

Si Cacing Dan Kotoran Kesayangannya 2 Ajahn Brahm

Manusia modern yang hidupnya berorientasi pada kesenangan, kekayaan, ketenaran, dan kekuasaan telah memberikan stempel bahwa sakit dan penderitaan adalah musuh. Ketika sakit dan menderita, mereka mencari solusi dan menggantungkan diri kepada pihak lain (dokter, psikolog, rohaniawan, dsb.), bukan mengandalkan kekuatan yang bersumber dari dalam diri sendiri. Barangkali kita lupa atau tidak mengetahui bahwa sakit dan penderitaan sejatinya merupakan sistem alarm atau pemberi informasi balik dan menjadi cermin diri bahwa kita masih lemah. Entah itu lemah dalam daya tahan fisik dan mental, cara berpikir, cara menilai, cara merasa, keyakinan, kebiasaan, dan karakter kita. Segala upaya untuk mematikan rasa sakit dan penderitaan begitu saja tanpa kita berusaha menggali makna di baliknya sama halnya dengan menyianiyakan sebuah pelajaran kehidupan. Seorang Guru Bijak mengatakan, "Setiap peristiwa menyakitkan mengandung benih pertumbuhan dan pembebasan." Ada begitu banyak kesulitan dan penderitaan yang berada di luar kendali kita (misalnya bencana, penyakit, kehilangan, dsb.), tetapi kita patut bersyukur bahwa para tokoh kehidupan telah mengajarkan bagaimana cara memenangkannya. Victor Frankl, psikiater yang lolos dari kamp konsentrasi Auschwitz, mengatakan, "Kemenangan hanya akan datang

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pada mereka yang tahu bagaimana cara menderita. Ó Bagaimana memenangkannya? Jawabannya adalah dengan membaca buku ini.

Meditation: it's not just a way to relax, or to deal with life's problems. Done correctly, it can be a way to radically encounter bliss and to begin - and sustain - real transformation in ourselves. In *Mindfulness, Bliss, and Beyond*, self-described meditation junkie Ajahn Brahm shares his knowledge and experience of the jhanas - a core part of the Buddha's original meditation teaching. Never before has this material been approached in such an empowering way, by a teacher of such authority and popularity. Full of surprises, delightfully goofy humor, and entertaining stories that inspire, instruct, and illuminate, *Mindfulness, Bliss, and Beyond* will encourage those new to meditation, and give a shot in the arm to more experienced practitioners as well. The enhanced e-book edition of *The Pioneer Woman Cooks: Food from My Frontier* gives you behind-the-scenes access to Ree at home on her ranch. In it you'll find videos of Ree cooking a bunch of her favorite recipes, six recipes not found in the book, and Ree's list of her favorite movies and songs to cook to. *I'm Pioneer Woman. And I love to cook. Once upon a time, I fell in love with a cowboy. A strapping, rugged, chaps-wearing cowboy. Then I married him, moved to his ranch, had his babies . . . and wound up loving it. Except the manure. Living in the country for more than fifteen years has taught me a handful of eternal truths: every new day is a blessing, every drop of rain is a gift . . . and nothing tastes more delicious than food you cook yourself. The*

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Pioneer Woman Cooks: Food from My Frontier is a mouthwatering collection of the simple-but-scrumptious recipes that rotate through my kitchen on a regular basis, including Cowgirl Quiche, Sloppy Joes, Italian Meatball Soup, White Chicken Enchiladas, and a spicy Carnitas Pizza that'll win you over for life. There are also some elegant offerings for more special occasions at your house: Osso Buco, Honey-Plum-Soy Chicken, and Rib-Eye Steak with an irresistible Onion-Blue Cheese Sauce. And the decadent assortment of desserts, including Blackberry Chip Ice Cream, Apple Dumplings, and Coffee Cream Cake, will make your heart go pitter-pat in the most wonderful way. In addition to detailed step-by-step photographs, all the recipes in this book have one other important quality in common: They're guaranteed to make your kids, sweetheart, dinner guests, in-laws, friends, cousins, or resident cowboys smile, sigh, and beg for seconds. (And hug you and kiss you and be devoted to you for life.) I hope you enjoy, devour, and love this book. I sure did love making it for you.

