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KEY=EKO - CUMMINGS CALLAHAN

The Alter Ego Effect The Power of Secret Identities to Transform Your Life HarperCollins Now a *Wall Street Journal* bestseller. What if the games we played as children were the greatest gift to helping us achieve more today? Before stage fright, impostor syndrome, emotional baggage, and the other dubious gifts of adulthood, everyone pretended to be a superhero, a favorite athlete, an inspiring entertainer, a nurse, a firefighter, a lion, or whatever else captured our imaginations. And yet, that natural creativity is slowly squeezed out of us because we think it's childish or it's "time to grow up." Now Todd Herman—backed by scientific research and countless stories from the real world—will show us how to tap into the human imagination to unleash new versions of ourselves, ready-made to kick ass. Herman has been coaching champions in every field for over twenty years, and he's helped them bring out their Heroic Self to transcend the forces pulling them into the Ordinary World. Anyone attempting ambitious things faces adversity, resistance, and challenges, but Herman confronts these obstacles with a question: Who or what needs to show up to make success inevitable? In *The Alter Ego Effect*, Herman presents countless stories from salespeople, executives, entertainers, athletes, entrepreneurs, creatives, and historical figures to illustrate the Heroic Self already nested inside each of us. And he reveals that we may not be using those traits in the moments when we need them the most. From the creative entrepreneur who resisted their craft, to the accomplished military officer who wanted to be a warmer dad at home, Todd Herman's clients have discovered there is no end to the parts of their lives they could improve by using Alter Egos. **Out of Africa On Safari Through Botswana, Kenya, Namibia, South Africa, Tanzania, Zambia and Zimbabwe John Beaufoy Pub** The splendours of Namibia, unknown Zambia, secret Botswana, fantastic South Africa, fabulous Kenya, majestic Tanzania and the magic of Zimbabwe: this stunningly photographed book reveals the most prestigious safari lodges throughout Africa as well as the wonders of the wildlife that surround them. The lodges, all designed to provide maximum style and comfort, also offer visitors an opportunity to get to the heart of the country by travelling amongst its people and its animals. The unforgettable experience is portrayed through amazing photographs and informative text to make this both an entertaining read as well as an object to treasure in its own right. **How to Write Better Essays Bloomsbury Publishing** This indispensable guide takes students through each step of the essay writing process, enabling them to tackle written assignments with confidence. Students will develop their ability to analyse complex concepts, evaluate and critically engage with arguments, communicate their ideas clearly and concisely and generate more ideas of their own. Chapters are short and succinct and cover topics such as reading purposefully, note-taking, essay writing in exams and avoiding plagiarism. Packed with practical activities and handy hints which students can apply to their own writing, this is an ideal resource for students looking to improve the quality and clarity of their academic writing. This book will be a source of guidance and inspiration for students of all disciplines and levels who need to write essays as part of their course. New to this Edition: - Brand new chapters on topics such as learning from feedback, finding your voice and using the right vocabulary - Expanded companion website featuring videos, interactive exercises, sample essays and lecturer resources - Exclusive web-only chapter on improving your memory **Time Management Proven Techniques for Making Every Minute Count Adams Media** Are you a slave to your to-do list? At the end of the day, is your list longer than when you started? Are you awash in a sea of sticky notes and memos? Stop! Instead of listing your important tasks, schedule them with a start time and end time. This will help you create a mini-plan for each task, and a workable, productive agenda for your day. This is just one tip from *Time Management, Second Edition*. And there's more—a lot more. You'll learn how to: Distinguish between the important and the urgent Say "No" and avoid time-wasting tasks Delegate for greater productivity Communicate more effectively Understand the many time-management software programs available Cope with stress This book provides both a framework for building a personal time philosophy and the real-world tips and techniques for becoming more efficient and productive. You have more time than you think. *Time Management, Second Edition* Richard Walsh is a publishing professional who specializes in career books. He edits the annual *National JobBank*. He lives in Boston. **Power Up Your Mind Learn Faster, Work Smarter Hachette UK** Shows how everyone has the capacity to succeed and how most use only a small portion of