

Smartlife Push Journal

Experts discuss the potential for open education tools, resources, and knowledge to transform the economics and ecology of education.

Smart City Citizenship provides rigorous analysis for academics and policymakers on the experimental, data-driven, and participatory processes of smart cities to help integrate ICT-related social innovation into urban life. Unlike other smart city books that are often edited collections, this book focuses on the business domain, grassroots social innovation, and AI-driven algorithmic and techno-political disruptions, also examining the role of citizens and the democratic governance issues raised from an interdisciplinary perspective. As smart city research is a fast-growing topic of scientific inquiry and evolving rapidly, this book is an ideal reference for a much-needed discussion. The book drives the reader to a better conceptual and applied comprehension of smart city citizenship for democratised hyper-connected-virtualised post-COVID-19 societies. In addition, it provides a whole practical roadmap to build smart city citizenship inclusive and multistakeholder interventions through intertwined chapters of the book. Users will find a book that fills the knowledge gap between the purely critical studies on smart cities and those further constructive and highly promising socially innovative interventions using case study fieldwork action research empirical evidence drawn from several cities that are advancing and innovating smart city practices from the citizenship perspective. Utilises ongoing, action research fieldwork, comparative case studies for examining current governance issues, and the role of citizens in smart cities Provides definitions of new key citizenship concepts, along with a techno-political framework and toolkit drawn from a community-oriented perspective Shows how to design smart city governance initiatives, projects and policies based on applied research from the social innovation perspective Highlights citizen's perspective and social empowerment in the AI-driven and algorithmic disruptive post-COVID-19 context in both transitional and experimental frameworks

The integration of electronics into textiles and clothing has opened up an array of functions beyond those of conventional textiles. These novel materials are beginning to find applications in commercial products, in fields such as communication, healthcare, protection and wearable technology. *Electronic Textiles: Smart Fabrics and Wearable Technology* opens with an initiation to the area from the editor, Tilak Dias. Part One introduces conductive fibres, carbon nano-tubes and polymer yarns. Part Two discusses techniques for integrating textiles and electronics, including the design of textile-based sensors and actuators, and energy harvesting methods. Finally, Part Three covers a range of electronic textile applications, from wearable electronics to technical textiles featuring expert chapters on embroidered antennas for communication systems and wearable sensors for athletes. Comprehensive overview of conductive fibres, yarns and fabrics for electronic textiles Expert analysis of textile-based sensors design, integration of micro-electronics with yarns and photovoltaic energy harvesting for intelligent textiles Detailed coverage of applications in electronic textiles, including wearable sensors for athletes, embroidered antennas for communication and electronic textiles for military personnel

This book is a comprehensive collaboration on intelligent polymers and coatings for industrial applications by worldwide researchers and specialists. The authors cover the basis and fundamental aspects of intelligent polymers and coatings, challenges, and potential mechanisms and properties. They include recent and emerging industrial applications in medical, smart textile design, oil and gas, electronic, aerospace, and automobile industries as well as other applications including microsystems, sensors, and actuators, among others. The authors discuss the potential for future research in these areas for improvement and growth of marketable applications of intelligent polymers and coatings.

This book provides an archival forum for researchers, academics, practitioners and industry professionals interested and/or engaged in the reform of the ways of teaching and learning through advancing current learning environments towards smart learning environments. The contributions of this book are submitted to the International Conference on Smart Learning Environments (ICSLE 2014). The focus of this proceeding is on the interplay of pedagogy, technology and their fusion towards the advancement of smart learning environments. Various components of this interplay include but are not limited to: Pedagogy- learning paradigms, assessment paradigms, social factors, policy; Technology- emerging technologies, innovative uses of mature technologies, adoption, usability, standards and emerging/new technological paradigms (open educational resources, cloud computing, etc.)

This book includes selected papers from the International Conference on Data Science and Intelligent Applications (ICDSIA 2020), hosted by Gandhinagar Institute of Technology (GIT), Gujarat, India, on January 24–25, 2020. The proceedings present original and high-quality contributions on theory and practice concerning emerging technologies in the areas of data science and intelligent applications. The conference provides a forum for researchers from academia and industry to present and share their ideas, views and results, while also helping them approach the challenges of technological advancements from different viewpoints. The contributions cover a broad range of topics, including: collective intelligence, intelligent systems, IoT, fuzzy systems, Bayesian networks, ant colony optimization, data privacy and security, data mining, data warehousing, big data analytics, cloud computing, natural language processing, swarm intelligence, speech processing, machine learning and deep learning, and intelligent applications and systems. Helping strengthen the links between academia and industry, the book offers a valuable resource for instructors, students, industry practitioners, engineers, managers, researchers, and scientists alike.

