

Masterclass Online Classes

Presents a collection of short stories by such authors as Sherwood Anderson, Willa Cather, F. Scott Fitzgerald, and James Joyce, along with analysis of their works.

The New York Times bestselling book about the early development, growth, and exercise of leadership from Pulitzer Prize-winning author Doris Kearns Goodwin “should help us raise our expectations of our national leaders, our country, and ourselves” (The Washington Post). “After five decades of magisterial output, Doris Kearns Goodwin leads the league of presidential historians” (USA TODAY). In her “inspiring” (The Christian Science Monitor) Leadership, Doris Kearns Goodwin draws upon the four presidents she has studied most closely—Abraham Lincoln, Theodore Roosevelt, Franklin D. Roosevelt, and Lyndon B. Johnson (in civil rights)—to show how they recognized leadership qualities within themselves and were recognized as leaders by others. By looking back to their first entries into public life, we encounter them at a time when their paths were filled with confusion, fear, and hope. Leadership tells the story of how they all collided with dramatic reversals that disrupted their lives and threatened to shatter forever their ambitions. Nonetheless, they all emerged fitted to confront the contours and dilemmas of their times. At their best, all four were guided by a sense of moral purpose. At moments of great challenge, they were able to summon their talents to enlarge the opportunities and lives of others. Does the leader make the times or do the times make the leader? “If ever our nation needed a short course on presidential leadership, it is now” (The Seattle Times). This seminal work provides an accessible and essential road map for aspiring and established leaders in every field. In today’s polarized world, these stories of authentic leadership in times of apprehension and fracture take on a singular urgency. “Goodwin’s volume deserves much praise—it is insightful, readable, compelling: Her book arrives just in time” (The Boston Globe).

There is an astonishing world just waiting to be photographed underwater. With marine biologist Dr Alexander Mustard as your guide you can learn all you need to know to explore the amazing creatures and landscapes that lie beneath the surface. From information about diving equipment and cameras, to crucial advice on understanding and controlling light underwater, this book provides all the background you need before you take the plunge. Topics covered include wide-angle light, macro lighting, ambient light and macro techniques

This is a book containing poetry, verses, thoughts, and emotions. It contains the feelings of the author as she went through her anxiety and depression, it was her therapy. She hopes that it will help anyone who is going through anything similar. Most is fiction, some is not, this writing is open to interpretation. Feedback is welcome.

The long-awaited follow-up to the international bestsellers, Business Model Generation and Value Proposition Design Alex Osterwalder and Yves Pigneur’s Business Model Canvas changed the way the world creates and plans new business models. It has been used by corporations and startups and consultants around the world and is taught in hundreds of universities. After years of researching how the world’s best companies develop, test, and scale new business models, the authors have produced their definitive work. The Invincible Company explains what every organization can learn from the business models of the world’s most exciting companies. The book explains how companies such as Amazon, IKEA, Airbnb, Microsoft, and Logitech, have been able to create immensely successful businesses and disrupt entire industries. At the core of these successes are not just great products and services, but profitable, innovative business models--and the ability to improve existing business models while consistently launching new ones. The Invincible Company presents practical new tools for measuring, managing, and accelerating innovation, and strategies for reducing risk when launching new business models. Serving as a blueprint for your growth strategy, The Invincible Company explains how to constantly stay ahead of your competition. In-depth chapters explain how to create new growth engines, change how products and services are created and delivered, extract maximum profit from each type of business model, and much more. New tools—such as the Business Model Portfolio Map, Innovation Metrics, Innovation Strategy Framework, and the Culture Map—enable readers to understand how to design invincible companies. The Invincible Company: ? Helps large and small companies build their growth strategy and manage their core simultaneously ? Explains the world’s best modern and historic business models ? Provides tools to assess your business model, innovation readiness, and all of your innovation projects Presented in striking 4-color, and packed with practical visuals and tools, The Invincible Company is a must-have book for business leaders, entrepreneurs, and innovation professionals.

