

Kindle File Format Insane Productivity For Lazy People A Complete System For Becoming Incredibly Productive

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Insane Productivity for Lazy People-Andrii Sedniev 2017-10-31 Insane Productivity for Lazy People is a comprehensive, step-by-step system for making productivity your superpower. It is based on 10 years of research and experiments to find out exactly what can increase the productivity of an average lazy person several times. Many elements of this system are used by billionaires, Olympic champions, CEOs and even presidents of countries. The book is entertaining to read and has plenty of examples and insights about what can destroy or skyrocket productivity. The goal of this book is to change your mindset and encourage you to implement several simple productivity tools that will allow you to do more work in a day than the majority of people can do in a week - while working less hours and having more fun.

Insane Success for Lazy People-Andrii Sedniev 2018-06-03 Insane Success for Lazy People is an effective and easy-to-use system for fulfilling dreams of any size. It is based on many years of research of principles that high achievers use to generate excellent ideas, take massive action without procrastination and finish every day successfully. Thousands of Insane Success for Lazy People students have noticed that after implementation of this system they achieve their dreams with almost 100% probability and their path towards achievements became several times shorter. The book is entertaining to read, has plenty of examples and in detail describes each element necessary for realizing an achievement. After you begin using principles of Insane Success for Lazy People, every day will bring you closer to fulfillment of your dreams, and this progress will breathe happiness and adventures into your life.

Insane Energy for Lazy People-Andrii Sedniev 2019-06-16 Insane Energy for Lazy People is a comprehensive, step-by-step system for becoming incredibly energetic. It is based on 10 years of research and experiments to figure out what can increase the personal energy of an average lazy person several times. Elements of this system are used by the most energetic people in the world including entrepreneurs, athletes and children. You will gain numerous insights and learn energy techniques accompanied by engaging stories, scientific researches and real-life examples. The concepts of the system are aimed at changing your mindset, maximizing your personal energy and increasing the amount of happy moments in your life. Once you become more energetic you may feel like you have a jet engine inside and can accomplish within a day more than an average person can within a week.

Magic of Public Speaking-Andrii Sedniev 2012-11-23 The Magic of Public Speaking is a comprehensive step-by-step system for creating highly effective speeches. It is based on research from the top 1000 speakers in the modern world. The techniques you will learn have been tested on hundreds of professional speakers and work! You will receive the exact steps needed to create a speech that will keep your audience on the edge of their seats. The book is easy to follow, entertaining to read and uses many examples from real speeches. This system will make sure that every time you go on stage your speech is an outstanding one.

The Business Idea Factory-Andrii Sedniev 2019-06-16 The Business Idea Factory is an effective and easy-to-use system for creating successful business ideas. It is based on 10 years of research into idea-generation techniques used by the world's best scientists, artists, CEOs, entrepreneurs and innovators. The book is entertaining to read, has plenty of stories and offers bits of wisdom necessary to increase the quantity and quality of ideas that you create multiple times. Once you begin applying strategies described in this book, you will create successful business ideas regularly and make your life more adventurous. You will realize that there are few things that can bring as much joy and success in business as the moment when an excellent idea comes to your head.

Perfect Startup-Andrii Sedniev 2019-04-12 The Perfect Startup is an effective and easy-to-use system for creating a successful startup. It is based on over 10 years of research of thousands of successful entrepreneurs, billionaires and CEOs. The concepts of the system are aimed at giving you a condensed entrepreneurial wisdom that will change your business mindset, practical tips that will shorten your path between an idea and a profitable business, and tools that will make you a stronger entrepreneur. The book is entertaining to read and includes many insights backed up by scientific research and real-life examples of how to increase chances for building a successful startup in a short period of time.

The Achievement Factory-Andrii Sedniev 2014-05-15 The Achievement Factory is an effective and easy-to-use system for fulfilling dreams of any size. It is based on many years of research of principles that high achievers use to generate excellent ideas, take massive action without procrastination and finish every day successfully. Thousands of Achievement Factory students have noticed that after implementation of this system they achieve their dreams with almost 100% probability and their path towards achievements became several times shorter. The book is entertaining to read, has plenty of examples and in detail describes each element necessary for realizing an achievement. After you begin using principles of the Achievement Factory, every day will bring you closer to fulfillment of your dreams, and this progress will breathe happiness and adventures into your life.