their talents. **Phantom of the Opera Graphic Arts Books** The *Phantom of the Opera* (1910) is a novel by French writer Gaston Leroux. Originally serialized in *Le Galois*, the novel was inspired by legends revolving around the Paris Opera from the early nineteenth century. Originally a journalist, Leroux turned to fiction after reading the works of Arthur Conan Doyle and Edgar Allan Poe. Despite its lack of success relative to Leroux's other novels, *The Phantom of the Opera* has become legendary through several adaptations for film, theater, and television, including Andrew Lloyd Webber's celebrated 1886 Broadway musical of the same name. In 1880s Paris, the legendary Palais Garnier Opera House is rumored to be haunted by a malignant entity. Known as the Phantom of the Opera, he has been linked to the hanging death of a stagehand in addition to several strange and mysterious occurrences. Just before a gala performance, a young Swedish soprano named Christine is called on to replace the opera's lead, who is suffering from a last-minute illness. From the audience, the Vicomte Raoul de Chagny recognizes Christine, his childhood sweetheart, and goes backstage after the opera has ended to reintroduce himself. While waiting by her dressing room, he hears her talking to an unknown man, but upon entering finds himself alone with Christine. Pressing her for information, she reveals that she has been receiving lessons from a figure she calls the Angel of Music, prompting suspicion and terror in Raoul, who is familiar with the legend of the Phantom. As Raoul makes his feelings for Christine known, the Phantom professes his love for his protégé, and a battle for her affection ensues. Caught in this love triangle, threatened on all sides by jealousy and pursuit, Christine struggles to hold on as her star in the Paris Opera rises. With a beautifully designed cover and professionally typeset manuscript, this edition of Gaston Leroux's *The Phantom of the Opera* is a classic of French literature reimagined for modern readers. **Distance Education for Teacher Training Routledge** First published in 2002. Routledge is an imprint of Taylor & Francis, an informa company. **Healing After Loss Daily Meditations For Working Through Grief Harper Collins** For those who have suffered the loss of a loved one, here are strength and thoughtful words to inspire and comfort. **Fashionable Nonsense Postmodern Intellectuals' Abuse of Science Picador** In 1996 physicist Alan Sokal published an essay in *Social Text*--an influential academic journal of cultural studies--touting the deep similarities between quantum gravitational theory and postmodern philosophy. Soon thereafter, the essay was revealed as a brilliant parody, a catalog of nonsense written in the cutting-edge but impenetrable lingo of postmodern theorists. The event sparked a furious debate in academic circles and made the headlines of newspapers in the U.S. and abroad. Now in *Fashionable Nonsense: Postmodern Intellectuals' Abuse of Science*, Sokal and his fellow physicist Jean Bricmont expand from where the hoax left off. In a delightfully witty and clear voice, the two thoughtfully and thoroughly dismantle the pseudo-scientific writings of some of the most fashionable French and American intellectuals. More generally, they challenge the widespread notion that scientific theories are mere "narrations" or social constructions. **CALL communities and culture - short papers from EUROCALL 2016 Research-publishing.net** The 23rd EUROCALL conference was organised by the Cyprus University of Technology Language Centre. The theme of the conference was "CALL communities and Culture". Between the 24th and 27th August 2016, over 135 presentations were delivered and 27 posters were presented; 84 of these presentations appear in this volume of selected peer-reviewed short papers. **536 Puzzles and Curious Problems Courier Dover Publications** This compilation of long-inaccessible puzzles by a famous puzzle master offers challenges ranging from arithmetical and algebraic problems to those involving geometry, combinatorics, and topology, plus game, domino, and match puzzles. Includes answers. **100 Ways to Motivate Others How Great Leaders Can Produce Insane Results Without Driving People Crazy: Easyread Large Bold Edition ReadHowYouWant.com** 100 Ways to Motivate Others is the culmination of many years of successful leadership coaching and training by best-selling author Steve Chandler and attorney Scott Richardson, and the natural follow-up to Chandler's two previous best-sellers 100 Ways to Motivate Yourself and Reinventing Yourself. Chandler and Richardson have crafted a vital, user-friendly, inspirational guide for executives, managers, and professionals ... and those aspiring to reach that level. **The Concept of Model An Introduction to the Materialist Epistemology of Mathematics re.press** In "The Concept of Model" Alain Badiou establishes a new logical 'concept of model'. Translated for the first time into English, the work is accompanied by an exclusive interview with