal ini: traffic, conversion, dan engagement. Konsep digital marketing yang dipaparkan oleh Ryan Kristo Muljono disertai dengan tips dan trik untuk meraih pasar di dunia online. Tidak hanya pengusaha, orang awam sekalipun akan mudah memahami dan menerapkannya.

Anyone can draw and paint, anywhere and at any time! Anywhere, Anytime Art: Crayon allows artists of all skill levels to create beautiful, spontaneous artwork inspired by their surroundings, no matter where they are! Discover how to work with crayon, master basic strokes and drawing techniques, and choose the right colors for your subjects. Fun and simple step-by-step projects teach you how to create your own contemporary works of art using crayons, and tips and techniques make creating portable art easy and enjoyable. Whether you like to draw at home or while out and about, Anywhere, Anytime Art: Crayon is sure to inspire you to create vibrant, colorful artwork and expand your artistic horizons in new and adventurous ways!

"Powerful. . . . a revelation." —The New York Times "With a literary authority rare in a debut novel, it places Native American voices front and center before readers' eyes." —NPR/Fresh Air One of The New York Times 10 Best Books of the Year and winner of the PEN/Hemingway Award, Tommy Orange's wondrous and shattering bestselling novel follows twelve characters from Native communities: all traveling to the Big Oakland Powwow, all connected to one another in ways they may not yet realize. Among them is Jacquie Red Feather, newly sober and trying to make it back to the family she left behind. Dene Oxendene, pulling his life together after his uncle's death and working at the powwow to honor his memory. Fourteen-year-old Orvil, coming to perform traditional dance for the very first time. Together, this chorus of voices tells of the plight of the urban Native American—grappling with a complex and painful history, with an inheritance of beauty and spirituality, with communion and sacrifice and heroism. Hailed as an instant classic, There There is at once poignant and unflinching, utterly contemporary and truly unforgettable. One of the Best Books of the Year: The Washington Post, NPR, Time, O, The Oprah Magazine, The Dallas Morning News, GQ, Entertainment Weekly, BuzzFeed, San Francisco Chronicle, The Boston Globe

Do you want the encouragement and wisdom to propel your life on a new course away from mere success to true significance? In this book, author Joseph Chew provides master principles on which we can lead a happy life touched by Christ. You will learn about riches and wealth, love and sacrifice, and God's view of money, assets including talents and skills with a blend of personal insight and true-life examples from Joseph's own life lessons. You Will Discover * The mindset we should have when it comes to money and abundance, * How to follow God's design for your business and life, * How to see your gifts as a way to transform lives, * How to recognize Miracles in your life, * Strategies to cast the vision God has given you, * How to persevere in life even when things aren't going as planned. The Path To Success And Happiness is an inspiring and highly practical guide that can be easily applied to create success in all areas of your life.

Drawing on hundreds of case studies, a look at the psychology of major midlife U-turns examines the life-transforming phenomenon from a philosophical, literary, scientific, and

psychological perspective to explain why it occurs.

Design almost anything in 3D with SketchUp Whether you've dabbled in drawing in 3D or are interested in learning the basics of design, SketchUp For Dummies makes it fast and easy to learn the ropes of a powerful, user-friendly tool to bring your design ideas to life. From creating a basic 3D model to showing off your work via 3D print or animation, this all-access guide pulls back the curtain on using SketchUp to do anything from redesigning your house to mocking up the next great invention. With an emphasis on usability, SketchUp has found very wide success as a tool even non-designers can use to make basic drawings. And now, thanks to the insight and expert tips from former SketchUp product director Aidan Chopra and co-author Rebecca Huehls, this easy-to-follow guide makes it more accessible than ever! Create buildings and components Alter the appearance of your model Tour your designs via SketchUp Get quick tips on troubleshooting If you're a designer with sketchy computer modeling skills, SketchUp For Dummies is the trusted reference you'll turn to again and again.

