

# Become A Speed Demon Productivity Tricks To Have More Time

How People Learn  
The OEE Primer  
Becoming a Knowledge-Sharing Organization  
The New Harvest  
Faster  
Radical Markets Can't Hurt Me  
How to be a Productivity Ninja  
2019 UPDATED EDITION  
Peopleware  
Neuro-Discipline  
The Free-Time Formula  
Teaching Adolescents to Become Learners  
Learn Better  
The Devil's Playground  
tmux 2  
The Feedback Imperative  
Become a SuperLearner  
In Praise of Slow  
Super Thinking  
Limitless  
Become a SpeedDemon  
The Alter Ego Effect  
Faster Together  
Harvesting Prosperity  
Polymath: Master Multiple Disciplines, Learn New Skills, Think Flexibly, and Become Extraordinary  
Autodidact  
PivotUpstarts!: How GenY Entrepreneurs are Rocking the World of Business and 8 Ways You Can Profit from Their Success  
Organizational Linkages  
Speed Reading  
Code Simplicity  
Less Doing, More Living  
The SPEED of Trust  
Practical Microservices  
Environmental Risk Assessment of Soil Contamination  
Inside Broadmoor  
Aeronautical Technologies for the Twenty-First Century  
A Century of Innovation  
The Geography of Transport Systems  
Take Back Your Life!  
Healing at the Speed of Sound

## How People Learn

A WALL STREET JOURNAL BESTSELLER! "You can't really know anything if you just remember isolated facts. If the facts don't hang together on a latticework of theory, you don't have them in a usable form. You've got to have models in your head." - Charlie Munger, investor, vice chairman of Berkshire Hathaway  
The world's greatest problem-solvers, forecasters, and decision-makers all rely on a set of frameworks and shortcuts that help them cut through complexity and separate good ideas from bad ones. They're called mental models, and you can find them in dense textbooks on psychology, physics, economics, and more. Or, you can just read Super Thinking, a fun, illustrated guide to every mental model you could possibly need. How can mental models help you? Well, here are just a few examples

- If you've ever been overwhelmed by a to-do list that's grown too long, maybe you need the Eisenhower Decision Matrix to help you prioritize.
- Use the 5 Whys model to better understand people's motivations or get to the root cause of a problem.
- Before concluding that your colleague who messes up your projects is out to sabotage you, consider Hanlon's Razor for an alternative explanation.
- Ever sat through a bad movie just because you paid a lot for the ticket? You might be falling prey to Sunk Cost Fallacy.
- Set up Forcing Functions, like standing meeting or deadlines, to help grease the wheels for changes you want to occur. So, the next time you find yourself faced with a difficult decision or just trying to understand a complex situation, let Super Thinking upgrade your brain with mental models.

## The OEE Primer

By one analysis, a 12 percent annual increase in data processing budgets for U.S. corporations has yielded annual productivity gains of less than 2 percent. Why? This timely book provides some insights by exploring the linkages among individual, group, and organizational productivity. The authors examine how to translate workers' productivity increases into gains for the entire organization, and

discuss why huge investments in automation and other innovations have failed to boost productivity. Leading experts explore how processes such as problem solving prompt changes in productivity and how inertia and other characteristics of organizations stall productivity. The book examines problems in productivity measurement and presents solutions. Also examined in this useful book are linkage issues in the fields of software engineering and computer-aided design and why organizational downsizing has not resulted in commensurate productivity gains. Important theoretical and practical implications contribute to this volume's usefulness to business and technology managers, human resources specialists, policymakers, and researchers.

### **Becoming a Knowledge-Sharing Organization**

Prepared at the request of NASA, *Aeronautical Technologies for the Twenty-First Century* presents steps to help prevent the erosion of U.S. dominance in the global aeronautics market. The book recommends the immediate expansion of research on advanced aircraft that travel at subsonic speeds and research on designs that will meet expected future demands for supersonic and short-haul aircraft, including helicopters, commuter aircraft, "tiltrotor," and other advanced vehicle designs. These recommendations are intended to address the needs of improved aircraft performance, greater capacity to handle passengers and cargo, lower cost and increased convenience of air travel, greater aircraft and air traffic management system safety, and reduced environmental impacts.

### **The New Harvest**

Morgan Kingsley, a kick-ass exorcist, can deal with Lugh, the supersexy demon living inside her, but does he have to moan softly during her intimate moments with her mortal lover? Understandably, Brian is reluctant to share the pleasures of Morgan's flesh with a gorgeous rogue from the Demon Realm. But personal matters will have to wait when the opportunistic owner of the Seven Deadlies demon club in Philadelphia enlists Morgan's help in heading off a crisis: It seems that demons have started showing up at the hot spot in alarming numbers and in the unwilling bodies of rough trade club-goers. Morgan is sure that Dougal, Lugh's sworn enemy, is behind this, but why? To find out, Morgan must summon every ounce of power at her command—or risk becoming just another casualty in an all-out demon war. From the Paperback edition.

