

Drop The Ball Expect Less From Yourself And Flourish In Work Life

This report of the President's Commission on Law Enforcement and Administration of Justice -- established by President Lyndon Johnson on July 23, 1965 -- addresses the causes of crime and delinquency and recommends how to prevent crime and delinquency and improve law enforcement and the administration of criminal justice. In developing its findings and recommendations, the Commission held three national conferences, conducted five national surveys, held hundreds of meetings, and interviewed tens of thousands of individuals. Separate chapters of this report discuss crime in America, juvenile delinquency, the police, the courts, corrections, organized crime, narcotics and drug abuse, drunkenness offenses, gun control, science and technology, and research as an instrument for reform. Significant data were generated by the Commission's National Survey of Criminal Victims, the first of its kind conducted on such a scope. The survey found that not only do Americans experience far more crime than they report to the police, but they talk about crime and the reports of crime engender such fear among citizens that the basic quality of life of many Americans has eroded. The core conclusion of the Commission, however, is that a significant reduction in crime can be achieved if the Commission's recommendations (some 200) are implemented. The recommendations call for a cooperative attack on crime by the Federal Government, the States, the counties, the cities, civic organizations, religious institutions, business groups, and individual citizens. They propose basic changes in the operations of police, schools, prosecutors, employment agencies, defenders, social workers, prisons, housing authorities, and probation and parole officers. New York Times, USA Today, and Wall Street Journal Bestseller! Girls can rule the world—all they need is confidence. This empowering, entertaining guide from the bestselling authors of *The Confidence Code* gives girls the essential yet elusive code to becoming bold, brave, and fearless. It's a paradox familiar to parents everywhere: girls are achieving like never before, yet they're consumed with doubt on the inside. Girls worry constantly about how they look, what people think, whether to try out for a sports team or school play, why they aren't getting "perfect" grades, and how many likes and followers they have online. Katty Kay and Claire Shipman use cutting-edge science and research, as well as proven methods of behavioral change, to reach girls just when they need it the most—the tween and teen years. Packed with graphic novel strips; appealing illustrations; fun lists, quizzes, and challenges; and true stories from tons of real girls, *The Confidence Code for Girls* teaches girls to embrace risk, deal with failure, and be their most authentic selves. If you or the girl in your life loved *The Gutsy Girl* or *Rad American Women A-Z*, you'll love this.

A bold and inspiring memoir and manifesto from a renowned voice in the women's leadership movement who shows women how to cultivate the single skill they really need in order to thrive: the ability to let go. Once the poster girl for doing it all, after she had her first child, Tiffany Dufu struggled to accomplish everything she thought she needed to in order to succeed. Like so many driven and talented women who have been brought up to believe that to have it all, they must do it all, Dufu began to feel that achieving her career and personal goals was an impossibility. Eventually, she discovered the solution: letting go. In *Drop the Ball*, Dufu

recounts how she learned to reevaluate expectations, shrink her to-do list, and meaningfully engage the assistance of others—freeing the space she needed to flourish at work and to develop deeper, more meaningful relationships at home. Even though women are half the workforce, they still represent only eighteen per cent of the highest level leaders. The reasons are obvious: just as women reach middle management they are also starting families. Mounting responsibilities at work and home leave them with no bandwidth to do what will most lead to their success. Offering new perspective on why the women's leadership movement has stalled, and packed with actionable advice, Tiffany Dufu's *Drop the Ball* urges women to embrace imperfection, to expect less of themselves and more from others—only then can they focus on what they truly care about, devote the necessary energy to achieving their real goals, and create the type of rich, rewarding life we all desire.

