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KEY=FASTER - JOCELYN LILLIANNA

SMARTER FASTER BETTER

THE SECRETS OF BEING PRODUCTIVE IN LIFE AND BUSINESS

Random House In the international bestseller *The Power of Habit*, Pulitzer Prize-winning journalist Charles Duhigg explained why we do what we do. In *Smarter Faster Better*, he applies the same relentless curiosity, rigorous reporting and rich storytelling to explain how we can get better at the things we do. The result is a groundbreaking exploration of the science of productivity. A group of data scientists at Google embark on a four-year study of how the best teams function, and find that how a group interacts is much more important than who is in the group. A Marine Corps general, faced with low morale among recruits, reimagines boot camp - and discovers that instilling a 'bias toward action' can turn even the most directionless teenagers into self-motivating achievers. The filmmakers behind Disney's *Frozen* are on the brink of catastrophe - until they shake up their team in just the right way, spurring a creative breakthrough that leads to one of the highest-grossing movies of all time. What do these people have in common? They know that productivity relies on making certain choices. The way we frame our daily decisions; the big ambitions we embrace and the easy goals we ignore; the cultures we establish as leaders to drive innovation: these are the things that separate the merely busy from the genuinely productive. 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 behavioural economics - as well as the experiences of CEOs, educational reformers, four-star generals, airplane pilots and Broadway songwriters - this painstakingly researched book explains that the most productive people, companies and organizations don't merely act differently. They view the world, and their choices, in profoundly different ways.

HARDER, BETTER, FASTER, STRONGER

FÜHREN OHNE HIERARCHIE. DAS NETLIGHT-PRINZIP DER UN-FÜHRUNG, PLUS E-BOOK INSIDE (EPUB, MOBI ODER PDF)

Campus Verlag »Führung ist eine Gabe, keine Rolle« So das Selbstverständnis von Erik Ringertz, dem Gründer des schwedischen Vorzeigeunternehmens Netlight. Das hierarchiefreie Unternehmen, das nur einen CEO hat, weil es das Gesetz so will, berät die größten der Großen in Sachen IT und Digitalisierung. Dabei zeigt sich, dass der Hidden Champion mit seinem Ansatz der Un-Führung produktiver und kreativer ist als manch durchstrukturierter Konzern. Das mag nach Un-Fug klingen, aber das Credo vom organischen Wachstum durch seine Mitarbeiterinnen und Mitarbeiter macht Netlight zu einem der attraktivsten Arbeitgeber der Branche. Etablierte Unternehmen wie populäre Start-ups könnten sich hier eine Scheibe abschneiden: Man kann hip und erfolgreich sein, ohne sich und andere auszupressen!

POPULAR SCIENCE

Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

OUT OF MY MIND

Simon and Schuster Considered by many to be mentally retarded, a brilliant, impatient fifth-grader with cerebral palsy discovers a technological device that will allow her to speak for the first time.

HARDER, BETTER, FASTER, STRONGER - NYA IDÉER FÖR MORGONDAGENS LEDARSKAP

SMARTER FASTER BETTER

BY CHARLES DUHIGG | SUMMARY & ANALYSIS

Instaread Summaries *Smarter Faster Better* by Charles Duhigg | Summary & Analysis Preview: *Smarter Faster Better* by Charles Duhigg is a scientifically grounded self-help book that describes ways to increase productivity. Duhigg relates stories about ways to encourage individuals to make decisions and assign their own significant meanings to them, demonstrating that making choices and knowing the meaning of those choices stimulates further action and motivation. Analyses of team productivity programs and the functioning of effective teams show that productive teams should be diverse, call on every team member to participate, and create a safe environment for team members. The best way for teams to set goals is to work toward a stretch goal that also meets the five SMART criteria: the stretch goal should be specific, measurable, achievable, realistic, and based on a set timeline. A set of stretch goals can be achieved with total effort. Those goals should be meaningful and should not distract from the need for new goals when circumstances change, as in a crisis... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread Summary of *Smarter Faster Better* · Overview of the book · Important People · Key Takeaways · Analysis of Key Takeaways About the Author With Instaread, you can get the key takeaways, summary and analysis of a book in 15 minutes. We read every chapter, identify the key takeaways and analyze them for your convenience.