Badiou in which he elaborates on the connections between his early and most recent work--for which the concept of model remains seminal. **New French With Ease Assimil Gmbh** "Méthode d'apprentissage du français pour anglophones. **Halsman on the Creation of Photographic Ideas French Grammar for Beginners Textbook + Workbook Included Supercharge Your French with Essential Lessons and Exercises** Learn beginner French grammar painlessly with step-by-step lessons that focus on the essentials and help you build a learning habit. Inside "French Grammar for Beginners" you'll find: 30 beginner-level French grammar lessons: This reference and practice book covers everything you need to know about beginner French grammar. Straight-to-the point explanations: No extra fluff and frills, the lessons are straightforward and focus more on the rules rather than the exceptions. Short daily lessons designed to help you create a learning habit: Spend just 30 minutes every day for 30 days to form an effective learning habit. Clear and concise grammar discussions written in a conversational tone: Difficult grammar concepts are broken down and simplified with brief yet engaging explanations. An embedded workbook with 300+ grammar exercises: Challenge yourself and reinforce your comprehension by doing the exercises after each lesson. Audio for pronunciation and listening practice: Improve your listening and pronunciation skills in French by listening to the audio narrated by a native French speaker. If you're tired of your usual boring French textbook, grab your copy of this book and start learning French grammar the un-boring way today! **Cisco Networking Academy Program CCNA 3 and 4 Companion Guide Cisco Systems** bull; Content maps to new CCNA 3.0 curriculum bull; Additional chapters on difficult topics bull; Expanded CD-ROM includes 500 CCNA test preparation questions, instructional videos, PhotoZooms, and more e-Labs than previous edition **Alter Ego TOKYOPOP** Noel has always been in love with her best friend Elena, but she's never been able to find the courage to confess her feelings. Then, when her friend starts dating a boy, Noel's world collapses as she sees her chance at love slipping away. One night, in a moment of desperation, Noel ends up confessing her feelings for Elena to a complete stranger — but as fate would have it, this stranger turns out to be a girl named June, Elena's other best friend... and Noel's rival in love! Worst of all, now June knows Noel's secret. With everything suddenly going wrong, how can Noel ever win the girl of her dreams? The heart-pounding romantic drama by breakout Spanish artist Ana C. Sánchez! **Gay Pornography Representations of Sexuality and Masculinity Bloomsbury Publishing** Gay pornography, online and onscreen, is a controversial and significantly under-researched area of cultural production. In the first book of its kind, *Gay Pornography: Representations of Sexuality and Masculinity* explores the iconography, themes and ideals that the genre presents. Indeed, John Mercer argues that gay pornography cannot be regarded as one-dimensional, but that it offers its audience a vision of plural masculinities that are more nuanced and ambiguous than they might seem. Mercer examines how the internet has generated an exponential growth in the sheer volume and variety of this material, and facilitated far greater access to it. He uses both professional and amateur examples to

explore how gay pornography has become part of a wider cultural context in which modern masculinities have become 'saturated' by their constantly evolving status and function in popular culture. **Governing Children, Families and Education Restructuring the Welfare State Springer** This is a collection of essays that address the international changes in welfare policy. The book discusses the new patterns of governing associated with the notions of welfare, care, and education that emerge during the late Twentieth and early Twenty-first-centuries. The issues examined are, among others, the role of international donors and their emphasis on efficiency and lower social subsidies, international migration and its impact on welfare policy inclusions (and exclusions), and national policy change. While representing many different locations and traditions, contributors work within a variety of critical theoretical perspectives that critique our cultural ways of reasoning about the care and education of the child, the role and practice of the state, and the social and cultural construction of citizenship and nationhood. **Cisco Networking Academy Program CCNA 1 and 2 Companion Guide Cisco Systems** The only Cisco authorized textbook and portable desk reference for the CCNA 1 and 2 course in the Networking Academy **Collected Papers I. The Problem of Social Reality Springer Science & Business Media** A series of studies by Alred Schutz centering around the problem of sociality. **Overview of Information Literacy Resources Worldwide UNESCO** "A bibliography of print and online materials available in Albanian, Amharic, Arabic, Bengali, Bosnian, Bulgarian, Chinese, Croatian, Czech, Dutch, English, Estonian, Filipino, Finnish, French, German, Greek, Hindi, Hungarian, Icelandic, Indonesian, Italian, Japanese, Korean, Laotian, Latvian, Lithuanian, Norwegian, Polish, Portuguese, Russian, Shona, Slovak, Spanish, Swedish, Thai, Turkish, Turkmen, Uzbek, and Vietnamese concerning information literacy."