

Indianapolis Colts 2018 Calendar

Making extensive use of examples, this textbook on Java programming teaches the fundamental skills for getting started in a command-line environment. Meant to be used for a one-semester course to build solid foundations in Java, Fundamentals of Java Programming eschews second-semester content to concentrate on over 180 code examples and 250 exercises. Key object classes (String, Scanner, PrintStream, Arrays, and File) are included to get started in Java programming. The programs are explained with almost line-by-line descriptions, also with chapter-by-chapter coding exercises. Teaching resources include solutions to the exercises, as well as digital lecture slides.

The name "Tom Brady" has become synonymous with "champion." The pedigree he carries is extensive-multiple-time Superbowl winner; recipient of multiple Most Valuable Player awards; multiple nominations to the Pro-Bowl; and an all-around celebrity. It wasn't always that way for Brady. He had his fair share of struggles, defeats, failures, and heartaches along the way. From his childhood days of sitting in the bleachers watching the San Francisco 49ers, to riding the bench at his alma mater, to playing fourth string backup on a struggling New England Patriots team. Tom Brady is the epitome of perseverance and determination. The struggles he has faced have taught him to be appreciative of what he now has become. This is why Tom Brady has been known as a humble man, a good man, an honest man. "Tom Brady: An Unauthorized Biography" chronicles what it took for Brady to become a true champion, starting from his humble upbringing in San Mateo, California, to his most recent loss to the New York Giants during the 2011 NFL season.

50 Quotation puzzles from the pages of The New York Times Edited by Emily Cox and Harry Rathvon New York Times puzzles are America's favorite! Whether your tastes are literary or lowbrow, this latest installment of fifty of the Sunday Times' famous acrostic puzzles features quotations ranging from Herman Melville to Dave Barry, Stephen Jay Gould to Sir Arthur Conan Doyle. So sharpen your pencil, put on your thinking cap, and get ready for some acrostic fun!

The Point After paints an excruciatingly vivid picture of the game of football beyond the macho stereotypes and the shallow knowledge all those Sunday afternoon armchair quarterbacks hold dear. The book describes how kickers --despite being the leading scorers on every team in the league--are disdained by other players and coaches, and treated as if they have the cushiest ride in the sport. Teams see players as disposable corporate assets with an expiration date - kickers more so than anyone.

Many Christians are engaged in a bass-pounding culture war in which fidelity to our tribe demands a constant call to arms. This antagonistic posture, however, erects walls, deepens divides, and mutes empathy. All about the Bass takes a different approach by offering fresh and faithful sheet music. Using the metaphor of an audio equalizer, Dr. Scott Burson proposes ten action steps designed to turn up the treble of empathic compassion without compromising the bass of righteous conviction. In the first extensive Christian engagement with Jonathan Haidt's Moral Foundations Theory, All about the Bass is academically grounded, yet written for a broad audience. Filled with practical advice and elevating stories of hope, it will inspire readers to move from hostility to hospitality. If you have been longing to sing a better song in our discordant world, All about the Bass is the book for you.

An unforgettable look at a lifetime of Vikings football packed with Studwell's insights into the game, on and off the field. In professional football, careers are often short and turnover is a constant. So when one man's career spans more than four decades with one organization, it is quite an achievement. Scott Studwell did just that with the Minnesota Vikings. As a linebacker, Studwell totaled a Vikings record 1,981

tackles in 14 seasons, reaching two Pro Bowls. After retiring as a player after the 1990 season, Studwell moved into the Vikings' player personnel department and served as the team's Director of College Scouting. In *Viking for Life: A Four-Decade Football Love Affair*, Studwell shares stories from the Vikings teams of the 1970s and '80s under head coaches Bud Grant and Jerry Burns, teams that reached two NFC championship games. He also provides rare insight into his three decades in the Vikings' scouting department and draft room, during which he helped the Vikings identify countless stars, including Randy Moss, Adrian Peterson, and Harrison Smith. In the pages of this striking memoir, Studwell shares a passion for the Vikings that he calls "a dream come true."

