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The Power of Habit: by Charles Duhigg | Summary & Analysis

Michel Foucault offers an iconoclastic exploration of why we feel compelled to continually analyze and discuss sex, and of the social and mental mechanisms of power that cause us to direct the questions of what we are to what our sexuality is.

The Power of Moments

Change is hard. It doesn't have to be. We all know that change is hard. It's unsettling, it's time-consuming, and all too often we give up at the first sign of a setback. But why do we insist on seeing the obstacles rather than the goal? This is the question that bestselling authors Chip and Dan Heath tackle in their compelling and insightful book. They argue that we need only understand how our minds function in order to unlock shortcuts to switches in behaviour. Illustrating their ideas with scientific studies and remarkable real-life turnarounds - from the secrets of successful marriage counselling to the pile of gloves that transformed one company's finances - the brothers Heath prove that deceptively simple methods can yield truly extraordinary results.

The Moment of Lift

A fresh, effective, and enduring way to lead—starting with your next interaction
Most leaders feel the inevitable interruptions in their jam-packed days are troublesome. But in TouchPoints, Conant and Norgaard argue that these—and every point of contact with other people—are overlooked opportunities for leaders to increase their impact and promote their organization's strategy and values. Through previously untold stories from Conant's tenure as CEO of Campbell Soup Company and Norgaard's vast consulting experience, the authors show that a leader's impact and legacy are built through hundreds, even thousands, of interactive moments in time. The good news is that anyone can develop "TouchPoint" mastery by focusing on three essential components:

head, heart, and hands. TouchPoints speaks to the theory and craft of leadership, promoting a balanced presence of rational, authentic, active, and wise leadership practices. Leadership mastery in the smallest and otherwise ordinary moments can transform aimless activity in individuals and entropy in organizations into focused energy—one magical moment at a time.

Moments of Impact

Detailed summary and analysis of The Power of Habit.

The Method of Moments in Electromagnetics, Second Edition

To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, "The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death." Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, The Power of Now is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

Dallas Got It Right!

"Seize this opportunity! Explore this terrific book and let Jim White help you maximize the defining moments in your life. Your attitudes, your character, your priorities, your relationships, and your future will never be the same!" - Lee Strobel, author of "The Case for Christ and "The Case for Faith Seize the Most Important Moments of Your Life. In the Western world, we think of time as the passage of minute and hours, days and weeks. But biblical writers used a word that gives time a deeper meaning, "kairos, which speaks to the very quality and content of time itself. All time is not the same. Every moment is not equal. Some moments simply pass. Others are filled with opportunity, pregnant with eternal significance and possibility. In light of heaven, there can be no doubt about the significance that fills the "kairos moments. These are the moments that determine life itself. In "Your Life's Defining Moments: Choosing Wisely When It Counts, you'll explore the most pivotal moments in human experience and learn how you can use them to be transformed into the person you were created to be.

Difficult Conversations by Douglas Stone, Bruce Patton, and Sheila Heen (Summary)

First with your head and then with your heart So says Hoppie Groenewald, boxing champion, to a seven-year-old boy who dreams of being the welterweight champion of the world. For the young Peekay, its a piece of advice he will carry with him throughout his life. Born in a South Africa divided by racism and hatred, this one small boy will come to lead all the tribes of Africa. Through enduring friendships with Hymie and Gideon, Peekay gains the

strength he needs to win out. And in a final conflict with his childhood enemy, the Judge, Peekay will fight to the death for justice.

The Myth of the Garage

As a leader, have you ever wondered why your organization can't seem to get it right? Or why your teams, smart and capable as they may be, aren't able to work together to solve problems or meet company goals? Mark Colgate's 8 Moments of Power is the missing piece for those hoping to orchestrate a change. Through effective coaching, Colgate contends, organizations learn to set their direction, communicate intent and describe desired values. With these strategies set, everyone – regardless of the level or position – will see and enjoy the benefits of an improved organization.

The Power of One

Why is Dallas the fastest growing city in America? Find the answers in Dallas Got It Right!