Magic of Impromptu Speaking: Create a Speech That Will Be Remembered for Years in Under 30 Seconds-Andrii Sedniev 2013-03-22 The "Magic of Public Speaking" is a comprehensive step-by-step system for creating highly effective speeches. It is based on research from the top 1000 speakers in the modern world. The techniques you will learn have been tested on hundreds of professional speakers and work! You will receive the exact steps needed to create a speech that will keep your audience on the edge of their seats. The book is easy to follow, entertaining to read, and uses many examples from real speeches. This system will make sure that every time you go on stage your speech is an outstanding one.

The Lazy Bastard-Gabriel Machuret 2019-06-29 Are you always looking for a way to do more, be more, reach that ultimate place of super productivity only to find that life continually gets in the way of your best intentions? Do you wonder where you can possibly find time for long peaceful early morning rituals to boost your productivity to the next level? Do you struggle against procrastinating and find that hours every week can magically disappear into the abyss of social media and YouTube? Do you set out everyday to have the most productive day of your life only to end the day convinced that you are somehow lacking the skills or the secrets to do so? Then you are part of the Lazy Bastard Club.The Lazy Bastard will show you not one but multiple paths to productivity and more importantly how to make peace with and tame the incessant urge to procrastinate. Follow the author's own journey and struggle to become a productive person and fight procrastination. This book is a mix of storytelling, relatable analogies that are simple to understand and productivity tips that can be adapted to real life. Learn how to overcome challenges by learning how to fight Mike Tyson, embracing the art of stepping on Lego, and accept and embrace procrastination while taming the Lazy Bastard we all have inside us. The goal of this book is not to make you a more productive person but to show you how you have all the tools already to achieve more, do more, to enable you to have the most productive time of your life, without feeling like crap if you don't.

The Millionaire Factory-Andrii Sedniev 2019-05-03 The Millionaire Factory is a comprehensive system aimed to guide people with any talent, personality and occupation to become insanely rich. It is based on 10 years of research of billionaires, serial entrepreneurs, Wall Street investors and highly paid employees. The book is entertaining to read and includes many insights backed up by scientific research and real-life examples of how to maximize your primary source of income and invest money with highest return. The concepts of the system are aimed at changing your financial mindset, revealing secrets of the richest people in the world and tuning your internal money magnet to work at full capacity.

C++ for Lazy Programmers-Will Briggs 2019-10-09 Learn C++ the quick, easy, and "lazy" way. This book is an introductory programming text that uses humor and fun to make you actually willing to read, and eager to do the projects -- with the popular C++ language. C++ for Lazy Programmers is a genuinely fun learning experience that will show you how to create programs in the C++ language. This book helps you learn the C++ language with a unique method that goes beyond syntax and how-to manuals and helps you understand how to be a productive programmer. It provides detailed help with both the Visual Studio and g++ compilers plus their debuggers, and includes the latest version of the language, C++17, too. Along the way you'll work through a number of labs: projects intended to stretch your abilities, test your new skills, and build confidence. You'll go beyond the basics of the language and learn how build a fun C++ arcade game project. After reading and using this book, you'll be ready for your first real-world C++ application or game project on your own. What You Will Learn Program for the first time in C++ in a fun, quick and easy manner Discover the SDL graphics and gaming library Work with SDL, the Simple SDLwrapper library Use the most common C++ compilers: Visual Studio, and g++ (with Unix or MinGW) Practice "anti-bugging" for easy fixes to common problems Work with the debugger Acquire examples-driven concepts and ideas Build a C++-based arcade game application Apply built-in Standard Template Library (STL) functions and classes for easy and efficient programming Dip your toe in C, C++'s ancestor, still extensively used in industry Use new C++11/14/17 features including lambda functions, constexpr, and smart pointers Who This Book Is For Those who are new to C++, either as a guide for self-learners or as an accessible textbook for students in college-level courses.