A groundbreaking New York Times and Wall Street Journal bestseller that is captivating readers of Malcolm Gladwell, Daniel Pink, *The Power of Habit*, and *Quiet* For generations, we have focused on the individual drivers of success: passion, hard work, talent, and luck. But today, success is increasingly dependent on how we interact with others. It turns out that at work, most people operate as either takers, matchers, or givers. Whereas takers strive to get as much as possible from others and matchers aim to trade evenly, givers are the rare breed of people who contribute to others without expecting anything in return. Using his own pioneering research as Wharton's youngest tenured professor, Grant shows that these styles have a surprising impact on success. Although some givers get exploited and burn out, the rest achieve extraordinary results across a wide range of industries. Combining cutting-edge evidence with captivating stories, this landmark book shows how one of America's best networkers developed his connections, why the creative genius behind one of the most popular shows in television history toiled for years in anonymity, how a basketball executive responsible for multiple draft busts transformed his franchise into a winner, and how we could have anticipated Enron's demise four years before the company collapsed--without ever looking at a single number. Praised by bestselling authors such as Dan Pink, Tony Hsieh, Dan Ariely, Susan Cain, Dan Gilbert, Gretchen Rubin, Bob Sutton, David Allen, Robert Cialdini, and Seth Godin--as well as senior leaders from Google, McKinsey, Merck, Estée Lauder, Nike, and NASA--*Give and Take* highlights what effective networking, collaboration, influence, negotiation, and leadership skills have in common. This landmark book opens up an approach to success that has the power to transform not just individuals and groups, but entire organizations and communities.

A Wrinkle in Time is the winner of the 1963 Newbery Medal. It was a dark and stormy night—Meg Murry, her small brother Charles Wallace, and her mother had come down to the kitchen for a midnight snack when they were upset by the arrival of a most disturbing stranger. "Wild nights are my glory," the unearthly stranger told them. "I just got caught in a downdraft and blown off course. Let me sit down for a moment, and then I'll be on my way. Speaking of ways, by the way, there is such a thing as a tesseract." A tesseract (in case the reader doesn't know) is a wrinkle in time. To tell more would rob the reader of the enjoyment of Miss L'Engle's unusual book. *A Wrinkle in Time*, winner of the Newbery Medal in 1963, is the story of the adventures in space and time of Meg, Charles Wallace, and Calvin O'Keefe (athlete, student, and one of the most popular boys in high school). They are in

search of Meg's father, a scientist who disappeared while engaged in secret work for the government on the tesseract problem. Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy.

A vital resource for pilots, instructors, and students, from the most trusted source of aeronautic information.

“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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Dialogue Concerning the Two New Sciences was a 1632 bestselling book by Galileo Galilei which discussed the Copernican system and the traditional Ptolemaic system of the universe. In 1633, Galileo was convicted of heresy because of the book. It was placed on the Index of Forbidden Books after his conviction.

"Savvy and insightful." --New York Times Technology has become the architect of our intimacies. Online, we fall prey to the illusion of companionship, gathering thousands of Twitter and Facebook friends, and confusing tweets and wall posts with authentic communication. But this relentless connection leads to a deep solitude. MIT professor Sherry Turkle argues that as technology ramps up, our emotional lives ramp down. Based on hundreds of interviews and with a new introduction taking us to the present day, Alone Together describes changing, unsettling relationships between friends, lovers, and families.

The critically acclaimed, award-winning, modern classic Speak is now a stunning graphic novel. "Speak up for yourself—we want to know what you have to say." From the first moment of her freshman year at Merryweather High, Melinda knows this is a big fat lie, part of the nonsense of high school. She is friendless—an outcast—because she busted an end-of-summer party by calling the cops, so now nobody will talk to her, let alone listen to her. Through her work on an art project, she is finally able to face what really happened that night: She was raped by an upperclassman, a guy who still attends Merryweather and is still a threat to her. With powerful illustrations by Emily Carroll, Laurie Halse Anderson's Speak: The Graphic Novel comes alive for new audiences and fans of the classic novel. This title has Common Core connections.