The surge in the number of online training sites has created an unprecedented demand for experts who know all aspects of Web-based training (WBT) site design. Written by bestselling author William Horton, this book provides the hands-on and practical guidance that trainers demand. Packed with over 100 examples, this well-illustrated guide walks you through every phase of designing WBT, from analyzing your course requirements and assessing the needs of potential students to designing a course for a global audience. You'll find out how to combine elements into effective and interesting learning sequences, discover how to overcome any technical hurdle that may arise, how to offer materials that motivate learning, and how to use Web technologies to create 21st-century alternatives to traditional courses. Praise for Designing Web-Based Training "Horton has done it again! He's addressed the cutting-edge problem of Web-based training design with his pragmatic, research-based approach. His work is task-oriented and down-to-earth. He doesn't waste our time with excessive educational philosophy. In short-comprehensive overview, practical advice, engaging presentation."-Robert E. Horn, Author, Visual Language: Global Communication for the 21st Century "As each new media wave is adopted for instructional purposes, there is a lag in effective exploitation of the unique features the medium brings for supporting learning. Designing Web-Based Training bridges the gap by providing a rich and detailed reference."-Ruth Clark, EdD, President, Clark Training & Consulting "Designers have been seeking guidance on how to exploit the Web's distribution potential while combining it with powerful instructional programs. Horton provides structure, stimulation, and substance in this important book. Web-based training is definitely what is happening now. Designing Web-Based Training will be a de facto classic in the field." -Gloria Gery, Principal, Gery Associates, Author, Making CBT Happen The companion Web site at www.wiley.com/compbooks/horton/ features: * Design guidelines * Live versions of many examples from the book * A course shell and sample lessons * Links to helpful references

In early reviews, geeks raved about Windows 7. But if you're an ordinary mortal, learning what this new system is all about will be challenging. Fear not: David Pogue's Windows 7: The Missing Manual comes to the rescue. Like its predecessors, this book illuminates its subject with reader-friendly insight, plenty of wit, and hardnosed objectivity for beginners as well as veteran PC users. Windows 7 fixes many of Vista's most painful shortcomings. It's speedier, has fewer intrusive and nagging screens, and is more compatible with peripherals. Plus, Windows 7 introduces a slew of new features, including better organization tools, easier WiFi connections and home networking setup, and even touchscreen computing for those lucky enough to own the latest hardware. With this book, you'll learn how to: Navigate the desktop, including the fast and powerful search function Take advantage of Window's apps and gadgets, and tap into 40 free programs Breeze the Web with Internet Explorer 8, and learn the email, chat, and videoconferencing programs Record TV and radio, display photos, play music, and record any of these to DVD using the Media Center Use your printer, fax, laptop, tablet PC, or smartphone with Windows 7 Beef up your system and back up your files Collaborate and share documents and other files by setting up a workgroup network

With the approachable instruction and contemporary approach to drawing featured in Anywhere, Anytime Art: Illustration, aspiring creatives of all backgrounds can learn how to make illustrative art on the go using pencil, pen, colored pencil, and more. Learn how to make art inspired by your immediate surroundings, wherever you are—whether traveling abroad or exploring at home. Use your art and creativity as a means to document your experiences, capture your travel memories, and dream of new adventures. After an overview of the suggested tools and materials, explore essential drawing techniques, such as mastering line art and gesture drawing, making quick on-location sketches, and working with color media to complement illustrations. Helpful tips include information for packing and traveling with art supplies, drawing in the open air, and working from photographs. Finally, easy-to-follow and customizable step-by-step projects show you how to creatively express yourself by combining color, pattern, texture, typography, and cultural experience with a variety of projects. Packed with a plethora of fun and creative exercises, Anywhere, Anytime Art: Illustration is the perfect portable resource for creative types on the go.

The awakened cannot be enslaved; the asleep cannot be freed.