### **Faster**

For centuries, experts have argued that learning was about memorizing information: You're supposed to study facts, dates, and details; burn them into your memory; and then apply that knowledge at opportune times. But this approach to learning isn't nearly enough for the world that we live in today, and in *Learn Better* journalist and education researcher Ulrich Boser demonstrates that how we learn can matter just as much as what we learn. In this brilliantly researched book, Boser maps out the new science of learning, showing how simple techniques like comprehension check-ins and making material personally relatable can help people gain expertise in dramatically better ways. He covers six key steps

to help you "learn how to learn," all illuminated with fascinating stories like how Jackson Pollock developed his unique painting style and why an ancient Japanese counting device allows kids to do math at superhuman speeds. Boser's witty, engaging writing makes this book feel like a guilty pleasure, not homework. Learn Better will revolutionize the way students and society alike approach learning and makes the case that being smart is not an innate ability--learning is a skill everyone can master. With Boser as your guide, you will be able to fully capitalize on your brain's remarkable ability to gain new skills and open up a whole new world of possibilities.

### **Radical Markets**

Your mouse is slowing you down. The time you spend context switching between your editor and your consoles eats away at your productivity. Take control of your environment with tmux, a terminal multiplexer that you can tailor to your workflow. With this updated second edition for tmux 2.3, you'll customize, script, and leverage tmux's unique abilities to craft a productive terminal environment that lets you keep your fingers on your keyboard's home row. You have a database console, web server, test runner, and text editor running at the same time, but switching between them and trying to find what you need takes up valuable time and breaks your concentration. By using tmux 2.3, you can improve your productivity and regain your focus. This book will show you how. This second edition includes many features requested by readers, including how to integrate plugins into your workflow, how to integrate tmux with Vim for seamless navigation - oh, and how to use tmux on Windows 10. Use tmux to manage multiple terminal sessions in a single window using only your keyboard. Manage and run programs side by side in panes, and create the perfect development environment with custom scripts so that when you're ready to work, your programs are waiting for you. Manipulate text with tmux's copy and paste buffers, so you can move text around freely between applications. Discover how easy it is to use tmux to collaborate remotely with others, and explore more advanced usage as you manage multiple tmux sessions, add custom scripts into the tmux status line, and integrate tmux with your system. Whether you're an application developer or a system administrator, you'll find many useful tricks and techniques to help you take control of your terminal.

### **Can't Hurt Me**

Speed ReadingHow To Speed Read - 17 Powerful Speed Reading Techniques to Increase Your Reading Speed by 300% in Just 20 Minutes To Learn Faster, Remember More, And Be More Productive!Students, business persons or anyone who needs to read a lot of material quickly will enjoy Speed Reading. In just 20 minutes - about the time it would take an average reader to skim through the book - you can gain the tools needed to dramatically increase your reading speed.Not only that, you can learn basic principles for increasing your ability to comprehend and retain the material that you read.Common wisdom has it that speed reading misses the point of reading, and that it takes the fun out of reading. Speed reading explains how reading more quickly and more efficiently can actually make reading for pleasure even more fun than before.Readers will learn about techniques such as skimming, reading in chunks and letting the words make pictures in your head.

It explains how for good readers, reading is like a movie unreeling inside their minds. Included in this book is also a fast look at the various techniques and devices that have been and can currently be used to enhance the process of becoming a speed reader - including a list of computer, tablet and phone applications that can be used to assist in the learning process. But have no fear: you can learn to speed read without purchasing a single appliance. All you need is this book, and practice reading material. Download your copy of "Speed Reading" by scrolling up and clicking "Buy Now With 1-Click" button.

### **How to be a Productivity Ninja 2019 UPDATED EDITION**

Soil is an irreplaceable resource that sustains life on the planet, challenged by food and energy demands of an increasing population. Therefore, soil contamination constitutes a critical issue to be addressed if we are to secure the life quality of present and future generations. Integrated efforts from researchers and policy makers are required to develop sound risk assessment procedures, remediation strategies and sustainable soil management policies. Environmental Risk Assessment of Soil Contamination provides a wide depiction of current research in soil contamination and risk assessment, encompassing reviews and case studies on soil pollution by heavy metals and organic pollutants. The book introduces several innovative approaches for soil remediation and risk assessment, including advances in phytoremediation and implementation of metabolomics in soil sciences.