Chalene Johnson, New York Times best-selling author and award-winning entrepreneur who's built and sold several multimillion-dollar lifestyle companies, offers a revolutionary fitness program with proven success based on her successful online program of the same name. *Diets are dumb. You aren't. Your personalized plan for gut health, wellness, and weight loss* You're smart. You're sick of gimmicks and trendy diets that leave you with frustration and a slower metabolism. The 131 Method gets to the root of the problem--gut health--and delivers a personalized solution to wellness, hormone balance, and permanent weight loss based on the Nobel Prize-winning science of autophagy and diet phasing. Finally, a science-based solution that's actually doable! Following her own health scare, health and wellness expert Chalene Johnson set out to understand the science and individuality of metabolism. Working with renowned researchers, doctors, and registered dietitians, she developed a simplified 3-phase plan for health promoting weight loss. This proven methodology was tested with more than 25,000 individuals. Now she distills the essentials of her hugely successful online program into the 131 Method book. 1 Objective (set by you!), 3 Weeks of Diet Phasing, and 1 Week to Fast and Refuel. 131 Method guides you through Chalene's three-phase, 12-week solution, helping you personalize every step of the way. You'll: • Lose weight without slowing your metabolism • Improve gut health and boost immunity • Fix cravings and reset hormones • Discover 100 delicious, easy recipes The 131 Method isn't a one size fits all diet, it's how to eat a diet that works! You'll get everything you need to change your thinking, transform your body, and improve your life . . . for good!

This book highlights state-of-the-art research on big data and the Internet of Things (IoT), along with related areas to ensure efficient and Internet-compatible IoT systems. It not only discusses big data security and privacy challenges, but also energy-efficient approaches to improving virtual machine placement in cloud computing environments. Big data and the Internet of Things (IoT) are ultimately two sides of the same coin, yet extracting, analyzing and managing IoT data poses a serious challenge. Accordingly, proper analytics infrastructures/platforms should be used to analyze IoT data. Information technology (IT) allows people to upload, retrieve, store and collect information, which ultimately forms big data. The use of big data analytics has grown tremendously in just the past few years. At the same time, the IoT has entered the public consciousness, sparking people's imaginations as to what a fully connected world can offer. Further, the book discusses the analysis of real-time big data to derive

actionable intelligence in enterprise applications in several domains, such as in industry and agriculture. It explores possible automated solutions in daily life, including structures for smart cities and automated home systems based on IoT technology, as well as health care systems that manage large amounts of data (big data) to improve clinical decisions. The book addresses the security and privacy of the IoT and big data technologies, while also revealing the impact of IoT technologies on several scenarios in smart cities design. Intended as a comprehensive introduction, it offers in-depth analysis and provides scientists, engineers and professionals the latest techniques, frameworks and strategies used in IoT and big data technologies.

The proven, drug-free program to treat the cause-not just the symptoms-of autism spectrum disorders and related conditions. Each year, an estimated 1.5 million children-one out of every six-are diagnosed with autism, Asperger's syndrome, ADHD, dyslexia, and obsessive compulsive disorder. Dr. Robert Melillo brings a fundamentally new understanding to the cause of these conditions with his revolutionary Brain Balance Program(tm). It has achieved real, fully documented results that have dramatically improved the quality of life for children and their families in every aspect: behavioral, emotional, academic, and social. Disconnected Kids shows parents how to use this drug-free approach at home, including: Fully customizable exercises that target physical, sensory, and academic performance A behavior modification plan Advice for identifying food sensitivities that play a hidden role A follow-up program that helps to ensure lasting results

The book proposes new technologies and discusses future solutions for design infrastructure for ICT. The book contains high quality submissions presented at Second International Conference on Information and Communication Technology for Sustainable Development (ICT4SD - 2016) held at Goa, India during 1 - 2 July, 2016. The conference stimulates the cutting-edge research discussions among many academic pioneering researchers, scientists, industrial engineers, and students from all around the world. The topics covered in this book also focus on innovative issues at international level by bringing together the experts from different countries.