Voice Therapy: Clinical Case Studies, Fifth Edition provides both the student and the working clinician with a broad sampling of management strategies as presented through clinical case studies by master voice clinicians, laryngologists, and other voice care professionals. Through concise patient histories, pre- and post-treatment evaluations, and tailored therapeutic approaches, this classic text addresses assessment, management, as well as treatment and therapy approaches for a range of voice disorders; muscle tension dysphonia, glottal incompetence and neurogenic disorders, and professional voice care. New to the Fifth EditionAn expanded discussion of the principles of successful voice therapy including issues of self-efficacy and patient responsibilities for their own care. (Chapter 1)An introduction to the concept of 'Meta-Therapy;' those clinical and

personal characteristics that go beyond the therapy technique to make patients more flexible and competent users of their own vocal instruments. (Chapter 1) Cases describing new evidence-based therapies such as 'Conversation Training Therapy' and 'Lax Vox' therapy. (Chapters 3 and 4) New cases describing treatments for chronic cough, superior nerve paralysis, and vocal tremor in a singer. (Chapters 5 and 6) A NEW chapter on a non-traditional therapy delivery model, telepractice and therapeutic challenges not previously discussed, treatments for enhancing the transgender voice, pervasive vocal fry, and muscle tension dysphagia. (Chapter 8) The fifth edition of this text has been extensively revised and updated and includes 54 case studies and 7 case vignettes sampling a wide variety of voice disorders with various pathologies, etiologies, and therapy techniques. Through a systematic case study format, 64 voice experts and master clinicians have provided detailed descriptions of voice assessment and management approaches and techniques. It is the ideal text for both students learning the basics of evaluation and treatment of voice disorders and practicing clinicians providing voice care. Featured on the Netflix documentary series Chef's Table "Elemental, fundamental, and delicious" is how Anthony Bourdain describes the trailblazing live-fire cooking of Francis Mallmann. The New York Times called Mallmann's first book, *Seven Fires*, "captivating" and "inspiring." And now, in *Mallmann on Fire*, the passionate master of the Argentine grill takes us grilling in magical places—in winter's snow, on mountaintops, on the beach, on the crowded streets of Manhattan, on a deserted island in Patagonia, in Paris, Brooklyn, Bolinas, Brazil—each locale inspiring new discoveries as revealed in 100 recipes for meals both intimate and outsized. We encounter legs of lamb and chicken hung from strings, coal-roasted delicata squash, roasted herbs, a parrillada of many fish, and all sorts of griddled and charred meats, vegetables, and fruits, plus rustic desserts cooked on the chapa and baked in wood-fired ovens. At every stop along the way there is something delicious to eat and a lesson to be learned about slowing down and enjoying the process, not just the result.

A leading presentation coach and a noted media coach offer a complete guide on how to present oneself in both professional and personal environments, introducing eight key strategies and techniques to help readers enhance their persuasive abilities. Reprint. 40,000 first printing.

Summary CORS in Action introduces Cross-Origin Resource Sharing (CORS) from both the server and the client perspective. It starts with the basics: how to make CORS requests and how to implement CORS on the server. It then explores key details such as performance, debugging, and security. API authors will learn how CORS opens their APIs to a wider range of users. JavaScript developers will find valuable techniques for building rich web apps that can take advantage of APIs hosted anywhere. The techniques described in this book are especially applicable to mobile environments, where browsers are guaranteed to support CORS. Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About the Book Suppose you need to share some JSON data with another application or service. If everything is hosted on one domain, it's a snap. But if the data is on another domain, the browser's "same-origin" policy stops you cold. CORS is a new web standard that enables safe cross-domain access without complex server-side code. Mastering CORS makes it possible for web and mobile applications to share data simply and securely. CORS in Action introduces CORS from both the server and the client perspective. It starts with making and enabling CORS requests and then explores performance, debugging, and security. You'll learn to build apps that can take advantage of APIs hosted anywhere and how to write APIs that expand your products to a wider range of users. For web developers comfortable with JavaScript. No experience with CORS is assumed. What's Inside CORS from the ground up Serving and consuming cross-domain data Best practices for building CORS APIs When to use CORS alternatives like JSON-P and proxies About the Author Monsur Hossain is an engineer at Google who has worked on API-related projects such as the Google JavaScript Client, the APIs Discovery Service, and CORS support for Google APIs. Table of Contents PART 1 INTRODUCING CORS The Core of CORS Making CORS requests PART 2 CORS ON THE SERVER Handling CORS requests Handling preflight requests Cookies and response headers Best practices PART 3 DEBUGGING CORS REQUESTS Debugging CORS requests APPENDIXES CORS reference Configuring your environment What is CSRF? Other cross-origin techniques If you are an extrovert, you have the set of skills to be the life of the party. What you need to do is to learn how to listen. Good improv requires excellent listening skills.