The Science of Getting Started-Patrick King 2019-06-27 Outsart your lazy and undisciplined tendencies. Become a productivity machine and achieve your goals quickly. Procrastination is the monster that we are always running from. It lurks around every corner, and can completely sabotage your life. But you can learn to defeat it every time. A blueprint for getting into motion from a complete standstill. Understand and defeat your psychological blocks. The Science of Getting Started is a deep dive into our tendency to push things until the last minute possible. It uncovers the biological and evolutionary science behind procrastination, and how we can beat these instinctual drives to triumph in our career and personal life. A plethora of studies are analyzed and put into illuminating contexts. Best of all, it's a book of scientific solutions boiled down to everyday usefulness. You'll be able to apply insight from this book immediately to slay your procrastination monster and get ahead of the pack. Get started instantly; now; today. Stop saying "I'll do it later..." Patrick King is an internationally bestselling author and entrepreneur. His writing draws of a variety of sources, from scientific research, academic experience, coaching, and real life experience. He has battled the procrastination monster his entire life and brings proven techniques to you. Discover discipline, willpower, and motivation that works for you. Defeat your inner sloth. Channel your inner beast. *A scientific and biological overview of your procrastination habit. *Warning signs to monitor your work ethic. *Psychological tactics to trigger your brain to productivity. *How to structure and schedule your life to safeguard against procrastination. *Simple yet effective tactics to get off your butt and into action. *How to beat analysis paralysis and other causes of mental freezing.

Magic of Speech Evaluation-Andrii Sedniev 2019-06-24 After reading Magic of Speech Evaluation you will have acquired the experience of applying the most effective public speaking techniques used by 1000 of the world's best speakers. You will be able to clearly see what makes each speech effective and what can improve it even further. This ability will make you a more experienced speaker who can create a captivating speech from the first attempt. Magic of Speech Evaluation contains numerous demonstrations of common mistakes that speakers make and effective applications of public speaking principles. After watching and evaluating 15 short speeches of successful speakers you will develop the ability to clearly see how to improve your own speeches. You will master 3 enormously powerful public speaking principles that are more effective than all other techniques combined. In addition, you will learn a highly effective evaluation system that will allow you to make other speakers successful. Reading this book might not make you a world-class speaker instantly, however it will definitely get you several steps closer to this goal.

How to Be Idle-Tom Hodgkinson 2013-07-30 From the founding editor of The Idler, the celebrated magazine about the freedom and fine art of doing nothing, comes not simply a book, but an antidote to our work-obsessed culture. In How to Be Idle, Tom Hodgkinson presents his learned yet whimsical argument for a new universal standard of living: being happy doing nothing. He covers a whole spectrum of issues affecting the modern idler--sleep, work, pleasure, relationships--while reflecting on the writing of such famous apologists for it as Oscar Wilde, Robert Louis Stevenson, and Nietzsche--all of whom have admitted to doing their very best work in bed.

How to Manage Your Money When You Don't Have Any Workbook-Erik Wecks 2015-05-13 The How to Manage Your Money When You Don't Have Any Workbook is a companion to the best selling personal finance book. It provides hands on access to the advice that has helped over 70,000 households increase their financial stability. Starting with the barriers that keep us stuck and ending with a budget that you can use next month, this short workbook will let you make financial decisions with confidence.

On the Clock-Emily Guendelsberger 2019-07-16 "Nickel and Dimed for the Amazon age." (Salon) the bitingly funny, eye-opening story of finding work in the automated and time-starved world of hourly low-wage labor After the local newspaper where she worked as a reporter closed, Emily Guendelsberger took a pre-Christmas job at an Amazon fulfillment center outside Louisville, Kentucky. There, the vending machines were stocked with painkillers, and the staff turnover was dizzying. In the new year, she travelled to North Carolina to work at a call center, a place where even bathroom breaks were timed to the second. And finally, Guendelsberger was hired at a San Francisco McDonald's, narrowly escaping revenge-seeking customers who pelted her with condiments. Across three jobs, and in three different parts of the country, Guendelsberger directly took part in the revolution changing the U.S. workplace. Offering an up-close portrait of America's actual "essential workers," On the Clock examines the broken social safety net as well as an economy that has purposely had all the slack drained out and converted to profit. Until robots pack boxes, resolve billing issues, and make fast food, human beings supervised by AI will continue to get the job done. Guendelsberger shows us how workers went from being the most expensive element of production to the cheapest - and how low wage jobs have been remade to serve the ideals of efficiency, at the cost of humanity. On the Clock explores the lengths that half of Americans will go to in order to make a living, offering not only a better understanding of the modern workplace, but also surprising solutions to make work more humane for millions of Americans.