### **Peopleware**

### **Neuro-Discipline**

This book will teach you the most cutting-edge tips and tricks for productivity, automation, and efficiency, so that you can do more work in less time and have more time for the things that matter in life. What would you do to have just one more hour in the day? Two hours? How about 3? The sad truth is that most of us simply don't have enough time in our daily lives to get through everything we need to do. Much less the things we want to do. In this book from best-selling author Jonathan Levi, author of the blockbuster book "Become a SuperLearner," you will learn how to reclaim enough time to do just that - and so much more. For the last 10 years, your instructor Jonathan Levi has developed a series of techniques, tips, tricks, and strategies to overcome a near superhuman workload. From juggling a multimillion dollar business while engaged as a full time student, to running multiple companies at the same time, to leading a jam-packed travel, social, and educational calendar that would make some people's heads spin. How is this possible, and how can you, too, learn to Become a Speed Demon? The book starts out with a great foundation in theory, training you on the philosophies behind efficiency, productivity, and "speeding up." Armed with these theories and strategies, the book then dives into more nuts-and-bolts recommendations on how to speed up some of the most time-intensive activities we each do every day; working at the computer, cooking and fitness, interactions with others, and other general inefficiencies. The book takes a holistic approach to productivity and

efficiency, arming you with the mindset to kick butt and speed up every aspect of your productive and creative life, in order to make time for the things that really matter. Join us today on this transformational journey, so that you, too, can Become a Speed Demon!

### **The Free-Time Formula**

A top performance expert reveals the secret behind many top athletes and executives: creating a heroic alter ego to activate when the chips are down. There's only one person in the way of you untapping your potential: You. There's also one person who can move you out of the way so you can perform at your peak. That person is already inside you. You just need to unlock them. This other part of you is your Alter Ego. After twenty-one years of working with elite athletes, performers and leaders, Todd Herman has discovered how you can use your alter ego to achieve the seemingly impossible. It all clicked for Todd when he met Bo Jackson. When Herman met Bo Jackson, the professional athlete told him, "Bo Jackson never played a down of football in his entire life." Bo explained that when he was young, he'd get into trouble because chaos caused by his anger issues. Then, he saw Friday the 13th and became fascinated by the cold, calculating nature of Jason Vorhees. In that moment, he resolved to stop being Bo Jackson, and start being Jason the moment he stepped on the field. In this transformative guide, Herman teaches you how to create and control an Alter Ego like Bo—and the thousands of other athletes, business leaders, entrepreneurs, and entertainers who have used this simple tool to change their lives. Herman also shares his own story: he knew that inside was a confident, self-assured, intelligent person who could help others get better results in their lives. When he started using superman's classic trick—putting on a pair of glasses—he learned to trigger the specific traits he needed to achieve his goals. The Alter Ego Effect is not about creating a false mask—it's about finding the hero already inside you. It's a proven way of overcoming the self-doubt, negativity, and insecurity that hold you back, and empowering you to ultimately become your best self.

### **Teaching Adolescents to Become Learners**

Back cover blurb Rising agricultural productivity has driven improvements in living standards for millennia. Today, redoubling that effort in developing countries is critical to reducing extreme poverty, ensuring food security for an increasing global population, and adapting to changes in climate. This volume presents fresh analysis on global trends and sources of productivity growth in agriculture and offers new perspectives on the drivers of that growth. It argues that gains from the reallocation of land and labor are not as promising as believed, so policy needs to focus more on the generation and dissemination of new technologies, which requires stepping up national research efforts. Yet, in many of the poorest nations, a serious research spending gap has emerged precisely at the time when the challenges faced by agriculture are intensifying. The book focuses on how this problem can be redressed in the public sector, as well as on reforms aimed at mobilizing new private sector actors and value chains, particularly creating a better enabling environment, reforming trade regulations, introducing new products, and strengthening intellectual property rights. On the demand side, the book examines what recent research reveals about policies to reduce the barriers

impeding smallholder farmers from adopting new technologies. Harvesting Prosperity is the fourth volume of the World Bank Productivity Project, which seeks to bring frontier thinking on the measurement and determinants of productivity to global policy makers. "As rightly argued by the authors, growth in agricultural productivity is the essential instrument to promote development in low-income agriculture-based countries. Achieving this requires research and development, upgrading of universities, reinforcement of farmer capacities, removal of constraints to adoption, and the development of inclusive value chains with interlinked contracts. As important, such efforts also need to be placed within a context of comprehensive agricultural, rural, and structural transformations. However, in many countries implementation of the requisite policies has been lagging. This book, with contributions from many top experts in the field, provides the most up-to-date presentation of this argument and explains in detail how to successfully put its ideas into practice. Governments, the private sector, and civil society organizations need to study it carefully to turn the promise of agriculture for development into a reality." Alain de Janvry and Elisabeth Sadoulet Professors of the Graduate School, University of California at Berkeley

### **Learn Better**

See faster results through everyday feedback. The Feedback Imperative: How to Give Everyday Feedback to Speed Up Your Team's Success reveals the hidden reasons why giving feedback to employees can be so difficult and yet so urgently needed in today's workplace, and provides the definitive steps for overcoming feedback avoidance and taking great leaps forward with employee engagement, retention, and performance. Anna Carroll applies her extensive research and expertise in business consulting and psychology to illustrate how brain science, generational trends, our information economy, limiting beliefs, and organizational culture collide in the new workplace, creating a huge gap between the supply and demand of helpful professional feedback. In her "Seven Steps to Everyday Feedback" and sixteen tools for self-assessment and planning, Carroll provides detailed instructions for leaders to execute a feedback turnaround that will quench their team members' thirst for helpful feedback and build a culture in which employee-to-leader and peer-to-peer feedback are welcome as well.