"Out of the Office" is an ebook about the Office of the Future. This ebook describes real life stories about people and companies that have adopted new working models – Virtual Offices, Coworking and Teleworking – work spaces and innovative collaborative technology that allowed them to be more efficient and productive. Learn how companies like Google, Starbucks and Facebook use new types of work to be more efficient, adapting their workspaces to the needs of professionals in the modern economy, seeking increased autonomy, flexibility and, above all, work where they feel happier. Out of the Office is one guide for the professionals and companies of the 21st Century. Check out more information here: www.outoftheofficebook.com

The classic guide to working from home and why we should embrace a virtual office, from the bestselling authors of *Rework* "A paradigm-smashing, compulsively readable case for a radically remote workplace."—Susan Cain, *New York Times* bestselling author of *Quiet* Does working from home—or anywhere else but the office—make sense? In *Remote*, Jason Fried and David Heinemeier Hansson, the founders of Basecamp, bring new insight to the hotly debated argument. While providing a complete overview of remote work's challenges, Jason and David persuasively argue that, often, the advantages of working "off-site" far outweigh the drawbacks. In the past decade, the "under one roof" model of conducting work has been steadily declining, owing to technology that is rapidly creating virtual workspaces. Today the new paradigm is "move work to the workers, rather than workers to the workplace." Companies see advantages in the way remote work increases their talent pool, reduces turnover, lessens their real estate footprint, and improves their ability to conduct business across multiple time zones. But what about the workers? Jason and David point out that remote work means working at the best job (not just one

that is nearby) and achieving a harmonious work-life balance while increasing productivity. And those are just some of the perks to be gained from leaving the office behind. Remote reveals a multitude of other benefits, along with in-the-trenches tips for easing your way out of the office door where you control how your workday will unfold. Whether you're a manager fretting over how to manage workers who "want out" or a worker who wants to achieve a lifestyle upgrade while still being a top performer professionally, this book is your indispensable guide.

"A 22-volume, highly illustrated, A-Z general encyclopedia for all ages, featuring sections on how to use World Book, other research aids, pronunciation key, a student guide to better writing, speaking, and research skills, and comprehensive index"--

Fully updated with new information, including the latest changes to YouTube! If you're a marketer, consultant, or small business owner, this is the guide you need to understand video marketing tactics, develop a strategy, implement the campaign, and measure results. You'll find extensive coverage of keyword strategies, tips on optimizing your video, distribution and promotion tactics, YouTube advertising opportunities, and crucial metrics and analysis. Avoid errors, create a dynamite campaign, and break it all down into achievable tasks with this practical, hour-a-day, do-it-yourself guide. Shows you how to successfully develop, implement, and measure a successful video marketing strategy. Written in the popular An Hour a Day format, which breaks intimidating topics down to easily approachable tasks. Thoroughly updated with the latest YouTube functionality, helpful new case studies, the latest marketing insights, and more. Covers optimization strategies, distribution techniques, community promotion tactics, and more. Explores the crucial keyword development phase and best practices for creating and maintaining a presence on YouTube via brand channel development and customization. Shows you how to optimize video for YouTube and search engine visibility. Give your organization a visible, vital, video presence online with YouTube and Video Marketing: An Hour a Day, Second Edition.