GLOBAL TRENDS 2030

ALTERNATIVE WORLDS

Createspace Independent Publishing Platform This publication covers global megatrends for the next 20 years and how they will affect the United States. This is the fifth installment in the National Intelligence Council's series aimed at providing a framework for thinking about possible futures and their implications. The report is intended to stimulate strategic thinking about the rapid and vast geopolitical changes characterizing the world today and possible global trajectories during the next 15-20 years by identifying critical trends and potential discontinuities. The authors distinguish between megatrends, those factors that will likely occur under any scenario, and game-changers, critical variables whose trajectories are far less certain. NIC 2012-001. Several innovations are included in *Global Trends 2030*, including: a review of the four previous *Global Trends* reports, input from academic and other experts around the world, coverage of disruptive technologies, and a chapter on the potential trajectories for the US role in the international system and the possible the impact on future international relations. Table of Contents: Introduction 1 Megatrends 6 Individual Empowerment 8 Poverty Reduction 8 An Expanding Global Middle Class 8 Education and the Gender Gap 10 Role of Communications Technologies 11 Improving Health 11 A MORE CONFLICTED IDEOLOGICAL LANDSCAPE 12 Diffusion of Power 15 THE RISE AND FALL OF COUNTRIES: NOT THE SAME OLD STORY 17 THE LIMITS OF HARD POWER IN THE WORLD OF 2030 18 Demographic Patterns 20 Widespread Aging 20 Shrinking Number of Youthful Countries 22 A New Age of Migration 23 The World as Urban 26 Growing Food, Water, and Energy Nexus 30 Food, Water, and Climate 30 A Brighter Energy Outlook 34 Game-Changers 38 The Crisis-Prone Global Economy 40 The Plight of the West 40 Crunch Time Too for the Emerging Powers 43 A Multipolar Global Economy: Inherently More Fragile? 46 The Governance Gap 48 Governance Starts at Home: Risks and Opportunities 48 INCREASED FOCUS ON EQUALITY AND OPENNESS 53 NEW GOVERNMENTAL FORMS 54 A New Regional Order? 55 Global Multilateral Cooperation 55 The Potential for Increased Conflict 59 INTRASTATE CONFLICT: CONTINUED DECLINE 59 Interstate Conflict: Chances Rising 61 Wider Scope of Regional Instability 70 The Middle East: At a Tipping Point 70 South Asia: Shocks on the Horizon 75 East Asia: Multiple Strategic Futures 76 Europe: Transforming Itself 78 Sub-Saharan Africa: Turning a Corner by 2030? 79 Latin America: More Prosperous but Inherently Fragile 81 The Impact of New Technologies 83 Information Technologies 83 AUTOMATION AND

MANUFACTURING TECHNOLOGIES 87 Resource Technologies 90 Health Technologies 95 The Role of the United States 98 Steady US Role 98 Multiple Potential Scenarios for the United States' Global Role 101 Alternative Worlds 107 Stalled Engines 110 FUSION 116 Gini-out-of-the-Bottle 122 Nonstate World 128 Acknowledgements 134 GT2030 Blog References 137 Audience: Appropriate for anyone, from businesses to banks, government agencies to start-ups, the technology sector to the teaching sector, and more. This publication helps anticipate where the world will be: socially, politically, technologically, and culturally over the next few decades. Keywords: Global Trends 2030 Alternative Worlds, global trends 2030, Global Trends series, National Intelligence Council, global trajectories, global megatrends, geopolitics, geopolitical changes

FASTER, BETTER, STRONGER

A CUSTOMIZED, SCIENTIFIC APPROACH NO MAT

Harper Collins Are you weary of cookie-cutter fitness plans devoid of anything you can actually use? Or programs promising great abs by Monday? Eric Heiden, M.D., and Massimo Testa, M.D., are renowned physicians who've spent their lives facing every conceivable exercise problem, helping both elite athletes and people who want to finish a 5K or achieve lower blood pressure. Part I of this book is a treasure trove filled with everything everyone should know about fitness but that even the best athletes do not, including how to start (or restart) an exercise regimen; eat before, during, and after a workout; lose weight while getting fit; treat aches and pains; diagnose fatigue; harness your thoughts; and select the activities best suited to you. Part II unveils a twelve-week fitness program, tailored to your needs, which will optimize your time, efforts, and results. Faster, Better, Stronger, named one of the top ten books of the year by Disaboom.com, is highly inspiring and fun to read, with stories from Dr. Heiden at the Olympics and from Dr. Testa about helping the world's top cyclists as well as elderly and obese patients. Doctors rarely make guarantees, but Dr. Heiden and Dr. Testa are willing to guarantee this: Everyone can get better. Including you.

