

The Fastest Easiest And Most Entertaining Way To Lingerie Clothing Line Start Up Guide How To Start And Grow A Successful Lingerie Clothing Line How To Start A Clothing Line Book 1

This volume presents the results of Bulgarian and international tourism research, and brings together selected papers from the international conference "Tourism and Innovations" held in Varna, Bulgaria, in 2018. It contains theoretical and empirical approaches towards various aspects of tourism concerning both innovations in tourism development and in foreign languages education. As a whole, the book presents innovative solutions and processes in tourism, including management and staff training, provoked by today's opportunities and challenges for future tourism development. The first part is dedicated to issues in tourism innovation, ranging from those provoked from the changing global environment and tourism demand, through to social innovations concerning tourism products and human resources management. The second section of the book deals with traditions and innovations in foreign language education oriented to managers, operational staff and decision-makers in tourism.

Do you want to develop a skill that will ensure you never go jobless again? Have you always wanted to learn how to program but could never afford those ridiculously expensive courses? Developers and programmers are amongst the highest paid professions in the world, and according to the US Bureau of Labor Statistics, the number of jobs for software and app developers will increase by a shocking 24% in the next few years. In 2019, the tech industry posted 4.6 million job openings in the US job market, and their direct economic output was estimated at 1.9 trillion dollars. There's no doubt that the IT industry is the future, and software, web, and app developers are and will be the most coveted professionals for many years to come. But here's the shock you may not have seen coming: the IT industry has a backdoor--you only need to know how to open it in order to jump straight on that cash wagon. The key to that door is JavaScript, a programming language that has withstood the test of time and has become one of the most used languages. You might have heard about some of the companies that use JavaScript: Netflix, Google, Microsoft, eBay, Facebook, Uber, PayPal... The list goes on and on. Being proficient in JavaScript will basically ensure that you never run out of job options. As with pursuing any new concept, learning how to program can be intimidating, especially for beginners. Even though JavaScript is incredibly beginner-friendly, it's still complex enough for you to need a guide to lead you through the process of mastering it.

A collection of dishes that can be prepared with fresh ingredients in thirty minutes or less, including main dish salads, vegetable risottos, no-cook pasta sauces, grilled kabobs, and roasts.

Do you want to find out how to make money with the BIGGEST ONLINE MONEY-MAKING Marketplace - Clickbank! This guide will take you step-by-step to show you how to make money online with Clickbank Affiliate Marketing, which is one of the fastest and easiest ways to earn money in your sleep - a passive income online. This book is designed to be simple and easy to read so

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that even the newbie internet marketer will have no problem understanding it. It contains proven steps and strategies on how to consistently and easily make money from home using Clickbank. You'll Soon Find Out::Why You Should Use ClickbankThe Strategies That DO Work And The Things That DO NOT WORKHow To Start Making The Big BucksThe Trick To Picking A Profitable NicheThe Ultimate Technique To Get A LOT of TrafficAnd much, much more!You'll be taken step-by-step and shown exactly what you need to do to begin making money online. All you have to do is follow the steps in this book and you'll be on your way to making easy money online. However, I must mention this is not a get-rich-quick-scheme. This will take effort and time (at least an hour a day), and if you are willing to put that in, I guarantee you will be reap the rewards. Imagine how happy you will feel one-month from now when you see money deposited directly into your bank account...with only working an hour a day.

To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

From the millionaire entrepreneur and New York Times bestselling author of *The 10X Rule* comes a bold and contrarian wake-up call for anyone truly ready for success. One of the 7 best motivational books of 2016, according to *Inc. Magazine*. Before Grant Cardone built five successful companies (and counting), became a multimillionaire, and wrote bestselling books... he was broke, jobless, and drug-addicted. Grant had grown up with big dreams, but friends and family told him to be more reasonable and less demanding. If he played by the rules, they said, he could enjoy everyone else's version of middle class success. But when he tried it their way, he hit rock bottom. Then he tried the opposite approach. He said NO to the haters and naysayers and said YES to his burning, outrageous, animal obsession. He reclaimed his obsession with wanting to be a business rock star, a super salesman, a huge philanthropist. He wanted to live in a mansion and even own an airplane. Obsession made all of his wildest dreams come true. And it can help you achieve massive success too. As Grant says, we're in the middle of an epidemic of average. The conventional wisdom is to seek balance and take it easy. But that has really just given us an excuse to be unexceptional. If you want real success, you have to know how to harness your obsession to rocket to the top. This book will give you the inspiration and tools to break out of your cocoon of mediocrity and achieve your craziest dreams. Grant will teach you how to:

- Set crazy goals—and reach them, every single day.
- Feed the beast: when you value money and spend it on the right things, you get more of it.
- Shut down the doubters—and use your haters as fuel.