Designed to mentor writers at all levels, from beginning to quite advanced, The Writer’s Portable Mentor offers a wealth of insight and crafting models from the author’s twenty-plus years of teaching and creative thought. The book provides tools for structuring a book, story, or essay. It trains writers in observation and in developing a poet’s ear for sound in prose. It scrutinizes the sentence strategies of the masters and offers advice on how to publish. This second edition is updated to account for changes in the publishing industry and provides hundreds of new craft models to inspire, guide, and develop every writer’s work.

Crochet Master Class presents 18 crochet techniques taught by some of the world’s best crochet designers and instructors. Each chapter focuses on a different technique, inviting you to dip in, experiment, and then apply your newfound skills to create a custom piece designed by these crochet luminaries. You’ll learn Hairpin Lace from Stitch Diva Jennifer Hansen, discover the intricate color work of tapestry crochet from Carol Ventura, and explore free-form crochet with renowned fiber artist Prudence Mapstone. Filled with expert instruction, inspiring stories, and projects created exclusively for this book, Crochet Master Class is your guide to the incredible range of crochet possibilities. Techniques include: Filet Crochet • Hairpin Lace • Tapestry Crochet • Aran Crochet • Entrelac Crochet • Fashion Crochet • Tunisian Crochet • Woven Crochet • Double-Ended Crochet • Tassels • Bullion Stitch • Overlay Crochet • Bead Crochet • Bruges Crochet • Painted Crochet • Free-Form Crochet • Irish Crochet • Wire Crochet

“A must-read for anyone interested in incorporating meditation into their lifestyle.” —Sanjay Gupta, MD, chief medical correspondent for CNN Heartfulness is an ideal, a spiritual way of living by and from the heart that is inclusive of all ideologies, beliefs, and religions. In this heart-centered book, a student in conversation with his teacher, Kamlesh D. Patel—affectionately known as Daaji, the fourth and current spiritual guide of the century-old Heartfulness tradition—present a unique method of meditation with the power to facilitate an immediate, tangible spiritual experience, irrespective of a person’s faith. Our modern, fast-paced world can be an overwhelming place. Every day, we’re bombarded with messages telling us that in order to be happy, fulfilled, and worthy, we must be better, do more, and accumulate as much material wealth as possible. Most of us move through our busy lives with our minds full of these ideas, multitasking as we strive to navigate the responsibilities and expectations we must meet just to make it through the day. But what if there is another way? What if, rather than letting the busyness of life overtake our minds, we learn to be heartfelt instead? Based on Daaji’s own combination of approaches and practices for the

modern seeker—which draws from the teachings of Sahaj Marg, meaning “Natural Path”—Heartfulness is a contemporized version of the ancient Indian practice of Raja Yoga, a tradition that enables the practitioner to realize the higher Self within. While many books describe refined states of being, *The Heartfulness Way* goes further, providing a pragmatic course to experience those states for oneself, which, per the book’s guiding principle, is “greater than knowledge.” Heartfulness meditation consists of four elements—relaxation, meditation, cleaning, and prayer—and illuminates the ancient, defining feature of yogic transmission (or pranahuti), the utilization of divine energy for spiritual growth and transformation. Using the method, detailed practices, tips, and practical philosophy offered in this book, you’ll reach new levels of attainment and learn to live a life more deeply connected to the values of the Heartfulness way—with acceptance, humility, compassion, empathy, and love.

From the bestselling author of *The Bomber Mafia*: discover Malcolm Gladwell's breakthrough debut and explore the science behind viral trends in business, marketing, and human behavior. The tipping point is that magic moment when an idea, trend, or social behavior crosses a threshold, tips, and spreads like wildfire. Just as a single sick person can start an epidemic of the flu, so too can a small but precisely targeted push cause a fashion trend, the popularity of a new product, or a drop in the crime rate. This widely acclaimed bestseller, in which Malcolm Gladwell explores and brilliantly illuminates the tipping point phenomenon, is already changing the way people throughout the world think about selling products and disseminating ideas. “A wonderful page-turner about a fascinating idea that should affect the way every thinking person looks at the world.” —Michael Lewis