Left as the sole survivor of the island where she was once a playmate for a princess, Anaxandra takes on the role as Princess Callisto herself when found by Menelaus and taken to his kingdom of Sparta and his wife, Helen.

"You must allow me to tell you how ardently I admire and love you."

Published in Indonesia in 2005, *The Rainbow Troops*, Andrea Hirata's closely autobiographical debut novel, sold more than five million copies, shattering records. Now it promises to captivate audiences around the globe. Ikal is a student at the

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poorest village school on the Indonesian island of Belitung, where graduating from sixth grade is considered a remarkable achievement. His school is under constant threat of closure. In fact, Ikal and his friends—a group nicknamed the Rainbow Troops—face threats from every angle: skeptical government officials, greedy corporations hardly distinguishable from the colonialism they've replaced, deepening poverty and crumbling infrastructure, and their own low self-confidence. But the students also have hope, which comes in the form of two extraordinary teachers, and Ikal's education in and out of the classroom is an uplifting one. We root for him and his friends as they defy the island's powerful tin mine officials. We meet his first love, the unseen girl who sells chalk from behind a shop screen, whose pretty hands capture Ikal's heart. We cheer for Lintang, the class's barefoot math genius, as he bests the students of the mining corporation's school in an academic challenge. Above all, we gain an intimate acquaintance with the customs and people of the world's largest Muslim society. This is classic storytelling in the spirit of Khaled Hosseini's *The Kite Runner*: an engrossing depiction of a milieu we have never encountered before, bursting with charm and verve. As featured on *The Martha Stewart Show* and *The Today Show* and in *People Magazine*! Hip. Cool. Fashion-forward. These aren't adjectives you'd ordinarily think of applying to baked goods. Think again. Not every baker wants to re-create Grandma's pound cake or cherry pie. Matt Lewis and Renato Poliafito certainly didn't, when they left their advertising careers behind, pooled their life savings, and opened their dream

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bakery, Baked, in Brooklyn, New York, a few years back. The visions that danced in their heads were of other, brand-new kinds of confections . . . Things like a Malt Ball Cake with Milk Chocolate Frosting, which captures the flavor of their favorite Whoppers candies (and ups the ante with a malted milk ball garnish). Things like spicy Chipotle Cheddar Biscuits that really wake up your taste buds at breakfast time. Things like a Sweet and Salty Cake created expressly for adults who are as salt-craving ?as they are sweet-toothed. Which is not to say that Lewis and Poliafito sidestep tradition absolutely. Their Chocolate Pie (whose filling uses Ovaltine) pays loving homage to the classic roadside-diner dessert. Their Baked Brownies will wow even the most discriminating brownie connoisseur. And their Chocolate Chip Cookies? Words cannot describe. Whether trendsetting or tried-and-true, every idea in this book is freshly Baked.

Quran is the "Word of Allah" as revealed to His Last messenger Muhammad, is what Muslims work hard to prove to us, however Muslims use science now-days in order to convert as many as they can to Islam, but how truthful such a claim is? can Muslims backup their science or its nothing but a falsification, can the Qur'an be a book of science or Muslims make passages of the Quran by manipulating verses superficially to resemble the science, this book is going to take you step by step over what is called (The Qur'an & Modern Science) with in depth examination to find out if its Compatible or Incompatible? And while we are doing so; we will go through a lot of stories in the Qur'an or the Muhammad words(hadith) and we will find an answer for each scientific

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claim.

Go beyond mindfulness—practice kindness! Here Ajahn Brahm introduces a new kind of meditation: kindness. Kindness is the cause of relaxation. It brings ease to the body, to the mind, and to the world. Kindness allows healing to happen. So don't just be mindful, be kind! With his trademark knack for telling engaging stories paired with step-by-step anyone-can-do-it instructions, Brahm brings alive and makes accessible powerful tools transformation. This slim, beautifully designed volume is a Quick Start guide for living a life of joy and compassion.