212 The Extra Degree

When people experience a traumatic event, such as war or the threat of annihilation, they often turn to history for stories that promise a positive outcome to their suffering. During World War II, the French took comfort in the story of Joan of Arc and her heroic efforts to rid France of foreign occupation. To bring the Joan narrative more into line with current circumstances, however, popular retellings modified the original story so that what people believed took place in the past was often quite different from what actually occurred. Paul A. Cohen identifies this interplay between story and history as a worldwide phenomenon, found in countries of radically different cultural, religious, and social character. He focuses here on Serbia, Israel, China, France, the Soviet Union, and Great Britain, all of which experienced severe crises in the twentieth century and, in response, appropriated age-old historical narratives that resonated with what was happening in the present to serve a unifying, restorative purpose. A central theme in the book is the distinction between popular memory and history. Although vitally important to historians, this distinction is routinely blurred in people's minds, and the historian's truth often cannot compete with the power of a compelling story from the past, even when it has been seriously distorted by myth or political manipulation. Cohen concludes by suggesting that the patterns of interaction he probes, given their near universality, may well be rooted in certain human propensities that transcend cultural difference.

Life-defining Moments

Jim and Lori Ellis have created over 1,000 powerful affirmations you can speak over your life. Stronger relationships, a successful future, a healthier lifestyle, improved finances, and deeper spirituality with Power Moments. You can begin creating the world you want today through the life-changing and future-shaping power found in God's Word. **BELIEVE** The power within the Word to bring change **WRITE** To bring focus and vision in what we believe **SPEAK** The future into existence through the power of words. **EXPECT** Results through the Word for a powerful and successful outcome.

I'll Push You

An Easy to Digest Summary Guide ” BONUS MATERIAL AVAILABLE INSIDE “ If you're looking for alternative methods to heal from certain diseases or you're simply looking to recharge your mitochondrial health for a more energizing life experience, you're going to want to read this one.. The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? Maybe you haven't read the book, but want a short summary to save time? Maybe you'd just like a summarized version to refer to in the future? In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today. NOTE: To Purchase the "The Power of Moments"(full book); which this is not, simply type in the name of the book in the search bar of Amazon

The Productivity Project

New York Times bestselling author Dan Heath explores how to prevent problems before they happen, drawing on insights from hundreds of interviews with unconventional problem solvers. So often in life, we get stuck in a cycle of response. We put out fires. We deal with emergencies. We stay downstream, handling one problem after another, but we never make our way upstream to fix the systems that caused the problems. Cops chase robbers, doctors treat patients with chronic illnesses, and call-center reps address customer complaints. But many crimes, chronic illnesses, and customer complaints are preventable. So why do our efforts skew so heavily toward reaction rather than prevention? Upstream probes the psychological forces that push us downstream—including “ problem blindness, ” which can leave us oblivious to serious problems in our midst. And Heath introduces us to the thinkers who have overcome these obstacles and scored massive victories by switching to an upstream mindset. One online travel website prevented twenty million customer service calls every year by making some simple tweaks to its booking system. A major urban school district cut its dropout rate in half after it figured out that it could predict which students would drop out—as early as the ninth grade. A European nation almost eliminated teenage alcohol and drug abuse by deliberately changing the nation ’ s culture. And one EMS system accelerated the emergency-response time of its ambulances by using data to predict where 911 calls would emerge—and forward-deploying its ambulances to stand by in those areas. Upstream delivers practical solutions for preventing problems rather than reacting to them. How many problems in our lives and in society are we tolerating simply because we ’ ve forgotten that we can fix them?

The Power of Protest

NEW YORK TIMES BESTSELLER • The instant classic about why some ideas thrive, why others die, and how to improve your idea ’ s chances—essential reading in the “ fake news ” era. Mark Twain once observed, “ A lie can get halfway around the world before the truth can even get its boots on. ” His observation rings true: Urban legends, conspiracy theories, and bogus news stories circulate effortlessly. Meanwhile, people with important ideas—entrepreneurs, teachers, politicians, and journalists—struggle to make them “ stick. ” In Made to Stick, Chip and Dan Heath reveal the anatomy of ideas that stick and explain ways to make ideas stickier, such as applying the human scale principle, using the Velcro Theory of Memory, and creating