### **The Devil's Playground**

World-leading productivity expert Graham Allcott's business bible is given a complete update for 2019. Do you waste too much time on your phone? Scroll through Twitter or Instagram when you should be getting down to your real tasks? Is your attention easily distracted? We've got the solution: The Way of the Productivity Ninja. In the age of information overload, traditional time management techniques simply don't cut it anymore. Using techniques including Ruthlessness, Mindfulness, Zen-like Calm and Stealth & Camouflage, this fully revised new edition of How to be a Productivity Ninja offers a fun and accessible guide to working smarter, getting more done and learning to love what you do again.

### **tmux 2**

Most software project problems are sociological, not technological. Peopleware is a book on managing software projects.

## **The Feedback Imperative**

Control your brain so it doesn't control you. A science-based approach to getting things done and avoiding laziness and procrastination. Our brains are not wired for goal achievement. They are wired only for speed, survival, and the present moment. It's time to defeat this primal tendency and make self-discipline your new normal. Stop leaving tasks unstarted and/or unfinished. You're better than that. Neuro-Discipline tells the tale of two battling brains, and why we are predisposed to laziness and energy conservation. Time after time, we take the path of least resistance to our detriment. The key to beating this is understanding the brain's imperatives and working with them. Neuro-Discipline is your layperson's guide to self-discipline success - just enough biology and psychology to give important context, while ensuring that you don't get stuck in the minutiae. This isn't a textbook; it has over 20 actionable tips you can use TODAY. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with dozens of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Learn to beat your temptations, excuses, and weaknesses.

- Learn about the two brains and the two versions of you that are always locked in battle.
- How to trick the brain for action and productivity without working against it.
- The role of dopamine and how we can simulate it for our own purposes.
- How to talk to yourself and design your environment to stay on track.
- Reframing excuses and dissecting your emotional reactions.
- How to create a calm mind for ruthless execution.

Discomfort, boredom, frustration, and laziness are temporary. Self-discipline is forever. We aren't meant to lie in bed and relax. We are meant to pursue our goals and find satisfaction and fulfillment. Along the way, self-discipline is the most required ingredient. The ability to do unpleasant and uncomfortable things is what determines how our lives play out. How will you live your life? Take control of your life by clicking the BUY NOW button at the top of this page.

## **Become a SuperLearner**

Learn how to implement the microservice architecture using Java About This Book Leverage the power of microservices to build a flexible and efficient system in Java See Docker and Spring Boot in practice to form easily deployable microservices Hands-on approach throughout the book in order to familiarize and grasp the details Who This Book Is For This book is for Java developers who want to get started with microservices and implement it in their workplace. No knowledge of microservice is necessary. What You Will Learn The role of a discovery service and externalized configuration in the overall architecture Use of message brokers for event driven microservices How to intermix data management strategies across components Implementing different types of tests in Spring Boot environment Applying CI to our microservices style architecture Walk through of monitoring and scaling the sample application In Detail A microservice architecture helps you build your application as a suite of different services. This approach has been widely adopted as it helps to easily scale up your application with reduced dependencies.

This way if a part of your application is corrupted, it can be fixed easily thereby eliminating the possibility of completely shutting down your software. This book will teach you how to leverage Java to build scalable microservices. You will learn the fundamentals of this architecture and how to efficiently implement it practically. We start off with a brief introduction to the microservice architecture and how it fares with the other architectures. The book dives deep into essential microservice components and how to set up seamless communication between two microservice end points. You will create an effective data model and learn different ways to test and deploy a microservices. You will also learn the best way to migrate your software from a monolith to a microservice architecture. Finishing off with monitoring, scaling and troubleshooting, this book will set a solid foundation for you to start implementing microservices. Style and approach Starting with the fundamentals, this book explains all the essential concepts gradually with the help of numerous examples.

### **In Praise of Slow**

This volume offers a simple, systematic guide to creating a knowledge sharing practice in your organization. It shows how to build the enabling environment and develop the skills needed to capture and share knowledge gained from operational experiences to improve performance and scale-up successes. Its recommendations are grounded on the insights gained from the past seven years of collaboration between the World Bank and its clients around the world—ministries and national agencies operating in various sectors—who are working to strengthen their operations through robust knowledge sharing. While informed by the academic literature on knowledge management and organizational learning, this handbook's operational background and many real-world examples and tips provide a missing, practical foundation for public sector officials in developing countries and for development practitioners. However, though written with a public sector audience in mind, the overall concepts and approaches will also hold true for most organizations in the private sector and the developed world.