A manual for verbal self-defense explains how to transform hostility, eliminate aggression, handle tormenters, control emotion, and promote harmonious conversation.

Global Career: How to Work Anywhere and Travel Forever is a step-by-step blueprint to travel the world, build a successful career others wish they had, and build a life of which most people only dream. Includes specific shortcuts and tips you need to build a world-class career on the move. Skills for negotiating and obtaining further education, internships and high-paying work overseas. Building a life you love in any city in the world, and how to make lifelong friends quickly.

A sequel to The Getaway Special finds Trent and Donna Stinson joining hordes of people who would journey into outer space in order to escape a domineering United States but who encounter the government's increasingly restrictive policies, which prove deadly to freedom-seeking citizens. 10,000 first printing.

Improve Your EQ Success as an entrepreneur takes a lot more than big ideas and dedication. With threats of burnout and rejection at nearly every turn, the entrepreneurial journey is riddled with obstacles—but the staff, experts, and voices of Entrepreneur want you to know you're not alone. Entrepreneur Voices on Emotional Intelligence brings you real-world strategies to help you get brutally honest with yourself and boost your emotional intelligence. Dive in and learn how to: Assess and manage your own EQ levels Stop negative thoughts in their tracks to stay focused Decipher nonverbal cues that are the key to your success Shut down emotional manipulators before they suck the life out of you Develop a positive relationship with failure Cope with the grief, loneliness, and self-doubt that all entrepreneurs face Propel your career with regular EQ maintenance Plus, gain tips and tricks to become more likable, win big in your negotiations, and leverage emotions when marketing your business.

If you are interviewing with a company, you are likely qualified for the job. Through the mere action of conducting the interview, the employer essentially implies this. So why is it difficult to secure the job you love? Because there are three reasons you actually get the job—none of which are your qualifications—and, unfortunately, you can only control one of them. *INTERVIEW INTERVENTION* creates awareness of these undetected reasons that pose difficulty for the job-seeker and permeate to the interviewer, handicapping the employer's ability to secure the best talent. It teaches interview participants to use effective interpersonal communication techniques aimed at overcoming these obstacles. It guides job-seekers through the entire interview process to ensure they get hired. It teaches interviewers to extract the most relevant information to make sound hiring decisions. *INTERVIEW INTERVENTION* will become your indispensable guide to: ? Create self-awareness to ensure you understand the job you want before—not after—the fact. ? Conduct research to surface critical employer information. ? Share compelling stories that include the six key qualities that make them believable and memorable. ? Respond successfully to the fourteen most effective interview questions. ? Sell yourself and gather intelligence through effective question asking. ? Close the interview to ensure the interviewer wants to hire you.

An instant New York Times Bestseller A Read with Jenna Today Show Book Club Pick! "A thrilling debut that deserves your attention." –Ron Charles, the Washington Post Written with the haunting emotional power of Elizabeth Strout and Barbara Kingsolver, an astonishing debut novel that explores the lingering effects of a brutal crime on the women of one small Texas oil town in the 1970s. Mercy is hard in a place like this . . . It's February 1976, and Odessa, Texas, stands on the cusp of the next great oil boom. While the town's men embrace the coming prosperity, its women intimately know and fear the violence that always seems to follow. In the early hours of the morning after Valentine's Day, fourteen-year-old Gloria Ramírez appears on the front porch of Mary Rose Whitehead's ranch house, broken and barely alive. The teenager had been viciously attacked in a nearby oil field—an act of brutality that is tried in the churches and barrooms of Odessa before it can reach a court of law. When justice is evasive, the stage is set for a showdown with potentially devastating consequences. Valentine is a haunting exploration of the intersections of violence and race, class and region in a story that plumbs the

depths of darkness and fear, yet offers a window into beauty and hope. Told through the alternating points of view of indelible characters who burrow deep in the reader's heart, this fierce, unflinching, and surprisingly tender novel illuminates women's strength and vulnerability, and reminds us that it is the stories we tell ourselves that keep us alive. Provides a cultural history of the social impact of the Internet, online services, cell phone use, and the related technologies and devices that, in the span of a single generation, have radically changed the way we live.

