

Sweat Equity Inside The New Economy Of Mind And Body Bloomberg

In the midst of current debates about the accessibility of public spaces, resurfacing as a result of highly visible demonstrations and occupations, this book illuminates an overlooked domain of civic participation: the office, workshop, or building where activist groups meet to organize and plan acts of political dissent and collective participation. Author Nandini Bagchee examines three repurposed buildings on the Lower East Side that have been used by activists to launch actions over the past forty years. The Peace Pentagon was the headquarters of the anti-war movement, El Bohio was a metaphoric “hut” that envisioned the Puerto Rican Community as a steward of the environment, and ABC No Rio, appropriated from a storefront sign with missing letters, was a catchy punk name that appealed to the anarchistic sensibility of the artists that ran a storefront gallery in a run-down tenement. In a captivating discussion of buildings and urban settings as important components of progressive struggles in New York City over more than a century, Bagchee reveals how these collectively organized spaces have provided a venue for political participation while existing as a vital part of the city’s civic infrastructure. The “counter institution” explored in this book represents both a conceptual and a literal struggle to create a space for civic action in a city that is built upon real estate speculation. The author reveals the fascinating tension between the impermanence of the insurgent activist practices and the permanent but maintenance heavy aspects of architecture. The actors she vividly describes—the war resisters, the Puerto Rican organizers, the housing activists, the punks and artists—all seized the opportunity to create what are seen as “activist estates,” at a time and in a place where urban life itself was under attack. And now, when many such self-organized “activist” buildings are imperiled by the finance-driven real estate market that is New York City, this book takes stock and provides visibility to these under recognized citizens’ initiatives. Counter Institution is an innovative work that intersects architecture, urban design practices, and geography (cartography) on the one hand, with history, politics, and sociology on the other. It is a must-read for anyone interested in the history of activism in New York City and how the city can inspire and encourage political engagement. Through its beautifully illustrated pages—where drawings, maps, timelines, and photographs underline the connections between people, politics, and space—readers will discover new ways to imagine buildings as a critical part of the civic infrastructure and a vital resource for the future.

From Mike Michalowicz, the author of PROFIT FIRST, CLOCKWORK, and THE PUMPKIN PLAN, comes the ultimate diagnostic tool for every entrepreneur. The biggest problem entrepreneurs have is that they don't know what their biggest problem is. If you find yourself trapped between stagnating sales, staff turnover, and unhappy customers, what do you fix first? Every issue seems urgent -- but

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there's no way to address all of them at once. The result? A business that continues to go in endless circles putting out urgent fires and prioritizing the wrong things. Fortunately, Mike Michalowicz has a simple system to help you eradicate these frustrations and get your business moving forward, fast. Mike himself has lived through the struggles and countless distractions of entrepreneurship, and devoted years to finding a simple way to pinpoint exactly where to direct attention for rapid growth. He figured out that every business has a hierarchy of needs, and if you can understand where you are in that hierarchy, you can identify what needs immediate attention. Simply fix that one thing next, and your business will naturally and effortlessly level-up. Over the past decade, Mike has developed an ardent following for his funny, honest, and actionable insights told through the stories of real entrepreneurs. Now, Fix This Next offers a simple, unique, and wildly powerful business compass that has already helped hundreds of companies get to the next level, and will do the same for you. Immediately.

Slicing Pie outlines a simple process for making sure that the founders and early employees of a start-up company get their fair share of the equity. You will learn: How to value the time and resources an individual brings to the company relative to the contributions of others ; The right way to value intangible things like ideas and relationships ; What to do when a founder leaves your company ; How to handle equity when you have to fire someone. (4e de couv.).

Go inside the trend that spawned a multi-billion dollar industry for the top five percent Sweat Equity goes inside the multibillion dollar trend toward endurance sports and fitness to discover who's driving it, who's paying for it, and who's profiting. Bloomberg's Jason Kelly, author of *The New Tycoons*, profiles the participants, entrepreneurs, and investors at the center of this movement, exploring this phenomenon in which a surge of people—led by the most affluent—are becoming increasingly obsessed with looking and feeling better. Through in-depth looks inside companies and events from New York Road Runners to Tough Mudder and Ironman, Kelly profiles the companies and people aiming to meet the demands of these consumers, and the traits and strategies that made them so successful. In a modern world filled with anxiety, pressure, and competition, people are spending more time and money than ever before to soothe their minds and tone their bodies, sometimes pushing themselves to the most extreme limits. Even as obesity rates hit an all-time high, the most financially successful among us are collectively spending billions each year on apparel, gear, and entry fees. Sweat Equity charts the rise of the movement, through the eyes of competitors and the companies that serve them. Through conversations with businesspeople, many driven by their own fitness obsessions, and first-hand accounts of the sports themselves, Kelly delves into how the movement is taking shape. Understand the social science, physics, and economics of our desire to pursue activities like endurance sports and yoga Get to know the endurance business's target demographics Learn how distance

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running—once a fringe hobby—became a multibillion dollar enterprise fueled by private equity Understand how different generations pursue fitness and how fast-growing companies sell to them The opportunity to run, swim, and crawl in the mud is resonating with more and more of us, as sports once considered extreme become mainstream. As Baby Boomers seek to stay fit and Millennials search for meaning in a hyperconnected world, the demand for the race bib is outstripping supply, even as the cost to participate escalates. Sweat Equity, through the stories of men and women inside the most influential races and companies, goes to the heart of the movement where mind, body, and big money collide.