curiosity gaps. Along the way, we discover that sticky messages of all kinds—from the infamous “kidney theft ring” hoax to a coach’s lessons on sportsmanship to a vision for a new product at Sony—draw their power from the same six traits. Made to Stick will transform the way you communicate. It’s a fast-paced tour of success stories (and failures): the Nobel Prize-winning scientist who drank a glass of bacteria to prove a point about stomach ulcers; the charities who make use of the Mother Teresa Effect; the elementary-school teacher whose simulation actually prevented racial prejudice. Provocative, eye-opening, and often surprisingly funny, Made to Stick shows us the vital principles of winning ideas—and tells us how we can apply these rules to making our own messages stick. BONUS: This edition contains an excerpt from Chip Heath and Dan Heath's Switch.

The Workplace Writer's Process

The four principles that can help us to overcome our brains' natural biases to make better, more informed decisions--in our lives, careers, families and organizations. In Decisive, Chip Heath and Dan Heath, the bestselling authors of Made to Stick and Switch, tackle the thorny problem of how to overcome our natural biases and irrational thinking to make better decisions, about our work, lives, companies and careers. When it comes to decision making, our brains are flawed instruments. But given that we are biologically hard-wired to act foolishly and behave irrationally at times, how can we do better? A number of recent bestsellers have identified how irrational our decision making can be. But being aware of a bias doesn't correct it, just as knowing that you are nearsighted doesn't help you to see better. In Decisive, the Heath brothers, drawing on extensive studies, stories and research, offer specific, practical tools that can help us to think more clearly about our options, and get out of our heads, to improve our decision making, at work and at home.

#NOW

The Power of Moments: Why Certain Experiences Have Extraordinary Impact - Chip Heath & Dan Heath - Book Summary - OneHour Reads
LIMITED TIME OFFER! Of \$5.99 (Regular Price Of \$7.99 From Oct. 30) The book "THE POWER OF MOMENTS" is an embodiment of knowledge. It is an enlightenment that helps every reader to realize the hidden power in moments that go unnoticed. Moments that make a mark and can become defining to the life of any individual and also stay in memory for years to come. The book is arranged in stages ranging to the definition of moments, characteristics of the moments, to how such moments can be achieved, why such moments need to be achieved and how such event successfully become a part of our individual stories and memory. This book summarizes the book in detail, to make for easier understanding of the original book and to help people to effectively understand, articulate, imbibe and practicalize the ideas given by Chip Heath & Dan Heath. Contained herein, is an Executive Summary of the original book Key Takeaways Brief chapter-by-chapter summaries & Some information about the author(s) To get this book and learn in minutes how to create such extraordinary moments in our life and work, Scroll Up Now and Click on the "Buy now with 1-Click" Button to Download your Copy Right Away! Enjoy this edition instantly on your Kindle device! Now available in paperback and digital editions.

8 Moments of Power in Coaching

Time is limited. Attention is scarce. Are you engaging your customers? Apple Stores, Disney, LEGO, Starbucks. Do these names conjure up images of mere

goods and services, or do they evoke something more--something visceral? Welcome to the Experience Economy, where businesses must form unique connections in order to secure their customers' affections--and ensure their own economic vitality. This seminal book on experience innovation by Joe Pine and Jim Gilmore explores how savvy companies excel by offering compelling experiences for their customers, resulting not only in increased customer allegiance but also in a more profitable bottom line. Translated into thirteen languages, The Experience Economy has become a must-read for leaders of enterprises large and small, for-profit and nonprofit, global and local. Now with a brand-new preface, Pine and Gilmore make an even stronger case for experiences as the critical link between a company and its customers in an increasingly distractible and time-starved world. Filled with detailed examples and actionable advice, The Experience Economy helps companies create personal, dramatic, and even transformative experiences, offering the script from which managers can generate value in ways aligned with a strong customer-centric strategy.