--Résumé de la notice dérivée. **How to Build Self-Discipline Resist Temptations and Reach Your Long-Term Goals Meadows Publishing** How to Develop Self-Discipline, Resist Temptations and Reach Your Long-Term Goals If you want to make positive changes in your life and achieve your long-term goals, I can't think of a better way to do it than to learn how to become more self-disciplined. Science has figured out a lot of interesting aspects of self-discipline and willpower, but most of this knowledge is buried deep inside long and boring scientific papers. If you'd like to benefit from these studies without actually reading them, this book is for you. I've done the job for you and researched the most useful and viable scientific findings that will help you improve your self-discipline. Here are just a couple things you will learn from the book: - what a bank robber with lemon juice on his face can teach you about self-control. The story will make you laugh out loud, but its implications will make you think twice about your ability to control your urges. - how \$50 chocolate bars can motivate you to keep going when faced with an overwhelming temptation to give in. - why President Obama wears only gray and blue suits and what it has to do with self-control (it's also a possible reason why the poor stay poor). - why the popular way of visualization can actually prevent you from reaching your goals and destroy your self-control (and what to do instead). - what dopamine is and why it's crucial to understand its role to break your bad habits and form good ones. - 5 practical ways to train your self-discipline. Discover some of the most important techniques to increase your self-control and become better at resisting instant gratification. - why the status quo bias will threaten your goals and what to do to reduce its effect on your resolutions. - why extreme diets help people achieve long-term results, and how to apply these findings in your own life. - why and when indulging yourself can actually help you build your self-discipline. Yes, you can stuff yourself (from time to time) and still lose weight. Instead of sharing with you the detailed "why" (with confusing and boring descriptions of studies), I will share with you the "how" - advice that will change your life if you decide to follow it. You too can master the art of self-discipline and learn how to resist temptations. Your long term goals are worth it. Scroll up and buy the book now. As a gift for buying my book, you'll get my another book, "Grit: How to Keep Going When You Want to Give Up." Keywords: Develop self discipline, willpower and self discipline, self-discipline, self control books, stress, reach your goals, self-control, achieve your goals, instant gratification, long term goals, goal setting success, goal setting books, how to reach your goals, how to achieve your goals, persistence, how not to give up, stick to a diet, stay motivated, build habits, delayed gratification, personal development **Storm Thief Scholastic UK** Perfect for fans of Neil Gaiman and Michael Grant, this darkly thrilling novel is a powerful blend of fantasy and science-fiction. Rail and Moa are two teenage thieves. Vago is a golem of metal and flesh. All three are denizens of Orokos, a city scoured by chaotic storms that rearrange streets and turn children into glass. No one can enter the city, or leave. Until one day Rail finds a mysterious artifact that may hold the key to the secrets of the city - and the chance of escape. And so begins an impossible quest. Get ready for a breathtaking adventure. **Intermediate Korean Short Stories 12 Captivating Short Stories to Learn Korean & Grow Your Vocabulary the Fun Way!** Are you looking for a new Korean challenge after mastering the basics? Welcome to the Intermediate level! The Korean language is constantly advancing and conquering new markets. Whether it's with their television series, their incredible music or simply the culture and tourism, the Korean tongue is currently taking over the world! And we guess that you don't want to be left behind in not understanding and speaking Korean, right? Because of this, we have created the next level of Korean stories for the students who have already surpassed the beginner level: **Intermediate Korean Short Stories!