

## Deep Focus

Three media experts guide the Christian moviegoer into a theological conversation with movies in this up-to-date, readable introduction to Christian theology and film.

Building on the success of Robert Johnston's *Reel Spirituality*, the leading textbook in the field for the past 17 years, *Deep Focus* helps film lovers not only watch movies critically and theologically but also see beneath the surface of their moving images. The book discusses a wide variety of classic and contemporary films and is illustrated with film stills from favorite movies.

What's your damage? In 1989, Michael Lehmann's black comedy *Heathers* drew a line in the sand, rebuffing the sweetness and optimism of John Hughes' more popular fare with darkness and death. Launching the careers of Winona Ryder and Christian Slater, *Heathers* became a cult classic, ranking #5 on *Entertainment Weekly's* list of the 50 Best High School Movies and inspiring hoards of teen films that vastly overshadow its fame but lack its acid wit, moral complexity, and undeniable emotional punch. For the latest installment of *Deep Focus*, John Ross Bowie blends captivating memoir with astute analysis, tracing the rebel-teen mythology that links *Columbine*, heavy metal, and *The Catcher in the Rye*. With help from Lehmann, screenwriter Daniel Waters, and members of the cast, Bowie thoroughly unpacks the film's peculiar resonance. Brilliant riffs on the etymology of its teen slang, the implications of its title, and its visual debt to Stanley Kubrick show how *Heathers*—for all its audacious

absurdity—speaks volumes about the realities of high school and of life itself.

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Reiki, the simple laying-on of hands, is presented in this book as a life-powering energy that can heal physical and emotional ailments. The author explains how energy flows through seven critical centers of the body and provides information on curing specific conditions, exercises to raise self-awareness, and ideas for creating a healing space.

"Forbidden City, USA: Chinatown Nightclubs, 1936-1970" captures the magic and glamour of the Chinese American nightclub scene, which peaked in San Francisco during World War II. Previously unpublished personal stories, along with over four hundred stunning images and rare artifacts, are presented in this sexy and insightful chronicle of Asian American performers who defied racial and cultural barriers to pursue their showbiz dreams. It was the mid-1930s: Prohibition was repealed and the Great Depression was waning. With a global conflict on the rise, people were out to drink, dine, dance,

and see a show to forget their woes--and what a surprise for the world to behold an emerging generation of Chinese American entertainers commanding the stage in their own nightclubs. "Forbidden City, USA: Chinatown Nightclubs, 1936-1970" reveals the sassy, daring, and sometimes heartbreaking memories of the dancers, singers, and producers who lived this story, and it weaves in a fascinating collection of photos, postcards, menus, programs, and yes, even souvenir chopsticks. Together they recreate a forgotten era, treating readers to a dazzling night on the town. "Forbidden City, USA: Chinatown Nightclubs, 1936-1970" is the culmination of filmmaker and writer Arthur Dong's nearly thirty-year devotion to the topic, originally inspired by the author's research for his documentary of the same name. "Forbidden City, USA: Chinatown Nightclubs, 1936-1970" was previously published in paperback under the title: "Fobidden City, USA: Chinese American Nightclubs, 1936-1970."

Written by experts in the field, this dictionary covers all aspects of film studies, including terms, concepts, debates, and movements in film theory and criticism, national, international and transnational cinemas, film history, film movements and genres, film industry organizations and practices, and key technical terms and concepts in 500 detailed entries. Most entries also feature recommendations for further reading and a large number also have web links. The web links are listed and regularly updated on a companion website that complements the printed book. The dictionary is international in its approach, covering national cinemas,

genres, and film movements from around the world such as the Nouvelle Vague, Latin American cinema, the Latsploitation film, Bollywood, Yiddish cinema, the spaghetti western, and World cinema. The most up-to-date dictionary of its kind available, this is a must-have for all students of film studies and ancillary subjects, as well as an informative read for cinephiles and for anyone with an interest in films and film criticism.