Once upon a time, there was something called the sun... Sixteen year-old Siria Nightingale has never seen the sun. The light is dangerous, according to Queen Iyzabel, an evil witch who has shrouded the kingdom in shadow. Siria has always hated the darkness and revels in the stories of the light-filled old days that she hears from her best friend and his grandfather. Besides them, nobody else understands her fascination with the sun, especially not her strict and demanding parents. Siria's need to please them is greater than her fear of the dark, and so she heads to the royal city—the very center of the darkness—for a chance at a place in Queen Iyzabel's court. But what Siria discovers at the Choosing Ball will send her on a quest that could bring back the Light—or doom the kingdom to shadow forever. Accompanied by a ragtag group of rebels, she sets her course for the North, toward the last vestiges of the sun.

"Upton Bell grew up at the knee of the NFL's first great commissioner, his father, the legendary Bert Bell, who not only saved the game from financial ruin after World War II but was one of its greatest innovators. Coining the phrase 'on any given Sunday,' Bert invented the pro football draft and proposed sudden death rules. [This book] details Bell's firsthand experiences, which started as he watched his father draw up the league schedule each year at the kitchen table using dominoes ... Over the past fifty-three years, Bell has been an owner, a general manager, a personnel executive, a scouting director for two Super Bowl teams, a television commentator and analyst, and a talk-radio host" **NEW YORK TIMES BESTSELLER** • This instant classic explores how we can change our lives by changing our habits. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The Wall Street Journal** • Financial Times In *The Power of Habit*, award-winning business reporter Charles Duhigg takes us to the thrilling edge of scientific discoveries that explain why habits exist and how they can be changed. Distilling vast amounts of information into engrossing narratives that take us from the boardrooms of Procter & Gamble to the sidelines of the NFL to the front lines of the civil rights movement, Duhigg presents a whole new understanding of human nature and its potential. At its core, *The Power of Habit* contains an exhilarating argument: The key to exercising regularly, losing weight, being more productive, and achieving success is understanding how habits work. As Duhigg shows, by harnessing this new science, we can transform our businesses, our communities, and our lives. With a new Afterword by the author "Sharp, provocative, and useful."—Jim Collins "Few [books] become essential manuals for business and living. *The Power of Habit* is an exception. Charles Duhigg not only explains how habits are formed but how to kick bad ones and hang on to the good."—Financial Times "A flat-out great read."—David Allen, bestselling author of *Getting Things Done: The Art of Stress-Free Productivity* "You'll never look at yourself, your organization, or your world quite the same way."—Daniel H. Pink, bestselling author of *Drive* and *A Whole New Mind* "Entertaining . . . enjoyable . . . fascinating . . . a serious look at the science of habit formation and change."—The New York Times Book Review

This intimate biography of the NFL icon by a veteran sports reporter sheds light on his singular life and the controversy surrounding his tragic death. Tiaina Baul "Junior" Seau is widely considered to be among the best linebackers in NFL history, a ten-time All-Pro, a twelve-time Pro Bowl selection, and a first-ballot entrant into the Pro Football Hall of Fame. But in 2012, just two years after retiring from football, Junior Seau

committed suicide. Studies of his brain by the National Institutes of Health concluded that Seau suffered from chronic traumatic encephalopathy (CTE), a brain disease often caused by repeated hits to the head. Seau's suicide spawned numerous investigations into the brains of deceased NFL players, and many were found to have CTE. Drawing on exclusive access to Seau's family as well as Seau's never-before-seen diaries and letters, Jim Trotter paints a moving and revealing portrait of a larger-than-life sports star whose achievements on the field were rivaled by his personal demons. "Few people knew Junior Seau like Jim Trotter . . . he took a sports book and artistically crafted it into a lyrical narrative about dreams, love, and, ultimately, heart-wrenching loss."—Lars Anderson, author of *The All Americans Calendar and Monthly Planner*

Are you ready to get your destiny in your own hands? With this planner you get: Place for notes and your important contacts Never miss a birthday or holiday again, we got you journaling pages for jotting down your daily thoughts and dreams. The Jersey Effect takes a look into the hearts and minds of athletes who achieved Super Bowl success and examines the battles they faced. It presents the stories of champions who desired to reflect glory back to God by using their "jersey" and the platform God had given them to make a positive difference in the world. Even so, sometimes their great intentions were hijacked by pride, materialism, distractions, and deficiencies within their own character that were never truly understood until the ultimate success had come their way. Intended for players, coaches, and parents that want to learn and in turn teach important lessons about how to properly align their love of sports with God's heart, The Jersey Effect advocates for a full 360 degrees of influence: coach on player, player on coach, player on parents, parents on player, and team on community. The Jersey Effect demonstrates how to pursue the ultimate prize—a goal that has little to do with winning a championship ring and everything to do with how we can have a positive effect on those around us through the sports we love.