Now in tradepaper, New York Times bestseller breaks open the obesity mystery for using your brain as the key to weight loss. *Bright Line Eating* has helped thousands of people from over 75 countries lose their excess weight and keep it off. In this New York Times bestseller, available for the first time in paperback, Susan Peirce Thompson, Ph.D., shares the groundbreaking weight-loss solution based on her highly acclaimed *Bright Line Eating Boot Camps*. Rooted in cutting-edge neuroscience, psychology, and biology, *Bright Line Eating* explains how the brain blocks weight loss, causing people who are desperate to lose weight to fail again and again. *Bright Line Eating* (BLE) is a simple approach to reversing our innate blocks through four clear, unambiguous boundaries called "Bright Lines." You will learn: • The science of how the brain blocks weight loss, • How to bridge the willpower gap through making your boundaries automatic, • How to get started and the tools you can use to make the change last, and • A realistic lifestyle road map for staying on course. BLE enables you to shed pounds, release cravings, and stop sabotaging your weight loss by working from the bottom line that willpower cannot be relied on. By allowing you to focus on your specific cravings, BLE creates the path for your own personalized journey toward success.

Discover James Patterson's stunning debut, an Edgar Award-winning novel of prejudice and murder in the American South. You are about to begin a classic award-winning novel of suspense. When an up-and-coming politician is murdered in a small Southern town, reporter Ochs Jones suspects that racism and prejudice had something to do with it—and when he learns about two other murders, tracking down the killer becomes more important than ever. No one tells a story quite like the world's #1 bestselling writer. As the manhunt begins, Patterson delivers the heart-stopping action and unforgettable suspense that made him famous. "Extraordinary," "poetic," and "inspired" are only a few words that have been used to describe the food at Chez Panisse. Since the first meal served there in 1971, Alice Waters's Berkeley, California, restaurant has revolutionized American cooking, earning its place among the truly great restaurants of the world. Renowned for the brilliant innovations of its ever-changing menu, Chez Panisse has also come to represent a culinary philosophy inspired by nature -- dedicated to the common interest of environment and consumer in the use of gloriously fresh organic ingredients. In *Chez Panisse Cooking*, chef Paul Bertolli -- one of the most talented chefs ever to work with Alice Waters -- presents the Chez Panisse kitchen's explorations and reexaminations of earlier triumphs. Expanding upon -- and sometimes simplifying -- the concepts that have made Chez Panisse legendary, Bertolli provides reflections, recipes, and menus that lead the cook to a critical and intuitive understanding of food itself, of its purest organic sources and most sublime uses. Perhaps best described by Richard Olney, "Paul Bertolli's cuisine is what 'health food' should be and never is: a celebration of purity. The food is imaginative but never complicated; it is art." Enhanced by Gail Skoff's breathtaking hand-colored photographs, Paul Bertolli's recipes remind us of the simple and passionate joys in cooking and of the inspiration to be drawn from each season's freshest foods: glistening local salmon creates a wildly colorful springtime carpaccio or is grilled later in the season with tomatoes and basil vinaigrette; autumn's fresh white truffles are sliced into an extraordinarily textured salad of pastel hues with fennel, mushrooms, and Parmesan cheese; figs left on the tree until they grow heavy and sweet appear in a fall fruit salad with warm goat cheese and herb toast. Season by season, *Chez Panisse Cooking* will captivate the senses and imagination of the cook with such entrancing recipes as Sugar Snap Peas with Brown Butter and Sage; Buckwheat Cakes with Smoked Salmon, Creme Fraiche, and Capers; Grilled Fish Wrapped in Fig Leaves with Red Wine Sauce; Lamb Salad with Garden Lettuces, Straw Potatoes, and Garlic Sauce; Marinated Veal Chops Grilled over an Oak Fire; or Seckel Pears Poached in Red Wine with Burnt Caramel. Here, some of the restaurant's most remarkable recent menus for special occasions are recreated, from a White Truffle Dinner to the Chez Panisse Tenth Annual Garlic Festival, to a supper for poet Vikram Seth that began with "The Season's song, a summer ballad/Tomatoes, basil, flowers, beans/In unison dance, Lobster Salad..." Many of these recipes reflect Paul Bertolli's love of northern Italian food; for other dishes, the inspiration is French; in all, there is a keen awareness of the abundance of uncompromisingly pure, seasonal ingredients to be found in America. Above all, the Chez Panisse recipes are meant to inspire the cook to create his or her own version; to awaken the senses to the nuances of taste, texture, and color in cooking; to "discover the ecstatic moments when the intuition, skill, and accumulated experience of the cook merge with the taste and composition of the food." Since its original publication in 1988, this classic cookbook has proved to be indispensable to the shelf of every serious cook and every serious cookbook reader.