STRENGTHENING FORENSIC SCIENCE IN THE UNITED STATES

A PATH FORWARD

National Academies Press Scores of talented and dedicated people serve the forensic science community, performing vitally important work. However, they are often constrained by lack of adequate resources, sound policies, and national support. It is clear that change and advancements, both systematic and scientific, are needed in a number of forensic science disciplines to ensure the reliability of work, establish enforceable standards, and promote best practices with consistent application. Strengthening Forensic Science in the United States: A Path Forward provides a detailed plan for addressing these needs and suggests the creation of a new government entity, the National Institute of Forensic Science, to establish and enforce standards within the forensic science community. The benefits of improving and regulating the forensic science disciplines are clear: assisting law enforcement officials, enhancing homeland security, and reducing the risk of wrongful conviction and exoneration. Strengthening Forensic Science in the United States gives a full account of what is needed to advance the forensic science disciplines, including upgrading of systems and organizational structures, better training, widespread adoption of uniform and enforceable best practices, and mandatory certification and accreditation programs. While this book provides an essential call-to-action for congress and policy makers, it also serves as a vital tool for law enforcement agencies, criminal prosecutors and attorneys, and forensic science educators.

CLIMATE CHANGE NARRATIVES

READING THE ARCTIC

GLOBAL TRENDS 2030

ALTERNATIVE WORLDS : A PUBLICATION OF THE NATIONAL INTELLIGENCE COUNCIL

U.S. Government Printing Office This report is intended to stimulate thinking about the rapid and vast geopolitical changes characterizing the world today and possible global trajectories over the next 15 years. As with the NIC's previous Global Trends reports, we do not seek to predict the future, which would be an impossible feat, but instead provide a framework for thinking about possible futures and their implications. In-depth research, detailed modeling and a variety of analytical tools drawn from public, private and academic sources were employed in the production of Global Trends 2030. NIC leadership engaged with experts in nearly 20 countries, from think tanks, banks, government offices and business groups, to solicit reviews of the report.

GLOBAL TRENDS 2040

A MORE CONTESTED WORLD

Cosimo Reports "The ongoing COVID-19 pandemic marks the most significant, singular global disruption since World War II, with health, economic, political, and security implications that will ripple for years to come." -Global Trends 2040 (2021) Global Trends 2040-A More Contested World (2021), released by the US National Intelligence Council, is the latest report in its series of reports starting in 1997 about megatrends and the world's future. This report, strongly influenced by the COVID-19 pandemic, paints a bleak picture of the future and describes a contested, fragmented and turbulent world. It specifically discusses the four main trends that will shape tomorrow's world: - Demographics-by 2040, 1.4 billion people will be added mostly in Africa and South Asia. - Economics-increased government debt and concentrated economic power will escalate problems for the poor and middleclass. - Climate-a hotter world will increase water, food, and health insecurity. - Technology-the emergence of new technologies could both solve and cause problems for human life. Students of trends, policymakers, entrepreneurs, academics, journalists and anyone eager for a glimpse into the next decades, will find this report, with colored graphs, essential reading.

COMPOSITION NOTEBOOK

HARDER BETTER FASTER STRONGER WII GAVIN DECORATIONS ACADEMY SWITCH REVOLUTION DANCE NOTEBOOK JOURNAL NOTEBOOK BLANK LINED RULED 6X9 100 PAGES

Enjoy the perfect coloring book for any Corgi lover. Let these cheerful pups put a new smile on your face with every page you turn. Beautifully illustrated by Jean Tumbagahan, this coloring book doesn't disappoint! Variety of Uplifting Designs Single Sided Pages Bonus Images from other Adult Coloring Books Free PDF to Color The Designs Again! 100 pages with high quality size 6x9 inches This coloring book comes with a link to a free PDF so you can print the designs and color them as many times as you wish!