Abstract: A resource book is presented for community groups and individual citizens on consumer action projects related to food, housing, energy, and health. Successful local projects are described in each category. A section on basic tools provides guidelines for organizing a community project and obtaining necessary resources. The section on food covers co-ops, home and community gardening, community nutrition, and food needs of the elderly. The section on health discusses care centers, specialized services, health education and self-care, health planning, and health care reform. Appendices contain organization names and addresses and other resource materials.

Plenty of books exist about fixing houses that try to make readers believe that anyone with a little cash and some know how can "flip" (buy, rehab, and resell) houses. Idiot's Guides: Flipping Houses takes a much more practical, boots-on-the-ground, real world look at the process by presenting the risks and rewards of flipping real estate. This book will help readers determine if they have the necessary time and cash, and guide them through the process of successfully purchasing, rehabbing, and profiting from their investments. Coverage includes: - In-depth discussion on devising the perfect flipping strategy, including a business plan and timeline, which enables a flipper to take a property from drab and shabby to modern and eye appealing. - Tips on how to target neighborhoods, properties, and selling markets to find a perfect flip property. - Includes easy-to-understand checklists so readers can ensure they've performed all their Flip Timeline Steps, including legal paperwork, staging the house, to inspection and closing. - Discussion on finding financial funding and assembling your team of experts.

A vibrantly illustrated exploration of the creative, inclusive, and inspiring movement happening in today's Southern interior design The American South is a place steeped in history and tradition. We think of sweet tea, thick drawls, and even thicker summer air. It is also a place with a fraught history, complicated social norms, and dated perspectives. Yet among the makers and artists of the South, there is a powerful movement afoot. Alyssa Rosenheck shines a much-needed spotlight on a burgeoning community of people who are taking what's beloved, inherent, and honored in the South and making it their own. The New Southern Style tours more than 30 homes and includes interviews with the designers, artists, and creative entrepreneurs who are reinventing Southern

design and culture. This beautifully illustrated book is sure to inspire the home and soul.

Gatorade invented the sports drink 40 years ago, and it has been first in the marketplace (by a long shot) ever since. But it's more than just a thirst quencher and a dominant brand. First in Thirst is the story of a phenomenon that grew from the practice fields of college football into a true icon of the way we play, watch, and experience sports—from the Pee Wees to the pros. Published to coincide with the 40th anniversary of Gatorade's invention, First in Thirst is equally a sports story, from its invention and testing with the University of Florida Gators to the Gatorade bath and its near-universal appeal to athletes, coaches and sports fans everywhere.

Inside the Trillion Dollar Industry That Owns Everything What do Dunkin' Donuts, J. Crew, Toys "R" Us, and Burger King have in common? They are all currently or just recently were owned, operated, and controlled by private equity firms. The New Tycoons: Inside the Trillion Dollar Private Equity Industry That Owns Everything takes the reader behind the scenes of these firms: their famous billionaire founders, the overlapping stories of their creation and evolution, and the outsized ambitions that led a group of clever bankers from small shops operating in a corner of Wall Street into powerhouse titans of capital. This is the story of the money and the men who handle it. Go inside the private worlds of founders Henry Kravis, Steve Schwarzman, David Bonderman, and more in The New Tycoons, and discover how these men have transformed the industry and built some of the most powerful and most secretive houses of money in the world. With numerous private equity firms going public for the first time, learn how these firms operate, where their money comes from and where it goes, and how every day millions of customers, employees, and retirees play a role in that complex tangle of money. Author Jason Kelly tells the story of how thirty some years ago a group of colleagues with \$120,000 of their own savings founded what would become one of the largest private equity shops in the world, completing the biggest buyout the world has ever seen, and making them all billionaires in the process. Presents a never-before-seen look inside a secretive and powerful world on the verge of complete transformation as the industry and its leaders gain public profiles, scrutiny, and political positions. Analyzing the founders and the firms at a crucial moment, when they've elevated themselves beyond their already lofty ambitions into the world of public opinion and valuation, New Tycoons looks at one of the most important, yet least examined, trillion-dollar corners of the global economy and what it portends for these new tycoons.

Jonathan Lusthaus lifts the veil on cybercriminals in the most extensive account yet of the lives they lead and the vast international industry they have created. Having traveled to hotspots around the world to meet with hundreds of law enforcement agents, security gurus, hackers, and criminals, he charts how this industry based on anonymity works.

Learn the basics of practical accounting easily and painlessly with Accounting For Dummies, 4th Edition, which features new information on accounting methods and standards to keep you up to date. With this guide, you can avoid accounting fraud, minimize confusion, maximize profits, and make sense of accounting basics with this

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plain-English guide to your accountant's language. Understand how to manage inventory, report income and expenses for public or private companies, evaluate profit margins, analyze business strengths and weaknesses, and manage budgets for a better bottom line.