Cook with confidence and find inspiration with Gordon Ramsay's fun, delicious recipes for novice cooks and experienced chefs alike. Based on a new cooking show, this book will give experienced as well as novice cooks the desire, confidence and inspiration to get cooking. Ramsay will offer simple, accessible recipes with a "wow" factor. Gordon has travelled the world from India and the Far East to LA and Europe, and the recipes in this book will draw all these culinary influences together to show us simple, vibrant and delicious recipes that reflect the way we eat today. For example: Miso braised salmon fillet with Asian vegetables, Pork and Bacon slider with home made bbq sauce, Curried Sweetcorn Soup, Wild Mushroom Risotto Arrancini, and Baked Lemon Cheesecake with Raspberries. Each chapter will concentrate on a different area of cooking--from the classics to the secret of cooking with Chili and spice, through roasting, baking, and helpful sections on cooking good food for less and cooking for a crowd. Woven into the book will be useful tricks and tips--from ways to save time and money, to cleaning and prepping ingredients, to pan frying like a pro. Stuffed full of delicious recipes, invaluable tips and lashings of Gordon's trademark cheeky wit, Gordon Ramsay's

Home Cooking is the ultimate cooking lesson from the ultimate chef.

To create a great video game, you must start with a solid game design: A well-designed game is easier to build, more entertaining, and has a better chance of succeeding in the marketplace. Here to teach you the essential skills of player-centric game design is one of the industry's leading authorities, who offers a first-hand look into the process, from initial concept to final tuning. Now in its second edition, this updated classic reference by Ernest Adams offers a complete and practical approach to game design, and includes material on concept development, gameplay design, core mechanics, user interfaces, storytelling, and balancing. In an easy-to-follow approach, Adams analyzes the specific design challenges of all the major game genres and shows you how to apply the principles of game design to each one. You'll learn how to: Define the challenges and actions at the heart of the gameplay. Write a high-concept document, a treatment, and a full design script. Understand the essentials of user interface design and how to define a game's look and feel. Design for a variety of input mechanisms, including the Wii controller and multi-touch iPhone. Construct a game's core mechanics and flow of resources (money, points, ammunition, and more). Develop appealing stories, game characters, and worlds that players will want to visit, including persistent worlds. Work on design problems with engaging end-of-chapter exercises, design worksheets, and case studies. Make your game accessible to broader audiences such as children, adult women, people with disabilities, and casual players. "Ernest Adams provides encyclopedic coverage of process and design issues for every aspect of game design, expressed as practical lessons that can be immediately applied to a design in-progress. He offers the best framework I've seen for thinking about the relationships between core mechanics, gameplay, and player—one that I've found useful for both teaching and research." — Michael Mateas, University of California at Santa Cruz, co-creator of *Façade*

Performers Kyra and Chalcy illustrate each trick. Trick training is a great way to bond with your dog, help your dog integrate into your family, and keep him mentally and physically challenged. Includes: beg, bow, say your prayers, fetch the paper, find the remote, and more; also, step-by-step instructions to guide the trainer; troubleshooting tips to solve problems; and "build-on" ideas that encourage taking a mastered skill to the next level.--Publisher's description.