Revealing the most critical moments and important facts about Colts football, *100 Things Colts Fans Should Know & Do Before They Die* discusses past and present players, coaches, and teams through the years. Throughout the pages, readers will find pep talks, records, and Indianapolis NFL lore to test their knowledge, including details on the team's 2012 season that encompassed a return to the playoffs, quarterback Andrew Luck's success, and head coach Chuck Pagano's battle with leukemia; highlights of Manning's record-setting career in Indianapolis; and profiles of unforgettable Colts personalities such as Ted Marchibroda, Bill Polian, and Bob Lamey. Die-hard fans from the early days of Eric Dickerson and Jim Harbaugh as well as new supporters will cherish this book of everything Colts fans should know, see, and do in their lifetime.

NEW YORK TIMES BESTSELLER "This book is gold."—Peter King "Intense."—San Francisco Chronicle "Steve Young is a hero of mine, and his story is a source of inspiration for me. His perseverance, intelligence, and, most of all, grace under pressure NFL-style, make this book a fascinating read. Thanks, Steve, for sharing your story with one of your biggest fans!"—Tom Brady "Steve was extraordinary in every facet of life. I've never read a football book with more honesty and integrity—it's typical Steve. What a quarterback! What a man!" —Jim Nantz, CBS Sports "All football fans know what a tremendously talented and successful quarterback Steve Young was in his NFL career. But what they don't know about are the challenges and personal obstacles Steve had to overcome to make his dreams come true. This is a most exciting and compelling story."—Roger Staubach

A stunningly candid look at what it takes to become a super-elite professional quarterback Steve Young produced some of the most memorable moments in NFL history. But his most impressive victories have been deeply personal ones that were won when no one was watching. His remarkably revealing memoir is the story of a Mormon boy with a 4.0 GPA, a photographic memory, and a severe case of separation anxiety. As an eighth-string quarterback at Brigham Young University, it was doubtful that he would ever see any playing time. But Young became an All-American, finished second in the Heisman voting, and was the top draft choice out of

college. Then, after signing the largest contract in sports history, anxiety nearly drove him to walk away from football completely. In short, Young's quest in life was always about grit. Now, he shares the experience of being inside his helmet while he faces down his toughest adversaries, both on and off the field.

Do you watch professional sports with one eye on the game, and the other on the beautiful, glamorous and energetic cheerleaders? If you picked up this book, then you dream of cheering on the sidelines at an NFL®, NBA®, or other professional-level sporting event. This book will break down the pro dance team audition process to give you the courage and confidence to show up on the day of auditions, as well as critical success tips to help you get selected.

How do you want to make history? What do you want to be when you grow up? There are so many significant people from past to present who have not only made their mark in history, but also make for great examples of what you can do when you work hard and follow your dreams. YOU CAN, TOO is a collection of inspirational black people from Michelle Obama, to Walter Payton, to some lesser-known names like Ruane Jeter. May these individuals inspire you to be who you want to be, because just like them, YOU CAN, TOO!

Lists and explains professional football's playing rules as determined by the National Football League.

From the New York Times bestselling author of *The Mentor Leader* and *Quiet Strength* comes a book sure to transform your team or organization! For most people, succeeding in life requires mastering the art of teamwork. Whether at work, school, church, or home, virtually everyone is part of a team--and when they work well, teams can accomplish more than individuals working by themselves. But not all teams are created equal. When a team isn't functioning well, individual strengths can be undermined and weaknesses accentuated, making the work environment a terrible place to be. So what does a truly effective team environment look like, and how can you create one within your own organization? As a former Super Bowl-winning coach, Tony Dungy is an expert at building and bringing out the best in a team. Drawing on his experiences from years of coaching and working with other leaders, this football fable lays out four essential principles practiced by truly effective teams. Telling the story of a fictional NFL team looking for a turnaround, *The Soul of a Team* not only identifies some of the most common issues that hold a team back but also lays out a game plan for winning teamwork. Whether you aspire to be a better leader or a stronger team player, *The Soul of a Team* will show you how to contribute to a stronger, healthier, more productive team destined for success.

Since 1957, Chase's Calendar of Events lists everything worth knowing and celebrating for each day of the year: 12,500 holidays, historical milestones, famous birthdays, festivals, sporting events and much more. "The Oxford English Dictionary of holidays."--NPR's Planet Money.