Whether you're a sales person, small business owner, or 9-to-5 working stiff, your path to happiness runs through your obsessions. It's a simple choice: be obsessed or be average.

NEW YORK TIMES BESTSELLER • The author of *The Power of Habit* and “master of the life hack” (GQ) explores the fascinating science of productivity and offers real-world takeaways to apply your life, whether you're chasing peak productivity or simply trying to get back on track. “Duhigg melds cutting-edge science, deep reporting, and wide-ranging stories to give us a fuller, more human way of thinking about how productivity actually happens.”—Susan Cain, author of *Quiet In The Power of Habit*, Pulitzer

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Prize-winning journalist Charles Duhigg explained why we do what we do. In *Smarter Faster Better*, he applies the same relentless curiosity and rich storytelling to how we can improve at the things we do. At the core of *Smarter Faster Better* are eight key concepts—from motivation and goal setting to focus and decision making—that explain why some people and companies get so much done. Drawing on the latest findings in neuroscience, psychology, and behavioral economics—as well as the experiences of CEOs, educational reformers, four-star generals, FBI agents, airplane pilots, and Broadway songwriters—this book reveals that the most productive people, companies, and organizations don't merely act differently. They view the world, and their choices, in profoundly different ways. *Smarter Faster Better* is a story-filled exploration of the science of productivity, one that can help us learn to succeed with less stress and struggle—and become smarter, faster, and better at everything we do.

Detailed summary and analysis of *The Power of Habit*.

The #1 New York Times bestseller. Over 3 million copies sold! *Tiny Changes, Remarkable Results* No matter your goals, *Atomic Habits* offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: • make time for new habits (even when life gets crazy); • overcome a lack of motivation and willpower; • design your environment to make success easier; • get back on track when you fall off course; ...and much more. *Atomic Habits* will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

--- It's May, so guess what? We all survived the Scottish winter! --- So ... here's 60% off the Kindle version (and 20% off the paperback) until the end of the week, in celebration. A story that sticks ... *Rolling Rocks Downhill* is a fast-moving business novel, like Eli Goldratt's classic, "The Goal", where you sit on the shoulders of the characters and quietly watch

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as they discover the few - but fundamental - principles which underly successful commercial software development. Faster than you ever thought possible This is NOT a technical book. It doesn't mention "Agile". It doesn't ram techniques and practices down your throat. There are other books for that. Rolling Rocks downhill is a book about delivering software projects ON TIME or, if you choose, EARLY. It's a book about building quality in and then running as FAST as you can. J. B. Rainsberger, author of JUnit Recipes: I don't know how many of my clients would take the time to read "The Goal", but I insist that they read Rolling Rocks Downhill--it strongly reinforces the essence of Agile software development that has been drowned in an ocean of process manuals, maturity models, and checklists. Just as "The Goal" sought to bring common sense back to manufacturing, so this book seeks to bring common sense back to a software industry that sorely needs it. -- J. B. Rainsberger Johanna Rothman, author of Jolt Productivity award-winning Manage It! Your Guide to Modern, Pragmatic Project Management: Maybe one of your teammates or someone in management has the bright idea that maybe transitioning to agile or lean will help. Maybe it does in some small way. But, it's not enough. You're on a death march, iteration by iteration. Or, with your board, you can see that you are making progress, but you're not working "fast enough." Or, you're not delivering what your customers need. You're still trying to "do it all." Why? Because it takes you forever to release anything. You know there's another piece to this. You just don't know what. You need to read Clarke Ching's Rolling Rocks Downhill.

Book Yourself Solid The Fastest, Easiest, and Most Reliable System for Getting More Clients Than You Can Handle Even if You Hate Marketing and Selling Wiley

It's normal to feel overwhelmed by the hard things in life, but lately doesn't it seem like we're feeling this way a lot more often than we used to? The problem isn't a lack of motivation or effort, but that motivation and effort are limited resources. The more we deplete them, the more burnt out we get, making it even harder to produce the results we want. In 'Effortless', Greg McKeown show us how to make essential tasks easier so that we can accomplish more of what matters, without burning out. From the author of 'Essentialism'.

A powerful way to master every performance in your career and life, from presentations and sales pitches to interviews and tough conversations, drawing on the methods the author applied as a working actor and has honed over a decade of coaching salespeople, marketers, managers, and business owners.