Leadership is the most crucial choice one can make—it is the decision to step out of darkness into the light. Bestselling author and spiritual guide Deepak Chopra invites you to become the kind of leader most needed today: a leader with vision who can make that vision real. Chopra has been teaching leadership to CEOs and other top executives for eight years, and the path outlined in *The Soul of Leadership* applies to any business, but the same principles are relevant in every community and area of life, from family and home to school, place of worship, and neighborhood. "At the deepest level," Chopra writes, "a leader is the symbolic soul of a group." With clear, practical steps, you are led through the crucial skills outlined in the acronym L-E-A-D-E-R-S: L = Look and Listen E = Emotional Bonding A = Awareness D = Doing E = Empowerment R = Responsibility S = Synchronicity After identifying your own soul profile and the core values you want to develop, you can use these seven skills to allow your potential for greatness to emerge. Only from the level of the soul, Chopra contends, are great leaders created. Once that connection is made, you have unlimited access to the most vital qualities a leader can possess: creativity, intelligence, organizing power, and love. *The Soul of Leadership* aims to fill the most critical void in contemporary life, the void of enlightened leaders. "You can be such a leader," Chopra promises. "The path is open to you. The only requirement is that you learn to listen to your inner guide." In this unique handbook you are shown how to do just that, in words as practical as they are uplifting. The future is unfolding at this very minute, and the choice to lead it lies with each of us, here and now.

A former international hostage negotiator for the FBI offers a new, field-tested approach to high-stakes negotiations—whether in the boardroom or at home. After a stint policing the rough streets of Kansas City, Missouri, Chris Voss joined the FBI, where his career as a hostage negotiator brought him face-to-face with a range of criminals, including bank robbers and terrorists. Reaching the pinnacle of his profession, he became the FBI's lead international kidnapping negotiator. *Never Split the Difference* takes you inside the world of high-stakes negotiations and into Voss's head, revealing the skills that helped him and his colleagues succeed where it mattered most: saving lives. In this practical guide, he shares the nine effective principles—counterintuitive tactics and strategies—you too can use to become more persuasive in both your professional and personal life. Life is a series of negotiations you should be prepared for: buying a car, negotiating a salary, buying a home, renegotiating rent, deliberating with your partner. Taking emotional intelligence and intuition to the next level, *Never Split the Difference* gives you the competitive edge in any discussion.

"The Storytelling Non-Profit is a portable consultant for fundraisers, communicators and executive directors who want to tell great stories. In this book, professionals will learn a process for telling a story that inspires and resonates with a target audience."--Back cover.

The enchanting story of *A Midsummer Night's Dream* is brought to life beautifully in this simple retelling. Experience the magic of the woods, the confusion of the lovers and all the fun of the fairy folk.

'Musicians in the Making' explores the creative development of musicians in formal and informal learning contexts. It promotes a novel view of creativity, arguing that creative learning is a complex, lifelong process. Sixteen extended chapters by leading experts are featured alongside ten 'insights' by internationally prominent performers and teachers.

Practical filmmaking tips, tricks and philosophies specific to the art and craft of directing commercials for television and the web. Filmmaker Jordan Brady has directed over 1,000 spots and shares his insights from over 20 years filming for advertising. *Jake Shimabukuro Teaches Ukulele Lessons* Ukulele Lessons With Online Audio and Full-length Online Video Hal Leonard Publishing Corporation

Do you have dozens and dozens of different colors and you still struggle to find the perfect one? Do you panic when your favorite shade runs out and the only source is to order online? Stop the madness and take control! With this book, you will learn how to create your favorite colors and make your very own color charts!

(Ukulele). Learn notes, chords, songs, and playing techniques from the master of modern ukulele! In this unique book with online audio and video, Jake Shimabukuro will get you started on playing the ukulele. The book includes full transcriptions of every example, the video features Jake teaching you everything you need to know, and the audio features recordings of all the examples. In addition, the video includes performances of Jake playing some of his most popular arrangements such as "While My Guitar Gently Weeps" and "Ukulele Five-Oh," among others. The audio and video is accessed online using the unique code inside each book and can be streamed or downloaded. The audio files include PLAYBACK+, a multi-functional audio player that allows you to slow down audio without changing pitch, set loop points, change keys, and pan left or right.