100 HIIT WORKOUTS

VISUAL EASY-TO-FOLLOW ROUTINES FOR ALL FITNESS LEVELS

100 High Intensity Interval Training (HIIT) visual workouts you can customize to your fitness level and do any time, anywhere.

ANIMAL FARM

Diamond Pocket Books Pvt Ltd George Orwell was a much-respected English novelist, who wrote some of the finest pieces in literary criticism, fiction. Orwell's work is known for its simplicity and wit. He wrote with smartness on subjects such as anti-fascism, democratic socialism etc. His best works include [ANIMAL FARM]. It's an allegorical novella. It got published in August 1945. The fiction based on Farm animals, the author has named them too. Such as Major (a majestic-looking pig), 3-dogs (Bluebell, Jessie, and Pincher), many hens, pigeons, ducklings, sheeps and cows. Two horses, Boxer and Clover. Amongst them, Major is their leader. He wanted to speak on [the nature of life on this earth] and [How any animal is now living]. The author has nicely elaborated through these Characters about the animals' misery and slavery. Animals complain that despite their hard labour, why then do they continue in the miserable condition? They also complain about human beings that they use to steal nearly the whole of their produce. Their main enemy is - Man. So, remove Man from the scene and the root cause of hunger and overwork will be abolished for ever. The book narrates about the agony

of ill-treated farm animals. Then what decision they take and how this Animal Farm born, everything has become very interesting. The ultimate satire on fascism. A must-read book. [A Wise, Compassionate, and Illuminating Fable for our Times] THE NEW YORK TIMES [Orwell's Satire is Amply Broad, Cleverly Conceived, and Delightfully Written] SAN FRANCISCO CHRONICLE [Absolutely First-Rate... Comparable to Voltaire and Swift] THE NEW YORKER

FINANCIAL CRYPTOGRAPHY AND DATA SECURITY

24TH INTERNATIONAL CONFERENCE, FC 2020 , KOTA KINABALU, MALAYSIA, FEBRUARY 10-14, 2020 REVISED SELECTED PAPERS

Springer Nature This book constitutes the thoroughly refereed post-conference proceedings of the 24th International Conference on Financial Cryptography and Data Security, FC 2020, held in Kota Kinabalu, Malaysia, in February 2020. The 34 revised full papers and 2 short papers were carefully selected and reviewed from 162 submissions. The papers are grouped in the following topical sections: attacks; consensus; cryptoeconomics; layer 2; secure computation; privacy; crypto foundations; empirical studies; and smart contracts.

MEN'S HEALTH MAXIMUM MUSCLE PLAN

THE HIGH-EFFICIENCY WORKOUT PROGRAM TO INCREASE YOUR STRENGTH AND MUSCLE SIZE IN JUST 12 WEEKS

Rodale Men's Health ® Maximum Muscle Plan is the ultimate workout guide for men who want to get bigger, stronger, faster. With customized plans for every body type and fitness level, workout variations to push you to the next level, and muscle-building nutrition and supplement tips, it's a proven program to give you the body you want—ripped abs, bulging biceps, strong legs, and a broader chest and back—in just 12 weeks.

THE IMAGE OF THE CITY

MIT Press The classic work on the evaluation of city form. What does the city's form actually mean to the people who live there? What can the city planner do to make the city's image more vivid and memorable to the city dweller? To answer these questions, Mr. Lynch, supported by studies of Los Angeles, Boston, and Jersey City, formulates a new criterion—imageability—and shows its potential value as a guide for the building and rebuilding of cities. The wide scope of this study leads to an original and vital method for the evaluation of city form. The architect, the planner, and certainly the city dweller will all want to read this book.

NEVER LET ME GO

THE FUTURE OF PRODUCTIVITY

OECD Publishing This book addresses the rising productivity gap between the global frontier and other firms, and identifies a number of structural impediments constraining business start-ups, knowledge diffusion and resource allocation (such as barriers to up-scaling and relatively high rates of skill mismatch).