In developing countries, traditional fermentation serves many purposes. It can improve the taste of an otherwise bland food, enhance the digestibility of a food that is difficult to assimilate, preserve food from degradation by noxious organisms, and increase nutritional value through the synthesis of essential amino acids and vitamins. Although "fermented food" has a vaguely distasteful ring, bread, wine, cheese, and yogurt are all familiar fermented foods. Less familiar are gari, ogi, idli, ugba, and other relatively unstudied but important foods in some African and Asian countries. This book reports on current research to improve the safety and nutrition of these foods through an elucidation of the microorganisms and mechanisms involved in their production. Also included are recommendations for needed research.

Prompted by a question from her eight-year-old daughter during the 2008 election of Barack Obama—"Why haven't we ever had a woman president?"—Marianne Schnall set out on a journey to find the answer. A widely published writer, author, and interviewer, and the Executive Director of Feminist.com, Schnall began looking at the issues from various angles and perspectives, gathering viewpoints from influential people from all sectors. What Will It Take to Make A Woman President? features interviews with politicians, public officials, thought leaders, writers, artists, and activists in an attempt to discover the obstacles that have held women back and what needs to change in order to elect a woman into the White House. With insights and personal anecdotes from Sheryl Sandberg, Maya Angelou, Gloria Steinem, Nancy Pelosi, Nicholas Kristof, Melissa Etheridge, and many more, this book addresses timely, provocative issues involving women, politics, and power. With a broader goal of encouraging women and

girls to be leaders in their lives, their communities, and the larger world, Schnall and her interviewees explore the changing paradigms occurring in politics and in our culture with the hope of moving toward meaningful and effective solutions—and a world where a woman can be president.

Recharge: Find Joy, Boost Your Energy, Take Charge of Your Health is new food for thought as an antidote to rigid health and wellness protocols and formulas. There is a no size fits all approach when it comes to your health and wellbeing. Every chapter offers options not prescriptions on how to recharge your body, mind and soul. Do you feel like a robot going through the motions at work and you've forgotten what it's like to feel happy about what you're doing? Do you find it hard for your mind to quiet down? You're always thinking, analyzing, reflecting on work and all the other things on your to-do list no matter where you are? Is it hard to keep still or just be? You feel restless and the need to always be doing something like striving for the next big thing in your career and having it all If this at all sounds like you Recharge will teach you practical tips and inspire you to take action so you can become more focused, energized and calm. Learn how to: Be happy even when times are tough Stop feeling like a robot going through the motions Find out what works for your body and health Have healthy relationships Make healthy habits stick And more "I have already started implementing some of the ideas from this book into my daily life and have noticed a difference. I even had a co-worker point out that in the past 2 weeks I seem really 'upbeat.' I took time to figure out my priorities and working on them, and cutting out the things that I don't want to." Jenn Yandrisevits

Journalist Walls grew up with parents whose ideals and stubborn nonconformity were their curse and their salvation. Rex and Rose Mary and their four children lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them how to embrace life fearlessly. Rose Mary painted and wrote and couldn't stand the responsibility of providing for her family. When the money ran out, the Walls retreated to the dismal West Virginia mining town Rex had tried to escape. As the dysfunction escalated, the children had to fend for themselves, supporting one another as they found the resources and will to leave home. Yet Walls describes her parents with deep affection in this tale of unconditional love in a family that, despite its profound flaws, gave her the fiery determination to carve out a successful life. -- From publisher description.

Are we living the good life—and what defines 'good', anyway? Americans today are constructing a completely different framework for success than their parents' generation, using new metrics that TEDWomen speaker and columnist Courtney Martin has termed collectively the "New Better Off". The New Better Off puts a name to the American phenomenon of rejecting the traditional dream of a 9-to-5 job, home ownership, and a nuclear family structure, illuminating the alternate ways Americans are seeking happiness and success. Including commentary on recent changes in how we view work, customs and community, marriage, rituals, money, living arrangements, and spirituality, The New Better Off uses personal stories and social analysis to explore the trends shaping our country today. Martin covers growing topics such as freelancing, collaborative consumption, communal living, and the breaking down of gender roles. The New Better Off is about the creative choices individuals are making in their vocational and personal

lives, but it's also about the movements, formal and informal, that are coalescing around the "New Better Off" idea—people who are reinventing the social safety net and figuring out how to truly better their own communities.

