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Helps those nearing retirement make the best decisions about their Social Security benefits by detailing techniques and options like "file and suspend" and "start stop start" to maximize their benefit income for a variety of different life situations. In this book, you will learn about the different types of foundations, including private independent, corporate, family, and community, and how to identify a foundation to fund your project. You will learn how to qualify for grants; how to write a proposal; how to locate foundations in your subject area, geographic area, and that provide the support you need; and how to fill out a grant application. How to Get Your Share of the 30-Plus Billion Dollars Being Offered by U.S. Foundations will also teach you how to create an effective proposal by walking you through each section, including the cover letter, the executive summary, the statement of need, the goals and objectives, the specific and measureable outcomes, the assessment process, and the budget. You will even learn how to write letters of inquiry that will grab the foundation's attention. This book is filled with valuable information for organizations seeking funding from foundations. In addition to the list of directories and resources we have compiled, there are also insightful interviews with foundation officers and grant recipients, as well as sample proposals, letters, worksheets, and checklists. By using these tools and following the advice in this comprehensive guide, you will be able to find funding and achieve your organization's goals. Answering a multitude of questions—such as What should a parent do with a child who wants to snack continuously? How should parents deal with a young teen who has declared herself a vegetarian and refuses to eat any type of meat? Or What can parents do with a child who claims he doesn't like what's been prepared, only to turn around and eat it at his friend's house?—this guide explores the relationship between parents, children, and food in a warm, friendly, and supportive way. Become a better performance driver with Speed Secrets With the promise of autonomous vehicles in our near future, and current cars equipped with all sorts of mind-boggling driver aides, many feel that the art (and science) of performance driving has been lost - or will be. But no! For every device designed to take the act of driving out of our hands, the desire to actively participate in the control of a car becomes even stronger for driving enthusiasts. One only needs to look at the number of performance cars available today to see that the desire to truly drive is still in strong demand. In Speed Secrets: The Lost Art of Performance Driving, Ross Bentley explains in plain language how you can become an even better performance-oriented driver, whether it's to enjoy a twisty mountain highway, to take that secret back-road route to work, or to participate in a track day on a racing circuit. From how best to use your car's controls, to cornering, to dealing with adverse driving conditions, this book will make you a better performance driver. Along the way, you'll learn what ABS, traction and stability control, self-braking systems, and semi-automatic transmissions do and how best to incorporate them into your driving. Speed Secrets: The Lost Art of Performance Driving will help you understand your car well and be an even better, faster driver. Most importantly, it will fuel your passion for driving! Explains how to enhance one's musical career by integrating live music, with practical advice, tips, tricks, and hints on every aspect of putting on a live show, essential equipment and technology, the practicalities of touring, the art of working behind the scenes, the future of live music, and other essential topics.

Original. (Beginner). A unique take on how to survive and thrive in the process your PhD, this is a book that stands out from the crowd of traditional PhD guides. Compiled by a leading UK researcher, and written in a highly personal one-to-one manner, *How to Get Your PhD* showcases the thoughts of diverse and distinguished minds hailing from the UK, EU, and beyond, spanning both academia and industry. With over 150 bitesize nuggets of actionable advice, it offers more detailed contributions covering topics such as career planning, professional development, diversity and inclusion in science, and the nature of risk in research. *How to Get Your PhD: A Handbook for the Journey* is as readable for people considering a PhD as it is for those in the middle of one: aiming to clarify the highs and lows that come when training in the profession of research, while providing tips & tricks for the journey. This concise yet complete guide allows students to "dip in" and read just what they need, rather than adding to the mountain of reading material they already have. As an entrepreneur, you need every helpful tool you can get your hands on to build your business. And if you know the tricks of the trade, perhaps nothing can gain more attention for your small business and build your company's credibility than a good, old-fashioned public-relations campaign. Whether you're an established company or a cost-conscious start-up, *The Little Book of Big PR* tells you all you need to know to be able to use public relations effectively as a business-building tool. Drawing on the expertise gained during her long career in public relations, Jennefer Witter shares simple, smart, and budget-friendly methods for getting your business noticed, including what she calls the seven key elements of public relations: • Self-branding • Media relations • Social Media • Networking • Speaking engagements • Cause-related marketing • Selecting a PR agency

Complete with real-world case studies and sample content (such as media pitches) to use as-is or to modify to fit your own specific needs, this all-encompassing resource will provide for you the expert guidance all entrepreneurs need to grow their business to new, attention-getting heights. You will learn the ins and outs of the patent process and what you need to do to protect every exceptional idea you develop. To supplement your patent, you will learn how to time the marketing of your product to best take advantage of a fresh patent without showing your hand. For any inventor with an idea in hand and a desire to share it with the world, this book provides a complete guide for everything you need to do to see your invention on store shelves in no time. --Book Jacket.