When it comes to explaining fundamental economic principles by drawing on current economic issues and events, there is no one more effective than Nobel laureate and New York Times columnist Paul Krugman and co-author, Robin Wells. In this best-selling introductory textbook, Krugman and Wells' signature storytelling style and uncanny eye for revealing examples help readers understand how economic concepts play out in our world. This new edition is revised and enhanced throughout, including a much stronger array of superior online tools that are part of a complete, integrated online learning system.

NEW YORK TIMES BESTSELLER • A complete meat and brisket-cooking education from the country's most celebrated pitmaster and owner of the wildly popular Austin restaurant Franklin Barbecue. When Aaron Franklin and his wife, Stacy, opened up a small barbecue trailer on the side of an Austin, Texas, interstate in 2009, they had no idea what they'd gotten themselves into. Today, Franklin Barbecue has grown into the most popular, critically lauded, and obsessed-over barbecue joint in the country (if not the world)—and Franklin is the winner of every major barbecue award there is. In this much-anticipated debut, Franklin and coauthor Jordan Mackay unlock the secrets behind truly great barbecue, and share years' worth of hard-won knowledge. Franklin Barbecue is a definitive resource for the backyard pitmaster, with chapters dedicated to building or customizing your own smoker; finding and curing the right wood; creating and tending perfect fires; sourcing top-quality meat; and of course, cooking mind-blowing, ridiculously delicious barbecue, better than you ever thought possible.

Neil deGrasse Tyson's #1 New York Times best-selling guide to the cosmos, adapted for young readers. From the basics of physics to big questions about the nature of space and time, celebrated astrophysicist and science communicator Neil deGrasse Tyson breaks down the mysteries of the cosmos into bite-sized pieces. *Astrophysics for Young People in a Hurry* describes the fundamental rules and unknowns of our universe clearly—and with Tyson's characteristic wit, there's a lot of fun thrown in, too. This adaptation by Gregory Mone includes full-color photos, infographics, and extra explanations to make even the trickiest concepts accessible. Building on the wonder inspired by outer space, *Astrophysics for Young People in a Hurry* introduces an exciting field and the principles of scientific inquiry to young readers.

From the bestselling author of *Blink* and *The Tipping Point*, Malcolm Gladwell's *Outliers: The Story of Success* overturns conventional wisdom about genius to show us what makes an ordinary person an extreme overachiever. Why do some people achieve so much more than others? Can they lie so far out of the ordinary? In this provocative and inspiring book, Malcolm Gladwell looks at everyone from rock stars to professional athletes, software billionaires to scientific geniuses, to show that the story of success is far more surprising, and far more fascinating, than we could ever have imagined. He reveals that it's as much about where we're from and what we do, as who we are - and that no one, not even a genius, ever makes it alone. *Outliers* will change the way you think about your own life story, and about what makes us all unique. 'Gladwell is not only a brilliant storyteller; he can see what those stories tell us, the lessons they contain' *Guardian* 'Malcolm Gladwell is a global phenomenon ... he has a genius for making everything he writes seem like an impossible adventure' *Observer* 'He is the best kind of writer - the kind who makes you feel like you're a genius, rather than he's a genius' *The Times*

Steve Martin has been an international star for over thirty years. Here, for the first time, he looks back to the beginning of his career and charmingly evokes the young man he once was. Born in Texas but raised in California, Steve was seduced early by the comedy shows that played on the radio when the family travelled back and forth to visit relatives. When Disneyland opened just a couple of miles away from home, an enchanted Steve was given his first chance to learn magic and entertain an audience. He describes how he noted the reaction to each joke in a ledger - 'big laugh' or 'quiet' - and assiduously studied the acts of colleagues, stealing jokes when needed. With superb detail, Steve recreates the world of small, dark clubs and the fear and exhilaration of standing in the spotlight. While a philosophy student at UCLA, he worked hard at local clubs honing his comedy and slowly attracting a following until he was picked up to write for TV. From here on, Steve Martin became an acclaimed comedian, packing out venues nationwide. One night, however, he noticed empty seats and realised he had 'reached the top of the rollercoaster'. *BORN STANDING UP* is a funny and riveting chronicle of how Steve Martin became the comedy genius we now know and is also a fascinating portrait of an era.