Daylighting, Architecture and Health examines the relationship between natural light in buildings and human health, considering both psychological and physiological issues and bringing together a range of research in the field. As we are becoming increasingly conscious of global warming and pushing towards energy efficiency in buildings, the book examines the question of daylighting from the perspective of the health of building occupants. It gathers and reviews all the latest and pertinent medical and architectural research related to natural light, or lack thereof, and its effect on people. * Documents medical research findings which establish a link between light quality and health * Considers design strategies for increasing daylight in buildings * Develops understanding and awareness of the importance of natural light in buildings Daylighting, Architecture and Health: Building Design Strategies is a timely and essential text for professional architects and all others concerned with the effects of daylighting on health, architecture and building design.

The late David Rakoff built a deserved reputation as one of the finest and funniest essayists at work today. Written with humour, sympathy and tenderness, this intricately woven novel proves him to be the master of an altogether different art form. This novel leaps cities and decades as Rakoff, a Canadian who became an American citizen, sings the song of his adoptive homeland - a country whose freedoms can be intoxicating, or brutal.

Electronically Active Textiles (e-textiles) are a type of textile material that has some form of electronic functionality. This can be achieved by attaching electronics onto the surface of the textile, incorporating electronic components as part of the fabrication of the textile itself, or by integrating electronics into the yarns or fibers that comprises the textile. The addition of electronic components can give textiles a wide range of new functions from lighting or heating to advanced sensing capabilities. As such, e-textiles have provided a platform for developing a range of new novel products in fields, such as healthcare, sports, protection, transport, and communications. The purpose of this volume is to report on the advances in the integration of electronics into textiles, and presents original research in the field of e-textiles as well as a comprehensive review of the evolution of e-Textiles. Topics include the fabrication and illumination of e-textiles and the use of e-textiles for temperature sensing.

This open access book explores the global challenges and experiences related to digital entrepreneurial activities, using carefully selected examples from leading companies and economies that shape world business today and tomorrow. Digital entrepreneurship and the companies steering it have an enormous global impact; they promise to transform the business world and change the way we communicate with each other. These companies use digitalization and artificial intelligence to enhance the quality of decisions and augment their business and customer operations. This book demonstrates how cloud services are continuing to evolve; how cryptocurrencies are traded in the banking industry; how platforms are created to commercialize business, and how, taken together, these developments provide new opportunities in the digitalized era. Further, it discusses a wide range of digital factors changing the way businesses operate, including artificial intelligence, chatbots, voice search, augmented and virtual reality, as well as cyber threats and data privacy management. "Digitalization mirrors the Industrial Revolution's impact. This book provides a complement of perspectives on the opportunities emanating from such a deep seated change in our economy. It is a comprehensive collection of thought leadership mapped into a very useful framework. Scholars, digital entrepreneurs and practitioners will benefit from this timely work." Gina O'Connor, Professor of Innovation Management at Babson College, USA "This book defines and delineates the requirements for companies to enable their businesses to succeed in a post-COVID19 world. This book deftly examines how to accomplish and achieve digital entrepreneurship by leveraging cloud computing, AI, IoT and other critical technologies. This is truly a unique "must-read" book because it goes beyond theory and provides practical examples." Charlie Isaacs, CTO of Customer Connection at Salesforce.com, USA "This book provides digital entrepreneurs useful guidance identifying, validating and building their venture. The international authors developed new perspectives on digital entrepreneurship that can support to create impact ventures." Felix Staeritz, CEO FoundersLane, Member of the World Economic Forum Digital Leaders Board and bestselling author of FightBack, Germany

12 week journal with opening statement, 12 weekly descriptions of the task of the week, includes questions for the user in a weekly basis and 3 week basis.