**#MoneyChat THE BOOK** is a how to handbook that fills the gap between the financial information we all need and how we really live our financial lives. Written simply and with a sense of humor, author and financial coach Dorethia Conner Kelly explains financial terminology and complex financial concepts in easy-to-understand language. **#MoneyChat THE BOOK** teaches you: How to not just create a budget but prioritize one How to create an emergency fund when there's no money left over How to save toward college in under 10 years Why you should invest and where to begin How to come up with extra money when you need it without patronizing a payday-type loan establishment The best place to put your savings If you've ever read a personal finance book and nothing changed in your financial life, it's because the application of everything you were reading about was missing. This book is that missing link. Get ready to change your **#MoneyChat!** "Little Johnny and his mommy went walking. There Little Johnny got to talking." Get out there with the curious Johnny and his patient Mommy, in this colourful, rhyming book, celebrating all the wonders of the everyday world. A book to help people that wish to get a license to drive cars, Road tests maneuvers explained. In this concise and inspiring guide, Hawkins offers straightforward, intelligent answers to nagging questions women face in dealing with this sensitive topic: How can a wife get a husband's undivided attention? Designed specifically for parents, this guide teaches you strategies that give your child the best opportunity to become a college athlete. This easy-to-read guidebook contains valuable recruiting tips, detailed appendixes, sample letters and forms, and a Q & A section that can be used by athletes in all sports. Learn the secrets of recruiting. Written by Dan Spainhour who has more than 25 years of college and high school coaching experience. Spainhour recently returned to high school coaching after serving as the director of basketball operations for Florida State University. At Florida State, Spainhour was involved in all phases of the men's basketball office. He handled on-campus recruiting, recruiting mailings, fiscal matters, team travel, and academic development. As an athletic director as well as baseball and basketball coach, he has helped students earn numerous scholarships. His experience at both the high school and college level convinced him there was tremendous need for this guide. When you face a cheating crisis, you are overwhelmed with a storm or intense emotions - This book is your battle plan to get your life back - I give you the tools to think straight and make the right decisions - I am a pro life coach and have been coaching women on this topic for 10 years - The strategies I give you were designed in real cheating crisis situations when coaching my clients one on one - Get it! It's the power kick that will radically boost your energy, clarity and your success in dealing with this challenge - This is advice on steroids! - It's a concentrated and ultra targeted energy kick! Learning to love our bodies can be among the most transformational things we do in life. But how do we get our bodies to love us back? In her guidebook *Health Matters*, Rosie Bank shares fifty-two practical lessons that will help others gradually improve their lives, health, and overall vitality in order to create lasting change. Rosie, a Board Certified Integrative Nutrition Health Coach, relies on her personal and professional experiences to provide a yearlong weekly plan intended to help anyone achieve a happier, more balanced life. *Health Matters* will inspire you to become not just a master of your health, but also a loving, encouraging, committed, and

forgiving boss of your body. "... A wonderful program to help you recover your health and discover the most that you can be." -Susan M Kleiner, PhD, RD, FACN, CHS, FISSN, Author of The Good Mood Diet and co-author of Power Eating, 4th edition Get ready to SHIFT your life! "Through shifting your focus and way of thinking, Steve Rizzo shows how to succeed on all levels of life, while actually enjoying the process. What could be better?! You will love the truth, the humor, and the wisdom this book contains." -- Dr. Mehmet Oz, host of The Dr. Oz Show and bestselling coauthor of You: The Owner's Manual "I'm positive you will love this book!" -- Jeffrey Gitomer, bestselling author of the Little Red Book of Selling "The stories in this book will make you think, laugh, and think again. It's an indispensable tool for maximizing your personal and professional success and happiness." -- Joe Vitale, bestselling author of The Attractor Factor "Engaging, hilarious, heartfelt, and authentic—just like Steve—this book is for anyone seeking more purpose and joy in business and in life. I couldn't put it down." -- Lt. Col. Rob "Waldo" Waldman, bestselling author of Never Fly Solo "With humor, research, and