Often, we are our own obstacle to success. But if we explore who we are and implement our appreciation of ourselves directly into the task of business ownership, we will succeed. Sherwood Conde guides the reader through the critical steps of thinking about starting or kick-starting a business. This thought process is reflected in the author's own past experiences, along with the accompanying exercises that will help the reader navigate this important first stage to success. These exercises will connect the reader with their passion—an essential ingredient for any successful business. The book has plenty of suggestions, steps, and topics to think about and be aware of during the initial phase of starting a business. The stories and exercises will encourage the reader to reflect on who they are and how their personality affects the ownership of business.

Private equity firms are snapping up brand-name companies and assembling portfolios that make them immense global conglomerates. They're often able to maximize investor value far more successfully than traditional public companies. How do PE firms become such powerhouses? Learn how, in *Lessons from Private Equity Any Company Can Use*. Bain chairman Orit Gadiesh and partner Hugh MacArthur use the concise, actionable format of a memo to lay out the five disciplines that PE firms use to attain their edge:

- Invest with a thesis using a specific, appropriate 3-5-year goal
- Create a blueprint for change—a road map for initiatives that will generate the most value for your company within that time frame
- Measure only what matters—such as cash, key market intelligence, and critical operating data
- Hire, motivate, and retain hungry managers—people who think like owners
- Make equity sweat—by making cash scarce, and forcing managers to redeploy underperforming capital in productive directions

This is the PE formula for unleashing a company's true potential.

The advent of the 21st century marks the unfolding of a new urbanism, of a new urban fabric in the making. Bringing together a range of leading scholars from a wide range of disciplines, this edited collection examines innovative urban redevelopment projects around Europe and North America which are at the forefront of this new urbanism and which are here termed 'New Downtowns'. It introduces this term and concept and addresses major questions such as: What does a sustained urbanity for the 21st century look like? Which strategies do politicians and planners deploy to create new synergies between planning for the public good and private interest? Can market forces be co-opted for collective interests? Does the imagination of a European city continue to inspire new urbanism within and beyond Europe? And can a future urbanity for the 21st century be planned at all? In particular, it focuses on Hamburg's Hafencity, which, at around 155 hectares, is one of the most prominent city centre development projects in Europe and will increase the size of Hamburg's city centre by 40 percent. The project Hafencity serves as a starting point for a conceptually wide ranging debate on the character, shape, function and meaning of New Downtowns.

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The book narrates Grameen Bank (GB) and its sister organizations' multiple services in Bangladesh and other MFIs' services in different countries that the author has

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received from his working experience. The author was involved in GB credit, plus many programs in Bangladesh. The book informs readers about Grameen Bank's multidimensional services that have been functioning in Bangladesh since its inception 1976. Many articles of the book published in different international journals, like International Journal of Research Studies in Management and International Journal of Research Studies in Education, Emerald Publishing UK. The book describes how Grameen Bank (GB) women borrowers and other MFIs' borrowers have handled their microcredit borrowing, their savings, and how MFIs could serve better to microborrowers for their social, political. and economic empowerment within their community. Each article of the book also contains how MFIs could serve better integrated financial services (socioeconomic services for the microborrowers) to disadvantaged women that can lead to better provision of integrated microcredit services to them. The book is also looking for solutions to empower microborrowers' socioeconomic development in Bangladesh in addition to Grameen group-based microcredit program.

A pioneering reference essential in any financial library, the Encyclopedia of Alternative Investments is the most authoritative source on alternative investments for students, researchers, and practitioners in this area. Containing 545 entries, the encyclopedia focuses on hedge funds, managed futures, commodities, and venture capital. It features contributions from well-known, respected academics and professionals from around the world. More than a glossary, the book includes academic references for money managers and investors who want to understand the jargon and delve into the definitions. About the Editor Greg N. Gregoriou, Ph.D., is Professor of Finance in the School of Business and Economics at the State University of New York, Plattsburgh, USA. A prolific author, Dr. Gregoriou is hedge fund editor of the Journal of Derivatives and Hedge Funds as well as an editorial board member of the Journal of Wealth Management and the Journal of Risk Management in Financial Institutions. His research primarily focuses on hedge funds and managed futures.

Presents stories of homes that Habitat for Humanity has built with and for the people who need them.

Now in its third edition, this textbook develops the economic way of thinking through problems that MBA students will find relevant to their career goals. Theory and mathematics are kept as simple as possible and illustrated with real-life scenarios. The textbook package includes online video tutorials on key concepts and complex arguments, and topics likely to be assessed in exams. The distinguished author team has developed this textbook over twenty years of teaching microeconomics to MBA students. Chapters are clearly structured to support learning: Part I of each chapter develops key economic principles, whilst Part II draws on those principles to discuss organizational and incentive issues in management and focuses on solving the 'principal-agent' problem to maximize the profitability of the firm - lessons that can be applied to problems MBA students will face in the future. Economics and management are treated equally; this unique textbook presents economics as part of the everyday thinking of

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business people.

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