HIGH QUALITY CARE FOR ALL

NHS NEXT STAGE REVIEW FINAL REPORT

The Stationery Office This review incorporates the views and visions of 2,000 clinicians and other health and social care professionals from every NHS region in England, and has been developed in discussion with patients, carers and the general public. The changes proposed are locally-led, patient-centred and clinically driven. Chapter 2 identifies the challenges facing the NHS in the 21st century: ever higher expectations; demand driven by demographics as people live longer; health in an age of information and connectivity; the changing nature of disease; advances in treatment; a changing health workplace. Chapter 3 outlines the proposals to deliver high quality care for patients and the public, with an emphasis on helping people to stay healthy, empowering patients, providing the most effective treatments, and keeping patients as safe as possible in healthcare environments. The importance of quality in all aspects of the NHS is reinforced in chapter 4, and must be understood from the perspective of the patient's safety, experience in care received and the effectiveness of that care. Best practice will be widely promoted, with a central role for the National Institute for Health and Clinical Excellence (NICE) in expanding national standards. This will bring clarity to the high standards expected and quality performance will be measured and published. The review outlines the need to put frontline staff in control of this drive for quality (chapter 5), with greater freedom to use their expertise and skill and decision-making to find innovative ways to improve care for patients. Clinical and managerial leadership skills at the local level need further development, and all levels of staff will receive support through education and training (chapter 6). The review recommends the introduction of an NHS Constitution (chapter 7). The final chapter sets out the means of implementation.

QUANTUM COMPUTATIONAL NUMBER THEORY

Springer This book provides a comprehensive introduction to advanced topics in the computational and algorithmic aspects of number theory, focusing on applications in cryptography. Readers will learn to develop fast algorithms, including quantum algorithms, to solve various classic and modern number theoretic problems. Key problems include prime number generation, primality testing, integer factorization, discrete logarithms, elliptic curve arithmetic, conjecture and numerical verification. The author discusses quantum algorithms for solving the Integer Factorization Problem (IFP), the Discrete Logarithm Problem (DLP), and the Elliptic Curve Discrete Logarithm Problem (ECDLP) and for attacking IFP, DLP and ECDLP based cryptographic systems. Chapters also cover various other quantum algorithms for Pell's equation, principal ideal, unit group, class group, Gauss sums, prime counting function, Riemann's hypothesis and the BSD conjecture. Quantum Computational Number Theory is self-contained and intended to be used either as a graduate text in computing, communications and mathematics, or as a basic reference in the related fields. Number theorists, cryptographers and professionals working in quantum computing, cryptography and network security will find this book a valuable asset.

WORLD SOCIAL REPORT 2020

INEQUALITY IN A RAPIDLY CHANGING WORLD

United Nations This report examines the links between inequality and other major global trends (or megatrends), with a focus on technological change, climate change, urbanization and international migration. The analysis pays particular attention to poverty and labour market trends, as they mediate the distributional impacts of the major trends selected. It also provides policy recommendations to manage these megatrends in an equitable manner and considers the policy implications, so as to reduce inequalities and support their implementation.

THE MATHEMATICS OF SECRETS

CRYPTOGRAPHY FROM CAESAR CIPHERS TO DIGITAL ENCRYPTION

Princeton University Press Explaining the mathematics of cryptography The Mathematics of Secrets takes readers on a fascinating tour of the mathematics behind cryptography—the science of sending secret messages. Using a wide range of historical anecdotes and real-world examples, Joshua Holden shows how mathematical principles underpin the ways that different codes and ciphers work. He focuses on both code making and code breaking and discusses most of the ancient and modern ciphers that are currently known. He begins by looking at substitution ciphers, and then discusses how to introduce flexibility and additional notation. Holden goes on to explore polyalphabetic substitution ciphers, transposition ciphers, connections between ciphers and computer encryption, stream ciphers, public-key ciphers, and ciphers involving exponentiation. He concludes by looking at the future of ciphers and where cryptography might be headed. The Mathematics of Secrets reveals the mathematics working stealthily in the science of coded messages. A blog describing new developments and historical discoveries in cryptography related to the material in this book is accessible at <http://press.princeton.edu/titles/10826.html>.