Harness your mind's innate tendency to wander, stall, rest, and unfocus and become more productive—in the boardroom, living room, or classroom. Named one of Coastal Living's Best Books for the Beach This Summer

To finish tasks and achieve goals, most people believe that more focus is the solution. We rely on to-do lists, calendar reminders, noise-blocking headphones, and sometimes medication to help us concentrate—even though these tactics often fail to substantially improve productivity. Drawing on the latest brain research, compelling stories from his psychological practice, and colorful examples of counterintuitive success from sports, business, education, and the arts, neuroscientist Srinii Pillay, M.D., challenges traditional ideas about productivity, revealing the lasting, positive benefits of adding deliberate and regular unfocus to your repertoire. A fascinating tour through brain wavelengths and rhythm, mindsets, and mental relaxation, *Tinker Dabble Doodle Try* demonstrates how specific kinds of planned unfocus stimulate cognitive calmness, jumpstart productivity, enhance innovation, inspire creativity, improve long-term memory, and, of course, help you stay on target. Tinkering with ideas and with things releases your mind

to wander from a state of stuckness into a possibility frame of mind, triggering neural connections and new insights. Dabbling in a new endeavor—whether a hobby or fantasy—disrupts your habitual and reactive thinking, helping you find new solutions to old problems. Doodling can help you tap into another brain frequency to remove obstacles and create opportunities and inspiration. With techniques for training the brain to unfocus, concepts for scheduling busy lives, and ideas for controlling this new cognitive-toggling capability, *Tinker Dabble Doodle Try* will change how you think about daydreaming, relaxing, leaving work unfinished, and even multitasking. What you'll discover is a greater freedom, a deeper intelligence, and a more profound joy in your life. Praise for *Tinker Dabble Doodle Try* "Pillay's effortless writing style, combined with an excellent balance of popular psychology and self-help, makes this a helpful read for those who enjoy a light dive into psychology with practical applications."—Library Journal "Pillay cites an intriguing range of brain studies to support his argument, and his case studies of individuals with whom he has worked provide useful insights."—Kirkus Reviews "Dr. Srinii Pillay offers a brilliant, deeply researched, and even more deeply imagined blueprint for using one's full mental armamentarium, conscious, unconscious, and all the undiscovered rest! A fantastic book!"—Edward M. Hallowell, M.D., co-author of *Delivered from Distraction* "Dr. Pillay's new book will help you create a new, fun, more playful destiny and unlock your brain's inner potential."—Daniel G. Amen, M.D., co-author of *The Brain Warrior's Way* "This book not only gives you

license to step off the hamster wheel of focus, focus, focus, but it will show you how to strategically and productively do so.”—JJ Virgin, author of JJ Virgin’s Sugar Impact Diet “This brilliant book shows how to manipulate your brain to alternate between intense concentration and deliberate mind-wandering.”—Mark Robert Waldman, co-author of How God Changes Your Brain

Get the Knowledge Without the College! You are a writer. You dream of sharing your words with the world, and you're willing to put in the hard work to achieve success. You may have even considered earning your MFA, but for whatever reason--tuition costs, the time commitment, or other responsibilities--you've never been able to do it. Or maybe you've been looking for a self-guided approach so you don't have to go back to school. This book is for you. DIY MFA is the do-it-yourself alternative to a Master of Fine Arts in creative writing. By combining the three main components of a traditional MFA--writing, reading, and community--it teaches you how to craft compelling stories, engage your readers, and publish your work. Inside you'll learn how to:

- Set customized goals for writing and learning.
- Generate ideas on demand.
- Outline your book from beginning to end.
- Breathe life into your characters.
- Master point of view, voice, dialogue, and more.
- Read with a "writer's eye" to emulate the techniques of others.
- Network like a pro, get the most out of writing workshops, and submit your work successfully.

Writing belongs to everyone--not only those who earn a degree. With DIY MFA, you can take charge of your writing, produce high-quality work, get published, and build a writing career.

“We finally have the definitive treatise on PyTorch! It covers the basics and abstractions in great detail. I hope this book

becomes your extended reference document.” —Soumith Chintala, co-creator of PyTorch Key Features Written by PyTorch’s creator and key contributors Develop deep learning models in a familiar Pythonic way Use PyTorch to build an image classifier for cancer detection Diagnose problems with your neural network and improve training with data augmentation Purchase of the print book includes a free eBook in PDF, Kindle, and ePub formats from Manning Publications. About The Book Every other day we hear about new ways to put deep learning to good use: improved medical imaging, accurate credit card fraud detection, long range weather forecasting, and more. PyTorch puts these superpowers in your hands. Instantly familiar to anyone who knows Python data tools like NumPy and Scikit-learn, PyTorch simplifies deep learning without sacrificing advanced features. It’s great for building quick models, and it scales smoothly from laptop to enterprise. Deep Learning with PyTorch teaches you to create deep learning and neural network systems with PyTorch. This practical book gets you to work right away building a tumor image classifier from scratch. After covering the basics, you’ll learn best practices for the entire deep learning pipeline, tackling advanced projects as your PyTorch skills become more sophisticated. All code samples are easy to explore in downloadable Jupyter notebooks. What You Will Learn Understanding deep learning data structures such as tensors and neural networks Best practices for the PyTorch Tensor API, loading data in Python, and visualizing results Implementing modules and loss functions Utilizing pretrained models from PyTorch Hub Methods for training networks with limited inputs Sifting through unreliable results to diagnose and fix problems in your neural network Improve your results with augmented data, better model architecture, and fine tuning This Book Is Written For For Python programmers with an interest in