personal insights, Steve Rizzo will help you enjoy the journey of life, both personally and professionally. And he will make you laugh--bonus!" -- Chester Elton, bestselling coauthor of The Carrot Principle and All In "Everyone is looking for a road map. Steve provides the driving instructions for those who are ready to shift into high gear on the highway of life." -- Wayne B. Goldberg, President and CEO, La Quinta Inns and Suites "In a book overflowing with wit, passion, and serious truth, Steve helps you navigate that often elusive, yet vital shift in focus that allows you to reclaim the success, joy, and happiness for which your life was intended. Your eyes will be opened, and you will never be the same." -- Joseph Fusco, Vice President, Casella Waste Systems, Inc. LAUGH YOUR WAY TO SUCCESS . . . Who says you have to "get serious" to get everything you want out of life? According to Steve Rizzo, The Attitude Adjuster, you simply need to shift your attitude to get the ball rolling, both at work and in your personal life. In his funny and moving motivational guide, Rizzo shares the life-changing secrets that helped him confront his fears and shift from a promising career as a stand-up comic to his incredible success as a public speaker. Packed with humor, charm, and mind-altering insights--no, not that kind!--Rizzo's unique approach will show you how to: Find the humor in every situation Turn negatives into positives--every single day Make your workplace the best place to succeed Stop being a full-time resident of the Negative Zone Face your fears and get on with your life Make happiness a choice--and have fun doing it! Throughout the book, you'll find specific Attitude Adjustment Strategies that you can apply to every aspect of your professional and personal life. You'll learn how to avoid the Eeyore Syndrome, tap into your Humor Being, turn self-doubt into self-confidence, and make everyday conversations more engaging and more productive. You'll discover a tried-and-true method for shutting down that self-defeating Big Mouth inside your head--so you can listen to what's inside your heart. Along the way you'll hear about Rizzo's enlightening firsthand encounters with Eddie Murphy, Rodney Dangerfield, Naomi Judd, Christopher Reeve, and many more. It's all you need to get your shift together, and that's no joke. When the shift hits the fan, your new life begins--with love, with joy, and, of course, with laughter. What's Your Book? is an aspiring author's go-to guide for getting from idea to publication. Brooke Warner is a publishing expert with thirteen years' experience as an acquiring editor for major trade houses. In her book, she brings her unique understanding of book publishing (from the vantage point of coach, editor, and publisher) to each of the book's five chapters, which include understanding the art of becoming an author, getting over common hurdles, challenging counterproductive mindsets, building an author platform, and ultimately getting published. Brooke is known for her straightforward delivery, honest assessments, and compassionate touch with authors. What's Your Book? contains the inspiration and information every writer needs to publish their first or next book. The first general consumer book ever on the powerful, award-winning, scientifically proven new system of intervention that is turning the recovery field on its head. Historically there have been few options available for individuals seeking help for treatment-resistant loved ones suffering from substance abuse. Co-author Dr. Robert Meyers spent ten years developing a treatment program that helps Concerned Significant Others (CSOs) both improve the quality of their lives and to learn how to make treatment an attractive option for their partners who are substance abusers. Get Your Loved One Sober describes this multi-faceted program that uses supportive, non-confrontational methods to engage substance abusers into treatment. Called Community Reinforcement and Family Training (CRAFT), the program uses scientifically validated behavioral principles to reduce the loved one's substance use and to encourage him or her to seek treatment. Equally important, CRAFT also helps loved ones reduce personal stress and introduce meaningful, new sources of satisfaction into their life. Key Features: CRAFT is more effective than other types of interventions. This breakthrough new system is sweeping the recovery field. This is its first introduction to the general public. Contains simple exercises readers can practice at their own pace, with no costly or heart-breaking interventions. Proven successful for numerous addictions, not just alcoholism. This publication is the official theory test book for car drivers, compiled by the Driver and Vehicle Standards Agency. It contains multiple choice questions from the whole theory test question bank, with answers and explanations, dealing with topics such as: alertness and attitude, vehicle safety and handling, safety margins, hazard awareness, vulnerable road users, motorway rules and rules of the road, road and traffic signs, documents, accidents, and vehicle loading. Start With Why has led millions of readers to rethink everything they do – in their personal lives, their careers and