The spa industry is currently the fastest growing segment of the hospitality and leisure industry with revenues exceeding those from amusement parks, box office receipts, vacation ownership gross sales and ski resort ticket sales.

Understanding the Global Spa Industry is the first book to examine management practices in this industry and offers a groundbreaking and comprehensive approach to global spa management, covering everything from the beginnings of the

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industry through to contemporary management and social and ethical issues. With contributions from internationally renowned business leaders, practitioners and academics, this unique book is packed with case studies, examples and advice for all those working in, and studying, the international spa industry. Understanding the Global Spa Industry brings an analytic lens to the spa movement, examining past, current and future trends and the potential for shaping wellness and health services in the 21st century.

By showing that kitchen skill, and not budget, is the key to great food, *Good and Cheap* will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—*Good and Cheap* is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of *Good and Cheap* purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner. Simple science is all that's required for transforming dinner from a good dish and making it a great dish. Jessica Gavin, culinary scientist, teaches recipes that help make meals that are better, faster and more delicious any night of the week. This practical and unique cookbook will help take your cooking to the next level by uncovering the science behind cooking great food. Recipes will be infused with Jessica's food science knowledge, and categories include 15-minute recipes, recipes by technique/device (slow cooker, pressure cooker), baking and more. This book will feature 75 recipes and 60 photographs.

"Have you ever found yourself stretched too thin? Do you simultaneously feel overworked and underutilized? Are you often busy but not productive? Do you feel your time is constantly being hijacked by other people's agendas? If you answered yes to any of these questions, the way out is the way of the Essentialist. Essentialism isn't about getting more done in less time. It's about getting only the right things done. Only once we discern what is absolutely essential and eliminate everything else can we make our highest possible contribution toward things that truly matter. By forcing us to apply more selective criteria for where to spend our precious time and energy, the disciplined pursuit of less empowers us to reclaim control of our own choices, instead of giving others the implicit permission to choose for us. Essentialism is

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not one more thing to do. It's a whole new way of doing less, but better, in every area of our lives"--Back cover.

Are you interested in an online business but not sure where to start? Have you always wanted to have a passive source of income to boost your current job? Then look no further for dropshipping could be the answer you've been looking for! Not everybody has an ability to make them a success in company. Not everyone has access to the big amounts of money that are sometimes needed to set up a company. But fortunately, there is a model that does not need either of these; dropshipping. This is a low-risk business venture that enables you to earn a monthly 6-figure revenue from your home's convenience with only a few hundred bucks as a capital by transferring customer's orders direct to a manufacturer. You will play the role of intermediary as a dropshipper, facilitating the order process for your customers without any inventory being handled. And you'll be able to automate your company with dropshipping automation instruments so that your shop can operate itself and make cash from your end with little or no effort. And dropshipping is so simple that an absolute beginner, with no business experience, could create an income from zero through this easy to follow step-by-step process. The topics featured in this guide book include: How to earn with dropshipping How to find the best niches and the winning products to list on your online store The 5 Reasons Why Dropshipping Is Better Than Other Online Businesses How to set up a payment system and stay away from being SCAMMED How to maintain the best supplier relations for the best deals The different sales channels for your dropshipping store and how to leverage them Which platforms to use and some advice on taxation And so much more Although there are a vast number of these books on the market promising fortunate and success, this book has been written by experienced entrepreneurs who worked on creating exciting and viable business models. From selecting a niche product to proving strategies you can use to destroy the competition; this book is the ultimate dropshipping guide that every dropshipper should read. Start now, and work on that 6-figure business you have always desired. Get a copy of Dropshipping today by clicking on the 'Buy Now' button!

A step-by-step program that shows parents, simply and clearly, how to teach their child to read in just 20 minutes a day. Rough Guides' bestselling, inspirational travel ebook, featuring 1000 unique experiences around the globe. Make The Most Of Your Time On Earth is the product of the combined travel experience of Rough Guides' authors over the last 30 years, each an expert in his or her own territory. Our authors have cherry-picked their favourite experiences from their travels to inspire yours - making this the perfect book for planning your next big adventure, or just dreaming of future travels. The third edition has been fully revised, with stunning, brand-new colour photos throughout, and a wealth of new writing, from taking breakfast in a Burmese teahouse to witnessing the world's most intense storms in Venezuela. Entries are divided into regions, so it's easy to go straight to the part of the world you're interested in, and all the nitty-gritty

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practical information you'll need to find out more is contained in the "Need to know" sections at the end of each chapter. Packed full of inspiring ideas and beautiful photography, *Make The Most Of Your Time On Earth* is pure escapism for active travellers and armchair fantasists alike.