Stock Market Investing for Beginners & Dummies-Giovanni Rigters You know that you need to start investing, because you won't be able to work your whole life. You don't want to be the old employee working as a door greeter at your big chain department store. It will also be frustrating and very depressing if you are not financially aware of your future. Time seems to go faster the older you get and it's never too late to get started. But getting started might be one of your problems. There is too much information available and too many scammers are trying to get you to invest in shady companies. You also don't have the time to figure everything out by yourself, because it might seem too hard and complicated. However, getting the investing part of your life handled will improve your life tremendously. You will have peace of mind when you think about your future and you will also have the confidence to make sound investing decisions. You'll also have the knowledge to talk intelligently with your peers and financial advisors, making it easy to spot when someone is giving you wrong information. I begin with the basics, like what are stocks and how the stock market works. I then transition into how you can make money in the stock market, give you some stocks you should have on your watch list and some of the lies and mistakes you will have to deal with as an investor. So, don't wait and get this book now. It's on sale at this moment, but the price will go up!

Stop Procrastinating-Nils Salzegeber 2018-04-13 Do you feel like your potential is severely limited due to your procrastination habit? Are you tired of the guilt, stress, and overwhelm that comes with procrastination? Do you want to learn the secret to getting things done quickly and effectively, so that you can increase your success in all areas of life? In this no-fluff and action-oriented book, you'll discover the real reason behind your procrastination (there's only one!) and you'll find potent tools to help you overcome procrastination for good. In Stop Procrastinating You'll Discover... More than 20 science-based strategies designed to help you overcome laziness, free yourself from excessive guilt, and get things done whether you feel like it or not. A simple strategy for programming your unconscious mind to act in any way you like New research explaining differences between procrastinators and non-procrastinators (Hint: procrastination is not your fault.) Why criticizing yourself always leads to more procrastination and what to do instead The 30-second trick to build "instant habits" so you can wake up early, exercise regularly, and get more done without wasting any willpower A quick walkthrough of the new science of willpower: why you need it, easy ways to get more of it, and step-by-step advice on how you'll use it to overcome procrastination Why your granny doesn't procrastinate (the alarming link between technology, distractions, and procrastination... and what you must do to escape this trap) Rarely discussed but highly researched strategies that tackle the root cause of procrastination... allowing you to quickly relieve guilt, feel better about yourself, and as a result get more done Whether you're a failing student, aspiring entrepreneur, stay-at-home mom, or just someone who's constantly struggling for motivation - know that by following the information in Stop Procrastinating, you can overcome procrastination. More importantly, you can finally realize your potential, go after your dreams, and enjoy life without constantly feeling guilty or stressed out. Don't wait. Learn How to Overcome Procrastination by Clicking the "Buy Now" Button at the Top of the Page.

Emotional Intelligence: Improve Your EQ For Business And Relationships Unleash The Empath In You-Dan Coleman 2018-08-22 "Emotional Intelligence will provide that blueprint and solution to improving your social awareness as well as increasing your EQ to better the relationships in both your personal and work life!"--

Real Life Organizing-Cassandra Aarssen 2017-04-18 The HGTV host's bestselling guide to creating a Pinterest-worthy home in only 15 minutes a day--and on a budget. Organizational expert Cassandra 'Cas' Aarssen, the guru from YouTube's ClutterBug channel, reveals her tips, tricks and secrets to a clean and clutter-free home in just fifteen minutes a day. Cas spends her time organizing other people's homes, teaching college workshops on organization, and creating weekly videos and blog posts. In this book, she walks you through the steps to creating a beautiful, storage-smart, clutter free, and (almost) self-cleaning home. You don't have to get rid of all of your things, be a yoga loving minimalist, or radically change your lifestyles or personality. The truth is you don't need to actually be an organized person to live like an organized person--former slob Cas is proof of that. After you've read Real Life Organizing, you too will be able to live a more organized life without having to give up your sanity. Learning how to: · Create a Household Management Binder · Make a 'Kids Cupboard' in your kitchen · Create an IN/OUT system · Organize paperwork based on your unique style · Carry out a painless purge · Create a Kitchen Command Center · Organize your holidays with a gift closet · Build a great toy organizing system · Stop wasting time hunting for lost items, and more