INSTANT NEW YORK TIMES BESTSELLER The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With *The Wim Hof Method*, this trailblazer of human potential shares a method that anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as "The Iceman" for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim's unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body's untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science**—How users of this method have redefined what is medically possible in study after study
- **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness
- **Performance**—Increase your endurance, improve recovery time, up your mental game, and more
- **Wim's Story**—Follow Wim's inspiring personal journey of discovery, tragedy, and triumph
- **Spiritual Awakening**—How breath, cold, and mindset can reveal the beauty of your soul

Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. "This is how we will change the world, one soul at a time," Wim says. "We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction." If you're ready to explore and exceed the limits of your own potential, *The Wim Hof Method* is waiting for you.

#1 NEW YORK TIMES BESTSELLER • A memoir of leadership and success: The executive chairman of Disney, Time's 2019 businessperson of the year, shares the ideas and values he embraced during his fifteen years as CEO while reinventing one of the world's most beloved companies and inspiring the people who bring the magic to life. **NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR** Robert Iger became CEO of The Walt Disney Company in 2005, during a difficult time. Competition was more intense than ever and technology was changing faster than at any time in the company's history. His vision came down to three clear ideas: Recommit to the concept that quality matters, embrace technology instead of fighting it, and think bigger—think

global—and turn Disney into a stronger brand in international markets. Today, Disney is the largest, most admired media company in the world, counting Pixar, Marvel, Lucasfilm, and 21st Century Fox among its properties. Its value is nearly five times what it was when Iger took over, and he is recognized as one of the most innovative and successful CEOs of our era. In *The Ride of a Lifetime*, Robert Iger shares the lessons he learned while running Disney and leading its 220,000-plus employees, and he explores the principles that are necessary for true leadership, including:

- Optimism. Even in the face of difficulty, an optimistic leader will find the path toward the best possible outcome and focus on that, rather than give in to pessimism and blaming.
- Courage. Leaders have to be willing to take risks and place big bets. Fear of failure destroys creativity.
- Decisiveness. All decisions, no matter how difficult, can be made on a timely basis. Indecisiveness is both wasteful and destructive to morale.
- Fairness. Treat people decently, with empathy, and be accessible to them.

This book is about the relentless curiosity that has driven Iger for forty-five years, since the day he started as the lowliest studio grunt at ABC. It's also about thoughtfulness and respect, and a decency-over-dollars approach that has become the bedrock of every project and partnership Iger pursues, from a deep friendship with Steve Jobs in his final years to an abiding love of the Star Wars mythology. "The ideas in this book strike me as universal" Iger writes. "Not just to the aspiring CEOs of the world, but to anyone wanting to feel less fearful, more confidently themselves, as they navigate their professional and even personal lives."

Grow better not bigger with proven low-tech, human-scale, bio-intensive farming methods

A bread manifesto and signature recipes from Poilâne, the internationally famous bakery that "revolutionized" bread in America --Alice Waters

GAIMAN! RUSSELL! MIGNOLA! ORDWAY! New York Times bestselling author Neil Gaiman and Eisner Award-winning comics legend P. Craig Russell breathe new life into the ancient Norse stories by taking readers through the creation of the Nine Worlds to the epic origin and adventures of Thor, Odin, and Loki all the way to the end of life—Ragnarok. Having previously written about deities in *American Gods* and *The Sandman*, Gaiman teams with Russell to finally bring readers to follow the northern gods in their own setting in this comic book adaptation of the hit novel!

A companion to *Add More ~ing to Your Life* chronicles the author's spiritual journey through low self-esteem and drug abuse to counsel readers on how to overcome personal fears and achieve greater fulfillment, providing a range of positive affirmations, physical activities and meditations.