** In this book we have compiled 12 challenging, compelling and fun stories that will allow you to expand your vocabulary, educate you on the culture and give you the tools to boost your grasp of the wonderful Korean tongue. **How Intermediate Korean Short Stories works:** - Each chapter possesses a funny, interesting and/or thought-provoking story based on real-life situations, allowing you to discover more about the Korean way of life. The last two are even more challenging in length and level for those of you getting ready for Advanced Korean! - The summaries follow the story: a synopsis in Korean and in English of what you just read, both to review the lesson and for you to see if you understood what the tale was about. Use them if you're having trouble. - At the end of those summaries, you'll be provided with a list of the most relevant vocabulary involved in the lesson, as well as slang and sayings that you may not have understood at first glance! - Finally, you'll be provided with a set of tricky questions in Korean, allowing you the chance to prove that you learned something in the story. Don't worry if you don't know the answer to any - we will provide them immediately after (and in English), but no cheating! We want you to feel comfortable while mastering the Korean tongue; after all, no language should be a barrier for you to travel around the world and expand your social circles! So look no further! Pick up your copy of **Intermediate Korean Short Stories** and level up your Korean language learning right now! **French Grammar in Context Analysis and Practice Hodder Education** Taking authentic texts from a variety of sources - the human body on CD-ROM, a fish recipe, 'L'Etranger' and many others - this book uses them as a starting point for the illustration and explanation of key areas of French grammar. It includes a range of exercises, many of them text-based. **Listen to Your Body Your Best Friend on Earth Les Éditions E.T.C. inc.** This book was written for those who have made a conscious decision to improve the quality of their lives and have decided to take control. The author provides the tools and the guidelines necessary for step by step personal development in every area of life. Based on the concept of Whole Mind Integration, the book is presented in five parts. Exercises at the end of each chapter provide the opportunity for guided practical application of the concepts presented. **The Mystery Method How to Get Beautiful Women Into Bed St. Martin's Press** "One of the most admired men in the world of seduction" (The New York Times) teaches average guys how to approach, attract and begin intimate relationships with beautiful women For every man who always wondered why some guys have all the luck, Mystery, considered by many to be the world's greatest pickup artist, finally reveals his secrets for finding and forming relationships with some of the world's most beautiful women. Mystery gained mainstream attention for his role in Neil Strauss's New York Times bestselling exposé, *The Game*. Now he has written the definitive handbook on the art of the pickup. He developed his unique method over years of observing social dynamics and interacting with women in clubs to learn how to overcome the guard shield that many women use to deflect come-ons from "average frustrated chumps." *The Mystery Method: How to Get Beautiful Women Into Bed* shares tips such as: *Give more attention to her less attractive friend at first, so your target will get jealous and try to win your attention. *Always approach a target within 3 seconds of noticing her. If a woman senses your hesitation, her perception of your value will be lower. *Don't be picky. Approach as many groups of people in a bar as you can and entertain them with fun conversation. As you move about the room, positive perception of you will grow. Now it's easy to meet anyone you want. *Smile. Guys who don't get laid, don't smile. **Cartes Postales from Greece The runaway Sunday Times bestseller Hachette UK** THE NUMBER ONE SUNDAY TIMES BESTSELLER *Cartes Postales from Greece* is an extraordinary new book from Victoria Hislop, the Sunday Times Number One bestselling author of *The Island*, *The Return*, *The Thread*, and *The Sunrise*. A beautifully depicted love affair with Greece, and a spellbinding tale of love and loss. It is fiction with a distinctive photographic framework - magical and unique. Hislop's passionate love of the country breathes from every page! *Daily Mail* 'When it comes to tales about Greece, Hislop is an undisputed queen - and this is easily her best novel yet' *Heat* *Week* after week, the postcards arrive, addressed to someone Ellie does not know, each signed with an initial: A. These alluring cartes postales of Greece brighten her life and cast a spell on her. She decides she must see this country for herself. On the morning Ellie leaves for Athens, a notebook arrives. Its pages tell the story of a man's odyssey through Greece. Moving, surprising and sometimes dark, A's tale unfolds with the discovery not only of a culture, but also of a desire to live life to the full once more. Praise for *Cartes Postales*. . . 