Brilliant Breakthroughs for the Small Business Owner-Maggie Mongan 2020-11-11 Choosing the entrepreneurial path is not an easy feat. That's why I'm always on the lookout for valuable resources to continue to grow my business. I'm glad I found this book! Brilliant Breakthroughs for the Small Business Owner is filled with inspiring stories written by real entrepreneurs who are out there pursuing their true passion. I particularly enjoyed the chapter about confidence because I believe that confidence is essential not only to start a business but to grow a business in an environment that is never certain. So, if you would like a great dose of inspiration, this book is for you! -Cloris Kylie, MBA, Best-selling author of Beyond Influencer Marketing If you want to be successful in your business and life, there is an easy and quick way. It's to know how to use our consciousness and vibration. Dr. Jyun Shimizu is such a kind and positive person. It makes so much sense why he is so successful. His book will not only help business owners succeed but also everyone who wants to live healthy and happy. - Michiko Hayashi, Ambassador and Global Director, Non-profit organization Emoto Peace Project This book belongs in every small business owner's 'survive and thrive' tool kit. Each chapter provides relevant and wise guidance; taken as a whole, the book is an inspiration. Brilliant Breakthroughs for the Small Business Owner, Vol. 4, helps every reader establish peace and success in their business, even in these turbulent times. - Kimberly Hand, Creator of Kimmunitree, LLC _____ As successful Small Business Owners and Brilliant Practicing Experts(TM), our authors understand the power of blending best practices and unconventional techniques to grow a business. We're sharing our winning formulas to help you determine which activities truly drive profit, how to develop and nurture people as your greatest asset, discover new approaches to be more efficient, and build a peacefully performing business so you can step into your potential. Small Business Owners no longer need to let their business success be determined by chance. A new way of conducting business here. This is the fourth book in this Amazon #1 Bestselling Book Series for Small Business. Our annual book releases coincide with the beginning of November, which is National Entrepreneurs Month. Our endgame? Small Business success becoming more commonplace.

Quantum Physics of Time Travel-Joseph Gabriel 2014-03-18 Table of Contents 1: The Time Machine of Past Present and Future 2: Time Is Relative: Future, Past, Present Overlap and Exist Simultaneously 3: Time Dilation And The Contraction of Space Time 4: Twins, Time Travel, Gravity And Aging 5: Time Travel And Aging: Clocks, Gravity, Altitude, Longitude & Longevity 6: Acceleration, Light Speed, Time Travel, G-Forces And Fuel 7: The Curvature of Space-Time: Gravity and the Bending of Light and Time 8: The Circle of Time: In A Rotating Universe The Future Leads to the Past 9: Time Travel Through Black Holes in the Fabric of Space-Time 10: Microscopic Time Travel At the Speed of Light 11: "Worm Holes" In Extreme Curvatures of Space Time 12: Worm Holes, Negative Energy, Casimir Force And The Einstein-Rosen Bridge 13: Black Holes And Gravitational Sling Shots 14: The Time Traveler in Miniature: Negative Mass and Energy 15: Tachyons, Negative Energy, The Circle of Time: From the Future to the Past 16: Duality: The Past And Future In Parallel 17: The Mirror of Time: Red Shift, Blue Shifts and Duality 18. Into the Past: Duality, Anti-Matter and Conservation of Energy 19: Quantum Entanglement And Causality: The Future Effects The Past 20: Light, Wave Functions and the Uncertainty Principle: Changing the Future and the Past 21: Paradoxes of Time Travel and the Multiple Worlds of Quantum Physics 22. Epilogue: A Journey Through The Many Worlds of Time 23: References