Read the "practical resource for beginners" looking to write their own memoir because this is the essential guide on the topic -- now new and revised (Kirkus Reviews)! The greatest story you could write is the one you experienced yourself. Knowing where to start is the hardest part, but it just got a little easier with this essential guidebook for anyone wanting to write a memoir. Did you know that the #1 thing that baby boomers want to do in retirement is write a book--about themselves? It's not that every person has lived such a unique or dramatic life, but we inherently understand that writing a memoir--whether it's a book, blog, or just a letter to a child--is the single greatest path to self-examination. Through the use of disarmingly frank, but wildly fun tactics that offer you simple and effective guidelines that work, you can stop treading water in writing exercises or hiding behind writer's block.

Previously self-published under the title, *Writing What You Know: Raelia*, this book has found an enthusiastic audience that now writes with intent. While there have been other writing books, there's nothing like Marion Roach Smith's *The Memoir Project*.

Creatively mend and customize your old clothes to revitalize your outfits and save the planet Bring new life to your old clothes and fabrics with this fun, easy-to-follow guide to modern mending. Across the globe, we send tonnes of clothing to landfill each year. In fact, clothing consumption in the UK and US are one of the highest in the world. But the good news is that mending is trending, and it's never been easier to repair and reinvent your favourite clothes. Inspired by the slow fashion movement that's taking the sewing world by storm, Erin Lewis-Fitzgerald has created a comprehensive guide to mending your own clothes in a way that combines creativity and sustainability. In *Modern Mending*, she demystifies mending and shares step-by-step instructions for a range of techniques, including stitching, darning, patching, needle felting and machine darning. So next time you tear your favourite jeans or find a hole in your jumper, think twice before throwing them away. With *Modern Mending*, you'll gain the skills and confidence needed to rebel against fast fashion now and for years to come.

A Bustle Must-Read Book • A transporting love story of music, stardom, heartbreak, and a gifted young singer-songwriter who must find her own voice—"pure sun-soaked summer fun" (Kate Quinn, bestselling author of *The Alice Network*). The year is 1969, and the Bayleen Island Folk Fest is abuzz with one name: Jesse Reid. Tall and soft-spoken, with eyes blue as stone-washed denim, Jesse Reid's intricate guitar riffs and supple baritone are poised to tip from fame to legend with this one headlining performance. That is, until his motorcycle crashes on the way to the show. Jane Quinn is a Bayleen Island local whose music flows as naturally as her long blond hair. When she and her bandmates are asked to play in Jesse Reid's place at the festival, it almost doesn't seem real. But Jane plants her bare feet on the Main Stage and delivers the performance of a lifetime, stopping Jesse's disappointed fans in their tracks: A star is born. Jesse stays on the island to recover from his near-fatal accident and he strikes up a friendship with Jane, coaching her through the production of her first record. As Jane contends with the music industry's sexism, Jesse becomes her advocate, and what starts as a shared calling soon becomes a passionate love affair. On tour with Jesse, Jane is so captivated by the giant stadiums, the late nights, the wild parties, and the media attention, that she is blind-sided when she stumbles on the dark secret beneath Jesse's music. With nowhere to turn, Jane must reckon with the shadows of her own past; what follows is the birth of one of most iconic albums of all time. Shot through with the lyrics, the icons, the lore, the adrenaline of the early 70s music scene, *Songs in Ursa Major* pulses with romantic longing and asks the question so many female artists must face: What are we willing to sacrifice for our dreams?

Is the learning in your classroom static or dynamic? *Shake Up Learning* guides you through the process of creating dynamic learning opportunities—from purposeful planning and maximizing technology to fearless implementation.

Volume Three is bursting with fresh and forward thinking ideas that say lounge and party with hints of over-the-top styling.

Equipped with more knowledge as a follow through from Volume One and Two, this book will help you realise your potential and passion in the world of Long Hair dressing. Featuring 16 new looks created by a simple step-by-step guide, you will be able to construct styles ranging from bridal, catwalk, editorial and formal.

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