Learn how to read more quickly--and absorb more of the information you are reading--with *Remember Everything You Read*. For the first time the secrets that have made the completely revised Evelyn Wood learning program so effective and popular are revealed. *Remember Everything You Read* not only teaches you how to increase your reading speed--all the while improving your comprehension--it also features tips and tricks to improve your study habits, more effectively take notes, and write papers, among others. It will become an invaluable resource for students, parents, teachers, and anyone looking to read--and comprehend--in a faster, more efficient manner.

Book Yourself Solid--now in paperback--is a complete instructional guide for starting and growing a successful service business. It gives you simple, yet effective techniques for creating relentless demand and endless leads. It includes more than 200 proven marketing strategies for attracting new clients, earning more referrals, and building profitable, long-lasting professional relationships. If you want to take your service business to the next level, start here and *Book Yourself Solid*.

NEW YORK TIMES BESTSELLER. A habit expert from Stanford University shares his breakthrough method for building habits quickly and easily. With *Tiny Habits* you'll increase productivity by tapping into positive emotions to create a happier and healthier life. Dr. Fogg's new and extremely practical method picks up where *Atomic Habits* left off. "There are many great books on the topic [of habits]: *The Power of Habit*, *Atomic Habits*, but this offers the most comprehensive, practical, simple, and compassionate method I've ever come across." ??—?? John Stepper, Goodreads user BJ FOGG is here to change your life??—??and revolutionize how we think about human behavior. Based on twenty years of research and Fogg's experience coaching more than 40,000 people, *Tiny Habits* cracks the code of habit formation. With breakthrough discoveries in every chapter, you'll learn the simplest proven ways to transform your life. Fogg shows you how to feel good about your successes instead of bad about your failures. This proven, step-by-step guide will help you design habits and make them stick through positive emotion and celebrating small successes. Whether you want to lose weight, de-stress, sleep better, or be more productive each day, *Tiny Habits* makes it easy to achieve??—??by starting small.

Major New York Times bestseller Winner of the National Academy of Sciences Best Book Award in 2012 Selected by the New York Times Book Review as one of the ten best books of 2011 A Globe and Mail Best Books of the Year 2011 Title One of The Economist's 2011 Books of the Year One of The Wall Street Journal's Best Nonfiction Books of the Year

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2011 2013 Presidential Medal of Freedom Recipient Kahneman's work with Amos Tversky is the subject of Michael Lewis's *The Undoing Project: A Friendship That Changed Our Minds* In the international bestseller, *Thinking, Fast and Slow*, Daniel Kahneman, the renowned psychologist and winner of the Nobel Prize in Economics, takes us on a groundbreaking tour of the mind and explains the two systems that drive the way we think. System 1 is fast, intuitive, and emotional; System 2 is slower, more deliberative, and more logical. The impact of overconfidence on corporate strategies, the difficulties of predicting what will make us happy in the future, the profound effect of cognitive biases on everything from playing the stock market to planning our next vacation—each of these can be understood only by knowing how the two systems shape our judgments and decisions. Engaging the reader in a lively conversation about how we think, Kahneman reveals where we can and cannot trust our intuitions and how we can tap into the benefits of slow thinking. He offers practical and enlightening insights into how choices are made in both our business and our personal lives—and how we can use different techniques to guard against the mental glitches that often get us into trouble. Winner of the National Academy of Sciences Best Book Award and the Los Angeles Times Book Prize and selected by *The New York Times Book Review* as one of the ten best books of 2011, *Thinking, Fast and Slow* is destined to be a classic.

Jamie Oliver--one of the bestselling cookbook authors of all time--is back with a bang. Focusing on incredible combinations of just five ingredients, he's created 130 brand-new recipes that you can cook up at home, any day of the week. From salads, pasta, chicken, and fish to exciting ways with vegetables, rice and noodles, beef, pork, and lamb, plus a bonus chapter of sweet treats, Jamie's got all the bases covered. This is about maximum flavor with minimum fuss, lots of nutritious options, and loads of epic inspiration. This edition has been adapted for US market.

In *Beyond Booked Solid*, Michael Port returns with new tactics for growing your business even bigger. Port's *Book Yourself Solid* was a huge hit among professional service providers and small business owners who learned to master the art of attracting clients and keeping them happy. In this book, he helps your business keep growing by taking the next step, beyond booked solid. That means maximizing your business while working less and earning more. This is the ultimate guide for your growing business.