History and Popular Memory

NEW YORK TIMES BESTSELLER “ In her book, Melinda tells the stories of the inspiring people she ’ s met through her work all over the world, digs into the data, and powerfully illustrates issues that need our attention—from child marriage to gender inequity in the workplace. ” — President Barack Obama “ The Moment of Lift is an urgent call to courage. It changed how I think about myself, my family, my work, and what ’ s possible in the world. Melinda weaves together vulnerable, brave storytelling and compelling data to make this one of those rare books that you carry in your heart and mind long after the last page. ” — Bren é Brown, Ph.D., author of the New York Times #1 bestseller Dare to Lead “ Melinda Gates has spent many years working with women around the world. This book is an urgent manifesto for an equal society where women are valued and recognized in all spheres of life. Most of all, it is a call for unity, inclusion and connection. We need this message more than ever. ” — Malala Yousafzai "Melinda Gates's book is a lesson in listening. A powerful, poignant, and ultimately humble call to arms." — Tara Westover, author of the New York Times #1 bestseller Educated A debut from Melinda Gates, a timely and necessary call to action for women's empowerment. “ How can we summon a moment of lift for human beings — and especially for women? Because when you lift up women, you lift up humanity. ” For the last twenty years, Melinda Gates has been on a mission to find solutions for people with the most urgent needs, wherever they live. Throughout this journey, one thing has become increasingly clear to her: If you want to lift a society up, you need to stop keeping women down. In this moving and compelling book, Melinda shares lessons she ’ s learned from the inspiring people she ’ s met during her work and travels around the world. As she writes in the introduction, “ That is why I had to write this book—to share the stories of people who have given focus and urgency to my life. I want all of us to see ways we can lift women up where we live. ” Melinda ’ s unforgettable narrative is backed by startling data as she presents the issues that most need our attention—from child marriage to lack of access to contraceptives to gender inequity in the workplace. And, for the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world—and ourselves. Writing with emotion, candor, and grace, she introduces us to remarkable women and shows the power of connecting with one another. When we lift others up, they lift us up, too.

The Writer's Process

A combination of current events and proud history, The Power of Protest reviews all of the protests that have shaped our society, as well as those at work

RIGHT NOW at reshaping the system. Includes beautiful photography alongside current resources for you to continue to fight the injustices that remain in our culture — The Power of Protest will inspire you to be the change you wish to see in the world! Times of great change did not occur by man's desire for change. They were fought for, battled into being, through protest and persistence. As we continue to push for justice, rights we now take for granted were born through protests like those we are waging today. The true impact of activism may not be felt for a generation but that alone is a reason to fight rather than forfeit our freedoms. Looking to our history, the peoples history, we can see how society was shaped by those citizens who refused to give up. How do we want to pick up their mantle? Organized by cause, in an oversized package with photographs and timelines that chronicles protests throughout our global history — you'll find information on modern movements that you can get involved in, the stories and origins of those causes, as well as inspirational quotes from leaders and scholars throughout. Activists and those interested in activism can read about the fight for equal rights of all races, all sexes, all genders and explore how their cause has shaped the world. What did the journey look like from the women's right to vote to modern feminism? What was the path taken by race activists as they changed history, from abolitionists to black lives matter? This visual history covers all aspects of protests that shaped our society, including: The Fight for Women's Rights The Fight for Race Rights The Fight for Gay (LGBTQ+) Rights The Fight for Peace & Freedom The Fight for Worker's Rights Specific modern causes such as Gun Violence (responses and protests from Columbine to Parkland) and more As Margaret Mead said, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

The Power of Now

2018 ECPA Christian Book Award Winner 2018 Christopher Award Winner Two best friends, 500 miles, one wheelchair, and the challenge of a lifetime. Friendship takes on new meaning in this true story of Justin and Patrick, born less than two days apart in the same hospital. Best friends their whole lives, they grew up together, went to school together, and were best man in each other ' s weddings. When Justin was diagnosed with a neuromuscular disease that robbed him of the use of his arms and legs, Patrick was there, helping to feed and care for him in ways he ' d never imagined. Determined to live life to the fullest, the friends refused to give into despair or let physical limitations control what was possible for Justin. So when Justin heard about the Camino de Santiago, a 500-mile trek through Spain, he wondered aloud to Patrick whether the two of them could ever do it. Patrick ' s immediate response was: " I ' ll push you. " I ' ll Push You is the real-life story of this incredible journey. A travel adventure full of love, humor, and spiritual truth, it exemplifies what every friendship is meant to be and shows what it means to never find yourself alone. You ' ll discover how love and faith can push past all limits—and make us the best versions of ourselves.