'When it comes to tales about Greece Hislop is an undisputed queen' *Heat* magazine 'A lavish love letter to Greece' *Sunday Mirror* 'A beautiful tale of love, struggle and redemption' *Prima* 'This wonderful, illuminating novel is a perfect escape' *Woman & Home* 'This beautiful novel is illustrated with gorgeous photos to really bring the country to life' *Sun on Sunday* **Unleash Your Purpose Destiny Image Publishers** Do you know your purpose in life? Are you living up to your full potential? You can do both successfully and powerfully by learning how to unleash the plan your Creator designed especially for you! When nations and individuals lost their sense of purpose and significance, then confusion, frustration, disillusionment, and corporate suicide-whether gradual or instant-will most surely follow. Dr Myles Munroe's personal experiences and stories are balanced with a solid biblical foundation to help you regain your sense of purpose. You can unleash your God-given talents and skills, and benefit from your potential-every joyful day of your life! **Key Concepts in Politics and International Relations Bloomsbury Publishing** Concepts have a particular importance for students of politics and international relations. Political argument often boils down to a struggle over the legitimate meaning of terms and enemies may argue, fight and even go to war, each claiming to be 'defending freedom', 'upholding democracy' or 'supporting justice'. The problem is that words such as 'freedom', 'democracy' and 'justice' have different meanings to different people, so that the concepts themselves come to seem problematic. This book provides an accessible and comprehensive guide to the major concepts encountered in political analysis. Each term is defined clearly and fully, and its significance for political argument and practice is explored. The text has been updated and expanded to take account of the increasing influence of globalization on politics and now features 70 additional concepts. Renowned for its lively, engaging style and user-friendly approach, the second edition is an invaluable companion to the study of politics and international relations. **Ego Sum Corpus, Anima, Fabula Fordham Univ Press** First published in 1979 but never available in English until now, *Ego Sum* challenges, through a careful and unprecedented reading of Descartes's writings, the picture of Descartes as the father of modern philosophy: the thinker who founded the edifice of knowledge on the absolute self-certainty of a Subject fully transparent to itself. While other theoretical discourses, such as psychoanalysis, have also attempted to subvert this Subject, Nancy shows how they always inadvertently reconstituted the Subject they were trying to leave behind. Nancy's wager is that, at the moment of modern subjectivity's founding, a foundation that always already included all the possibilities of its own exhaustion, another thought of "the subject" is possible. By paying attention to the mode of presentation of Descartes's subject, to the masks, portraits, feints, and fables that populate his writings, Jean-Luc Nancy shows how Descartes's ego is not the Subject of metaphysics but a mouth that spaces itself out and distinguishes itself. **The Gardens' Bulletin, Singapore; [ser.4] V.11: Pt.4 Hassell Street Press** This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant. **Techniques of the Observer On Vision and Modernity in the Nineteenth Century MIT Press** Jonathan Crary's *Techniques of the Observer* provides a dramatically new perspective on the visual culture of the nineteenth century, reassessing problems of both visual modernism and social modernity. This analysis of the historical formation of the observer is a compelling account of the prehistory of the society of the spectacle. In *Techniques of the Observer* Jonathan Crary provides a dramatically new perspective on the visual culture of the nineteenth century, reassessing problems of both visual modernism and social modernity. Inverting conventional approaches, Crary considers the problem of visibility not through the study of art works and images, but by analyzing the historical construction of the observer. He insists that the problems of vision are inseparable from the operation of social power and examines how, beginning in the 1820s, the observer became the site of new discourses and practices that situated vision within the body as a physiological event. Alongside the sudden appearance of physiological optics, Crary points out, theories and models of "subjective vision" were developed that gave the observer a new autonomy and productivity while simultaneously allowing new forms of control and standardization of vision. Crary examines a range of diverse work in philosophy, in the empirical sciences, and in the elements of an emerging mass visual culture. He discusses at length the significance of optical apparatuses such as the stereoscope and of precinematic devices, detailing how they were the product of new physiological knowledge. He also shows how