The 5 Second Rule-Mel Robbins 2017-02-28 Throughout your life, you've had parents, coaches, teachers, friends, and mentors who have pushed you to be better than your excuses and bigger than your fears. What if the secret to having the confidence and courage to enrich your life and work is simply knowing how to push yourself? Using the science habits, riveting stories and surprising facts of some of the most famous moments in history, art and business, Mel Robbins will explain the power of a "push moment." Then, she'll give you one simple tool you can use to become your greatest self. It take just five seconds to use this tool, and every time you do, you'll be in great company. More than 8 million people have watched Mel's TEDx Talk, and executives inside of the world's largest brands are using the tool to increase productivity, collaboration, and engagement. In The 5 Second Rule, you'll discover it takes just five seconds to: Become confident Break the habit of procrastination and self-doubt Beat fear and uncertainty Stop worrying and feel happier Share your ideas with courage The 5 Second Rule is a simple, one-size-fits-all solution for the one problem we all face--we hold ourselves back. The secret isn't knowing what to do--it's knowing how to make yourself do it. p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 12.0px Arial} 5-HOUR WORKDAY-Stephan Aarstol 2016-06-07 A century ago, Henry Ford saw a sea change in worker productivity. It was the industrial revolution. Where others--we hold more profits, Ford had a much grander vision. He invented the eight-hour workday, cut his employees' workdays nearly in half and doubled their pay. Productivity and profitability soared. By giving more to his workers, he changed the quality of life of an entire nation. Today, we're in the midst of a massive productivity shift for knowledge workers. And yet, the eight-hour workday hasn't changed. Until now, that is. This book is about one company that simply asked why. A company that had the courage to try an experiment, toward re-inventing a more sensible, productive, and healthy workday for today's knowledge workers. That company is Tower Paddle Boards, one of the fastest-growing companies in the nation, and one of Mark Cuban's best Shark Tank investments. In this book, you'll learn how the five-hour workday: Improves business operations, efficiency, and profitability Attracts the brightest minds, the hardest workers, and the best performers Stimulates employee performance and increases retention rates Can be implemented and tested at your company, temporarily and without risk Can change your life into something better than you ever imagined possible Great Demo!-Peter E. Cohan 2005-03 Have you ever seen a bad software demo ? Peter Cohan helps organizations put the Wow! into their demos to make them crisp, compelling and successful - to get the job done. He has had roles in four corners: technical, product and field marketing (he was banished to Basel, Switzerland for two years for bad behavior); sales and sales management; senior management (he built a business unit up from an empty spreadsheet into a \$30M per year operation); and, in this last role, he has been that most important of all possible entities, a customer Peter Cohan leverages twenty-five years of experience in selling and marketing business software and as a customer. The Great Demo! method comes directly from the extensive firsthand experiences in developing and delivering software demonstrations, and in coaching others to achieve surprisingly high success rates with their sales and marketing demos. For more information on demonstration methods, guidelines and tips, explore the author's website at www.SecondDerivative.com or contact the author directly at PCohan@SecondDerivative.com.

How to Open Your Own In-Home Bookkeeping Service-Julie A. Mucha-Aydlott 2007-03 'How to Open Your Own In-Home Bookkeeping Service' has been the best kept secret on opening your own successful bookkeeping or accounting business. It has time and time again filled the gap for many entrepreneurs who wanted to go out on their own, but didn't know where to start. Not only does it have the Authors honest approach to self-employment, it also includes the many responsibilities that the bookkeeper or accountant will have. This book includes Where to begin, what Bookkeeping and Accounting Services to offer. What the going hourly rates are for a bookkeeping business. A Step-by-Step guide on how to create Weekly, Monthly or Annual accounting. Information on Preparing Taxes, Estimating Taxes and Depreciation. A special Chapter on Common Questions, Educational Requirements, Mistakes to Avoid and Problem clients. Of course the best kept secret of them all, the most effective marketing ideas and How to get Clients Author Julie A. Mucha Aydlott is Certified Fraud Examiner, and the owner of San Diego Business Accounting Solutions, a Non CPA Firm that specializes in small business accounting and fraud investigations. She has over 18 years of experience in Accounting and Bookkeeping.

The Lazy Project Manager-Peter Taylor 2015-10-26 The Lazy Project Manager shows how adopting a more focused approach to life, projects and work can make us twice as productive. By concentrating project management to exercise effort where it really matters we will work smarter. The simple techniques of lazy project management can help us to work more effectively and improve our work-life balance.

Alcoholics Anonymous-Alcoholics Anonymous 2012-08

The Refusal of Work-David Frayne 2015-11-15 Paid work is absolutely central to the culture and politics of capitalist societies, yet today's work-centred world is becoming increasingly hostile to the human need for autonomy, spontaneity and community. The grim reality of a society in which some are overworked, whilst others are condemned to intermittent work and unemployment, is progressively more difficult to tolerate. In this thought-provoking book, David Frayne questions the central place of work in mainstream political visions of the future, laying bare the ways in which economic demands colonise our lives and priorities. Drawing on his original research into the lives of people who are actively resisting nine-to-five employment, Frayne asks what motivates these people to disconnect from work, whether or not their resistance is futile, and whether they might have the capacity to inspire an alternative form of development, based on a reduction and social redistribution of work. A crucial dissection of the work-centred nature of modern society and emerging resistance to it, The Refusal of Work is a bold call for a more humane and sustainable vision of social progress.