Our most basic relationship with the world is one of technological mediation. Nowadays our available tools are digital, and increasingly what counts in economic, social, and cultural life is what can be digitally stored, distributed, replayed, augmented, and switched. Yet the digital remains very much materially configured, and though it now permeates nearly all human life it has not eclipsed all older technologies. This Handbook is grounded in an understanding that our technologically mediated condition is a condition of organization. It maps and theorizes the largely

unchartered territory of media, technology, and organization studies. Written by scholars of organization and theorists of media and technology, the chapters focus on specific, and specifically mediating, objects that shape the practices, processes, and effects of organization. It is in this spirit that each chapter focuses on a specific technological object, such as the Battery, Clock, High Heels, Container, or Smartphone, asking the question, how does this object or process organize? In staying with the object the chapters remain committed to the everyday, empirical world, rather than being confined to established disciplinary concerns and theoretical developments. As the first sustained and systematic interrogation of the relation between technologies, media, and organization, this Handbook consolidates, deepens, and further develops the empirics and concepts required to make sense of the material forces of organization.

Internet of Things Applications aims to provide a broad overview of various topics of Internet of Things (IoT) from the research, innovation, and development priorities to enabling technologies, nanoelectronics, cyber physical systems, architecture, interoperability, and industrial applications. It is intended to be a standalone book in a series that covers the IoT activities of the Internet of Things European Research Cluster (IERC) from technology to international cooperation and the global "state of play." The book builds on the ideas put forward by the IERC Strategic Research Agenda and presents global views and state-of-the-art results on the challenges the research, development, and deployment of IoT face at the global level. IoT is creating a revolutionary new paradigm with opportunities in every industry, including Health Care, Pharmaceuticals, Food and Beverage, Agriculture, Computer, Electronics Telecommunications, Automotive, Aeronautics, Transportation Energy, and Retail, to apply the massive potential of the IoT to achieving real-world solutions. The beneficiaries will include semiconductor companies, device and product companies, infrastructure software companies, application software companies, consulting companies, and telecommunication and cloud service providers. IoT will create new revenues annually for these stakeholders and potentially create substantial market share shakeups due to increased technology competition. The IoT will fuel technology innovation by creating the means for machines to communicate several different types of information with one another. At the same time, it will contribute to the increased value of information created by the number of interconnections among things and the transformation of the processed information into knowledge shared in the Internet of Everything. The success of IoT depends strongly on enabling technology development, market acceptance, and standardization, which provides interoperability, compatibility, reliability, and effective operations on a global scale. The connected devices are part of ecosystems connecting people, processes, data, and things which are communicating in the cloud, using the increased storage and computing power and pushing for standardization of communication and metadata. In this context, product manufacturers have to address security, privacy, safety, and trust through the life cycle of their products, from design to the support processes. The IoT developments address the whole IoT spectrum - from devices at the edge to cloud and datacentres on the backend and everything in between - through ecosystems created by industry, research, and application stakeholders that enable real-world use cases to accelerate the IoT and establish open interoperability standards and common architectures for IoT solutions. Enabling technologies such as nanoelectronics, sensors/actuators, cyber-physical systems, intelligent device management, smart gateways, telematics, smart network infrastructure, cloud computing, and software technologies will create new products, services, and interfaces by creating smart environments and smart spaces with applications ranging from Smart Cities, smart transport, buildings, energy, and grid to smart health and life. Technical topics discussed in the book include: * Introduction * Internet of Things Strategic Research and Innovation Agenda * Internet of Things in the industrial context: Time for deployment. * Integration of heterogeneous smart objects, applications and services * Evolution from device to semantic and business interoperability * Software define and virtualization of network resources * Innovation through interoperability and standardisation when everything is connected anytime at anyplace * Dynamic context-aware scalable and trust-based IoT Security, Privacy framework * Federated Cloud service management and the Internet of Things * Internet of Things Applications

Turn dreams into reality with this yearlong guided goal journal Everyone can use a helping hand on the way to meeting their goals. This guided journal is here to help tackle any goals, big or small, that seem impossible to reach--or even to get started on. Thoughtful, supportive questions and action prompts make it simple to set intentions and track progress toward success, one week at a time. Written by a transformative coach specializing in cognitive and behavioral change, this guided journal opens up a world of exploration and growth, starting with identifying core values and setting achievable goals. Stay motivated with 52 weeks of short prompts that examine thoughts, feelings, actions, and challenges on the way to success. Finally, look back on the year's growth and celebrate every accomplishment! This guided journal is the perfect support system for manifesting change and bringing dreams to life.