Developed from celebrated Harvard statistics lectures, *Introduction to Probability* provides essential language and tools for understanding statistics, randomness, and uncertainty. The book explores a wide variety of applications and examples, ranging from coincidences and paradoxes to Google PageRank and Markov chain Monte Carlo (MCMC). Additional

"An honest look at life's second half from Everybody Loves Raymond TV sitcom star and comic Brad Garrett"--

The #1 New York Times bestseller that examines how people can champion new ideas in their careers and everyday life—and how leaders can fight groupthink, from the author of *Think Again* and co-author of *Option B* “Filled with fresh insights on a broad array of topics that are important to our personal and professional lives.”—The New York Times DealBook “*Originals* is one of the most important and captivating books I have ever read, full of surprising and powerful ideas. It will not only change the way you see the world; it might just change the way you live your life. And it could very well inspire you to change your world.” —Sheryl Sandberg, COO of Facebook and author of *Lean In With Give and Take*, Adam Grant not only introduced a landmark new paradigm for success but also established himself as one of his generation’s most compelling and provocative thought leaders. In *Originals* he again addresses the challenge of improving the world, but now from the perspective of becoming original: choosing to champion novel ideas and values that go against the grain, battle conformity, and buck outdated traditions. How can we originate new ideas, policies, and practices without risking it all? Using surprising studies and stories spanning business, politics, sports, and entertainment, Grant explores how to recognize a good idea, speak up without getting silenced, build a coalition of allies, choose the right time to act, and manage fear and doubt; how parents and teachers can nurture originality in children; and how leaders can build cultures that welcome dissent. Learn from an entrepreneur who pitches his start-ups by highlighting the reasons not to invest, a woman at Apple who challenged Steve Jobs from three levels below, an analyst who overturned the rule of secrecy at the CIA, a billionaire financial wizard who fires employees for failing to criticize him, and a TV executive who didn’t even work in comedy but saved *Seinfeld* from the cutting-room floor. The payoff is a set of groundbreaking insights about rejecting conformity and improving the status quo.

Drop the Ball Achieving More by Doing Less Flatiron Books

Fundamentals of Biomechanics introduces the exciting world of how human movement is created and how it can be improved. Teachers, coaches and physical therapists all use biomechanics to help people improve movement and decrease the risk of injury. The book presents a comprehensive review of the major concepts of biomechanics and summarizes them in nine principles of biomechanics. *Fundamentals of Biomechanics* concludes by showing how these principles can be used by movement professionals to improve human movement. Specific case studies are presented in physical education, coaching, strength and conditioning, and sports medicine.

How can teachers make sure that all students gain the reading skills they need to be successful in school and in life? In this book,

Karen Tankersley describes the six foundational "threads" that students need to study in order to become effective readers: phonemic awareness, phonics and decoding, vocabulary, fluency, comprehension, and higher-order processing. For each area, the author explains how students acquire the reading skills they need and offers a series of skill-building strategies and activities that teachers can use in the classroom. Although reading is perhaps most intensely taught in the kindergarten and 1st-grade classrooms, Tankersley emphasizes that helping students become lifelong readers is a task for all teachers, including content-area teachers in middle and high schools. *The Threads of Reading* addresses key questions about literacy, such as * What makes a difference in reading achievement? * How much reading time is enough? * How can teachers use writing to build reading skills? * How can teachers help students make meaning from their reading? The strategies in this book address many situations, from individual instruction to small- or large-group instruction, from kindergarten to high school. Teachers will appreciate the multitude of activities provided, and administrators will learn to better evaluate the reading programs in place in their districts and schools. Grounded in both research and "teacher lore" from actual classrooms, this book is a solid guide to helping students become lifelong readers. Note: This product listing is for the Adobe Acrobat (PDF) version of the book.