“Watermelons and Zen students grow pretty much the same way. Long periods of sitting ‘till they ripen and grow all juicy inside, but when you knock them on the head to see if they’re ready – sounds like nothing&

'An excellent masterpiece that brings the ancient timeless wisdom of Ayurveda, in a very simple and practical way, to our modern day-to-day life' - Dr Vasant Lad, Director of The Ayurvedic Institute Ayurveda is a 5000-year-old system of medicine that takes a much needed holistic approach to life and wellbeing. Through balancing the three energy forces in the body known as 'doshas', Ayurveda goes beyond the boundaries of conventional practice to reveal your unique physical, emotional and mental needs. Expert practitioner Geeta Vara

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BSc and PGDip in Ayurvedic Medicine, gives simple, daily applicable rituals and wisdom that can be personalised to suit you, including guidance on food as medicine, detoxification, movement and meditation. By teaching us to reconnect with our natural bio-circadian rhythms, Ayurveda will lead you out of the doctor's surgery and on a journey towards self-healing. WITH THIS BOOK, YOU CAN: - Discover your mind/body type - Better understand the epicentre of your health - the gut - Learn to identify early signs of imbalance - Transform your diet through taste and mindful eating - Be empowered to take a preventative approach to healthcare - Tackle personal health problems including: stress and fatigue, immune system issues, gastro-intestinal problems, disturbed sleep, migraines, weight management and more

An exclusive guided tour of the fashion industry--from the inside up Mark Weber is the ultimate fashion insider. Starting his career as a clerk in a clothing store, he worked his way up to the "big time" in New York City, becoming CEO of Phillips-VanHeusen (PVH)/Calvin Klein and then CEO of LVMH Inc. (USA) (Louis Vuitton/ Moët Hennessy) and Chairman and CEO of Donna Karan International. In *Always in Fashion*, Weber walks us through his fascinating career, providing an inspirational and instructional story of his rise to the top, his career disappointments, and his incredible journey back to the top of the fashion

industry. Weber shares his insights and thoughts on how to: BEGIN A FUTURE SELECT A CAREER PATH PREPARE FOR INTERVIEWS STAND OUT FROM YOUR COWORKERS FIND WAYS TO MAKE AN IMPRESSION ON MANAGEMENT DETERMINE YOUR BEST SKILLS AND FOLLOW THAT COURSE DRESS FOR SUCCESS--AND HOW NOT TO NEVER GIVE UP In addition to his keen business insights, Mark Weber reveals a wealth of insights and mind-opening anecdotes from inside fashion, but which apply to any consumer product industry. He talks about his career-changing interactions with boards of directors and famous designers, and he illustrates mistakes, disappointments, key insights and, most importantly, how he picked himself up when things were down and successfully repositioned himself to build an even brighter career. Part memoir, part career guide--and a gripping read every step of the way--Always in Fashion is a must-read for anyone with a passion, a talent, and a dream.

NOW! The Art of Being Truly Present is a collection of 85 original reflections on everyday experience, each paired with "mindful reminders" or meditative invocations, on the subjects that we all deal with on a daily basis and throughout our lives: Work, Aging, Gossip, Sex, and Friendship - just to name a few. This gift-sized book illustrates how spiritual transformation begins when we embrace the

present moment and focus on the blessings we have in our daily lives rather than on what we have lost or perhaps never had. People seeking solace in reflection, prayer, and meditation will find this book an inviting and convenient source of inspiration that they will want to keep close at hand. NOW! is an ideal companion to turn to when settling down to sleep at the end of a busy day, or when centering oneself to begin each new one.

An enlightening follow-up to the bestselling book *The Case for Christ*, *In Defense of Jesus* follows award-winning journalist Lee Strobel as he explores the most explosive arguments against the identity of Christ as the Messiah. Has modern scholarship debunked the traditional Christ? Has the church suppressed the truth about Jesus to advance its own agenda? What if the real Jesus is far different from the atoning Savior worshiped through the centuries? *In Defense of Jesus* explores such hot-button questions as: Did the church suppress ancient non-biblical documents that paint a more accurate picture of Jesus than the four Gospels? Did the church distort the truth about Jesus by tampering with early New Testament texts? Do new insights and explanations disprove the resurrection? Have fresh arguments disqualified Jesus from being the Messiah? Did Christianity steal its core ideas from earlier mythology? Evaluate the arguments and evidence being advanced by prominent atheists, liberal

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theologians, Muslim scholars, and others. Sift through expert testimony. Then reach your own verdict with *In Defense of Jesus*. This title is also available in Spanish, *En defensa de Jesús*.