"What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

An updated edition of the classic self-help book for people with Attention Deficit Disorder! With over a quarter million copies in print, *You Mean I'm Not Lazy, Stupid or Crazy?!* is one of the bestselling books on attention deficit disorder (ADD) ever written. There is a great deal of literature about children with ADD. But what do you do if you have ADD and aren't a child anymore? This indispensable reference—the first of its kind written for adults with ADD by adults with ADD—focuses on the experiences of adults, offering updated information, practical how-tos and moral support to help readers deal with ADD. It also explains the diagnostic process that distinguishes ADD symptoms from normal lapses in memory, lack of concentration or impulsive behavior. Here's what's new: -The new medications and their effectiveness -The effects of ADD on human sexuality -The differences between male and female ADD—including falling estrogen levels and its impact on cognitive function -The power of meditation -How to move forward with coaching And the book still includes advice about: -Achieving balance by analyzing one's strengths and weaknesses -Getting along in groups, at work and in intimate and family relationships—including how to decrease discord and chaos -Learning the mechanics and methods for getting organized and improving memory -Seeking professional help, including therapy and medication

A New York Times-bestselling author looks for the meaning of a good life by seeking advice from the very young and the very old. When his first book tour ended, Brad Montague missed hearing other people's stories so much that he launched what he dubbed a Listening Tour. First visiting elementary schools and later also nursing homes and retirement communities, he hoped to glean new wisdom as to how he might become a better grownup. Now, in this playful and buoyant book, he shares those insights with rest of us --timeless, often surprising lessons

that bypass the head we're always stuck in, and go straight to the heart we sometimes forget. Each of the book's three sections begins with the illustrated story of "The Incredible Floating Girl." Brad weaves this story together with lessons of success, fear, regret, gratitude, love, happiness, and dreams to reveal the true reason we are here: to fly, and to help others fly. Beautifully designed and featuring Montague's own whimsical 4-color illustrations that appeal to the kid in all of us, *Becoming Better Grownups* shares the purpose and meaning we can all discover merely by listening, and reveals that—in a world that seems increasingly childish—the secret to joy is in fact to become more childlike.

A shocking and hopeful account of one woman's extraordinary courage to face her past and embrace truth in order to help others find hope and healing In *The Relentless Courage of a Scared Child*, Tana Amen shares her incredible story of transformation—of growing up in poverty, a bullied latch-key kid raised on sugary cereal and junk food, to becoming a world-renowned food and fitness expert. Her challenging past of neglect, poverty, sexual abuse, thyroid cancer, and bouts of anxiety and depression set her on a path to find healing. Through her remarkable journey, we see more clearly the light that can shine through our own broken places and ultimately heal us: body, mind, and soul. At once tragic and heartwarming, Tana's story integrates cutting-edge psychology and proven wellness techniques from the Amen Clinics in a moving exploration of the healing available to each one of us, no matter the pain in our past. "What a journey! With in-your-face honesty, Tana reveals how she was able to turn her pain into purpose. For anyone who has been faced with unspeakable loss, this message is so important." —Jay Shetty, #1 New York Times bestselling author of *Think Like a Monk*, storyteller, purpose coach, and former monk

The following anthology delivers sound analysis to the theoretical classification of the current societal phenomenon - between innovative, world changing and yet disruptive technology, as well as societal and cultural transformation. Lifelogging, digital self-tracking and the real-time chronicling of man's lifetime, is not only a relevant societal topic in the world of research and academic science these days, but can also be found in literature, cultural pages of the written press and the theatre. The spectrum of Lifelogging ranges from sleep, mood, sex and work logging to Thing and Deathlogging. This leads to several questions: How does one live in a data society? Is "measured" man automatically also "better" man? And if so, what is the cost? Do new categories of reality or principles of social classification develop as a result of Lifelogging? How does the "social view" on things change? The authors in this anthology provide insightful answers to these pressing questions.

Pour beaucoup, le yoga est considéré comme une activité sportive parmi d'autres -- plus douce que la plupart des sports. Mais la philosophie qui le sous-tend offre bien plus qu'une bonne séance de sport. Le yoga soulage le stress, aide à la concentration et propose une voie vers la réinvention, la résilience et une vie chargée de sens. Dans *Le moment yoga au travail*, Julie Rosenberg -- médecin, manager et instructrice de yoga -- nous présente les leçons essentielles des yoga sutras, cette discipline ancestrale de plus de 4 000 ans. Elle nous explique en quoi ces leçons offrent encore aujourd'hui une structure pertinente pour évoluer dans le monde et dans sa vie, tant professionnelle que personnelle. Cet ouvrage contient des :

- principes pour atteindre un équilibre vie privée/vie professionnelle, construire sa résilience, cultiver la compassion et travailler en harmonie avec les autres ;
- pratiques pour gérer son temps, éviter les distractions et se mettre au travail ;
- exercices de respiration pour soulager le stress et l'anxiété ;
- postures puissantes qui peuvent être réalisées au travail, comme à la maison.