machine learning. No experience with PyTorch or other deep learning frameworks is required. About The Authors Eli Stevens has worked in Silicon Valley for the past 15 years as a software engineer, and the past 7 years as Chief Technical Officer of a startup making medical device software. Luca Antiga is co-founder and CEO of an AI engineering company located in Bergamo, Italy, and a regular contributor to PyTorch. Thomas Viehmann is a Machine Learning and PyTorch speciality trainer and consultant based in Munich, Germany and a PyTorch core developer.

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From Melville to Madoff, the Confidence Man is an essential American archetype. George Roy Hill's 1973 film *The Sting* treats this theme with a characteristic dexterity. The movie was warmly received in its time, winning seven Academy Awards, but there were some who thought the movie was nothing more than a slight throwback. Pauline Kael, among others, felt Hill's film was mechanical and contrived: a callow and manipulative attempt to recapture the box-office success of Robert Redford and Paul Newman's prior pairing, *Butch Cassidy & The Sundance Kid*. Matthew Specktor's



passionate, lyric meditation turns *The Sting* on its head, on its side, and right-side-up in an effort to unpack the film's giddy complexity and secret, melancholic heart. Working off interviews with screenwriter David S. Ward and producer Tony Bill, and tacking from nuanced interpretation of its arching moods and themes to gimlet-eyed observation of its dizzying sleights-of-hand, Specktor opens *The Sting* up to disclose the subtle and stunning dimensions—sexual, political, and aesthetic—of Hill's best film. Through Specktor's lens, *The Sting* reveals itself as both an enduring human drama and a meditation on art-making itself, an ode to the necessary pleasure of being fooled at the movies.

Although the exploration of space has long preoccupied authors and filmmakers, the development of an actual space program, discoveries about the true nature of space, and critical reconsiderations of America's frontier experiences have challenged and complicated conventional portrayals of humans in space. This volume reexamines the themes of space and the frontier in science fiction in light of recent scientific and literary developments. Included are the observations of noted science fiction writers such as Arthur C. Clarke, Gregory Benford, James Gunn, and Jack Williamson, along with contributions from leading scholars in the field.

Her rebound resolution This is so not the romantic vacation she planned! Instead of a let's-rekindle-this-relationship getaway, PR rep Melanie Ambrose is en route to Cancún with a Dear Jane letter and Hunter Ryan, her smoking-hot new bodyguard. To make matters worse, there's only one available room at the hotel she booked...with one bed! The truth is, Melanie has been so career-focused that she's ignored what she wants. And faced with sun, sand and an incredibly sexy companion, a deliciously hot and naughty fling seems the exact thing to help her reset her focus. But as the days pass, Melanie wants to change their arrangement so

this doesn't end when they get back on the plane...

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

In an unorthodox approach, Georgetown University professor Cal Newport debunks the long-held belief that "follow your passion" is good advice, and sets out on a quest to discover the reality of how people end up loving their careers. Not only are pre-existing passions rare and have little to do with how most people end up loving their work, but a focus on passion over skill can be dangerous, leading to anxiety and chronic job hopping. Spending time with organic farmers, venture capitalists, screenwriters, freelance computer programmers, and others who admitted to deriving great satisfaction from their work, Newport uncovers the strategies they used and the pitfalls they avoided in developing their compelling careers. Cal reveals that matching your job to a pre-existing passion does not matter. Passion comes after you put in the hard work to become excellent at something valuable, not

before. In other words, what you do for a living is much less important than how you do it. With a title taken from the comedian Steve Martin, who once said his advice for aspiring entertainers was to "be so good they can't ignore you," Cal Newport's clearly written manifesto is mandatory reading for anyone fretting about what to do with their life, or frustrated by their current job situation and eager to find a fresh new way to take control of their livelihood. He provides an evidence-based blueprint for creating work you love, and will change the way you think about careers, happiness, and the crafting of a remarkable life.