This collection of reflections is to remind us of some of the things we can turn our distracted minds to, when we can direct our attention to what are in front of us, above us, and more importantly, within us, using all the senses that we were all born with. They are a rediscovery of some of the things we have forgotten how to do or have put aside in favour of our allconsuming electronic toys, and an attempt to help us reconnect once more with our senses and our natural gifts. So, why not put your smart phones, tablets, games, gadgets and anything with a screen, down for a few minutes. Take a deep breath and look up. Because at the end of the day, it is not just any journey we are making, but a journey to discover and appreciate who we are and what makes us human.

Laugh aloud even as you look at life anew with these stories from the bestselling author of *Who Ordered This Truckload of Dung?* In 108 brief stories with titles like "The Bad Elephant," "Girlfriend Power," and "The Happiness License," Ajahn Brahm offers up more timeless wisdom that will speak to people from all walks of life. Drawing from his own experiences, stories shared by his students, and old chestnuts that he delivers with a fresh twist, Ajahn Brahm shows he knows his

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way around the humorous parable, delighting even as he surprises us with unexpected depth and inspiration.

The bestselling author of *Who Ordered This Truckload of Dung?* and one of the world's most beloved Buddhist monks answers meditators' questions. In *Bear Awareness* English monk Ajahn Brahm answers actual questions from his meditation students—questions you may have had as well. While most mindfulness meditation teachers praise the benefits of bare awareness, he teaches bear awareness. He helps us make friends with the scary things that come up on the cushion, and he knows how to lift the mood with a well-placed stuffed teddy—or a well-timed pun. The intimacy of the question-and-answer format provides a fresh experience of learning from a master meditator. Whether he is urging readers to fly Buddha Air (sit back and relax on your way to nirvana), giving tips for dealing with panic attacks or depression, or extolling the bliss of meditation that is better than sex, he gives us permission to enjoy our lives and our practice.

From seven viewpoints, relates the events of Senior Prom at Roosevelt High School.

What do we do when life throws rocks at us? “Instead of trying to discipline your mind with ill will, fault-finding, guilt, punishment, and fear, use something far more powerful: the beautiful kindness, gentleness, and forgiveness of making peace with life.”—Ajahn Brahm “In free fall, nothing is solid and there is nothing to hold on to. There is no way to control the experience. You have to surrender, and with that surrender comes the taste of liberation.”—Master Guojun Most of us tend to live each day as if it will be just another day—like nothing will change. It always comes as a shock when we lose a job, a loved one, a relationship, our health—even

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though we've seen it happen again and again to those around us. Once we finally realize we're not immune, then we wonder: what now? How do we continue when the terrain suddenly gets rough? Meet your companions for this rocky part of the path: Ajahn Brahm and Chan Master Guojun—one a teacher in the Theravada Buddhist tradition, the other in the Chinese Zen tradition. These two beloved meditation masters share personal stories and anecdotes from their own experiences of dealing with life's pitfalls. You'll learn from their honest, generous teachings how you can live fully—even flourish—even when the road ahead looks steep and lonely. Personal, poetic, instructive, and often laugh-out-loud funny, this is inspiring advice for people from all walks of life. "Falling is Flying is truly unique because it offers a rare glimpse into the personal lives of two living Buddhist masters. With unflinching honesty, Ajahn Brahm and Chan Master Guojun share the struggles they've faced, even after becoming monks and respected teachers. Throughout the book, we see how, instead of turning away in aversion from adversity, they've used it as a stepping stone for finding the peace and happiness we all seek. I love this book and recommend it most highly!" —Toni Bernhard, author of *How To Be Sick*