The History of Sexuality

THE NEW YORK TIMES BESTSELLER What if a teacher could design a lesson that he knew his students would remember twenty years later? What if a doctor or nurse knew how to orchestrate moments that would bring more comfort to patients? What if you had a better sense of how to create memories that matter for your children? In this latest bestseller by the authors of Switch and Made to Stick, Chip and Dan Heath explore why certain brief experiences can jolt, elevate and change us - and how we can learn to create such extraordinary moments in our own life and work. Many of the defining moments in our lives are the result of accident or luck - but why leave our most meaningful, memorable moments to chance when we can create them? In

The Power of Moments, Chip and Dan Heath explore the stories of people who have created standout moments, from the owners who transformed an utterly mediocre hotel into one of the best-loved properties in Los Angeles by conjuring moments of magic for guests, to the scrappy team that turned around one of the worst elementary schools in the country by embracing an intervention that lasts less than an hour. Filled with remarkable tales and practical insights, The Power of Moments proves we all have the power to transform ordinary experiences into unforgettable ones. PRAISE FOR THE POWER OF MOMENTS: 'Beautifully written, brilliantly researched' Angela Duckworth, bestselling author of GRIT 'The most interesting, immediately actionable book I ' ve read in quite a while If life is a series of moments, the Heath brothers have transformed how I plan to spend mine' Adam Grant, bestselling author of ORIGINALS and OPTION B, with Sheryl Sandberg

The Experience Economy, With a New Preface by the Authors

A former paramedic ' s visceral, poignant, and mordantly funny account of a decade spent on Atlanta ' s mean streets saving lives and connecting with the drama and occasional beauty that lies inside catastrophe. In the aftermath of 9/11 Kevin Hazzard felt that something was missing from his life—his days were too safe, too routine. A failed salesman turned local reporter, he wanted to test himself, see how he might respond to pressure and danger. He signed up for emergency medical training and became, at age twenty-six, a newly minted EMT running calls in the worst sections of Atlanta. His life entered a different realm—one of blood, violence, and amazing grace. Thoroughly intimidated at first and frequently terrified, he experienced on a nightly basis the adrenaline rush of walking into chaos. But in his downtime, Kevin reflected on how people ' s facades drop away when catastrophe strikes. As his hours on the job piled up, he realized he was beginning to see into the truth of things. There is no pretense five beats into a chest compression, or in an alley next to a crack den, or on a dimly lit highway where cars have collided. Eventually, what had at first seemed impossible happened: Kevin acquired mastery. And in the process he was able to discern the professional differences between his freewheeling peers, what marked each—as he termed them—as “ a tourist, ” “ true believer, ” or “ killer. ” Combining indelible scenes that remind us of life ' s fragile beauty with laugh-out-loud moments that keep us smiling through the worst, A Thousand Naked Strangers is an absorbing read about one man ' s journey of self-discovery—a trip that also teaches us about ourselves.

Summary the Power of Moments

A fresh, personal, and entertaining exploration of a topic that concerns all of us: how to be more productive at work and in every facet of our lives. Chris Bailey turned down lucrative job offers to pursue a lifelong dream—to spend a year performing a deep dive experiment into the pursuit of productivity, a subject he had been enamored with since he was a teenager. After obtaining his business degree, he created a blog to chronicle a year-long series of productivity experiments he conducted on himself, where he also continued his research and interviews with some of the world ' s foremost experts, from Charles Duhigg to David Allen. Among the experiments that he tackled: Bailey went several weeks with getting by on little to no sleep; he cut out caffeine and sugar; he lived in total isolation for 10 days; he used his smartphone for just an hour a day for three months; he gained ten pounds of muscle mass; he stretched his work week to 90 hours; a late riser, he got up at 5:30 every morning for three months—all the while monitoring the impact of his experiments on the quality and quantity of his work. The Productivity Project—and the lessons Chris learned—are the result of that year-long journey. Among the

counterintuitive insights Chris Bailey will teach you: - slowing down to work more deliberately; - shrinking or eliminating the unimportant; - the rule of three; - striving for imperfection; - scheduling less time for important tasks; - the 20 second rule to distract yourself from the inevitable distractions; - and the concept of productive procrastination. In an eye-opening and thoroughly engaging read, Bailey offers a treasure trove of insights and over 25 best practices that will help you accomplish more.