their organizations. Now Find Your Why picks up where Start With Why left off. It shows you how to apply Simon Sinek's powerful insights so that you can find more inspiration at work -- and in turn inspire those around you. I believe fulfillment is a right and not a privilege. We are all entitled to wake up in the morning inspired to go to work, feel safe when we're there and return home fulfilled at the end of the day. Achieving that fulfillment starts with understanding exactly WHY we do what we do. As Start With Why has spread around the world, countless readers have asked me the same question: How can I apply Start With Why to my career, team, company or nonprofit? Along with two of my colleagues, Peter Docker and David Mead, I created this hands-on, step-by-step guide to help you find your WHY. With detailed exercises, illustrations, and action steps for every stage of the process, Find Your Why can help you address many important concerns, including: \* What if my WHY sounds just like my competitor's? \* Can I have more than one WHY? \* If my work doesn't match my WHY, what should I do? \* What if my team can't agree on our WHY? Whether you've just started your first job, are leading a team, or are CEO of your own company, the exercises in this book will help guide you on a path to long-term success and fulfillment, for both you and your colleagues. Thank you for joining us as we work together to build a world in which more people start with WHY. Inspire on! -- Simon Illinois 2021 Rules of the Road handbook, drive safe! A detailed look at how musicians, songwriters, publishers, and indie labels producing every kind of music can earn good money from placing their music into film and TV in the United States and beyond. Find out who needs music and where to find them, build strategies to market your music effectively, learn to deal with voicemail and rejection, and negotiate your way to a better deal. Learn how to get your teacher ready for back to school...from the first day to graduation! The kids are in charge in this hilarious classroom adventure--from the creators of the New York Times bestseller How to Babysit a Grandpa. This humorous new book in the beloved HOW TO . . . series takes readers through a fun and busy school year. Written in tongue-in-cheek instructional style, a class of adorable students gives tips and tricks for getting a teacher ready—for the first day of school, and all the events and milestones that will follow (picture day, holiday concert, the 100th day of school, field day!). And along the way, children will see that getting their teacher ready is really getting themselves ready. Filled with charming role-reversal humor, this is a playful and heartwarming celebration of teachers and students. A fun read-a-loud to prepare for first day jitters, back-to-school readiness or end of year celebrations.. The fun doesn't stop! Check out more HOW TO... picture books: How to Babysit a Grandpa How to Babysit a Grandma How to Catch Santa How to Get Your Teacher Ready How to Raise a Mom How to Read to a Grandma or Grandpa Through five easy steps, this book frames the language of prayer, offering a complete picture of how to have your prayers answered. The Miracle! In this book Nicholas presents you a practical, unique, subliminal, very simple, detailed method of how to Get Your Ex Back. You will feel the effects immediately and the results will appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through this unique, subliminal method combined with positive affirmations. The order of words is extremely important for every book written by Nicholas. These are arranged to be traversed in a certain way so as to eliminate certain blockages in the human being, blockages that are bringing disease or failure on various plans. You don't need a big chunk of your time or expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage, love, loving relationships, self-control, self-esteem, enthusiasm, refinement, intuition, detachment, intelligence, mental calm, power of concentration, exceptional memory, aspiration, transcendence, wisdom, compassion. You have the ability to unlock your full inner-potential and achieve your ultimate goals. This is the age-old secret of the financial elite, world class scholars, and Olympic champions. For example, when you watch the Olympics, you'll find one consistency in all of the champions. Each one closes their eyes for a moment and clearly affirms & visualizes themselves completing the event flawlessly just before starting. Then they win gold medals and become champions. That's merely one example of how the real power of mind can elevate you above