Photoshop CS5 is more amazing than ever, but it can be overwhelming if you're just getting started. This book makes learning Photoshop a breeze by explaining things in a conversational, friendly style -- with no technical jargon. After a thorough introduction to the program, you'll delve deep into Photoshop's secrets with expert tips and practical advice you can use every day. Learn your way around. Get a guided tour of Photoshop's efficient new workspace Unlock the power. Learn the best ways to use layers, channels, masks, paths, and more Bring images to life. Discover how to effectively retouch, resize, and recolor your photos Be artistic. Create beautiful illustrations and paintings, and use text effectively Share your work. Produce great-looking photos for print and the Web Work smarter and faster. Automate common chores and install plug-ins for complex tasks Get bonus online content. Find more great material on the Missing CD page Written with the clarity, humor, and objective scrutiny, Photoshop CS5: The Missing Manual is the friendly, thorough resource you need.

Breathe Like a Bear is a beautifully illustrated collection of mindfulness exercises designed to teach kids techniques for managing their bodies, breath, and emotions. Best of all, these 30 simple, short breathing practices and movements can be performed anytime, anywhere: in the car to the grocery store, during heavy homework nights at home, or even at a child's desk at school. Based on Kira Willey's Parents' Choice GOLD Award-winning CD, Mindful Moments for Kids, this one-of-a-kind book is sure to help kids find calm, gain focus, and feel energized during the day, and encourage families to establish a fun and consistent mindfulness practice, whether at home or on the go.

THE SUNDAY TIMES BESTSELLER How to train for anything and everything, anywhere and everywhere The World's Fittest Book is set to become every fitness enthusiast's bible. Dubbed the body's complete user guide, it will become the go-to resource for learning all you need to know about building muscle, losing fat, eating (healthy) cake and unlocking your superhuman physical potential. Packed with workouts the author tried and tested in the pursuit of multiple world records, it's more than a book, it's the greatest training tool ever written! Designed for anyone who wants to make permanent and lasting changes to their food and fitness, it's the first book to combine the teachings, tips and tricks of Olympic and World Champions into one, easy to follow resource. This book will show you how it's possible to: Live below 10% body fat with the aid of chocolate and Mayan secrets Add 27% more muscle mass, courtesy of tips from world heavyweight champions Increase speed by 10%, thanks to gold medal winning Olympic sprinters Squat, deadlift and bench weights you never dreamed of lifting, with the guidance of the world's strongest men Improve endurance capacity by 60%, thanks to the knowledge of world champions in multi endurance-based sports ...all of which the author has achieved during the 10-year 'Fitness Pilgrimage' that has taken him around the globe. Aiming to be the most eclectic and comprehensive fitness guide ever created, The World's Fittest Book is the sum and substance of over a decade of research and the collective wisdom of some of the greatest minds and athletic bodies in history. By learning the lessons within it, readers will understand 'fitness' better than the vast majority of the population. Every chapter will have an easy to digest workout within it and can be read individually. But if you want to read the stories and the science behind the routines, that's there too. Until now, there hasn't been a book covering such an ambitious range of areas, catering for the casual fitness enthusiast seeking clarity and guidance in their own gym routine and kitchen habits as well as the seasoned sportsperson who's hit a plateau and is searching for tips, tricks and tweaks they can make to their training and diet. This book changes that, and will take you on a journey to whatever level of fitness you want to find.