American business is dysfunctional. Companies of all sizes follow the mistaken belief that their products and services are best sold through mega-customers with pervasive market reach, such as Amazon and Walmart. Far too many business leaders fail to realize—until it is too late—that the relentless pursuit of volume at all cost is not the key to long-term profits and success. *The Customer Trap: How to Avoid the Biggest Mistake in Business* is Thomas and Wilkinson's sequel to *The Distribution Trap: Keeping Your Innovations from Becoming Commodities*, which won the Berry-American Marketing Association Prize for the best marketing book of 2010. *The Distribution Trap* contended that cracking the big-box channel is not necessarily the Holy Grail that many marketers assume it is. *The Customer Trap* takes this thesis to the next level by arguing that all companies, regardless of the industry there are in, should maintain control over their sales and distribution channels. Volume forgone by avoiding the mass market is more than offset by higher margins and stronger brand equity. *The Customer Trap* shows that giving power to a customer who violates "the ten percent rule" sets a company up for ruin. Yet, when presented with the opportunity to push more sales through large customers, most decision-makers jump at the chance. As a result, marketing has come to resemble a relentless quest for efficiency and scale. Demands from mega-customers in the form of discounts, deals, and incentives erode the integrity of the brand and what it originally stood for. Lower margins become the norm and cost-saving compromises on quality take over. In time, the brand suffers and, in some cases, fails outright. Stark examples from Oreck Vacuum Cleaners, Rubbermaid, Goodyear, Levi's, and others illustrate the perils of falling into the "customer trap." This book demonstrates in vivid detail how to thrive by controlling your sales and distribution. The authors show how many firms, such as STIHL Inc., eTailz, Apple, Red Ant Pants, and Columbia Paints & Coatings, have prospered by avoiding the "customer trap"—and how your company can have similar success.

Sustainability: What It Is and How to Measure It begins with a succinct business-focused summary of how to think about the risks and opportunities associated with sustainability. The author then includes his proprietary framework, The Corporate Sustainability Scorecard™ C-suite rating system, including the over 140 key sustainability indicators that are used to rate an organization's sustainability efforts. Each KSI includes examples from organizations around the world, giving the reader a complete and unbiased understanding of all aspects of sustainability. The Scorecard has been developed over the past 20 years and used by more than 70 corporations to rate themselves on sustainability. Gilbert S. Hedstrom illustrates the use of the Scorecard with hundreds of examples. He discusses sustainability transformation, governance, and strategy and execution. Social responsibility and environmental stewardship form important parts of his discourse in this important contribution to the debate on sustainability that will benefit business executives and those interested in sustainability and business. Read the author's related article on the NACD blog here: <https://blog.nacdonline.org/posts/pge-lessons-oversight>

PUSH30 Days to Turbocharged Habits, a Bangin' Body, and the Life You Deserve! Rodale Books

Urban horticulture is a means of utilizing every little space available in cities amidst buildings and other constructions for growing plants. It utilizes this space to raise gardens that can be economically productive while contributing to environmental greening. It can boost food and ornamental plants production, provide job opportunities, promote green space development, waste recycling, and urban landscaping, and result in improved environment. This book covers a wide array of topics on this subject and constitutes a valuable reference guide for students,

professors, researchers, builders, and horticulturists concerned with urban horticulture, city planning, biodiversity, and the sustainable development of horticultural resources.