From the creator of the popular website *Ask a Manager* and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party

Praise for *Ask a Manager* "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's *Ask a Manager* column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of *The No Asshole Rule* and *The Asshole Survival Guide* "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of *Broke Millennial: Stop Scraping By and Get Your Financial Life Together*

"As the first agent to publicly betray the CIA, Philip Agee was on the run for over forty years--a pariah akin to Edward Snowden. Agee revealed in spectacular detail what many had feared about the CIA's actions, but he also outed and endangered hundreds of

agents. Agee relentlessly opposed the CIA and the regimes it backed, whether in America or around the world. In Jonathan Stevenson's words, Agee became "one of history's successful viruses: undeniably effective and impossible to kill." In this first biography of Agee, Stevenson will reveal what made Agee tick, and what made him run"--

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

SHORTLISTED: Business Book Awards 2021 - Personal Development & Wellbeing Do you feel trapped in a toxic work culture? Or stuck in a job you're great at... but that you don't actually like? Why do good people stay in bad jobs for so long? The Success Trap answers all these questions - and shows you what to do about it. An estimated 80% of individuals in the western workforce want to change job - if you're one of them, then this book will enable you to understand why, help you reconnect with what's really important to you, and provide practical tips and tools to empower you to take control of your own career. Written by specialist coach and consultant Dr Amina Aitsi-Selmi, this book builds on her years of experience as a physician, in healthcare policy, and coaching and consulting with hundreds of individuals and organizations. Combining her personal expertise with scientific research - including Google's Project Aristotle and the Global Happiness Council's Workplace Wellbeing report - it provides insights and useful takeaways you can use in your own work life. Don't stay stuck in a job you hate - let this book help you escape The Success Trap.

Hiroshima is the story of six people--a clerk, a widowed seamstress, a physician, a Methodist minister, a young surgeon, and a German Catholic priest--who lived through the greatest single manmade disaster in history. In vivid and indelible prose, Pulitzer Prize-winner John Hersey traces the stories of these half-dozen individuals from 8:15 a.m. on August 6, 1945, when Hiroshima was destroyed by the first atomic bomb ever dropped on a city, through the hours and days that followed. Almost four decades after the original publication of this celebrated book, Hersey went back to Hiroshima in search of the people whose stories he had told, and his account of what he discovered is now the eloquent and moving final chapter of Hiroshima.

Sexting. Cyberbullying. Narcissism. Social media has become the dominant force in young people's lives, and each day seems to bring another shocking tale of private pictures getting into the wrong hands, or a lament that young people feel compelled to share their each and every thought with the entire world. Have smartphones and social media created a generation of self-obsessed egomaniacs? Absolutely not, Donna Freitas argues in this provocative book. And, she says, these alarmist fears are drawing attention away from the real issues that young adults are facing. Drawing on a large-scale survey and interviews with students on thirteen college campuses, Freitas finds that what young people are

overwhelmingly concerned with--what they really want to talk about--is happiness. They face enormous pressure to look perfect online--not just happy, but blissful, ecstatic, and fabulously successful. Unable to achieve this impossible standard, they are anxious about letting the less-than-perfect parts of themselves become public. Far from wanting to share everything, they are brutally selective when it comes to curating their personal profiles, and worry obsessively that they might unwittingly post something that could come back to haunt them later in life. Through candid conversations with young people from diverse backgrounds, Freitas reveals how even the most well-adjusted individuals can be stricken by self-doubt when they compare their experiences with the vast collective utopia that they see online. And sometimes, as on anonymous platforms like Yik Yak, what they see instead is a depressing cesspool of racism and misogyny. Yet young people are also extremely attached to their smartphones and apps, which sometimes bring them great pleasure. It is very much a love-hate relationship. While much of the public's attention has been focused on headline-grabbing stories, the everyday struggles and joys of young people have remained under the radar. Freitas brings their feelings to the fore, in the words of young people themselves. The Happiness Effect is an eye-opening window into their first-hand experiences of social media and its impact on them.