No matter what your background, your education, your hopes and dreams, everything you need, to achieve anything you want, you already have within you. This book will help you see the possibilities around you and re-programme your mental software to overcome your fears, doubts, worries and limiting beliefs. Yes, do yoga, tai chi and meditation - this book will have a bigger impact, faster and cheaper. Discover: - How to make your success a choice, not a chance - Know exactly why you do what you do - How to be relaxed, centred and at peace - anytime, anywhere - Never again worry what other people think about you (while being very

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popular!) - How to make peace with your father or mother, whether they are alive, or not And...
- The nine words that will change your life forever. 'Your life will change just by reading it' Andy Cope, international author & speaker

"Larry Winget hacks through the bad advice given in most business books. Some authors stroke your ego by reinforcing information you already know. Others get you lost in pages of boredom until you have no idea what the book is even about. Some authors exp

On-stage beauty. Backstage drama. As a dancer with the ultra-prestigious Manhattan Ballet Company, nineteen-year-old Hannah Ward juggles intense rehearsals, dazzling performances and complicated backstage relationships. Up until now, Hannah has happily devoted her entire life to ballet. But when she meets a handsome musician named Jacob, Hannah's universe begins to change, and she must decide if she wants to compete against the other "bunheads" in the company for a star soloist spot or strike out on her own in the real world. Does she dare give up the gilded confines of the ballet for the freedoms of everyday life?

When Morton Farrier is presented with a case revolving around a mysterious letter written by disreputable criminal, Ann Fothergill in 1827, he quickly finds himself delving into a shadowy Georgian underworld of smuggling and murder on the Kent and Sussex border. Morton must use his skills as a forensic genealogist to untangle Ann's association with the notorious Aldington Gang and also with the brutal killing of Quartermaster Richard Morgan. As his research continues, Morton suspects that his client's family might have more troubling and dangerous expectations of his findings. This is the seventh book in the Morton Farrier genealogical crime mystery series, although it can be enjoyed as a stand-alone story. For further information, and a FREE series prequel story, visit the author's website:

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nathandylangoodwin.com/books

BERPIKIR POSITIF DAN BESAR 101 Langkah Menjadi Pribadi Positif yang Disukai Semua Orang Meraih Keberhasilan/Mengelola Pikiran/Percaya Diri/Mengelola Kegagalan/Mengatasi Ketakutan/Mengasah Ketekunan/Pandai Bergaul/Peningkatan Kualitas Diri Penulis: Yopi Jalu Paksi

BERPIKIR POSITIF DAN BESAR 101 Langkah Menjadi Pribadi Positif yang Disukai Semua Orang Meraih Keberhasilan/Mengelola Pikiran/Percaya Diri/Mengelola Kegagalan/Chah offers a thorough exploration of Theravada Buddhism in a gentle, sometimes humorous, style that makes the reader feel as though he or she is being entertained by a story. He emphasizes the path to freedom from emotional and psychological suffering and provides insight into the fact that taking ourselves seriously causes unnecessary hardship. Ajahn Chah influenced a generation of Western teachers: Jack Kornfield, Sharon Salzberg, Sylvia Boorstein, Joseph Goldstein, and many other Western Buddhist teachers were at one time his students. Anyone who has attended a retreat led by one of these teachers, or read one of their books, will be familiar with this master's name and reputation as one of the great Buddhist teachers of this century. A concise, succinct version of one of Snow Lion's top ten bestsellers. This slimmed-down, 144-page introduction covers all of the important topics necessary to understand the Tibetan Buddhist tradition.

Opening the Door of Your Heart And other Buddhist Tales of Happiness Hachette UK Famed for his Alice in Wonderland and Through the Looking Glass, Lewis Carroll produced comic verse, puzzles and much more, all of which are included in this

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complete illustrated collection.