SUMMARY: the Power of Moments: Why Certain Experiences Have Extraordinary Impact

Two leading experts on "strategic conversation design" present creative methods for enabling teams to address issues while minimizing resource-depleting workshops and meetings, providing diagnostic questions, best practices, and advice.

Decisive

The Secrets of Business Writing Success If writing is any part of your job, you owe it to yourself to figure out how to get it done consistently, efficiently, and successfully. This book covers the business communication skills no one teaches you in writing class: How to collaborate effectively with stakeholders or subject matter experts Why the style guide is your friend, and how to create one for your business The most efficient way to approach revision How to set up your projects to sail through reviews and approvals The Workplace Writer's Process is filled with actionable advice that you can use immediately to finish more projects in less time and create content that fuels your career success.

Game Changers

At 211o water is hot. At 212o, it boils. And with boiling water, comes steam. And steam can power a locomotive. The one extra degree makes the difference. This simple analogy reflects the ultimate definition of excellence. Because it's the one extra degree of effort, in business and life, that can separate the good from the great. In 212 The Extra Degree Sam Parker and Mac Anderson gives solid examples of how to incorporate the 212o philosophy into all aspects of your life - at work, with friends and as a parent. Great quotes and great stories illustrate the 212o concept in a memorable format. A warning once you read it, it will be hard to forget.

Marjorie's Vacation

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. Learn how to approach difficult conversations and discuss what matters most. Difficult conversations are a part of everyday life. Each day we either attempt or avoid such conversations, whether it ' s confronting an underperforming employee or simply disagreeing with a spouse. Unfortunately, these tough conversations are inevitable so perhaps it ' s time to learn how to have one productively. Thankfully, authors Douglas Stone, Bruce Patton, and Sheila Heen have put together tips and tricks to help you become better at communicating. As you read, you ' ll learn about the

common mistakes people make when having difficult conversations as well as how to arm yourself with the tools you need to prevent them. In the end, you ' ll learn how to communicate effectively and have difficult conversations without hurting anyone in the process. Keep reading to learn how every discussion has Three Conversations and how you can approach and improve each one for more meaningful, purposeful conversations.

TouchPoints

" shows how perseverance can be used to unlock potential and turn ordinary into extraordinary. It shares the mindset choices that can help you and your team live to your potential and achieve"--Amazon.com.

The Power of Glamour

Want to be a better writer? Perfect your process. For example, do you fear the blank page? You may be skipping the essential early phases of writing. Do you generate swarms of ideas but never publish anything? You need strategies to focus and persist to the finish. When you learn to work with your brain instead of against it, you'll get more done and have more fun. Master the inner game of writing The Writer's Process combines proven practices of successful authors with cognitive science research about how our minds work. You'll learn: How to invite creativity and flow into the writing process Why separating the writing process into different steps makes you more productive How to overcome writer's block, negative feedback, and distractions How to make time for writing in a busy, interrupt-driven life It's filled with ideas that you can put into practice immediately. The Writer's Process is a 2017 Readers' Favorite Gold Medal Winner and a Foreword INDIES Book of the Year Silver Award winner.

Made to Stick

Now Covers Dielectric Materials in Practical Electromagnetic Devices The Method of Moments in Electromagnetics, Second Edition explains the solution of electromagnetic integral equations via the method of moments (MOM). While the first edition exclusively focused on integral equations for conducting problems, this edition extends the integral equation framework to treat objects having conducting as well as dielectric parts. New to the Second Edition Expanded treatment of coupled surface integral equations for conducting and composite conducting/dielectric objects, including objects having multiple dielectric regions with interfaces and junctions Updated topics to reflect current technology More material on the calculation of near fields Reformatted equations and improved figures Providing a bridge between theory and software implementation, the book incorporates sufficient background material and offers nuts-and-bolts implementation details. It first derives a generalized set of surface integral equations that can be used to treat problems with conducting and dielectric regions. Subsequent chapters solve these integral equations for progressively more difficult problems involving thin wires, bodies of revolution, and two- and three-dimensional bodies. After reading this book, students and researchers will be well equipped to understand more advanced MOM topics.