### **Super Thinking**

Take control of the unrelenting e-mail, conflicting commitments, and endless interruptions—and take back your life! In this popular book updated for Microsoft Office Outlook 2007, productivity experts Sally McGhee and John Wittry show you how to reclaim what you thought you'd lost forever—your work-life balance. Now you can benefit from McGhee Productivity Solutions' highly-regarded corporate education programs, learning simple but powerful techniques for rebalancing your personal and professional commitments using Outlook 2007. Empower yourself to: Clear away distractions, tie up loose ends, and focus on what's really important to you. Take charge of your productivity using techniques designed by McGhee Productivity Solutions and implemented by numerous Fortune 500 companies. Balance your home and work priorities by exploiting the enhanced productivity, organizational, and search capabilities in Outlook 2007. Go beyond just coping and surviving to taking charge of your time—and transform your life today! PLUS—Get a quick reference poster to McGhee Productivity Solutions' proven methodology for managing workflow.

## Limitless

For over 25 years, renowned brain coach Jim Kwik has worked closely with top actors, athletes, CEOs, and superachievers in all walks of life to unlock their true capabilities. In this groundbreaking book, he reveals the science-based practices and field-tested techniques that the world's top performers use to accelerate their learning and create world-class results.

## Become a SpeedDemon

They're young, they're brash, they're smart—and they're 77-million strong. Generation Y is creating startups at an unprecedented rate, and their approach to business is unlike anything you've seen. The generation described by the media as spoiled, entitled, even narcissistic, is proving these notions false every day. Inspired by the rock-star entrepreneurs of previous generations and driven by a burning desire to control their own destinies, GenY is rewriting the entrepreneurial playbook one cool startup at a time. Inc. magazine writer Donna Fenn interviewed more than 150 young CEOs to learn what makes them tick. While upstarts are motivated by similar aspirations of past generations, their way of doing business is radically different—and it's changing the way everyone must do business now. Upstarts examines and analyzes this entrepreneurial revolution to reveal eight critical lessons every entrepreneur and marketer must learn. Fenn describes a generation of entrepreneurs that is highly collaborative and team-oriented. It's quick and alert when it comes to new technologies. It's hell-bent on changing the world. And it's totally impatient with outmoded business models. The sooner you adapt to the new way of business, the greater chance you have to grow and profit in the years ahead. Upstarts provides key insight into: Building collaborative tribes Deploying technology to your competitive advantage Disrupting the status quo Deconstructing the GenY market Generating branding buzz Adopting a social mission Inventing the workplace of the future Reinventing your company Misreading GenY companies could be the biggest business mistake you ever make. This forward-looking book serves both as a headsup to the far-reaching changes coming your way and as a detailed guide to meeting the resulting challenges. The upstarts are here to stay. Are you?

## The Alter Ego Effect

The Sunday Times Top 10 Bestseller 'There is time and then there is Broadmoor time.' Broadmoor. Few place names in the world have such chilling resonance. For over 150 years, it has contained the UK's most violent, dangerous and psychopathic. Since opening as an asylum for the criminally insane in 1863 it has housed the perpetrators of many of the most shocking crimes in history; including Jack the Ripper suspect James Kelly, serial killers Peter Sutcliffe, John Straffen and Kenneth Erskine, armed robber Charles Bronson, gangster Ronnie Kray, and cannibal Peter Bryan. The truth about what goes on behind the Victorian walls of the high security hospital has largely remained a mystery, but now with unprecedented access TV journalist Jonathan Levi and cultural historian Emma French paint a vivid picture of life at Broadmoor, after nearly a decade observing and speaking to those on the inside. Including interviews with the staff, its experts

and the patients themselves, Inside Broadmoor is the most comprehensive study of the institution to-date. Published at the dawn of a new era for the hospital, this is the full story of Broadmoor's past, present and future and a dark but enlightening journey into the minds of Britain's most dangerous and how they are treated.

## **Faster Together**

Find the time, clarity, and mental space to achieve your goals The Free-Time Formula helps you slow down time and get the important things done. We're all overworked, stressed, and always being asked to do more, and do it better; the days aren't getting any longer, so something has to give—don't let it be your sanity. This book provides a real-world framework for more effective time management that helps you prioritize, focus, clarify, and go. You'll begin with a time audit to assess your current stress, strategies, and output—and the results may shock you. From there, you'll work step-by-step toward a new daily routine that will help you become the focused, efficient achiever you've been trying to be for so long. It's not about cramming more into your precious 24 hours, it's about figuring out what really matters to you, and getting the most important things done first. Every day. Never miss another big deadline, never flake on an important meeting, never be late to an appointment again. It is possible with great planning, and this book is your personal guide. Focused on action, not filler, this book is an excellent resource for those who want to achieve more, but do less. With a few simple changes, you'll find the time you've been missing and put it to more productive use. Define and prioritize your personal and professional goals and responsibilities Cut the distractions and clarify your daily objectives Adapt your workplace tools and environment to facilitate actual work Periodically self-assess, course-correct when needed, and plan for the future Rather than rush through another day leaving things un-done and roses un-sniffed, take a beat and a breath, and take back your day with The Free-Time Formula.