"The Wall Street Journal's popular columnist Jason Gay delivers a hilarious and heartfelt guide to modern living. Four times a week, millions of men and women turn to Jason Gay's column in *The Wall Street Journal*. Why is Gay so celebrated? It starts with his amusing, fan's-eye-view of the sports world, which he loves but doesn't take too seriously. But his most celebrated features are his "Rules" columns, which provide untraditional, highly amusing but useful advice for navigating the minefields of everyday life. In this, his first book, Gay provides witty and wise advice on the Big Questions. Such as how to behave at work: "If you are excited about the company holiday party, this is likely an early-warning signal from the lighthouse to cancel, because you may fit the

profile of the person who winds up kissing four co-workers, then stands on the coach at 2:00 a.m. railing against the company healthcare plan before passing out, then waking up twenty minutes later and demanding everyone take a taxi to Atlantic City for breakfast." Gay makes the case that it is not the grand accomplishments like climbing Mt. Everest (which, as he points out, is expensive and stressful) that make life sweet but conquering the small everyday challenges, like putting pants on before 2:00 p.m. on a Saturday. Little Victories is a life guide for people who hate life guides. Whether the subject is rules for raising the perfect child without infuriating all of your friends, rules for how to be cool (related: Why do you want to be cool?) or rules of thumb to tell the difference between real depression and just eating five cupcakes in a row, Gay's essays--whimsical, practical, and occasionally poignant--will make you laugh and then think, "You know, he's kind of right." --Provided by publisher.

Super Bowl champion and literacy crusader Malcolm Mitchell presents the story of a magician who reveals an awe-inspiring treasure from his bag of tricks -- books that make every kid's dream come true! This is not your typical afternoon at the library -- a magician invites kids to reach into his hat to pull out whatever they find when they dig down deep. Soon -- poof! -- each child comes away with something better than they could've imagined -- a book that helps them become whatever they want to be, and makes their dreams come true through pages and words, and the adventures that follow. But each child can't help but wonder, What's really making the magic happen? "Malcolm Mitchell is changing the world through the power of reading." -- Dav Pilkey, bestselling creator of the Dog Man and Captain Underpants series "The Magician's Hat will cast its spell on you!" -- Jeff Kinney, bestselling author of the Diary of a Wimpy Kid series

Chuck Pagano, head coach of the Indianapolis Colts, has become one of the most inspiring, intriguing personalities in the game of football. Only three games into his rookie season in 2012, Pagano was diagnosed with leukemia, sidelined by the side effects chemotherapy and months of recovery. Undeterred, Pagano didn't let the confines of his hospital bed keep him from coaching: texts, calls, and emails kept him in constant contact with players, staff, and assistants. Motivated to be just as strong and determined as their ailing coach the team started winning game after game, compiling an impressive 11-5 record. The players weren't the only ones touched by Pagano's hope and strength of character. Inspired by the tenacity and toughness of their beloved coach, a newcomer to town, thousands of fans united to form Chuckstrong, a movement that soon raised millions to help beat cancer. Pagano, fueled by his faith, his family, and his love of football, returned to lead the Colts to another winning season and the divisional playoffs in 2013. With Pagano's practical lessons on living, loving, and leading, Sidelined, which includes an 8-page color photo section, inspires us all to stay in the game and never accept defeat.

Focusing on how graphic designers tackle the ordering of number-heavy information, this book shows how the best design minds around grapple with timetables, annual reports, and other data-rich documents. It also surveys highly creative and playful typographic experiments with the more abstract notion of numeric information. Numbers in Graphic Design is the sourcebook for any designer who wants to be able to work with numbers creatively and with confidence.

Published every year since 1818, this wise resource provides 4 seasons of 80-85% accurate weather forecasts and the tools to

help you to do your best fishing, gardening, and live a more natural, healthy lifestyle. The best part is, it's stress-free reading with a twist of "Ameri-quirk" that will keep you entertained throughout the year.

Blue is the biggest fan of the Indianapolis Colts, but when the team is off the field, he packs up his van and travels around the state. Come and explore Indiana from A to Z with Blue as your guide!