Forging an open-minded but reasoned dialogue between nine acclaimed titles of world cinema, and a range of theological perspectives that touch on the theme of human experience, *World Cinema, Theology, and the Human* offers fresh portals of insight for the interdisciplinary area of Theology and Film. In Sison's approach, it is the cinematic representation of vivid humanity, not necessarily propositional statements about God and religion, that lays down a bridge to a conversation with theology. Thus, the book's project is to look for the divine presence, written not on tablets of stone, but on "tablets of human hearts" depicted on screen by way of audiovisual language. Seeking to redress the interdiscipline's narrow predilection for Hollywood blockbusters, the book casts its net wider to include a culturally diverse selection of case studies— from festival gems such as Singapore's *Be With Me* and South Africa's *Yesterday*, to widely-acclaimed

sleeper hits such as Britain's *Slumdog Millionaire* and New Zealand's *Whale Rider*. The book will appeal to scholars of theology and religious/cultural studies interested in the Theology/Religion-Film interface, and, because of its commitment to an examination of film qua film, a crossover readership from film studies.

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of *Give and Take*). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In *Deep Work*, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce

massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows

A mix of cultural criticism and actionable advice, *Deep Work* takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. *Deep Work* is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

On the evening of August 30, 2003, Robert and Melissa Rogers and their four young children were driving home from a family wedding. Caught in a flash flood, Melissa and the children all drowned. *Into the Deep* is the compelling story of how one man's faith took root and blossomed through trials, blessings, and a deepening trust in God.

Would life be better without alcohol? It's the nagging question more and more of us are finding harder to ignore, whether we have a "problem" with alcohol or

not. After all, we yoga. We green juice. We meditate. We self-care. And yet, come the end of a long work day, the start of a weekend, an awkward social situation, we drink. One glass of wine turns into two turns into a bottle. In the face of how we care for ourselves otherwise, it's hard to avoid how alcohol really makes us feel... terrible. How different would our lives be if we stopped drinking on autopilot? If we stopped drinking altogether? Really different, it turns out. Really better. Frank, funny, and always judgment free, *Sober Curious* is a bold guide to choosing to live hangover-free, from Ruby Warrington, one of the leading voices of the new sobriety movement. Drawing on research, expert interviews, and personal narrative, *Sober Curious* is a radical take down of the myths that keep so many of us drinking. Inspiring, timely, and blame free, *Sober Curious* is both conversation starter and handbook—essential reading that empowers readers to transform their relationship with alcohol, so we can lead our most fulfilling lives.

Guides the serious Christian moviegoer into theological conversation with the movies. This second edition cites an additional 200 movies and includes new film photos.

In 1977, *The Bad News Bears in Breaking Training* had a moment in the sun. A glowing junk sculpture of American genres—sports flick, coming-of-age story, family melodrama, after-school special, road

narrative—the film cashed in on the previous year’s success of its predecessor, *The Bad News Bears*. Arguing against the sequel’s dismissal as a cultural afterthought, Josh Wilker lovingly rescues from the oblivion of cinema history a quintessential expression of American resilience and joy. Rushed into theaters by Paramount when the beleaguered film industry was suffering from “acute sequelitis,” the (undeniably flawed) movie miraculously transcended its limitations to become a gathering point for heroic imagery drawn from American mythology. Considered in context, the film’s unreasonable optimism, rooted in its characters’ sincere desire to keep playing, is a powerful response to the political, economic, and social stresses of the late 1970s. To Wilker’s surprise, despite repeated viewings, *The Bad News Bears in Breaking Training* continues to move him. Its huge heart makes it not only the ultimate fantasy of the baseball-obsessed American boy, but a memorable iteration of that barbed vision of pure sunshine itself, the American dream.

"There is absolutely no element of this collection of poems that I disliked. Each poem is vibrant and captivating, always sparking reflection and soul searching." - Maria Esposito, [OnlineBookClub.org](http://OnlineBookClub.org)

Deep Focus is an intimate scrutiny of childhood and youth, husbands and lovers, illness and aging. The opposite of a confessional style, Loth's writing is

crisp, objective, detailed, discreet. The intensity of revelation is modulated by a wealth of subject, including film noir, Egyptian architecture, the Amish, Lipizzan stallions. The collection culminates with reflections on nine classic painters whom the author loves. Because some of these poems are formatted in a new way, we recommend reading them in the paperback book, not in Kindle or a tablet, where some lines wrap around and do not appear as written.