## **Harvesting Prosperity**

Exploring the fundamental principles of his "Less Doing" philosophy, a TEDx speaker, efficiency consultant and achievement architect gives readers the essential tools and techniques for streamlining their workload, being more efficient in their day-to-day activities and making everything in life easier. Original.

## **Polymath: Master Multiple Disciplines, Learn New Skills, Think Flexibly, and Become Extraordinary Autodidact**

Explains how trust is a key catalyst for personal and organizational success in the twenty-first century, in a guide for businesspeople that demonstrates how to inspire trust while overcoming bureaucratic obstacles.

## **Pivot**

A compilation of 3M voices, memories, facts and experiences from the company's first 100 years.

## **Upstarts!: How GenY Entrepreneurs are Rocking the World of Business and 8 Ways You Can Profit from Their Success**

In the tradition of such trailblazing books as *No Logo* and *The Tipping Point*, *In Praise of Slow* heralds a growing international movement of people dedicated to slowing down the pace of our contemporary times and enjoying a richer, fuller life as a result. These days, almost everyone complains about the hectic pace of their lives. We live in a world where speed rules and everyone is under pressure to go faster. But when speed is king, anyone or anything that gets in our way, that slows us down, becomes an enemy. Thanks to speed, we are living in the age of rage. Carl Honore has discovered a movement that is quickly working its way into the mainstream. Groups of people are developing a recipe for living better in a fast-paced, modern environment by striving for a new balance between fast and slow. In an entertaining and hands-on investigation of this new movement, Honore takes us from a Tantric sex workshop in a trendy neighbourhood in London, England to Bra, Italy, the home of the Slow Food, Slow Cities and Slow Sex movements. He examines how we can continue to live productive lives by embracing the tenets of the slow movement. A challenging take on the cult of speed, as well as a corrective look at how we can approach our lives with new understanding, *In Praise of Slow* uncovers a movement whose time has come.

### **Organizational Linkages**

Expertise pays; polymathy pays exponentially. Build a world-class skillset that will make you unique and irreplaceable. Polymath: a person of wide knowledge and learning. The art of becoming a polymath is really about maximizing your opportunities in life. Don't be the person with the hammer - be the person with an entire woodshop at their disposal. Learn to think outside the box and adopt a flexible mindset. Become multi-faceted. Polymath shows you how to be a singular entity, like Benjamin Franklin, Leonardo da Vinci, and Thomas Young. No, you won't achieve what they achieved, but you will understand the skills, habits, and techniques to master multiple realms of knowledge and skills. Almost every famous genius you know is a polymath. This book will trace their journeys and change the way you look at learning. Jack of all trades, master of none? No such thing. A complete learning framework, from novice to expert, in any skill or discipline. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with a multitude of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Become a modern day Renaissance man/woman; broaden your horizons. •Learn why you should become a pi-shaped polymath. •The primary traits you need to foster genius. •A 10-step process of learning a new topic or skill from A to Z. •How to choose and select your unique set of skills. •How to create your "second brain" on paper. •Examples from every era of mankind. Learn new perspectives, understand people better, and gain confidence to break your comfort zone. Polymathy is the most important skill for your career, hands down. It makes you one-of-a-kind. Become the most unique person you know. Create new routines and habits. Upgrade your life circumstances and see how mentally tough flexible thinking makes you. It boils down to this one question: are you content with your life circumstances? No? Then embrace the

polymath mindset.

## **Speed Reading**

First released in the Spring of 1999, *How People Learn* has been expanded to show how the theories and insights from the original book can translate into actions and practice, now making a real connection between classroom activities and learning behavior. This edition includes far-reaching suggestions for research that could increase the impact that classroom teaching has on actual learning. Like the original edition, this book offers exciting new research about the mind and the brain that provides answers to a number of compelling questions. When do infants begin to learn? How do experts learn and how is this different from non-experts? What can teachers and schools do—with curricula, classroom settings, and teaching methods—to help children learn most effectively? New evidence from many branches of science has significantly added to our understanding of what it means to know, from the neural processes that occur during learning to the influence of culture on what people see and absorb. *How People Learn* examines these findings and their implications for what we teach, how we teach it, and how we assess what our children learn. The book uses exemplary teaching to illustrate how approaches based on what we now know result in in-depth learning. This new knowledge calls into question concepts and practices firmly entrenched in our current education system. Topics include: How learning actually changes the physical structure of the brain. How existing knowledge affects what people notice and how they learn. What the thought processes of experts tell us about how to teach. The amazing learning potential of infants. The relationship of classroom learning and everyday settings of community and workplace. Learning needs and opportunities for teachers. A realistic look at the role of technology in education.