any of life's challenges. By reading this book, you will feel totally that life deserves to be lived and enjoyed every moment and that everything that you propose for yourself becomes easy for you to fulfill. Nicholas will guide you to touch your longed-for dream and will make you see life from a new perspective, full of freshness and success. This book helps you step by step, in a natural way, in just 3 minutes a day, to change your misguided way of thinking and to Get Your Ex Back. (NOTE: For good, Nicholas keep the price of the book as lower as he can, even if is a hard work behind this project. A significant portion of the earnings from the sale of the book are used for these purposes: for charity, volunteer projects, nature restoration, and other inspired ideas to do good where it is needed. If you can not afford to buy the book please contact Nicholas and he will give you a free copy.) You, also have a bonus in the pages of the book that makes you live your success by doing a seemingly trivial thing. You will feel the difference. Yes. The Miracle is possible! Get Your Copy Now! STRESS-FREE HEALTHY FOOD YOU CAN FEEL GOOD ABOUT SERVING The Standard American Diet is sadly becoming the source for an array of chronic childhood illnesses. As children's bodies develop they need a foundation of health that includes the nutrition that they get from

eating vegetables. We all want our children to be healthy but many times, our busy lives leave us struggling to put healthy meals on the table in a reasonable amount of time. This book solves the problem of providing quick, healthy meals for picky eaters or anyone struggling with what to serve for dinner. Leann takes the burden off of moms that want to feed their family good nutrition without the hassle of added preparation. By using veggies in the form of baby food, organic vegetable powders and other tricks, Leann sneaks additional nutrients into family favorite recipes in a snap - making picky eaters a thing of the past and bringing harmony to the dinner table. Some of the recipes that you will get in this cookbook include: • Creamy Pumpkin Oatmeal • The Best Beet Gingerbread Muffins • Easy Veggie Pasta Casserole • Savory Turkey Veggie Meatballs • Secret Ingredient Mac & Cheese Cups • Super Sloppy Joes • Kid's Salsa Enchiladas • Pizza Pocket Sandwiches • Mom's Meatloaf • Better-Than-State-Fair Chili dogs • Family Favorite Lasagna • Goody Double Cheesy Quesadillas • Secretly Stuffed Peppers • Whole Grain Beet Rice Krispy Treats • Chocolate Superfood Muffins • Sweet Potato Brownies • Paleo Brownie Pancakes • Banana Lime Cream Pie

A new personalized way to find the perfect job—while staying calm during the process. You are so much more than a resume or job application, but how can you communicate that to your potential employer? You need to learn to ask the right questions, stop using job sites, and start doing the work that actually counts. Based on information gained from over 400,000 individuals who have used these exercises, this book reveals career expert Dev Aujla's tried-and-tested method for job seekers at every stage of their career. Filled with anecdotes and advice from professionals ranging from a wilderness guide to an architect, it includes quick-step exercises that help you avoid the common pitfalls of navigating a modern career. Whether you've just decided to start the hunt or you're gearing up for a big interview, *50 Ways to Get a Job* will keep you poised, on-track, and motivated right up to landing your dream career. "Why didn't you hire the last ten people you interviewed and passed on?" Leading career expert and syndicated columnist Andrea Kay asked numerous employers that single, simple question because of what she felt seemed a glaring disconnect in the business world—millions of educated, qualified people either out of work or unhappily employed, despite an increasing number of companies with job openings they can't seem to fill. How could that be? This *Is How to Get Your Next Job* is the story of her quest for answers and, more importantly, the surprising conclusions she was led to by these employers frustrated with not being able to fill these positions. The overwhelmingly common answers she received time after time were not about skills or experience but about how applicants behaved and spoke during the interview. From lack of preparation, to pushiness, to a subtly defensive attitude, these simple behaviors that prospective employees exhibited before, during, and after interviews ended up nullifying their otherwise-qualified résumé. Now, in this well-researched book based on candid insights from real-life employers, job hunters can learn how to take control of how they come across to the people in charge of giving them the exciting, rewarding opportunities they are seeking. Show them why you're the perfect fit for their job! Milo O. Frank shows step-by-step how you can improve your communications skills by using a 30-second