How to Get a Stronger, Leaner and Sculpted Female Body in 30 Minutes! Most women struggle with daily tasks like cooking and taking care of their children, while often having a full time job to commit to. This is why focusing on increasing their strength is not a priority- there is simply no time to do it! However, you only need to devote 3 days per week and 30 minutes per each session to get a stronger, leaner and sculpted body, while preventing Osteopenia & Osteoporosis- bone diseases that makes your bones weaker and more prone to fractures! You Can Work Anywhere, Anytime on Your Strength! The workout presented in this book is designed to help you work out anywhere and anytime, as it doesn't require any specific equipment whatsoever. Whether you are on vacation, a business trip, or visiting an old friend- there is no excuse for missing a workout session. This is because you are carrying the necessary equipment with you all the time, which is your body. Just 30 minutes of your time three times per week is a really low price to pay in order to strengthen your body and live a healthier life without limitations! Motivate Yourself to Work Out Through Difficult Times One of the biggest pitfalls in strength training is to keep motivating yourself, even when life is tough and the last thing you want to do is to exercise. In this book I am providing you with powerful motivational strategies that will have you working on your strength even if you are in the middle of a storm! Do You Want To Get a Stronger, Leaner and Sculpted Body Today? Discover how to get a body that will help you stay healthy for a lifetime in just a few seconds! Simply scroll to the top of this page and click on the "Buy Now With 1-Click" button!

In his New York Times bestseller Steal Like an Artist, Austin Kleon showed readers how to unlock their creativity by "stealing" from the community of other movers and shakers. Now, in an even more forward-thinking and necessary book, he shows how to take that critical next step on a creative journey—getting known. Show Your Work! is about why generosity trumps genius. It's about getting findable, about using the network instead of wasting time "networking." It's not self-promotion, it's self-discovery—let others into your process, then let them steal from you. Filled with illustrations, quotes, stories, and examples, Show Your Work! offers ten transformative rules for being open, generous, brave,

productive. In chapters such as You Don't Have to Be a Genius; Share Something Small Every Day; and Stick Around, Kleon creates a user's manual for embracing the communal nature of creativity— what he calls the “ecology of talent.” From broader life lessons about work (you can't find your voice if you don't use it) to the etiquette of sharing—and the dangers of oversharing—to the practicalities of Internet life (build a good domain name; give credit when credit is due), it's an inspiring manifesto for succeeding as any kind of artist or entrepreneur in the digital age.

"Invisible Influence is a masterpiece in understanding the science of influence and how to take it from convincing to compelling. Kevin Hogan shows you in plain English how to understand, apply, and master the science of persuasion. The book is brilliant— and you can be brilliantly persuasive. Buy the book, read the book, and implement the book." —Jeffrey Gitomer, author of The Sales Bible and The Little Book of Leadership "One eyebrow-raising, head-whacking, forehead-slapping technique after another. Anyone whose daily life depends on influencing people—in other words, everyone—should read this book. Buy copies for your friends and hide it from your enemies." —Richard Brodie, author of Virus of the Mind: The New Science of the Meme "Master persuaders know that it's not really about the words you use or the moves you make—other people get persuaded because of what you think and how you feel. Kevin Hogan explains in delightfully clear detail how to make these master-persuader secrets work for you. Not only that, he also explains why all of this works, and he shows you the exact scientific research that proves it!" —David Garfinkel, author of Advertising Headlines That Make You Rich "Invisible Influence is a masterpiece. It will be the master influencer's reference book for the years to come. Invisible influence is like oxygen, you can't see it, but your life depends on it. In this book, you will discover the persuasion tactics that will compel your clients to say yes to you—again and again." —Roberto Monaco, www.influenceology.com "Dump the script—it's old news before the ink's dry. Trust yourself and use your new understanding of the ever-changing context to succeed. In his fascinating book, Hogan weaves established research findings into a handbook for successful influence. The guidelines are obvious but hidden, simple but profound. Understand them and you've mastered the complex and crucial art of persuasion." —William D. Crano, author of The Rules of Influence: Winning When You're in the Minority "Many write on the topic of persuasion. Precious few genuinely understand it. Kevin is one of those precious few. Read everything you can by him." —Mark Joyner, founder and CEO of Simpleology, www.simpleology.com

ClickWork Anytime, Live AnywhereThe Path to Success and HappinessCommandments for Making Money and Being Happy – God'S WayPartridge Publishing Singapore

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