To-do List Formula.

Ten Days in a Mad-Home (EasyRead Comfort Edition)-

The Rob Lipsett Game Plan-Rob Lipsett 2019-01-03 Personal trainer and YouTube favourite, Rob Lipsett, will share with you his secrets to shaping up and getting fit. Focusing on a three step approach, Rob will help you plan and follow a training regime you enjoy, and a sustainable diet that is both realistic and satisfying. · Rob will give you practical advice for getting motivated to incorporate a training regime into your daily life. · He will provide no-nonsense nutritional advice that will ensure you are eating well to maintain muscle tone, lose weight and stay healthy. · He will feature training plans that suit beginners to more advanced gym goers, and routines that can work both at home and in the gym. · He will share 20 of his favourite recipes that anyone can cook, are quick to prepare, healthy and delicious. Available to preorder now.

Kids These Days-Malcolm Harris 2017-11-07 In Kids These Days, early Wall Street occupier Malcolm Harris gets real about why the Millennial generation has been wrongly stereotyped, and dares us to confront and take charge of the consequences now that we are grown up. Millennials have been stereotyped as lazy, entitled, narcissistic, and immature. We've gotten so used to sloppy generational analysis filled with dumb clichés about young people that we've lost sight of what really unites Millennials. Namely: We are the most educated and hardworking generation in American history. We poured historic and insane amounts of time and money into preparing ourselves for the 21st-century labor market. We have been taught to consider working for free (homework, internships) a privilege for our own benefit. We are poorer, more medicated, and more precariously employed than our parents, grandparents, even our great grandparents, with less of a social safety net to boot. Kids These Days is about why. In brilliant, crackling prose, early Wall Street occupier Malcolm Harris gets mercilessly real about our maligned birth cohort. Examining trends like runaway student debt, the rise of the intern, mass incarceration, social media, and more, Harris gives us a portrait of what it means to be young in America today that will wake you up and piss you off.

Millennials were the first generation raised explicitly as investments, Harris argues, and in Kids These Days he dares us to confront and take charge of the consequences now that we are grown up.

The 5 AM Club-Robin Sharma 2018-12-04 Legendary leadership and elite performance expert Robin Sharma introduced The 5am Club concept over twenty years ago, based on a revolutionary morning routine that has helped his clients maximize their productivity, activate their best health and bulletproof their serenity in this age of overwhelming complexity. Now, in this life-changing book, handcrafted by the author over a rigorous four-year period, you will discover the early-rising habit that has helped so many accomplish epic results while upgrading their happiness, helpfulness and feelings of aliveness. Through an enchanting--and often amusing--story about two struggling strangers who meet an eccentric tycoon who becomes their secret mentor, The 5am Club will walk you through: How great geniuses, business titans and the world's wisest people start their mornings to produce astonishing achievements A little-known formula you can use instantly to wake up early feeling inspired, focused and flooded with a fiery drive to get the most out of each day A step-by-step method to protect the quietest hours of daybreak so you have time for exercise, self-renewal and personal growth A neuroscience-based practice proven to help make it easy to rise while most people are sleeping, giving you precious time for yourself to think, express your creativity and begin the day peacefully instead of being rushed "Insider-only" tactics to defend your gifts, talents and dreams against digital distraction and trivial diversions so you enjoy fortune, influence and a magnificent impact on the world Part manifesto for mastery, part playbook for genius-grade productivity and part companion for a life lived beautifully. The 5am Club is a work that will transform your life. Forever.

Getting Results the Agile Way-J. D. Meier 2010 A guide to the Agile Results system, a systematic way to achieve both short- and long-term results that can be applied to all aspects of life.