## **Code Simplicity**

Revolutionary ideas on how to use markets to bring about fairness and prosperity for all. Many blame today's economic inequality, stagnation, and political instability on the free market. The solution is to rein in the market, right? *Radical Markets* turns this thinking—and pretty much all conventional thinking about markets, both for and against—on its head. The book reveals bold new ways to organize markets for the good of everyone. It shows how the emancipatory force of genuinely open, free, and competitive markets can reawaken the dormant nineteenth-century spirit of liberal reform and lead to greater equality, prosperity, and cooperation. Eric Posner and Glen Weyl demonstrate why private property is inherently monopolistic, and how we would all be better off if private ownership were converted into a public auction for public benefit. They show how the principle of one person, one vote inhibits democracy, suggesting instead an ingenious way for voters to effectively influence the issues that matter most to them. They argue that every citizen of a host country should benefit from immigration—not just migrants and their capitalist employers. They propose leveraging antitrust laws to liberate markets from the grip of institutional investors and creating a data labor movement to force digital monopolies to compensate people for their electronic data. Only by radically expanding the scope of markets can we reduce inequality, restore robust economic growth, and resolve political conflicts. But to do that, we must replace our most sacred institutions with truly free and open

competition—Radical Markets shows how.

### **Less Doing, More Living**

**Faster Together Accelerating Your Team's Productivity** There are more roadblocks to productivity today than ever before. Everyone who works must deal with countless emails, constant communication, cascading deadlines, and seemingly endless meetings. These can be managed efficiently, or they can be a huge time suck. When you're surrounded by slow-moving coworkers, you're stuck in a traffic jam of sorts. What makes the difference isn't individuals working harder or faster or smarter but “teaming well.” You have at your disposal what Stack calls “the most powerful productivity machine in existence”: your team. Individual productivity is just the beginning of business profitability; the real winner is team productivity. A good team can accomplish more, and more quickly, than any one Lone Ranger. Yes, there are always stars—in sports, Peyton Manning, Mia Hamm, and Stephen Curry come to mind—but they couldn't do their jobs without the rest of the team doing theirs. Bestselling author Laura Stack's FAST model mobilizes teams to be the most effective they can be, while keeping each other's best interests at heart. Using her original model, teams learn to work together Fairly, accept Accountability, apply Systems Thinking, and maximize available Technology. An interactive assessment helps you evaluate your team's current speed and rate of acceleration. By the end of this book, you'll truly understand the abilities of your team. Team members will ask themselves, “How can I help my team go faster together?” You work to save everyone else time, and they work to save you time. For your business to win, everyone must contribute. As Stack puts it, “Team up; don't slow down!” So, rev your team's engines, and you'll soon be roaring down the track together!

### **The SPEED of Trust**

Good software design is simple and easy to understand. Unfortunately, the average computer program today is so complex that no one could possibly comprehend how all the code works. This concise guide helps you understand the fundamentals of good design through scientific laws—principles you can apply to any programming language or project from here to eternity. Whether you're a junior programmer, senior software engineer, or non-technical manager, you'll learn how to create a sound plan for your software project, and make better decisions about the pattern and structure of your system. Discover why good software design has become the missing science Understand the ultimate purpose of software and the goals of good design Determine the value of your design now and in the future Examine real-world examples that demonstrate how a system changes over time Create designs that allow for the most change in the environment with the least change in the software Make easier changes in the future by keeping your code simpler now Gain better knowledge of your software's behavior with more accurate tests

### **Practical Microservices**

A valuable tool for establishing and maintaining system reliability, overall

equipment effectiveness (OEE) has proven to be very effective in reducing unscheduled downtime for companies around the world. So much so that OEE is quickly becoming a requirement for improving quality and substantiating capacity in leading organizations, as well as a req

## **Environmental Risk Assessment of Soil Contamination**

For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

## **Inside Broadmoor**

Outlines scientific principles and practices for using sound to improve life quality and further personal goals, sharing practical exercises using favorite songs and therapeutic playlists while offering brief case studies about effective applications of the authors' theories. Co-written by the best-selling author of The Mozart Effect. Reprint.