In this second edition essential guide some 150 key genres, movements, theories and production terms are explained and analysed with depth and clarity.

Fifty theoretical essays by distinctively original and influential film critics and filmmakers are grouped in categories having to do with general considerations, structuralism-semiology, political factors, genre, feminism, auteur theory, and mise-en-scene

This engaging book explores how Christians can most profitably and critically hear, read, and view popular culture through the lens of film. William Romanowski highlights the benefits of a faith-informed approach to cinema that centers on art and perspective and shows how Christian faith contributes to the moviegoing experience, leading to a deeper understanding of movies and life. The book draws examples from classic and contemporary American movies and includes illustrative film stills. Additional resources for professors and students are available through Baker Academic's Textbook eSources.

With school improvement initiatives, quality trumps quantity every time. This book solves the growing problem of schools implementing too many improvement strategies at once



instead of deep focus on the most critical few. B.R. Jones's method details: Selecting critical standards—Defining the skills your students most need now. Uncovering the essentials—Choosing your initiatives based on a deconstruction of the standards and targeted definitions of how they will enrich students. Critical formative analysis of students—Analyzing student work to measure the strategy's effectiveness. Critical learning teams—Collaborating with colleagues so everyone can make better decisions. Satyajit Ray, 1921-1992, motion picture director from West Bengal, India.

They Live A Novel Approach to Cinema Catapult

"One of the cleverest, most accessibly in-depth film books released this year . . . a smart-ass novelist exploring a cheesy-cheeky '80s sci-fi flick."—Hartford Advocate Deep Focus is a series of film books with a fresh approach. Take the smartest, liveliest writers in contemporary letters and let them loose on the most vital and popular corners of cinema history: midnight movies, the New Hollywood of the sixties and seventies, film noir, screwball comedies, international cult classics, and more . . . Kicking off the series is Jonathan Lethem's take on *They Live*, John Carpenter's 1988 classic amalgam of deliberate B-movie, sci-fi, horror, anti-Yuppie agitprop. Lethem exfoliates Carpenter's paranoid satire in a series of penetrating, free-associational forays into the context of a story that peels the human masks off the ghoulish overlords of capitalism. Taking into consideration classic Hollywood cinema and science fiction—as well as popular music and contemporary art and theory—*They Live* provides a wholly original perspective on Carpenter's subversive classic.

Deep Focus is a series of film books with a fresh approach. Take the smartest, liveliest writers in contemporary letters and let them loose on the most vital

and popular corners of cinema history: midnight movies, the New Hollywood of the sixties and seventies, film noir, screwball comedies, international cult classics, and more. Passionate and idiosyncratic, each volume of Deep Focus is long-form criticism that's relentlessly provocative and entertaining. Christopher Sorrentino's examination of *Death Wish* is the second entry in the series. The fourth collaboration between director Michael Winner and actor Charles Bronson, *Death Wish* was the apotheosis of a succession of films hitting screens during the seventies—including *Bullitt*, *Dirty Harry*, and *Walking Tall*—that tacked against a prevailing liberal wind in Hollywood cinema. Exploiting audience fears of a bestial “other” infesting American cities, and explicitly linking law and order with a pastoral ideal of the Old West (and exurban subdivisions), its glib endorsement of vigilantism infuriated liberal critics even as it filled theaters with cheering audiences. Sorrentino examines *Death Wish* in its various contexts—as movie, as provocation, as social commentary, as political tautology, and as depiction of urban life—and considers its lasting influence on cinema. Bazin's impact on film art, as theorist and critic, is considered to be greater than that of any single director, actor, or producer. He is credited with almost single-handedly establishing the study of film as an accepted intellectual pursuit, as well as with being the spiritual father of the French New Wave. *Bazin at Work* is the first English collection of disparate Bazin writings since the appearance of the second volume of *What Is Cinema?* in 1971. It includes work from *Cahiers le cinema* (which he founded and which is the most influential single critical

periodical in the history of the cinema) and Esprit. He addresses filmmakers including Rossellini, Eisenstein, Pagnol, and Capra and well-known films including *La Strada*, *Citizen Kane*, *Scarface*, and *The Bridge on the River Kwai*.