This book presents all the publicly available questions from the PISA surveys. Some of these questions were used in the PISA 2000, 2003 and 2006 surveys and others were used in developing and trying out the assessment.

"A transfixing book on how to sustain peak performance and avoid burnout" —Adam Grant, New York Times bestselling author of *Option B*, *Originals*, and *Give and Take* "An essential playbook for success, happiness, and getting the most out of ourselves." Arianna Huffington, author of *Thrive* and *The Sleep Revolution* "I doubt anyone can read *Peak Performance* without itching to apply something to their own lives." —David Epstein, New York Times bestselling author of *The Sports Gene* A few common principles drive performance, regardless of the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In *Peak Performance*, Brad Stulberg, a former McKinsey and Company consultant and writer who covers health and the science of human performance, and Steve Magness, a performance scientist and coach of Olympic athletes, team up to demystify these practices and demonstrate how you can achieve your best. The first book of its kind, *Peak Performance* combines the inspiring stories of top performers across a range of capabilities—from athletic to intellectual and artistic—with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. In doing so, *Peak Performance* uncovers new linkages that hold promise as performance enhancers but have been overlooked in our traditionally-siloed ways of thinking. The result is a life-changing book in which you can learn how to enhance your performance via myriad ways including: optimally

alternating between periods of intense work and rest; priming the body and mind for enhanced productivity; and developing and harnessing the power of a self-transcending purpose. In revealing the science of great performance and the stories of great performers across a wide range of capabilities, Peak Performance uncovers the secrets of success, and coaches you on how to use them. If you want to take your game to the next level, whatever "your game" may be, Peak Performance will teach you how.

Everyone has an opinion, anecdote, or horror story about women and work. Now the acclaimed author of *What the Most Successful People Do Before Breakfast* shows how real working women with families are actually making the most of their time. "Having it all" has become the subject of countless books, articles, debates, and social media commentary, with passions running high in all directions. Many now believe this to be gospel truth: Any woman who wants to advance in a challenging career has to make huge sacrifices. She's unlikely to have a happy marriage, quality time with her kids (assuming she can have kids at all), a social life, hobbies, or even a decent night's sleep. But what if balancing work and family is actually not as hard as it's made out to be? What if all those tragic anecdotes ignore the women who quietly but consistently do just fine with the juggle? Instead of relying on scattered stories, time management expert Laura Vanderkam set out to add hard data to the debate. She collected hour-by-hour time logs from 1,001 days in the lives of women who make at least \$100,000 a year. And she found some surprising patterns in how these women spend the 168 hours that every one of us has each week. Overall, these women worked less and slept more than they assumed they did before they started tracking their time. They went jogging or to the gym, played with their children, scheduled date nights with their significant others, and had lunches with friends. They made time for the things that gave them pleasure and meaning, fitting the pieces together like tiles in a mosaic—without adhering to overly rigid schedules that would eliminate flexibility and spontaneity. Vanderkam shares specific strategies that her subjects use to make time for the things that really matter to them. For instance, they . . .

- * Work split shifts (such as seven hours at work, four off, then another two at night from home). This allows them to see their kids without falling behind professionally.
- * Get creative about what counts as quality family time. Breakfasts together and morning story time count as much as daily family dinners, and they're often easier to manage.
- * Take it easy on the housework. You can free up a lot of time by embracing the philosophy of "good enough" and getting help from other members of your household (or a cleaning service).
- * Guard their leisure time. Full weekend getaways may be rare, but many satisfying hobbies can be done in small bursts of time. An hour of crafting feels better than an hour of reality TV.

With examples from hundreds of real women, Vanderkam proves that you don't have to give up on the things you really want. *I Know How She Does It* will inspire you to build a life that works, one hour at a time.

Beginning with the absolutely critical first moments of the outbreak in China, and ending with an epilogue on the vaccine rollout and the unprecedented events between the election of Joseph Biden and his inauguration, Lawrence Wright's *The Plague Year* surges forward with essential information--and fascinating historical parallels--examining the medical, economic, political, and social ramifications of the COVID-19 pandemic.