Leaders Press On

The New York Times bestselling authors of *Switch* and *Made to Stick* explore why certain brief experiences can jolt us and elevate us and change us—and how we can learn to create such extraordinary moments in our life and work. While human lives are endlessly variable, our most memorable positive moments are dominated by four elements: elevation, insight, pride, and connection. If we embrace these elements, we can conjure more moments that matter. What if a teacher could design a lesson that he knew his students would remember twenty years later? What if a manager knew how to create an experience that would delight customers? What if you had a better sense of how to create memories that matter for your children? This book delves into some fascinating mysteries of experience: Why we tend to remember the best or worst moment of an experience, as well as the last moment, and forget the rest. Why “we feel most comfortable when things are certain, but we feel most alive when they’re not.” And why our most cherished memories are clustered into a brief period during our youth. Readers discover how brief experiences can change lives, such as the experiment in which two strangers meet in a room, and forty-five minutes later, they leave as best friends. (What happens in that time?) Or the tale of the world’s youngest female billionaire, who credits her resilience to something her father asked the family at the dinner table. (What was that simple question?) Many of the defining moments in our lives are the result of accident or luck—but why would we leave our most meaningful, memorable moments to chance when we can create them? *The Power of Moments* shows us how to be the author of richer experiences.

SUMMARY: The Power of Moments: Why Certain Experiences Have Extraordinary Impact: BY Chip Heath & Dan Heath | The MW Summary Guide

FOR DISTRIBUTION OUTSIDE THE USA. Halftime. Time to pause, midway in the game of your life, and consider how to make the transition from professional success to significance. Revised and expanded for a new generation of leaders, Bob Buford's bestseller shows how you can make the second half of your life even more rewarding than the first.

The Power of Moments

The bestselling author of *Head Strong* and *The Bulletproof Diet* answers the question, “How can I kick more ass at life?” by culling the wisdom of world-class thought leaders, maverick scientists, and disruptive entrepreneurs to provide proven techniques for becoming happier, healthier, and smarter. When Dave Asprey started his *Bulletproof Radio* podcast more than five years ago, he sought out influencers in an array of disciplines, from biochemists toiling in unknown laboratories to business leaders changing the world to mediation masters discovering inner peace. His guests were some of the top performing humans in the world, people who had changed their areas of study or even pioneered entirely new fields. Dave wanted to know: What did they have in common? What mattered most to them? What made them so successful—and what made them tick? At the end of each interview, Dave asked the same question: “What are your top three recommendations for people who want to perform better at being human?” After performing a statistical analysis of the answers, he found that the wisdom gleaned from these highly successful people could be distilled into three main objectives: finding ways to become smarter, faster, and happier. *Game Changers* is the culmination of Dave’s years-long immersion in these conversations, offering 46 science-backed, high performance “laws” that are a virtual playbook for how to get better at life. With anecdotes from game changers like Dr. Daniel Amen, Gabby Bernstein, Dr. David Perlmutter, Arianna Huffington, Esther Perel, and Tim Ferris as well as examples from Dave’s own life, *Game Changers* offers readers

practical advice they can put into action to reap immediate rewards. From taming fear and anxiety to making better decisions, establishing high-performance habits, and practicing gratitude and mindfulness, Dave brings together the wisdom of today ' s game-changers to help everyone kick more ass at life.

Upstream

An Easy to Digest Summary Guide **BONUS MATERIAL AVAILABLE INSIDE** The Mindset Warrior Summary Guides, provides you with a unique summarized version of the core information contained in the full book, and the essentials you need in order to fully comprehend and apply. Maybe you've read the original book but would like a reminder of the information? Maybe you haven't read the book, but want a short summary to save time?

Maybe you'd just like a summarized version to refer to in the future? In any case, The Mindset Warrior Summary Guides can provide you with just that. Lets get Started. Download Your Book Today.. **NOTE:** To Purchase the "The Power of Moments"(full book); which this is not, simply type in the name of the book in the search bar of your bookstore.

The Power of Moments

Marjorie and her family spend the summer at Grandma's farm.