HANDBOOK OF THE POLITICS OF THE ARCTIC

Edward Elgar Publishing The Arctic has again become one of the leading issues on the international foreign policy agenda, in a manner unseen since the Cold War. Drawing on the perspectives of geo-politics and international law, this Handbook offers fresh insights and perspectives on the most pressing issues, grouped under the headings of political ascendancy, climate and environmental issues, resources and energy, and the response and policies of affected countries.

EQUITY AND QUALITY IN EDUCATION SUPPORTING DISADVANTAGED STUDENTS AND SCHOOLS

SUPPORTING DISADVANTAGED STUDENTS AND SCHOOLS

OECD Publishing Across OECD countries, almost one in every five students does not reach a basic minimum level of skills. This book presents a series of policy recommendations for education systems to help all children succeed.

RSA AND PUBLIC-KEY CRYPTOGRAPHY

CRC Press Although much literature exists on the subject of RSA and public-key cryptography, until now there has been no single source that reveals recent developments in the area at an accessible level. Acclaimed author Richard A. Mollin brings together all of the relevant information available on public-key cryptography (PKC), from RSA to the latest applications of PKC, including electronic cash, secret broadcasting, secret balloting systems, various banking and payment protocols, high security logins, smart cards, and biometrics. Moreover, he covers public-key infrastructure (PKI) and its various security applications. Throughout the book, Mollin gives a human face to cryptography by including nearly 40 biographies of the individuals who helped develop cryptographic concepts. He includes a number of illustrative and motivating examples, as well as optional topics that go beyond the basics, such as Lenstra's elliptic curve method and the number field sieve. From history and basic concepts to future trends and emerging applications, this book provides a rigorous and detailed treatment of public-key cryptography. Accessible to anyone from the senior undergraduate to the research scientist, RSA and Public-Key Cryptography offers challenging and inspirational material for all readers.

REWIRE YOUR BRAIN

THINK YOUR WAY TO A BETTER LIFE

John Wiley & Sons How to rewire your brain to improve virtually every aspect of your life—based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

INNOVATIVE MOBILE AND INTERNET SERVICES IN UBIQUITOUS COMPUTING

PROCEEDINGS OF THE 12TH INTERNATIONAL CONFERENCE ON INNOVATIVE MOBILE AND INTERNET SERVICES IN UBIQUITOUS COMPUTING (IMIS-2018)

Springer This book presents the latest research findings, methods and development techniques related to Ubiquitous and Pervasive Computing (UPC) as well as challenges and solutions from both theoretical and practical perspectives with an emphasis on innovative, mobile and internet services. With the proliferation of wireless technologies and electronic devices, there is a rapidly growing interest in Ubiquitous and Pervasive Computing (UPC). UPC makes it possible to create a human-oriented computing environment where computer chips are embedded in everyday objects and interact with physical world. It also allows users to be online even while moving around, providing them with almost permanent access to their preferred services. Along with a great potential to revolutionize our lives, UPC also poses new research challenges.

BANDIT ALGORITHMS

Cambridge University Press A comprehensive and rigorous introduction for graduate students and researchers, with applications in sequential decision-making problems.

BROWNIAN MOTION

Cambridge University Press This eagerly awaited textbook covers everything the graduate student in probability wants to know about Brownian motion, as well as the latest research in the area. Starting with the construction of Brownian motion, the book then proceeds to sample path properties like continuity and nowhere differentiability. Notions of fractal dimension are introduced early and are used throughout the book to describe fine properties of Brownian paths. The relation of Brownian motion and random walk is explored from several viewpoints, including a development of the theory of Brownian local times from random walk embeddings. Stochastic integration is introduced as a tool and an accessible treatment of the potential theory of Brownian motion clears the path for an extensive treatment of intersections of Brownian paths. An investigation of exceptional points on the Brownian path and an appendix on SLE processes, by Oded Schramm and Wendelin Werner, lead directly to recent research themes.