Fueled by faith and powered by a strong work ethic, Tyler Lockett's debut book of poetry is a reflective and uplifting journey through topics such as identity, sports, race, relationships, and how to live a purposeful life. As an NFL All-Pro wide receiver and return specialist for the Seattle Seahawks, Lockett draws on his unique perspective as a professional athlete to address life's many challenges, temptations, and rewards. From reminding young people to pursue their dreams, to pleading with a friend not to take his own life, Lockett's poetry encourages readers to stay positive even when confronting impossible odds. In addition to never-before-published poems, Reflection also includes workshop questions, notes, and inspirational messages that give readers an opportunity to reflect on their own lives as well.

Strong, fast, powerful, intelligent, and focused. Today's wide receiver must have the total package of physical and mental skills in order to excel at the position. Complete Wide Receiver covers it all, from the fundamental skills to in-game reads and adjustments. In Complete Wide Receiver, legendary coach Jay Norvell provides players and coaches with the instruction, insight, and advice that have produced 8 All-Conference Players and dozens of NFL players, including Reggie Wayne, Marvin Harrison, Troy Vincent, Sage Rosenfelds, Tony Simmons, Jerome Pathon, John Hall, Sam Bradford, Zac Taylor, Chad Cascadden, Donald Hayes, and Lee DeRamus. From catching and securing the ball to fighting through contact and adjusting to defensive schemes and developing the quickness and superior agility necessary for precise route running, Complete Wide Receiver provides in-depth coverage of the skills and strategies for mastering the position. In addition, you'll find 48 drills, off-season conditioning programs, and physical and mental strategies for game-day preparation. The most comprehensive resource on the position, from the game's most accomplished position coach, Complete Wide Receiver is your guide to unlocking potential and maximizing performance at one of the offense's most important positions.

The NFL icon who first brought show business to sports shares his life lessons on fame, fatherhood, and football. Three days before the 1969 Super Bowl, Joe Namath promised the nation that he would lead the New York Jets to an 18-point underdog victory against the seemingly invincible Baltimore Colts. When the final whistle blew, that promise had been kept. Namath was instantly heralded as a gridiron god, while his rugged good looks, progressive views on race, and boyish charm quickly transformed him - in an era of raucous rebellion, shifting social norms, and political upheaval - into both a bona fide celebrity and a symbol of the commercialization of pro sports. By 26, with a championship title under his belt, he was quite simply the most famous athlete alive. Although his legacy has long been cemented in the history books, beneath the eccentric yet charismatic personality was a player plagued by injury and addiction, both sex and substance. When failing knees permanently derailed his career, he turned to Hollywood and endorsements, not to mention a tumultuous marriage and fleeting bouts of sobriety, to try and find purpose. Now 74, Namath is ready to open up, brilliantly using the four quarters of Super Bowl III as the narrative backbone to a life that was anything but charmed. As much about football and fame as about addiction, fatherhood, and coming to terms with our own mortality, All the Way finally reveals the man behind the icon.

Provides weather predictions for the entire United States and includes such features as the best days for fishing, recipes from the Wild West, and tips for tightwads.

For more than a decade, Brian Urlacher was the face of the Chicago Bears—one of the NFL's most storied franchises. An eight-time Pro Bowl middle linebacker, Urlacher established himself as one of the league's preeminent defenders with his athleticism, intelligence and ferocity. He is widely expected to gain entrance into the Pro Football Hall of Fame when he is eligible in a few years which is not bad for an athlete from Lovington, New Mexico, where his coaches didn't even see college potential in him until his junior year of high school. The Middle School Rules of Brian Urlacher features the real-life childhood stories and exploits of young Brian Urlacher and illustrate how they shaped him into the world-class athlete he became. The first of The Middle School Rules series, these books not only entertain, but also inspire greatness in the next generation by highlighting the importance of being your best, overcoming adversity, and reaching your dreams through discipline and hard work.

Cookie the cat gets into a different kind of mischief every day of the week.

America has become a beautiful mosaic filled with many colors and ethnicities—but does your church reflect this change? Are you longing to be a cross-cultural leader who can guide the church into a multicolored world for the sake of the gospel? If so, *Building a Multiethnic Church* will give you the tools to embrace an invigorated community of grace, love, and reconciliation. In *Building a Multiethnic Church*, bestselling author and pastor Dr. Derwin Gray calls all churches and their leaders to grow out of ignorance, classism, racism, and greed into a flourishing, vibrant, and grace-filled community of believers. Drawing on wisdom from the early church and the New Testament, Gray will help you understand that planting and transforming churches into multiethnic communities is a biblical calling; identify and implement the best practices to help build multiethnic churches; and recognize that reconciliation between ethnic groups in the church is not just a social issue, but a theological issue that cannot be ignored. -- Previously published as *The High-Definition Leader*, now revised and updated--