"Love First provides clear steps for families, friends, and professionals to create a loving and effective intervention plan for helping those who have an addiction. This revised and expanded twentieth-anniversary edition adds new intervention techniques for alcohol and other drug addictions, plus contemporary insights from the authors' decades of front-line work with those who are addicted and their families. Also new are tools to help families undertake the treatment journey together and transition from intervention team to ongoing community of support for lifelong recovery"--

Establish time for intentional planning and take back your day! Some individuals can achieve incredible success--great wealth, rock-solid relationships, age-defying health, and remarkable happiness--and so many others struggle, fail, and give up on their dreams, goals, and ambitions. Could it simply be that those who find success are more intentional about it? Once you build intentionality into your daily routine, you can achieve the incredible success that sometimes seems out of reach. The Intention Journal, backed by the latest research in psychology, is a simple yet powerful daily journal that offers an effective framework to set and review your three big goals over 90 days. With this roadmap, you'll establish result-driven processes and position yourself to achieve the level of success that you've always dreamed of. The Intention Journal will be your playbook to create the life that you always wanted--whether your goals involve health, finances, businesses, relationships, breaking bad habits, starting good ones, or anything else that needs real intention to grow. Get ready for the most powerful and intentional ninety days of your life!

Achieve professional and personal success by following the ten philosophical principles of yoga, along with powerful poses that can be done at a desk, in flight, or on the go Practicing yoga is an extremely popular way to get fit, but its underlying philosophy can offer so much more to focus the mind and help you to discover untapped personal power. In Beyond the Mat, business leader, physician, and certified yoga instructor Julie Rosenberg shows you how to bring yoga out of the studio and into your personal and professional life. She shares how yoga is more than just poses (though those do help with backs tired from slumping in front of computers all day), with a clear explanation of the underlying principles, real-life examples, and anecdotes from her own life and professional career. Yoga's philosophical principles extend far beyond the mat and form a framework to support your overall well-being, achieve success, and become a more effective leader.

Big Data is the biggest game-changing opportunity for marketing and sales since the Internet went mainstream almost 20 years ago. The data big bang has unleashed torrents of terabytes about everything from customer behaviors to weather patterns to demographic consumer shifts in emerging markets. This collection of articles, videos, interviews, and slideshares highlights the most important lessons for companies looking to turn data into above-market growth: Using analytics to identify valuable business opportunities from the data to drive decisions and improve marketing return on investment (MROI) Turning those insights into well-designed products and offers that delight customers Delivering those products and offers effectively to the marketplace. The goldmine of data represents a pivot-point moment for marketing and sales leaders. Companies that inject big data and analytics into their operations show productivity rates and profitability that are 5 percent to 6 percent higher than those of their peers. That's an advantage no company can afford to ignore.

Discover your soul's birthright to peace, purpose, and prosperity Are you seeking to embrace more abundance and love into your being but finding it hard to do in the noise and muck of daily life? Through her inspiring collection of ancient wisdom, personal stories, and sage advice, entrepreneur, VIP coach, and motivational speaker Danette May offers guidance for finding your path through life's wilderness of self-doubt and hesitation. Her candid reflection delves into what it takes to have a truly fulfilling life. Danette's abundance actions need only small, manageable nuggets of time and attention in order for you to manifest more self-love, stronger spiritual connection, increased health, and better relationships. Open your mind, listen to your heart, and follow your soul's guideposts for reaching your dreams and desires.

The first book by the creator of COURSERA®'s most popular online course in 2015, "A Life of Happiness and Fulfillment" Could the same traits that drive your career success also be keeping you from being happier? Fifteen years after getting his MBA, Raj Raghunathan spent some time with his old classmates. He noticed that though they'd all done well, there didn't appear to be much correlation between their academic success and career success. What Raj found even more curious was the even smaller correlation between career success and what he calls life success. The greater the career success, the more unhappy, out of shape, harried and distracted his friends were. If intelligence helps with decision-making, smart people should naturally make better life choices. So why are so many of the smartest, brightest, most successful people profoundly unhappy? Raj set out to find an answer to this problem, and extensively researched happiness not just of students and business people, but also stay-at-home-parents, lawyers, and artists, among others. If You're So Smart, Why Aren't You Happy? takes readers on a fun and meaningful tour of the best research available on how some of the very determinants of success may also come to deflate happiness. Raghunathan explores the seven most common inclinations that successful people need to overcome, and the seven habits they should adopt instead. Among his surprising findings... ·The correlation between wealth and happiness is much smaller than you'd expect it to be ·Generosity is not only a key to happiness, but a determining factor of long term success ·Appreciating uncertainty, rather than seeking full control of outcomes, is necessary for happiness If You're So Smart, Why Aren't You Happy? will give you a powerful new perspective on your work, personal goals and relationships, whether you're already successful or just starting out.