THE ANXIETY WORKBOOK FOR TEENS

ACTIVITIES TO HELP YOU DEAL WITH ANXIETY AND WORRY

New Harbinger Publications From managing social media stress to dealing with pandemics and other events beyond your control, this fully revised and updated edition of The Anxiety Workbook for Teens has the tools you need to put anxiety in its place. In our increasingly uncertain world, there are plenty of reasons for anyone to feel anxious. And as a teen, you're also dealing with academic stress, social and societal pressures, and massive changes taking place in your body, brain, and emotions. The good news is that there are a lot of effective techniques you can use—both on your own and with the help of a therapist or counselor—to reduce your feelings of anxiety and keep them from taking over your life. Now fully revised and updated, this second edition of The Anxiety Workbook for Teens provides the most up-to-date strategies for managing fear, anxiety, and worry, so you can reach your goals and be your best. You'll find new skills to help you handle school pressures and social media overload, develop a positive self-image, recognize your anxious thoughts, and stay calm in times of extreme uncertainty. The workbook also includes resources for seeking additional help and support if you need it. While working through the activities in this book, you'll find tons of ways to help you both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. Just remember—these are tools, intended for you to carry with you and use over and over throughout your life. The more you practice using them, the better you will become at managing anxiety. If you're ready to change your life for the better and get your anxiety under control, this workbook can help you start today. In these increasingly challenging times, teens need mental health resources more than ever. With more than 1.6 million copies sold worldwide, Instant Help Books for teens are easy to use, proven-effective, and recommended by therapists.

DEMOCRACY AND EDUCATION

Read Books Ltd This antiquarian volume contains a comprehensive treatise on democracy and education, being an introduction to the 'philosophy of education'. Written in clear, concise language and full of interesting expositions and thought-provoking assertions, this volume will appeal to those with an

interest in the role of education in society, and it would make for a great addition to collections of allied literature. The chapters of this book include: 'Education as a Necessity of Life'; 'Education as a Social Function'; 'Education as Direction'; 'Education as Growth'; 'Preparation, Unfolding, and Formal Discipline'; 'Education as Conservative and Progressive'; 'The Democratic Conception in Education'; 'Aims in Education', etcetera. We are republishing this vintage book now complete with a new prefatory biography of the author.

CARBON DIOXIDE CAPTURE AND STORAGE

SPECIAL REPORT OF THE INTERGOVERNMENTAL PANEL ON CLIMATE CHANGE

Cambridge University Press IPCC Report on sources, capture, transport, and storage of CO₂, for researchers, policy-makers and engineers.

FASTR

A PROTOCOL PATTERN FOR FIXING FISSURES (PDF VERSION)

Faster Info Publishing FASTR is what you get when a Silicon Valley product designer uses design thinking to successfully resolve a persistent and pernicious anal fissure. As I discovered, a chronic fissure (sometimes called an anal ulcer, anal lesion, or anal tear) can disrupt pretty much everything in life, robbing you of joy, peace, and productivity. If this condition is affecting you or a loved one, you're likely seeking a fast and lasting solution. Those were my goals, so I developed a protocol that worked for me. FASTR (Fissure-in-Ano Self-Treatment and Repair) consolidates key data, personal experience, a little discretion, and plenty of empathy in a way that can save you time and reduce suffering. I hope that sharing it as a pattern can help you build your own effective protocol.

EU INTELLECTUAL PROPERTY LAW AND POLICY

Edward Elgar Publishing The author has succeeded in her chief aim in writing this book to introduce a compact and accessible account of EU intellectual property law. . . this book is a useful background and excellent starting point for understanding EU intellectual property law. Jamil Ammar, European Intellectual Property Review This book s innovative contribution is to view EU IP law as a subject in its own right, not just an extra to accounts of national law. The very up-to-date coverage strikes an excellent balance between detail and overview, while Dr Seville also discusses thoughtfully the wider international frameworks, policy issues and debates in which development of EU IP law is enmeshed. Dr Seville fully deserves the gratitude of IP lawyers and students for this outstandingly helpful study. Hector Macqueen, Edinburgh Law School, UK The book is as timely as it is well-written and thorough. The contributions of the EU to most aspects of intellectual property law are increasingly dominant. This treatment places them apart from the national laws of member states, thus emphasising the common core that now they provide. Many will want to study this presentation. William R. Cornish, University of Cambridge, UK Intellectual property (IP) is a crucial contributor to economic growth and competitiveness within the EU. This book offers a compact and accessible account of EU intellectual property law and policy, covering copyright, patents, designs, trademarks and the enforcement of rights. The author also addresses aspects of the free movement of goods and services, competition law, customs measures and anti-counterfeiting efforts. Setting EU intellectual property law in its wider international context, this work reveals the framework within which the national IP laws of member states operate. The book seeks to highlight the most important policy issues and arguments of relevance to the EU, both within the Union, and in its relations with the rest of the world. With its detailed references, cross-referencing and suggestions for further readings, EU Intellectual Property Law and Policy is essential reading for postgraduate students and academic lawyers in IP and EU law. Practitioners seeking a broad account of the area will also appreciate this important contribution.