Everyone gets 168 hours a week, but it never feels like enough, does it? Work gobbles up the lion's share--many professionals are working as much as 70 hours a week--leaving less and less for rest, exercise, family, and friends. You know, all those things that make life great. Most people think productivity is about finding or saving time. But it's not. It's about making our time work for us. Just imagine having free time again. It's not a pipe dream. In *Free to Focus*, New York Times bestselling author Michael Hyatt reveals to readers nine proven ways to win at work so they are finally free to succeed at the rest of life--their health, relationships, hobbies, and more. He helps readers redefine their goals, evaluate what's working, cut out the nonessentials, focus on the most important tasks, manage their time and energy, and build momentum for a lifetime of success.

A comprehensive, topical, historical, and geographical summary of deep earthquakes and related phenomena. From the best-selling author of *The Wind-Up Bird Chronicle* and *After Dark*, a rich and revelatory memoir about writing and running, and the integral impact both have made on his life. In 1982, having sold his jazz bar to devote himself to writing, Haruki Murakami began running to keep fit. A year later, he'd completed a solo course from Athens to Marathon, and now, after dozens of such races, not to mention triathlons and a slew of

critically acclaimed books, he reflects upon the influence the sport has had on his life and—even more important—on his writing. Equal parts training log, travelogue, and reminiscence, this revealing memoir covers his four-month preparation for the 2005 New York City Marathon and includes settings ranging from Tokyo's Jingu Gaien gardens, where he once shared the course with an Olympian, to the Charles River in Boston among young women who outpace him. Through this marvellous lens of sport emerges a cornucopia of memories and insights: the eureka moment when he decided to become a writer, his greatest triumphs and disappointments, his passion for vintage LPs, and the experience, after the age of fifty, of seeing his race times improve and then fall back. By turns funny and sobering, playful and philosophical, *What I Talk About When I Talk About Running* is both for fans of this masterful yet guardedly private writer and for the exploding population of athletes who find similar satisfaction in distance running.

Learn How to Supercharge Your Focus! Why do successful people get so much more done in a day? Because they have mastered the power of deep focus. Let's face it: we all have the same 24 hours in a day. Yet, they're stacking cash, and you're not. Not yet... Now, I'm not saying that developing super focus will make you a millionaire. But I can guarantee you one thing: you won't get there if you can't master the ability to concentrate! Get Your Copy of 'Super Focus' In today's world, distractions are all around us. Notifications, email, social media, and advertising are all vying for your attention. If

you think about it, it's really a miracle we get shit done at all! But this also creates opportunity. For you. If you are able to take control of your life and become a focus master, the world is at your feet. Super Focus is a powerful asset to have, regardless of what you do. Really, if you want to live a fulfilled and productive life, set goals, and achieve them, understanding how you can concentrate deeply is where it all starts! Why You Should Check Out 'Super Focus' How would you like to be more productive and do it with more ease? 'Super Focus: How to Turn Your Brain into a Laser-Sharp Concentration Machine' is jam-packed with proven, powerful tools to supercharge your concentration powers. It is the #1 blueprint if you want to boost your productivity and achieve your goals. What's most important: I will take you by the hand and teach you everything you need to know to become a super focus master. Here is What You Will Learn: - What is Focus? - Six Simple Ways to Improve Your Focus NOW - The Importance of Self-Discipline and Environment - How to Beat Procrastination - Willpower - The Backup Asset You Need to Have - How to Create Powerful Habits - And Much More! And Here's The Cool Thing at the end of every chapter, you will find Action Steps. These allow you to (1) reflect on what you learned, and (2) encourage you to take action. Finally, as a FREE & EXCLUSIVE BONUS, you'll also get the chapter 'What is Accelerated Learning?' from my other popular book 'Accelerated Learning'. To recap If you apply what you will learn in 'Super Focus', anything you set your mind to becomes possible. So, let's get started, shall we? Take action

now! Scroll to the top of this page and click the 'Buy Now' button.

At each particular historical moment, the university appears as a heavy and rigid structure resisting changes, whereas, throughout time, it has actually undergone profound transformation. Often such changes have been drastic and almost always provoked by factors external to the university, be they of a religious, political or economic nature. This book explores the nature and dynamics of the transformation that the university is undergoing today. It argues that some of the projects of reform currently under way are so radical that the question of the future of the university may well turn into the question of whether the university has a future. A specific feature of this inquiry is the realisation that questioning the future of the university involves questioning its past as well.

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