The head coach of the San Francisco 49ers outlines the successful strategies he used to transform the team from an organization in disarray to a team renowned for its excellence

Andrew Luck Indianapolis Colts (2012-2018) 23,671 Pass Yards. 171 Pass Td. 4x Pro Bowler (2012-2014, 2018) 2018 Comeback Player of the Year. Thank You for the Memories Notebook Planner - 6x9 Inch Daily Planner Journal, to Do List Notebook, Daily Organize

Reese Witherspoon's Book Club Pick A lively, sexy, and thought-provoking East-meets-West story about community, friendship, and women's lives at all ages—a spicy and alluring mix of *Together Tea* and *Calendar Girls*. Every woman has a secret life . . . Nikki lives in cosmopolitan West London, where she tends bar at the local pub. The daughter of Indian immigrants, she's spent most of her twenty-odd years distancing herself from the traditional Sikh community of her childhood, preferring a more independent (that is, Western) life. When her father's death leaves the family financially strapped, Nikki, a law school dropout, impulsively takes a job teaching a "creative writing" course at the community center in the beating heart of London's close-knit Punjabi community. Because of a miscommunication, the proper Sikh widows who show up are expecting to learn basic English literacy, not the art of short-story writing. When one of the widows finds a book of sexy stories in English and shares it with the class, Nikki realizes that beneath their white

dupattas, her students have a wealth of fantasies and memories. Eager to liberate these modest women, she teaches them how to express their untold stories, unleashing creativity of the most unexpected—and exciting—kind. As more women are drawn to the class, Nikki warns her students to keep their work secret from the Brotherhood, a group of highly conservative young men who have appointed themselves the community's "moral police." But when the widows' gossip offers shocking insights into the death of a young wife—a modern woman like Nikki—and some of the class erotica is shared among friends, it sparks a scandal that threatens them all.

In a time “when men played football for something less than a living and something more than money,” John Unitas was the ultimate quarterback. Rejected by Notre Dame, discarded by the Pittsburgh Steelers, he started on a Pennsylvania sandlot making six dollars a game and ended as the most commanding presence in the National Football League, calling the critical plays and completing the crucial passes at the moment his sport came of age. Johnny U is the first authoritative biography of Unitas, based on hundreds of hours of interviews with teammates and opponents, coaches, family and friends. The depth of Tom Callahan's research allows him to present something more than a biography, something approaching an oral history of a bygone sporting era. It was a time when players were paid a pittance and superstars painted houses and tiled floors in the off-season—when ex-soldiers and marines like Gino Marchetti, Art Donovan, and “Big Daddy” Lipscomb fell in behind a special field general in Baltimore. Few took more punishment than Unitas. His refusal to leave the field, even when savagely bloodied by opposing linemen, won his teammates' respect. His insistence on taking the blame for others' mistakes inspired their love. His encyclopedic football mind, in which he'd filed every play the Colts had ever run, was a wonder. In the seminal championship game of 1958, when Unitas led the Colts over the Giants in the NFL's first sudden-death overtime, Sundays changed. John didn't. As one teammate said, “It was one of the best things about him.”

The bestselling motivational guide that TheAtlantic.com calls "a rallying cry for women to get the money they deserve." Why are women so often overlooked and underpaid? What are the real reasons men get raises more often than women? How can women ask for--and actually get--the money, the job, the recognition they deserve? Prompted by her own experience as cohost of Morning Joe, Mika Brzezinski asked a wide range of successful women to share the critical lessons they learned while moving up in their fields. Power players such as Facebook's Sheryl Sandberg, Senator Elizabeth Warren, Harvard's Victoria Budson, comedian Susie Essman, and many more shared their surprising personal stories. They spoke candidly about why women are paid less and the pitfalls women face--and play into. Now expanded to address gender dynamics in the #MeToo era, Know Your Value blends compelling personal stories with the latest research on why many women don't negotiate their compensation, why negotiating aggressively usually backfires, and

what can be done about it. For any woman who has ever wondered if her desire to be liked can be a liability (yes), if there is a way to reclaim her contribution after it's been co-opted in a meeting (yes), and if there are strategies men use to get ahead that women should too (yes!), Know Your Value provides vital advice to help women be their own best advocates.

[Copyright: c1e4df48aa803731d755a725050393a6](#)