PFEIFFER AND MANGUS'S CONCEPTS OF ATHLETIC TRAINING

Jones & Bartlett Learning The Eighth Edition of Concepts of Athletic Training focuses on the care and management of sport and activity related injuries while presenting key concepts in a comprehensive, logically sequential manner that will assist future professionals in making the correct decisions when confronted with an activity-related injury or illness in their scope of practice

OUR COMMON AGENDA - REPORT OF THE SECRETARY-GENERAL

United Nations On the seventy-fifth anniversary of the United Nations, the world has faced its biggest shared test since the Second World War in the coronavirus disease (COVID-19) pandemic. Yet while our welfare, and indeed the permanence of human life, depend on us working together, international cooperation has never been harder to achieve. This report answers a call from UN Member States to provide recommendations to advance our common agenda and to respond to current and future challenges. Its proposals are grounded in a renewal of the social contract, adapted to the challenges of this century, taking into account younger and future generations, complemented by a new global deal to better protect the global commons and deliver global public goods. Through a deepening of solidarity—at the national level, between generations, and in the multilateral system—Our Common Agenda provides a path forward to a greener, safer and better future.

THE BOY AT THE BACK OF THE CLASS

Hachette UK A World Book Day 2020 Author WINNER OF THE BLUE PETER BOOK AWARD 2019 WINNER OF THE WATERSTONES CHILDREN'S BOOK PRIZE 2019 SHORTLISTED FOR THE JHALAK PRIZE 2019 Told with heart and humour, *The Boy at the Back of the Class* is a child's perspective on the refugee crisis, highlighting the importance of friendship and kindness in a world that doesn't always make sense. There used to be an empty chair at the back of my class, but now a new boy called Ahmet is sitting in it. He's nine years old (just like me), but he's very strange. He never talks and never smiles and doesn't like sweets - not even lemon sherbets, which are my favourite! But then I learned the truth: Ahmet really isn't very strange at all. He's a refugee who's run away from a War. A real one. With bombs and fires and bullies that hurt people. And the more I find out about him, the more I want to help. That's where my best friends Josie, Michael and Tom come in. Because you see, together we've come up with a plan. . . With beautiful illustrations by Pippa Curnick

ON BULLSHIT

Princeton University Press A #1 NEW YORK TIMES BESTSELLER One of the most salient features of our culture is that there is so much bullshit. Everyone knows this. Each of us contributes his share. But we tend to take the situation for granted. Most people are rather confident of their ability to recognize bullshit and to avoid being taken in by it. So the phenomenon has not aroused much deliberate concern. We have no clear understanding of what bullshit is, why there is so much of it, or what functions it serves. And we lack a conscientiously developed appreciation of what it means to us. In other words, as Harry Frankfurt writes, "we have no theory." Frankfurt, one of the world's most influential moral philosophers, attempts to build such a theory here. With his characteristic combination of philosophical acuity, psychological insight, and wry humor, Frankfurt proceeds by exploring how bullshit and the related concept of humbug are distinct from lying. He argues that bullshitters misrepresent themselves to their audience not as liars do, that is, by deliberately making false claims about what is true. In fact, bullshit need not be untrue at all. Rather, bullshitters seek to convey a certain impression of themselves without being concerned about whether anything at all is true. They quietly change the rules governing their end of the conversation so that claims about truth and falsity are irrelevant. Frankfurt concludes that although bullshit can take many innocent forms, excessive indulgence in it can eventually undermine the practitioner's capacity to tell the truth in a way that lying does not. Liars at least acknowledge that it matters what is true. By virtue of this, Frankfurt writes, bullshit is a greater enemy of the truth than lies are.