This book is where your adventures with Bluetooth LE begin. You'll start your journey by getting familiar with your hardware options: Arduino, BLE modules, computers (including Raspberry Pi!), and mobile phones. From there, you'll write code and wire circuits to connect off-the-shelf sensors, and even go all the way to writing your own Bluetooth Services. Along the way you'll look at lightbulbs, locks, and Apple's iBeacon technology, as well as get an understanding of Bluetooth security-- both how to beat other people's security, and how to make your hardware secure.

Let Chalene Johnson turbocharge your habits, your diet, and your life with the updated edition of PUSH. With a brand new chapter, PUSH distills Charlene's hard-earned wisdom and expertise into a totally unique 30-day system that will help you reset your priorities, develop new habits, and lose weight for good. Chalene gives you the life-changing tools you need to change your habits with 30 days of practical steps that include pinpointing goals, reverse-engineering a course of action to achieve them, and kicking the clutter--whether that means junk food, draining exercise regimens, or toxic relationships. In one month, you will learn how to create layers of accountability and support so that success is your only option. PUSH also includes 30 ridiculously easy and delicious Throw-and-Go Recipes that Chalene (a self-confessed mess in the kitchen) created herself. And, of course, no book from Chalene is complete without her Bangin' Body Workout: the key moves you need for total body fitness—for life!

Says former desperate housewife Darla Shine to stay-at-home moms everywhere: What have you got to complain about? A modern-day guide to keeping house, raising kids, and loving life. Darla Shine was once a desperate housewife. Being at home with two small children and a husband who was rarely home was enough to drive her crazy. She left her high-profile job as a television producer after her son was born, while her husband continued to move up the corporate ladder. Like many of her stay-at-home-mom friends, Shine employed a housekeeper and baby-sitters so she could spend her time running to the salon, the club, and out to lunch. Then one day she was whining to her mother about how terrible her life was, and her mother yelled at her to wake up and stop being so selfish. It was just the wakeup call she needed! The desperate housewife craze of today is sending the wrong message to women and their children everywhere, says Shine. When did being a good mom and being proud to stay home with the kids go out of style? When did it become acceptable to cheat on your husband? When did mothers start dressing like their teenage daughters? Shine finds the standards of today's desperate housewives astonishingly low, and she has set out to teach women how they can be good mothers, look good, and feel good about the choices they make. Being a housewife does not mean you are on house arrest or can't be satisfied in your marriage. So step up, realize that you want to be home with your children, and embrace your life.

Be bold. Be brave. Be Viking... Forget hygge, this autumn you need to go Viking. An uplifting, laugh out loud debut novel to curl up with from the bestselling author of THE YEAR OF LIVING DANISHLY. Frazzled mum Alice Ray likes to think she's on top everything – she has FOUR bags-for-life in the boot of her car for heaven's sake. But after spectacularly embarrassing herself at work, she finally gives in to her sister's pleas to take a much needed break. But this is not the luxury spa holiday Alice hoped for – instead, she finds herself in Denmark, in the middle of nowhere, on a 'How to be a Viking' getaway. Can the two sisters finally learn to get along or will learning to embrace their inner warrior just make them better at fighting? Two sisters. One Scandi holiday they'll never forget... GONE VIKING is a laugh out loud debut novel perfect for fans of Sophie Kinsella's Surprise Me

Why do some individuals achieve incredible real estate success, leading to a life of wealth and financial independence? And why do so many others struggle, fail, and give up on their dreams? Could it simply be that those who find success are intentional about it? Could that intentionality be found in just a few moments per day? In 90 Days of Intention: The Real Estate Investor's Daily Journal, you'll discover a daily roadmap to take back your day and establish a time for intentional living. Created by investors, for investors, 90 Days of Intention offers a daily framework for setting and reviewing goals, establishing processes that will bring about the results, and positioning you in the peak state needed to work less, earn more, and achieve true financial freedom through real estate. This is not your "everyday, general, made for everyone" journal. This is for one type of person: Those looking to invest in real estate to create true, lasting financial independence. Therefore, each section of the journal includes science-and-experienced backed sections designed to help push your investing to the next level. Whether you are just starting out or have been investing in real estate for decades, this journal will help focus your attention, boost your energy, and drive your growth as a real estate investor.

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