A Better Life-Rebecca Smith 2020-05-19 The founder of Better Life Bags, Rebecca Smith, teaches us how to take little steps, say yes when God calls, and follow the passion He has given us. Let love stretch you. As the founder of one of the most popular custom handbag companies in the country, Rebecca Smith knows a thing or two about business. A highly successful entrepreneur in a world where the focus is on scalability, brand strategy, and global marketing, Rebecca Smith also knows the truth: that every success she's experienced at Better Life Bags has been the result of very small, very ordinary, very obedient steps of faith. Moving from Savannah, Georgia, to Hamtramck, Michigan, was culture shock enough for Rebecca. But trying to feel at home in a city where twenty-six different languages were spoken and most of the inhabitants were immigrants seemed downright impossible. It was only when Rebecca recognized that God had called her to this specific neighborhood at this particular moment in time that his plans began to unfold for her. Stepping forward into the place God had called her - a place that seemed messy and uncomfortable and unfamiliar - Rebecca discovered the true secret to success: when we slow down, pay attention, and trust that still, small voice of God to guide us, we just might change the world. Though Rebecca never set out to build a brand or create an empire, God saw Rebecca's heart for others, and began to multiply her efforts in ways she could have never imagined, creating a company where women from different cultures, faiths, and backgrounds work together for the good of others - for a better life. As you read this inspiring story, you will discover how to hear and follow God's voice for yourself as you slow down, take one small step at a time, and make a difference in the world right where you are.

You Can Win-Shiv Khera 2018-11-30 Winners don't different things, they do things differently A practical, common-sense guide that will lead you from ancient wisdom to modern-day thinking, You Can Win will help you to establish new goals, develop a renewed sense of purpose, and generate fresh and exciting ideas about yourself and your future. Shiv Khera guarantees, as the title suggests, a lifetime of success. The book enables you to translate positive thinking into attitude, ambition and action, all of which combine to give you the winning edge. This book will help you to: · Build confidence by mastering the seven steps to positive thinking; · Be successful by turning weaknesses into strengths; · Gain credibility by doing the right things for the right reasons; · Take charge by controlling things instead of letting them control you; · Build trust by developing mutual respect with the people around you; and · Accomplish more by removing the barriers to effectiveness.

Black Business Secrets-Dante Lee 2010-11-15 "Should I lower my price point? Give my new product away for free online? How do I compete when my goods, services, or business model might be duplicated?" In this candid, 21st-century-savvy guide, Dante Lee illustrates how passion can become profit by addressing the questions that every businessperson needs to ask. Black Business Secrets discusses the entrepreneurial skills that African-American business owners must master in order to compete in a world where most new companies fail within three years. Whether you're a weekend entrepreneur or a career-changing professional, Lee's motto--"don't be a worrier, be a warrior"--applies. From personal branding to best practices, this empowering blueprint offers surefire tips and strategies designed to ensure business survival and success.

Losertink-Scott Adams 2019 What is losertink? If you've been on social media lately, or turned on your TV, you may have noticed there are a lot of dumb ideas floating around out there. "We know when history will repeat and when it won't." "We can tell the difference between evidence and coincidences." "The simplest explanation is usually true." "Stay in your channel." Wrong, wrong, dangerous, and wrong! These false beliefs are the result of what Scott Adams, the creator of the Dilbertcomic and a lifelong student of group psychology, calls losertink. Losertink is the epidemic of sneaky mental habits trapping its victims in their own bubbles of reality. Even the smartest and most educated among us can slip into its seductive grasp. If we're not careful, losertink would have us believe that every Trump supporter is a bigoted racist, adids should be responsible for fixing the opioid epidemic, any form of gun control is a slippery slope to full confiscation, and that your relationship fell apart simply because you chewed with your mouth open. This book will teach you how to spot and avoid losertink before it starts to influence you--and will give you scripts to respond when it's being brandished against you, whether by well-intentioned friends, strangers on the internet, or political pundits. You'll learn the best defense against emotionally powerful but vacuous arguments and how to spot the underlying causes of losertink, like the inability to get ego out of your decisions, thinking with words instead of reasons, failing to imagine alternative explanations, and making too much of coincidences. Using his patented blend of humor and social satire, along with candid examples of falling prey to losertink from his own past, Adams offers elegant analytical frameworks for clear thinking, evoking the mental models of scientists, economists, entrepreneurs, and artists. Your bubble of reality doesn't have to be a prison. This book will show you how to break free-and, what's more, to be among the most perceptive and respected thinkers in every conversation.

Complete Irish Tin Whistle-MIZZY MCCASKILL 2015-09-04 An extremely well-written, thorough study into contemporary and traditional tinwhistle music and performance. Included are chapters on fundamentals, ornamentation and more. Includes an accompaniment CD

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