message. While we all often gab for minutes or hours, you should be able to get your point across within 30 seconds. The rest is simply preparation or follow-through. The techniques of crafting a 30-second message will help you focus your thinking, writing and speaking. Using these techniques, you can also be more effective in conducting meetings or speaking to groups. This skill will give you better all-around results in business. The technique has three main steps: identify your objective, know your listener and find the right approach. The author shows how to build the most effective message and then tells you how to present it to an audience. The last chapter shows how the 30-second message can be used in other forms of communication, from business letters to sales pitches and press conferences. *getAbstract* recommends this clear, concise book for business people or professionals who want to get their ideas across more effectively, particularly in public speaking. Declutter your mind and do the important sh\*t you've been putting off with this New York Times bestseller from the author of *The Life-Changing Magic of Not Giving a F\*ck* and *You Do You*. The no-f\*cks-given, no-holds-barred guide to living your best life. Ever find yourself stuck at the office—or even just glued to the couch—when you really want to get out (for once), get to the gym (at last), and get started on that "someday" project you're always putting off? It's time to get your sh\*t together. In *The Life-Changing Magic of Not Giving a F\*ck*, "anti-guru" Sarah Knight introduced readers to the joys of mental decluttering. This book takes you one step further—organizing the f\*cks you want and need to give, and cutting through the bullsh\*t cycle of self-sabotage to get happy and stay that way. You'll discover: • The Power of Negative Thinking • Three simple tools for getting your sh\*t together • How to spend less and save more • Ways to manage anxiety, avoid avoidance, and conquer your fear of failure • And tons of other awesome sh\*! Praise for Sarah Knight: "Genius." —*Cosmopolitan* "Self-help to swear by." —*The Boston Globe* "Hilarious . . . truly practical." —*Booklist*

Is your ultimate goal to have more customers come to your Web site? You can increase your Web site traffic by more than 1,000 percent through the expert execution of podcasts and podcasting. A podcast is a digital media file, including music, data, or video, that is distributed over the Internet using syndication feeds for playback on portable media players such as Apple's iPod and personal computers. You will learn how to master the art and science behind podcasting in a matter of hours. By investing a few dollars you can easily get your message out, increase the number of visitors to your Web site, and significantly increase sales. If you are looking to drive

high-quality, targeted traffic to your site, there is no better way than podcasting. The key to success in podcasting is knowing what you are doing and devising a comprehensive and well-crafted marketing plan. This groundbreaking and exhaustively researched new book will provide everything you need to know to help you generate high-volume, high-quality podcasts. In addition, we spent thousands of hours interviewing hundreds of today's most successful podcast masters. This book is a compilation of their secrets and successful ideas. Additionally it gives you hundreds of tips and tricks to drive business to your Web site and increase sales and profits. In this book you will find case studies from companies who have used our techniques and achieved unprecedented success. If you are interested in learning hundreds of hints, tricks, and secrets on how to implement podcasting, develop a cost-effective marketing campaign, and ultimately earn enormous profits, this book is for you. Forget the 10,000 hour rule— what if it's possible to learn the basics of any new skill in 20 hours or less? Take a moment to consider how many things you want to learn to do. What's on your list? What's holding you back from getting started? Are you worried about the time and effort it takes to acquire new skills—time you don't have and effort you can't spare? Research suggests it takes 10,000 hours to develop a new skill. In this nonstop world when will you ever find that much time and energy? To make matters worse, the early hours of practicing something new are always the most frustrating. That's why it's difficult to learn how to speak a new language, play an instrument, hit a golf ball, or shoot great photos. It's so much easier to watch TV or surf the web . . . In *The First 20 Hours*, Josh Kaufman offers a systematic approach to rapid skill acquisition— how to learn any new skill as quickly as possible. His method shows you how to deconstruct complex skills, maximize productive practice, and remove common learning barriers. By completing just 20 hours of focused, deliberate practice you'll go from knowing