these forms of mass culture, usually labeled as "realist," were in fact based on abstract models of vision, and he suggests that mimetic or perspectival notions of vision and representation were initially abandoned in the first half of the nineteenth century within a variety of powerful institutions and discourses, well before the modernist painting of the 1870s and 1880s. **The End of Procrastination How to Stop Postponing and Live a Fulfilled Life St. Martin's Essentials** Simple, science-based tools to stop procrastination Even with overflowing inboxes, thousands of unread notifications, and unmet deadlines, most people still can't manage to take control of their time and stop procrastinating. *The End of Procrastination* tackles this ubiquitous issue head on, helping you stop putting off work and reclaim your time. Author Petr Ludwig shows that ending procrastination is more than a wise time management strategy—it's essential to developing a sense of purpose and leading a happier more fulfilled life. The keys to overcoming procrastination are simple. With eight clear, approachable tools—from quick daily worksheets to shift your perspective to to-do lists that actually help you get things done—*The End of Procrastination* provides everything you need to change the way you manage your time and live your life. Based on the latest research, *The End of Procrastination* synthesizes over one hundred scientific studies to create a program that is based on the way our brains actually work. By understanding exactly why procrastination happens and how our brains respond to motivation and self-discipline, the book provides readers with the knowledge to conquer procrastination on an everyday basis. **Global Logistics For Dummies John Wiley & Sons** Your one-stop reference for entering the global logistics environment *Global Logistics for Dummies* is an operational-level reference and overview for those manufacturers, businesses, product distributors, providers of logistics services, humanitarian and disaster relief responders and logisticians on both ends of a global chain who are considering entry in or have recently embarked on entering the global logistics chain/market. Easy to follow and packed with tons of helpful information, it serves as a springboard to larger texts for more detailed information. Beginning with an introduction to both the "whats" and "whys" of global logistics, the book sheds light on how global logistics demands the involvement of not only all elements of the logistics enterprise - e.g., design, logistics engineering, supply, storage/distribution, maintenance, transportation, returns/re-manufacturing, etc. - but also all elements of the business enterprise. In no time, it'll get you up to speed on the whole-enterprise logistics elements that should be considered in the decision to enter and excel in providing logistics end-items, goods, and services to a global customer. Deliver global disaster and relief logistics support Explore global manufacturing and distribution logistics Provide logistics services for foreign customers Adapt domestic logistics to foreign operating environments Written by a team of SOLE - The International Society of Logistics credentialed practitioners and academicians, *Global Logistics for Dummies* makes it easier than ever to succeed in this ever-growing field. **Under the Sea Alter Ego Avatars and Their Creators** *Alter Ego* explores the personal and social identities being shaped in the metaverse at the beginning of the 21st century. Portraits of online gamers and virtual-world participants from America, Asia and Europe are paired with images of their avatars, with profiles of real-world and virtual characters. This book is both an entertainment and a serious look at a phenomenon that is shaping the future of human interaction. **The Girl from the Chartreuse Vintage** The owner of the bookshop *THE VERB TO BE*, is a red-haired giant imprisoned in an enormous body and his solitude. One wet afternoon, driving a vanload of new and second-hand books, *Stienne* Vollard knocks down and seriously injures a little girl, *Eva*. In the hospital, he meets *Eva's* mother, *Thérèse*, a struggling single parent who lacks maternal instincts and whose dream is to be faraway, alone. Both are haunted by guilt: *Thérèse* because of her lateness in collecting her daughter, and Vollard because he did not manage to stop his car on time (even if he knows that he could not have avoided -va: indeed she seemed to throw herself in front of the car). Vollard visits *Eva* regularly while she is in a coma and reads books to her, while *Thérèse* spaces her visits out. When *Eva* eventually wakes up, she has become mute and is terribly weakened. A few weeks after *Eva* has been sent to a rehabilitation centre in the Massif de la Chartreuse, *Thérèse* gets a job faraway and asks Vollard to visit her daughter on her behalf. Soon, Vollard enjoys their walks in the mountain, where he tells her stories and poems he has memorized and tries to break her out of her mute, impassive shell. However, nothing seems to help "La Petite Chartreuse" - Vollard calls *Eva* that way in reference to the monastic order of the Chartreux - to enjoy life again. She becomes weaker everyday to such a point that Vollard decides to find *Thérèse* and to take her back to her daughter before it is too late . . .