Halftime

Do you ever feel stressed? Of course you do. One way we cope is to lower expectations, but we miss what may make us stronger. This book offers valuable insights into an alternative. You can choose to nurture a Nowist mindset and by seeking joy in the flow of life, you will discover your natural power to take action and keep moving forward. We live in the present but carry the anxieties of the past and concerns of the future with us at all times. Yet, you can only directly think, do, or change anything at the point of now. Realising this, you can learn to transform your life with every moment. #NOW helps you to embrace the fullness of everyday life. It encourages you to move beyond surviving, or coping, to joyfully and effortlessly live in harmony with the demands of your work – life balance. Instead of passively hiding or becoming overwhelmed, you can actively leap into the best that life has to offer. Discover the power of your #NOW that enables you to take action, make decisions fast and effectively, and enjoy the moment while creating a successful and happy future.

Switch

An exploration of glamour, a potent cultural force that influences where people choose to live, which careers to pursue, where to invest, and how to vote, offers empowerment to be smarter about engaging with the world.

Power Moments

The marketing playbook for the Subscription Economy, now in its 3rd edition Subscriptions are upending industries and reshaping customer expectations. Have you changed your marketing practices to thrive in this new reality? A successful subscription business is built on lasting relationships, not one-time sales. Stop chasing sales and start creating value. The third edition of this ground-breaking book offers updated advice for solopreneurs, small businesses, fast-growing start-ups, and large enterprises alike. You ' ll find creative practices that will help you build and sustain the customer relationships that lead to long-term success. The revised third edition includes: – Updated research and case studies reflecting the rapid growth of subscription-based businesses – New chapters focusing on the needs of solopreneurs or small businesses and entrepreneurs/start-ups. – An expanded look at the risks and rewards of values-based marketing Whether you already have subscription revenues or you want to build an ongoing relationship with existing customers, you can adopt the practices and mindsets of the most successful subscription businesses. Find out why Book Authority considers Subscription Marketing to be one of the top marketing strategy books of all time.

A Thousand Naked Strangers

The New York Times bestselling authors of Switch and Made to Stick explore why certain brief experiences can jolt us and elevate us and change us—and how we can learn to create such extraordinary moments in our life and work. While human lives are endlessly variable, our most memorable positive moments are dominated by four elements: elevation, insight, pride, and connection. If we embrace these elements, we can conjure more moments that matter. What if a teacher could design a lesson that he knew his students would remember twenty years later? What if a manager knew how to create an experience that would delight customers? What if you had a better sense of how to create memories that matter for your children? This book delves into some fascinating mysteries of experience: Why we tend to remember the best or worst moment of an experience, as well as the last moment, and forget the rest. Why “ we feel most comfortable when things are certain, but we feel most alive when they ' re not. ” And why our most cherished memories are clustered into a brief period during our youth. Readers discover how brief experiences can change lives, such as the experiment in which two strangers meet in a room, and forty-five minutes later, they leave as best friends. (What happens in that time?) Or the tale of the world ' s youngest female billionaire, who credits her resilience to something her father asked the family at the dinner table. (What was that simple question?) Many of the defining moments in our lives are the result of accident or luck—but why would we leave our most meaningful, memorable moments to chance when we can create them? The Power of Moments shows us how to be the author of richer experiences.

Subscription Marketing

From Chip and Dan Heath, the bestselling authors of Switch and Made to Stick, comes The Myth of the Garage and other minor surprises, a collection of the authors' best columns for Fast Company magazine. There are 16 pieces in all, plus a previously unpublished piece entitled 'The Future Fails Again'. In Myth, the Heath brothers tackle some of the most (and least) important issues in the modern business world: - Why you should never buy another mutual fund ('The Horror of Mutual Funds') - Why your gut may be more ethical than your brain ('In Defense of Feelings') - How to communicate with numbers

in a way that changes decisions ('The Gripping Statistic') - Why the 'Next Big Thing' often isn't ('The Future Fails Again') - Why you may someday pay \$300 for a pair of socks ('The Inevitability of \$300 Socks') - And 12 others . . . Punchy, entertaining, and full of unexpected insights, the collection is the perfect companion for a short flight (or a long meeting).

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