Easy-to-follow, full-color instructions for more than 15 projects explain basic techniques. Charming patterns include scarves, hats, bracelets, toys, and ornaments. Great for kids as well as beginners of all ages.

InfoWorld is targeted to Senior IT professionals. Content is segmented into Channels and Topic Centers. InfoWorld also celebrates people, companies, and projects.

With half a million copies in print, *How to Read a Book* is the best and most successful guide to reading comprehension for the general reader, completely rewritten and updated with new material. A CNN Book of the Week: "Explains not just why we should read books, but how we should read them. It's masterfully done." –Farheed Zakaria Originally published in 1940, this book is a rare phenomenon, a living classic that introduces and elucidates the various levels of reading and how to achieve them—from elementary reading, through systematic skimming and inspectional reading, to speed reading. Readers will learn when and how to "judge a book by its cover," and also how to X-ray it, read

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critically, and extract the author's message from the text. Also included is instruction in the different techniques that work best for reading particular genres, such as practical books, imaginative literature, plays, poetry, history, science and mathematics, philosophy and social science works. Finally, the authors offer a recommended reading list and supply reading tests you can use measure your own progress in reading skills, comprehension, and speed.

"The perfect feel-good read."--Emily Henry, #1 New York Times bestselling author of *People We Meet on Vacation* Britta didn't plan on falling for her personal trainer, and Wes didn't plan on Britta. Plans change and it's unclear if love, career, or both will meet them at the finish line. Britta Colby works for a lifestyle website, and when tasked to write about her experience with a hot new body-positive fitness app that includes personal coaching, she knows it's a major opportunity to prove she should write for the site full-time. As CEO of the FitMi Fitness app, Wes Lawson finally has the financial security he grew up without, but despite his success, his floundering love life and complicated family situation leaves him feeling isolated and unfulfilled. He decides to get back to what he loves--coaching. Britta's his first new client and they click immediately. As weeks pass, she's surprised at how much she enjoys experimenting with her exercise routine. He's surprised at how much he looks forward to talking to her every day. They convince themselves their attraction is harmless, but when they start working out in person, Wes and Britta find it increasingly challenging to deny their chemistry and maintain a professional distance. Wes isn't supposed to be training clients, much less meeting with them, and Britta's credibility will be sunk if the lifestyle site finds out she's practically dating the fitness coach she's reviewing. Walking away from each other is the smartest thing to do, but running side by side feels like the start of something big.

Deep learning is often viewed as the exclusive domain of math PhDs and big tech companies. But as this hands-on guide demonstrates, programmers comfortable with Python can achieve impressive results in deep learning with little math background, small amounts of data, and minimal code. How? With *fastai*, the first library to provide a consistent interface to the most frequently used deep learning applications. Authors Jeremy Howard and Sylvain Gugger, the creators of *fastai*, show you how to train a model on a wide range of tasks using *fastai* and PyTorch. You'll also dive progressively further into deep learning theory to gain a complete understanding of the algorithms behind the scenes. Train models in computer vision, natural language processing, tabular data, and collaborative filtering Learn the latest deep learning techniques that matter most in practice Improve accuracy, speed, and reliability by understanding how deep learning models work Discover how to turn your models into web applications Implement deep learning algorithms from scratch Consider the ethical implications of your work Gain insight from the foreword by PyTorch cofounder, Soumith Chintala

A Washington Post bestselling cookbook Become the favorite family chef with 100 tested, perfected, and family approved recipes. The healthy cookbook for every meal of the day: Once upon a time, Jenn Segal went to culinary school and worked in fancy restaurants. One marriage and two kids later she created *Once Upon a Chef*, the popular blog that applies her tried and true chef skills with delicious, fresh, and approachable ingredients for family friendly meals. With the authority of a professional chef and the practicality of a busy working mom, Jenn shares 100 recipes that will up your kitchen game while surprising you with their ease. • Helpful tips on topics such as how to season correctly with salt, how to balance flavors, and how to make the most of leftovers. • Great recipes for easy weeknight family dinners kids will love, indulgent desserts, fun cocktails, exciting appetizers, and more. • Jenn Segal is the founder of *Once Upon a Chef*, the popular blog showcasing easy, family friendly recipes from a chef's point of view. Her recipes have been featured on numerous websites, magazines, and television programs. Fans of Chrissy Teigen, *Skinnytaste*, *Pioneer Woman*, *Oh She Glows*, *Magnolia Table*, and *Smitten Kitchen* will love