absolutely nothing to performing noticeably well. Kaufman personally field-tested the methods in this book. You'll have a front row seat as he develops a personal yoga practice, writes his own web-based computer programs, teaches himself to touch type on a nonstandard keyboard, explores the oldest and most complex board game in history, picks up the ukulele, and learns how to windsurf. Here are a few of the simple techniques he teaches: Define your target performance level: Figure out what your desired level of skill looks like, what you're trying to achieve, and what you'll be able to do when you're done. The more specific, the better. Deconstruct the skill: Most of the things we think of as skills are actually bundles of smaller subskills. If you break down the subcomponents, it's easier to figure out which ones are most important and practice those first. Eliminate barriers to practice: Removing common distractions and unnecessary effort makes it much easier to sit down and focus on deliberate practice. Create fast feedback loops: Getting accurate, real-time information about how well you're performing during practice makes it much easier to improve. Whether you want to paint a portrait, launch a start-up, fly an airplane, or juggle flaming chainsaws, *The First 20 Hours* will help you pick up the basics of any skill in record time . . . and have more fun along the way. A guide to writing a full-length transformational nonfiction book, from an editor with two decades' experience working in publishing. "I know I have a book in me." "I've always wanted to be an author." "People always ask me when I'm going to write my book." "I have a story to tell, but I never seem to make time to write." Are you a thought leader, healer, or change-agent stuck at the starting line of book publication? Life coach and publishing industry insider Kelly Notaras offers a clear, step-by-step path for turning your transformational idea or story into a finished book as quickly as possible. With humor, encouragement, and common sense, she demystifies the publishing process so you can get started, keep writing, and successfully get your wisdom out into the world. Notaras guides you through: Getting clear on your motivation for writing a book, Crafting a powerful, compelling hook and strong internal book structure, Overcoming resistance and writer's block, and Getting your finished manuscript onto the printed page, whether through traditional publishing or self-publishing. Publishing a book has never been as simple, accessible, and affordable as it is today, and in our tumultuous world, readers need your healing voice. Be brave, be bold, and take the steps you need to share your message with those who need to hear it most. *401 Ways to Get Your Kids to Work at Home* is an essential book for busy parents who would like to get their kids to share the housework & chores, and who would like a systematic program to ensure that their kids know all the basic living skills by the time they leave home at age eighteen. Among the topics it covers are: - How (and when) to assign and teach specific jobs - How to give positive feedback, incentives, rewards (or punishment) - How to teach your child to organize his or her bedroom - How to teach time and money and basic household skills; handling personal hygiene and clothing needs, cooking, nutrition, and shopping skills; exploring and planning a career - Plus over 400 specific incentive/reward ideas (like charging a nickel for every sock Mom has to pick up) - It works! Whether your kids are toddlers or teenagers, you'll find immediate help and direction in Bonnie Runyan McCullough and Susan Walker Monson's enthusiastic, supportive advice. This valuable small business handbook is an easy-to-follow, step-by-step guide to obtaining a federal trademark. Nicholas explains why incorporation is not enough to protect a company's name, then goes on to explain how easy and inexpensive it is to get and keep trademark protection. Includes the complete text of the Lanham Act, the governing federal trademark statute, as well as up-to-the-minute information about federal regulations and codes. All forms needed to apply for trademark protection are contained in this book. Are you sick of wondering if the products that you are taking are making you more sick or are you just sick of being sick? This guide to wellness

provides information to "Carpe Diem" (seize the day) everyday by explaining medical problems, medications, supplements, and the effects each has on the human body. Nourishment choices, menus, and an advanced resistance training program called, "Black Jack" 21 to increase lean muscle mass, reduce pain, stabilize metabolism, hormones, and blood sugar levels. How to break a habit gradually for long term success. Check out other "Black Jack" books, such as "Black Jack" to Lose fat, "Black Jack" to prevent a surgery setback and more.

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