A searing novel of social realism, Upton Sinclair's *The Jungle* follows the fortunes of Jurgis Rudkus, an immigrant who finds in the stockyards of turn-of-the-century Chicago a ruthless system that degrades and impoverishes him, and an industry whose filthy practices contaminate the meat it processes. From the stench of the killing-beds to the horrors of the fertilizer-works, the appalling conditions in which Jurgis works are described in intense detail by an author bent on social reform. So powerful was the book's message that it caught the eye of President Theodore Roosevelt and led to changes to the food hygiene laws. In his Introduction to this new edition, Russ Castronovo highlights the aesthetic concerns that were central to Sinclair's aspirations, examining the relationship between history and historical fiction, and between the documentary impulse and literary narrative. As he examines the book's disputed status as novel (it is propaganda or literature?), he reveals why Sinclair's message-driven fiction has relevance to literary and historical matters today, now more than a hundred years after the novel first appeared in print.

A comprehensive introduction to statistics that teaches the fundamentals with real-life scenarios, and covers histograms, quartiles, probability, Bayes' theorem, predictions, approximations, random samples, and related topics.

Mr. Putter gets an old cat to share his life with him.

Young Cassie Logan endures humiliation and witnesses the racism of the KKK as they embark on a cross-burning rampage, before she fully understands the importance her family attributes to having land of their own.

A tragedy written early in the career of playwright William Shakespeare about two young 'star-crossed lovers' whose deaths ultimately unite their feuding families. It was among Shakespeare's most popular plays during his lifetime and is one of his most frequently performed plays. Today, the title characters are regarded as archetypal young lovers. She is only fourteen, he is only a few years older. Their families are bitter enemies, sworn to hatred. Yet Romeo and Juliet meet and fall passionately in love. Defying their parents' wishes, they are secretly married, but their brief happiness is shattered by fate.

This text blends traditional introductory physics topics with an emphasis on human applications and an expanded coverage of modern physics topics, such as the existence of atoms and the conversion of mass into energy. Topical coverage is combined with the author's lively, conversational writing style, innovative features, the direct and clear manner of presentation, and the emphasis on problem solving and practical applications.

The ability to see deeply affects how human beings perceive and interpret the world around them. For most people, eyesight is part of everyday communication, social activities, educational and professional pursuits, the care of others, and the maintenance of personal health, independence, and mobility. Functioning eyes and vision system can reduce an adult's risk of chronic health conditions, death, falls and injuries, social isolation, depression, and other psychological problems. In children, properly maintained eye and vision health contributes to a child's social development, academic achievement, and better health across the lifespan. The public generally recognizes its reliance on sight and fears its loss, but emphasis on eye and vision health, in general, has not been integrated into daily life to the same extent as other health promotion activities, such as teeth brushing; hand washing; physical and mental exercise; and various injury prevention behaviors. A larger population health approach is needed to engage a wide range of stakeholders in coordinated efforts that can sustain the scope of behavior change. The shaping of socioeconomic environments can eventually lead to new social norms that promote eye and vision health. Making Eye Health a Population Health Imperative: Vision for Tomorrow proposes a new population-centered framework to guide action and coordination among various, and sometimes competing, stakeholders in pursuit of improved eye and vision health and health equity in the United States. Building on the momentum of previous public health efforts, this report also introduces a model for action that highlights different levels of prevention activities across a range of stakeholders and provides specific examples of how population health strategies can be translated into cohesive areas for action at federal, state, and local levels.

#1 NEW YORK TIMES BESTSELLER • ONE OF TIME MAGAZINE'S 100 BEST YA BOOKS OF ALL TIME The extraordinary, beloved novel about the ability of books to feed the soul even in the darkest of times. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. “The kind of book that can be life-changing.” —The New York Times “Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank.” —USA Today **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

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