## **Aeronautical Technologies for the Twenty-First Century**

Mobility is fundamental to economic and social activities such as commuting, manufacturing, or supplying energy. Each movement has an origin, a potential set of intermediate locations, a destination, and a nature which is linked with geographical attributes. Transport systems composed of infrastructures, modes and terminals are so embedded in the socio-economic life of individuals, institutions and corporations that they are often invisible to the consumer. This is paradoxical as the perceived invisibility of transportation is derived from its efficiency. Understanding how mobility is linked with geography is main the purpose of this book. The third edition of The Geography of Transport Systems has been revised and updated to provide an overview of the spatial aspects of transportation. This text provides greater discussion of security, energy, green logistics, as well as new and updated case studies, a revised content structure, and new figures. Each chapter covers a specific conceptual dimension including networks, modes, terminals, freight transportation, urban transportation and environmental impacts. A final chapter contains core methodologies linked with transport geography such as accessibility, spatial interactions, graph theory and Geographic Information Systems for transportation (GIS-T). This book provides a comprehensive and accessible introduction to the field, with a broad overview of its concepts, methods, and areas of application. The accompanying website for this

text contains a useful additional material, including digital maps, PowerPoint slides, databases, and links to further reading and websites. The website can be accessed at: <http://people.hofstra.edu/geotrans> This text is an essential resource for undergraduates studying transport geography, as well as those interest in economic and urban geography, transport planning and engineering.

## **A Century of Innovation**

From the bestselling, National Book Award-nominated author of *Genius and Chaos*, a bracing work about the accelerating pace of change in today's world. Most of us suffer some degree of "hurry sickness," a malady that has launched us into the "epoch of the nanosecond," a need-everything-yesterday sphere dominated by cell phones, computers, faxes, and remote controls. Yet for all the hours, minutes, and even seconds being saved, we're still filling our days to the point that we have no time for such basic human activities as eating, sex, and relating to our families. Written with fresh insight and thorough research, *Faster* is a wise and witty look at a harried world not likely to slow down anytime soon.

## **The Geography of Transport Systems**

### **Take Back Your Life!**

Develop the Skills to Learn Anything Faster, Easier, and More Effectively Written by the creators of the #1 bestselling course of the same name, this book will teach you how to "hack" your learning, reading, and memory skills, empowering you to learn everything faster and more effectively. What Would You Do If You Could Learn Anything 3 Times Faster? In our rapidly changing and information-driven society, the ability to learn quickly is the single most important skill. Whether you're a student, a professional, or simply embarking on a new hobby, you are forced to grapple with an every-increasing amount of information and knowledge. We've all experienced the frustration of an ever-growing reading list, struggling to learn a new language, or forgetting things you learned in even your favorite subjects. This Book Will Teach You 3 Major Skills: Speed reading with high (80%+) comprehension and understanding Memory techniques for storing and recalling vast amounts of information quickly and accurately Developing the cognitive infrastructure to support this flood of new information long-term However, the SuperLearning skills you'll learn in this course are applicable to many aspects of your every day life, from remembering phone numbers to acquiring new skills or even speaking new languages. Anyone Can Develop Super-Learning Skills This course is about improving your ability to learn new skills or information quickly and effectively. We go far beyond the kinds of "speed reading" (or glorified skimming) you may have been exposed to, diving into the actual cognitive and neurological factors that make learning easier and more successful. We also give you advanced memory techniques to grapple with the huge loads of information you'll soon be able to process. "This book should be the go-to reference for anyone looking to upgrade their mind's firmware!" -Benny Lewis, Language Learning Expert Learn How to Absorb and Retain Information in a Whole New Way - A Faster, Better Way The Authors' Proprietary Method for Teaching Speed Reading & Memory

ImprovementÂ You may have even taken a normal speed reading course in the past, only to realize that you didn't retain anything you read. The sad irony is that in order to properly learn things like speed reading skills and memory techniques in the past, you had to read dozens of books and psychological journals to decode the science behind it. Or, you had to hire an expensive private tutor who specializes in SuperLearning. That's what I did. And it changed my life. Fortunately, my co-authors (experts and innovators in the fields of superlearning, memory improvement, and speed reading) agreed to help me transform their materials into the first ever digital course. Over 25,000 satisfied students later, we have transformed our course into a book you can enjoy anywhere. Our teaching methodology relies heavily on at-home exercises. The chapters themselves are only part of what you're buying. You will be practicing various exercises and assignments on a regular basis over the course a 7 week schedule. In addition to the lectures, there are hours of supplemental video and articles which are considered part of the curriculum. "This vital book contains all the tools needed to learn, memorize, and reproduce anything you want with the joy that ease brings. Don't take another class until you've read it!" -Dr. Anthony Metivier, Author & Memory Expert If you wish to improve memory and concentration, learn more effectively, read faster, and learn the techniques of memory champions - look no further! An awesome read that will push the limits of your brain. Levi does an incredible job of guiding you through, to bring your brain from average to UNSTOPPABLE!" -Nelson Dellis, 4-Time USA Memory Champion

### **Healing at the Speed of Sound**

African agriculture is currently at a crossroads, at which persistent food shortages are compounded by threats from climate change. But, as this book argues, Africa can feed itself in a generation and can help contribute to global food security. To achieve this Africa has to define agriculture as a force in economic growth by advancing scientific and technological research, investing in infrastructure, fostering higher technical training, and creating regional markets.

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