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Once Upon a Chef, the Cookbook. With 100 tested, perfected, and family approved recipes with helpful tips and tricks to improve your cooking. • Breakfast favorites like Maple, Coconut & Blueberry Granola and Savory Ham & Cheese Waffles • Simple soups, salads and sandwiches for ideal lunches like the Fiery Roasted Tomato Soup paired with Smoked Gouda & Pesto Grilled Cheese Sandwiches • Entrées the whole family will love like Buttermilk Fried Chicken Tenders • Tasty treats for those casual get togethers like Buttery Cajun Popcorn and Sweet, Salty & Spicy Pecans • Go to sweets such as Toffee Almond Sandies and a Classic Chocolate Lover's Birthday Cake

The brain ... There is no other part of the human anatomy that is so intriguing. How does it develop and function and why does it sometimes, tragically, degenerate? The answers are complex. In *Discovering the Brain*, science writer Sandra Ackerman cuts through the complexity to bring this vital topic to the public. The 1990s were declared the "Decade of the Brain" by former President Bush, and the neuroscience community responded with a host of new investigations and conferences. *Discovering the Brain* is based on the Institute of Medicine conference, Decade of the Brain: Frontiers in Neuroscience and Brain Research. *Discovering the Brain* is a "field guide" to the brain--an easy-to-read discussion of the brain's physical structure and where functions such as language and music appreciation lie. Ackerman examines How electrical and chemical signals are conveyed in the brain. The mechanisms by which we see, hear, think, and pay attention--and how a "gut feeling" actually originates in the brain. Learning and memory retention, including parallels to computer memory and what they might tell us about our own mental capacity. Development of the brain throughout the life span, with a look at the aging brain. Ackerman provides an enlightening chapter on the connection between the brain's physical condition and various mental disorders and notes what progress can realistically be made toward the prevention and treatment of stroke and other ailments. Finally, she explores the potential for major advances during the "Decade of the Brain," with a look at medical imaging techniques--what various technologies can and cannot tell us--and how the public and private sectors can contribute to continued advances in neuroscience. This highly readable volume will provide the public and policymakers--and many scientists as well--with a helpful guide to understanding the many discoveries that are sure to be announced throughout the "Decade of the Brain."

In the present book, *How to Win Friends and Influence People*, Dale Carnegie says, "You can make someone want to do what you want them to do by seeing the situation from the other person's point of view and arousing in the other person an eager want." You learn how to make people like you, win people over to your way of thinking, and change people without causing offense or arousing resentment. For instance, "let the other person feel that the idea is his or hers" and "talk about your own mistakes before criticizing the other person." This book is all about building relationships. With good relationships, personal and business successes are easy and swift to achieve. *Twelve Ways to Win People to Your Way of Thinking*

1. The only way to get the best of an argument is to avoid it.
2. Show respect for the other person's opinions. Never say "You're wrong."
3. If you're wrong, admit it quickly and emphatically.
4. Begin in a friendly way.
5. Start with questions to which the other person will answer yes.
6. Let the other person do a great deal of the talking.
7. Let the other person feel the idea is his or hers.
8. Try honestly to see things from the other person's point of view.
9. Be sympathetic with the other person's ideas and desires.
10. Appeal to the nobler

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motives. 11. Dramatize your ideas. 12. Throw down a challenge.

Have virtual meetings become the most dreaded part of your workday? You open your calendar and feel your heart rate spike as you stare at them. Virtual meeting after virtual meeting, replete with all-too-familiar irritations: technical glitches, awkward conversations, Bob's nose hairs. (Seriously, doesn't Bob know his camera is pointed right up his nose?) Like it or not, being able to mug for the webcam is now an important addition to your CV. But there's more to having a good videoconference than turning on your webcam. And UNMUTE! will show you how to do it. In this hilarious and fast-paced book, communication expert Lauren Sergy takes you on a deep-dive into virtual meetings: what works, what doesn't, and how to make the most of this communication medium without it taking over your life. With energy, wit, and a bucketful of relatable stories, Lauren will help you - Polish not-so-small on-camera skills like eye contact, gesture, and speaking mannerisms - Set up your virtual meeting space like a pro...without turning your office into a production studio - Boost meeting attendees' focus and engagement - Manage those annoying technical glitches - Dial down your stress and kick Zoom Fatigue to the curb UNMUTE! is a must-read book for anyone who uses videoconferencing at work. You and your colleagues can master virtual meetings; it's time to take action!

Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

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