The whole world has fallen in love with this international bestseller - hundreds of thousands of copies have been sold across 25 countries. Now it's Australia's turn to rediscover this jewel of a book on mindfulness. In times of uncertainty, words of comfort are essential, and the stunning overseas sales of this title are testament to its universal appeal. These modern tales of hope, forgiveness, freedom from fear and overcoming pain cleverly relate the timeless wisdom of the Buddha's teachings and the path to true happiness in a warm and accessible way. Ajahn Brahm was born and raised in the West and in his more than thirty years as a Buddhist monk he has gathered many poignant, funny and profound stories. He has tremendous ability to filter these stories through the Buddha's teaching so that they can have meaning for all sorts of readers. There are many thousands of Australians who don't even know that they need this book yet, but who will no doubt embrace it just as overseas readers have. It is the perfect gift book as there is truly something in it for everyone. 'Ajahn Brahm is the Seinfeld of Buddhism' - Sumi Loundon, editor of *Blue Jean Buddha: Voices of Young Buddhists* and *The Buddha's Apprentices*

The 108 pieces in the international bestseller *Who Ordered This Truckload of Dung?* offer thoughtful commentary on everything from love and commitment to fear and pain. Drawing from his own life experience, as well as traditional Buddhist folk tales, author Ajahn Brahm uses over thirty years of spiritual growth as a monk to spin delightful tales

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that can be enjoyed in silence or read aloud to friends and family. Featuring titles such as "The Two-Finger Smile" and "The Worm and His Lovely Pile of Dung," these wry and witty stories provide playful, pithy takes on the basic building blocks of everyday life. Suitable for children, adults, and anyone in between, this eloquent volume wraps insight and inspiration inside of a good old yarn.

There's a new rumor in town. Someone has discovered an item that proves life on other planets exists, and they've been hiding it on a base called Zone 91, the most secret place on Earth. Cassie and the other Animorphs already know about life on other planets. Too well. Their enemies the Yeerks will try to access Zone 91, to find out if what's there will threaten their mission to conquer the planet. So the Animorphs decide to pay Zone 91 and the Yeerks a little visit. But what they discover is not at all what they expect.

Essays discuss child development, infant behavior, stages of growth, moral standards, emotions, the cognitive process, and the role of the family

We strive to make life go smoothly for ourselves and others, but that is expecting from the world something it cannot give. Ajahn Brahm presents timeless wisdom for learning to abandon the headwind of false expectations and follow instead the path of understanding in order to find true joy within. By releasing our attachment to past and future, hope and fear, we can settle into the stillness underlying all our thoughts and discover the bliss of the present moment.

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For many of us, the subject of money is unavoidably stressful. Managing our personal finances is complicated, time-consuming and often, particularly in the slow countdown to payday, dispiriting. The good news is that in Japan - where a Zen approach to life is more widely practised - a pathway to a better relationship is being carved by the 'Zen Millionaire', Ken Honda. Based on the phenomenally popular Japanese bestseller, this beautifully written book will reinvent the way you see your personal finances. You will come to understand that money flows like water and arrives like a guest. You'll rethink your own attitudes and examine the way they were shaped by beliefs about money you were taught as a child. And you'll transform your money from a tyrannical master or an unruly slave to a trusted friend. When we heal the fear and anxiety we have about money, we successfully achieve prosperity and peace. Take the Zen path to financial security and happiness. 'Ken's book will transform your life around money' - Jack Canfield, #1 New York Times bestselling author of the Chicken Soup for the Soul series and The Success Principles

The fun and simple problem-solving guide that took Japan by storm Ken Watanabe originally wrote Problem Solving 101 for Japanese schoolchildren. His goal was to help shift the focus in Japanese education from memorization to critical thinking, by adapting some of the techniques he had learned as an elite McKinsey consultant. He was amazed to discover that adults were hungry for his fun and easy guide to problem solving and decision making. The book became a surprise Japanese bestseller, with

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more than 370,000 in print after six months. Now American businesspeople can also use it to master some powerful skills. Watanabe uses sample scenarios to illustrate his techniques, which include logic trees and matrixes. A rock band figures out how to drive up concert attendance. An aspiring animator budgets for a new computer purchase. Students decide which high school they will attend. Illustrated with diagrams and quirky drawings, the book is simple enough for a middleschooler to understand but sophisticated enough for business leaders to apply to their most challenging problems. “Nowadays people know the price of everything and the value of nothing.”

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